

# Debate

[Health & Medicine](#)



**ASSIGN  
BUSTER**

Debate on Healthcare Debate on Healthcare Should preference to healthcare be only given to urban populations with limited access to healthy groceries?

It is my belief that preference to health care should be given to this group of the urban populace. The first reason is because individuals in urban areas with limited access to healthy groceries do not attain all the necessary nutrients and vitamins to maintain a healthy body. They can, therefore, not fend off disease carrying microorganisms. Secondly, this group of people is exposed to a dirty environment in slums of garbage and exhaust fumes. This makes them prone to disease due to low air quality. Thirdly, a high percentage of this group of urban dwellers lacks health insurance and need close healthcare attention (Smith, 1997). People in urban areas with limited access to healthy groceries are also forced to eat whatever they find and most of them are harmful to humans. This include oily foods like french fries and fried meat.

However, it is vital to note that people in rural areas are also extremely vulnerable to disease and preference to health care should also be accorded to them. This is because people in rural areas have significantly poorer health status than urban dwellers. This is because people in rural areas engage in unhealthy practices such as smoking, and less exercise. Secondly, people in rural areas are less educated than those in urban areas, and tend not to comprehend the importance of health care in elongating their lives. Lastly, people in rural areas have limited access to health care and must travel long distances to acquire medical care. They can die or their conditions worsen before they gain adequate medical care (Bauer, 2011).

In conclusion, I believe that due to the high pollution in urban areas dwellers tend to be prone to disease and require preference to health care.

Furthermore, urban dwellers with limited access to healthy groceries lack the nutrients and vitamins in their body needed to fight off disease.

### References

Bauer, J. W. (2011). Rural families and work: Context and problems. New York, N. Y: Springer.

Keefe, R. H., Jurkowski, E. T., & American Public Health Association. (2013). Handbook for public health social work. New York, NY: Springer.

Smith, A. G. (1997). Human rights and choice in poverty: Food insecurity, dependency, and human rights-based development aid for the Third World rural poor. Westport, Conn. [u. a.: Praeger.