

Influences on populations' health



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Health is very important for each and every one living in this world. Health has a lot of meaning depending on the understanding of each individual. It is commonly defined as the state in which a person has no illness. Simply, it is the overall condition of the body and the ability of the physical component of a person to do and perform the activities of daily living or the usual things that he or she needs to do every day (Meriam-Webster, 12th Century). The health of each individual is affected with different kinds of factors causing a slight or may even be a big problem. These factors will be further discussed as we go along with this assessment. Several factors come together to affect the health of the individuals. Whether public people are fit or not, is confirmed by their surroundings and atmosphere. To a larger point, these factors such as where we are settled, the condition of our surroundings, heredities, our earning and degree or knowledge, and our affairs with the people we know like peers and family or even acquaintances all have substantial influences on health, whereas the more usually measured factors such as admission and use of health care facilities and services frequently have less of an effect (health impact assessment, 2015).

DEMOGRAPHIC DISTRIBUTION OF POPULATIONS

Demography is the study of residents. Demographers look deeper meaning or understanding on a group of people and their aspects through the 3 major sources: birth, movement of people from one country to another, and maturity of a person including the time of death. All three of aspects has something to do with the changes in populaces, including how the people live here on earth, how they formulate a nation and societies and including how people inhabit the earth, form nations and societies, and how they

cultivate their way of living (practices)(max planck institute for demographic research, n. d.). The ratio or number of people can affect be one of the factors that affects the health. One good example of it is in my own country which is the Philippines. There are some areas there where people increasingly grow in number. Overpopulated places can have higher risk of getting different kinds of illnesses especially the ones that can be transmitted through airborne. They are at risk of those communicable diseases such as chickenpox and even minor symptoms like cough and colds. Government or people with authorities should do something about the rate of population in order to limit acquiring certain kinds of illnesses for the good of many. The distribution also of the health materials is very accessible in the city then in the rural areas leading to poor health system.

POLITICAL VALUES

When talking about health care, politics can be a part of it too. They two are being linked together for a reason. In some countries, health care would depend on their government depending on the views or practices of their government system. Politics would somehow decide on the health care system of a country or place. Though health care practitioners would make adjustments or policies regarding the health of each and every one in the country but the last one to decide whether it is applicable or good is the one who are in the political field. Some people that are employed in the health care system are still affected with the political opinion of the government personnel (Wolf, 2012). Public health is contradictory to politics because its essential abstract mechanisms - the workout of public expert and the

upgrade of the health of many people - standpoint in applied pressure that opposes their hypothetical aptitude (Lawrence D. Brown, 2010).

Some countries like Philippines practices democracy in which all people living in it should have the same or equal rights with other people. It simply means that in health care system, what one gets, the other also has the right to receive an equal care.

RELIGIOUS BELIEFS

Many people belong to different religious sector. In the Philippines, there are Christians (Catholics, seventh day Adventist, latter day saints, Protestants) and there are also Muslims. They have different beliefs that can affect their health also. Although religion has usually been discharged by the health providers as having slight affirmation or there is something good and sometimes negative effect on the body and psychological health condition, this case has transformed considerably the past few years. (Religious Commitment and Health Status, 1998). One experienced I've encountered while working in the Philippines is taking care of a patient who is a Jehova's witness. Her condition is Acute Lymphocytic Leukemia and the only way she can survive is to have series of blood transfusions. According to their Religious belief they can't allow blood transfusion for their treatment, respecting their belief we only gave her alternative treatment which were oral Iron supplements and haemoglobin injections. Though the alternative treatment somehow helped her with her condition yet it still affected her condition because it can't prolong her life.

HUMAN VALUES

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When talking about human values, we also consider the other things that we need like safety, liberation, knowledge, accomplishments and enjoyment. A specific value may be vital to one person, but may mean nothing to another (Schwartz). Different people may vary values. It is important that one should adjust in order to have understanding. Our own values affects our way of living so as our way of thinking and our health. In in the Philippines there are some families who have strict parents not allowing their children to smoke. It is a value that has a positive effect in our health. Smoking can cause any lung illness not just to the smoker but to the people around him or her as well. However if you belong to a family that I just mentioned then you avoid yourself from having such problems. That is just one of the many values that I can point out to literate the human values.

ETHNICITY AND TRADITION

Ethnicity is a complex feature that talks about a cluster of public and these people has the same distinct including the place where they reside and environmental site but giving importance on traditional practices (Bhopal, 2007). Different ethnic groups consists of numerous traditions. Sometimes they vary in some concepts of health. I've met an Indian friend who shared to me that in their country it is their tradition not to tell the gender of the baby during ultrasound check-up. Opposite with Filipinos because it is their tradition to go for ultrasound check-ups because they are excited to know the gender of the baby. Some ethnic group also vary on how they perceive some health practices. In the Philippines native people mix traditional and modern way of treating disease. They consult quack doctors " albulario" at the same time they go to the doctors for treatment. We also have the

tradition to have a pregnant woman have her delivery at home. It has a positive and negative effect. Compared to delivering in a hospital it is cheaper but very dangerous if complications arise due to lack of equipment.

CONCLUSION

It is therefore important to understand the different factors that affect the health of the people in order to provide a good and quality health care service. It may vary in many ways but there is one goal to attain. These factors are needed to consider when planning for a policy especially in the implementation process.

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