

Health care services and health status of a country

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The important health status indicators include infant mortality rate, life expectancy at birth, maternal mortality ratio, neonatal mortality rate, the under-five mortality rate (child mortality rate). Good health indicator should show positive outcomes based on the quantity and quality of people's health status.

Life expectancy at birth is the most vital health status indicator of any country which directly focuses on the economic condition of the country. Life expectancy at birth refers to the mean number of years that a newborn baby can expect to live if current mortality conditions prevail throughout the person's life. This indicator focuses on the age-specific probability of death of an individual by considering the present rate of death for people of varying ages in a country. Health status of a country is positively influenced by an increase in life expectancy at birth. In economically sound countries like the United States, life expectancy at birth is around 77 years. The countries having a medium financial status like Jordan, life expectancy at birth is around 72 years. While in poor countries like Mali, life expectancy at birth is around 48 years. Thus, the financial status of the country is directly proportional to the life expectancy at birth of that country. To address the major health concerns in poor countries various prevalent health problems should be attended to enhance the life expectancy at birth of the specific country. Thus, based on the need of the country adequate and equal access to health care services could be delivered to enhance the life expectancy at birth. The enhanced life expectancy at birth could definitely achieve physical, mental and social well-being of the poor income country.