

# The Importance of Healthy Human Life on Economic Development

Dr. Priyanka devi, Jayshri Dhanak

**Abstract:** Economic development's most important indicator is the human factor. The human factor is also known as the human capital. Investments in human capital include the investments in human factor. The human capital and economic development are two concepts identified with each other. The main factors of human capital, health and education, are placed on the top in the development of a country. The investments in health and education fields would accelerate the economic development. As long as individuals of a country are healthy, their contribution to production and growth would increase. On the other hand, societies' often becoming ill would decrease their productivity. Thus, this would affect the economic development negatively. When the individuals could live without having health problems, economic development and growth would be influenced positively. Therefore, for the sake of the development of countries and regions, the amount of investments in the field of health should be increased. There are some indicators of healthy life such as diet, non-consumption of alcohol and cigarette, evasion of bad habits, consumption of water of good quality, sports, having an adequate income. People's being healthy also depends on their environment and personal characteristics. The most efficient way to ensure them to stay healthy is making them engaged to sports. In this paper, the relation between healthy human factor and economic development will be tried and examined. The positive cross-country correlation between health and economic growth is well established, but the underlying mechanisms are complex and difficult to discern. Three issues are of central concern. First, assessing and disentangling causality between health and economic growth is empirically challenging. Second, the relation between health and economic growth changes over the process of economic development. Third, different dimensions of health (mortality vs. morbidity, children's and women's health, and health at older ages) may have different economic effects.

**Keywords:** Human Life, economic development, economic well-being, living standards.

## INTRODUCTION

Health means the neat and right function of the physical and spiritual human body. The protection of health is the highest blessing human being needs. Because human can function to meet expectations when having sound and good health. To remain healthy, after cleaning, the most important step is balance diet and peaceful life. In Turkey like in other developing nations, the government is responsible for the protection and development of human lives. Section 56 of The Constitution of the Republic of Turkey provides the following clause about health care: "Everybody is entitled to live in healthy and balanced environment. The state is responsible for everybody's physical and spiritual health care, while on one hand provides compatibility by saving and increasing efficiency in human and material power, arranging to plan and serve health care facilities. The state provides all these through the control and checking of public and private social and health institutions.

The reason why the state gives utmost importance and priority to health care system can be listed as follows:

1. Just as health care provision and development is important to individuals, it is also significant to the entire society.
2. Identification of health care services, the ignorance of people, the inequality in the distribution of income, the quality of health care delivery and so on are difficult issues in the system. The state health care system and the information at hand help for the anticipation of the future occurrences.
3. Leaving the healthcare services at the hand of only private sector is very difficult.

4. Private sector focuses on profit maximization as such the health services they provide may be tilted towards one section of the society.

5. It is better and very important for the state to run the health sector because it is a collective service to the society.

6. The size of the market prevents hospitals, dispensaries, poly clinics and laboratories to become like social clubs.

On one hand as the state speeds the economic development, it is also pertinent for the future of health services to nurture healthy people through improving and spreading the health services. However, in order to improve the health services and spread them across all sectors, there is the need to increase the budget of the institutions which provide the health services to the society.

#### HEALTH EXPENSES

Health expenses are money spent for the protection and development of health. Health expenses positively affect the individual's life span and its quality. Additionally, the physical investment made in health sector speeds its technological development.

In developed nations the rate budgeted for health services is beyond 10% while that of developing countries remain lower. Scientist Mushkin says the health expenses positively affects the GDP of a country.

According to the health related growth hypothesis, health spending are productive capital. When there is weak health sector in a given country, the productivity of both human and physical capital will be negatively affected. On the other hand, health expenses positively affect the economic welfare and growth and these positive effects can be summarized thus;

- Work force and working individuals are more productive.
- Healthy individual positively affect the human capital

To have healthy working people with average life span which will become longer, there should be an incentive for increment in physical investment.

Together with this, the rising health costs helps people to remain healthier, it also makes the increase of the middle life span and thus the growth increases for long period of time.

#### INDICATORS OF HUMAN HEALTH

The human health indicators, are the type of indicators which weigh the factors affecting the health. The measurement among other include: diet, smoking cigarettes, water quality and access to health services. Although governments try to publisize their citizens on the dance of smoking cigarettes but they still take the risk of smoking. Environment and individual features are the measurement that determine the most part of wether people are healthy or not. The aim of health education is to help the individual and the society to continue their life in a healthy manner. Information, behaviour and habits have become the factors to be adopted in order to develop and impart effective health education on society. Every health worker must benefit from every opportunity at every time by giving attention to sport activities

#### THE IMPORTANCE OF SPORTS

In order to live healthier regular sports activity is needed. The regular sports is not only physical, spiritual sports also contribute alot to the health. In recent years, in researches conducted on the large number of American people, it was found that lack of regular sports leads people to be affected by chronic illnesses and even take them to their graves.

Expert have said that lack of exercise causes many diseases including cardiovascular, diabetes and some types of cancer and it has been established that most of the death occerences today are caused by cardiovascular problem. Doing sportive activities helps every human to feel good have healthier body. The person who makes sports feels better and fully energetic.

Doing sports also reduces the rate of joint problems due to the their regular movement. It helps to control the sugar in a person and bring down the amount of insulin contain in the body. It also decreases the complex hypertension problems for those who have such sickness. It provides a protection for injuries. It increases the touches of the cartilages in the joints.

Also helps in kicking out life stress and dealing with it. In short, sports is very important to the extent that no one should degrade it. There are many branches of sports. Here are some of them:

1. Tennis: It normalizes the the blood circulation and increases its reactional ability. It also reduces the heart's peripheral resistance the result of which brings down the loads on hearts and normalises the hypertension.
2. Swimming: The whole body works at the same rate. Swimming increases concentration and speed. It strengthens the arms and leg. Speeds the circulation, the result of which eases the excretion of metabolic remains.
3. Football: Provides the skill and ability of running. Develops the reactions of talent. It does not make one to gain much weight.
4. Golf: Golf playing teaches the whole body how to walk better and remain focused. It increases the intelligence through allowing the brain to take more oxygen.
5. Skewing: Teaches one how to remain balanced. Improves the condition and additionally improves the snapback system.

At the beginning of the 20th century, average global life expectancy at birth was well below 40 years and real per capita gross domestic product (GDP) was less than a sixth of its current value. The economics literature has thoroughly described many of the main forces driving economic growth over this time span (such as technological progress, education, and physical capital accumulation). Likewise, the roles of medical care, individual behaviors, and the environment in influencing health are well understood. However, understanding of the interrelations between health and economic growth remains somewhat limited. The multitude of economic and social pathways through which health affects economic growth and the reverse causal channel by which economic prosperity promotes better health complicate the description of this relationship. In addition, forces such as technological progress and institutional improvements promote both population health and economic growth. All of these aspects pose

challenges to tractable theoretical modeling and empirical identification.

#### HEALTH AFFECTS ECONOMIC GROWTH IN LESS DEVELOPED COUNTRIES

This section describes how health affects economic growth in less developed countries. The main channel in this context is the demographic transition and thereby the timing of the takeoff from Malthusian stagnation toward sustained long-run economic growth. This section's main focus is therefore on how health investments affect the possibility of escaping from a poverty trap sustained (or at least reinforced) by poor health.

#### HEALTH AFFECTS ECONOMIC GROWTH IN DEVELOPED COUNTRIES

Despite some remaining controversy, health improvements are perceived to be an important component of economic development in general and of the takeoff to sustained economic growth in particular. Much more skepticism surrounds the role of health as a driver of economic growth in developed economies. Indeed, many view the high costs of advanced health-care systems as having the potential to deter growth. The debate centers on two main concerns.

People in poor countries are, on average, much less healthy than their counterparts in rich countries. How much of the gap in income between rich and poor countries is accounted for by this difference in health? The answer to this question is important both for evaluating policies aimed at improving health in developing countries and more generally for understanding the reasons why some countries are rich and some poor.

The United States government as well as several international organizations and private charities, have recently embarked on ambitious efforts to improve health in developing countries. Included in these efforts are the Bush Administration's commitment of \$15 billion over five years to fight AIDS; the Roll Back Malaria partnership launched by the World Health Organization (WHO), World Bank, and other international organizations in 1998; and the recent creation of the independent Global Fund for AIDS,

TB, and Malaria. The primary justification for these programs is the potential to reduce suffering and premature death among the affected populations. However, an important secondary justification is the potential gain in economic development that is expected to follow from health improvements.

For example, the report of the WHO's Commission on Macroeconomics and Health (2011) states Improving the health and longevity of the poor is an end in itself, a fundamental goal of economic development. But it is also a means to achieving the other development goals relating to poverty reduction. The linkages of health to poverty reduction and to long-term economic growth are powerful, much stronger than is generally understood. The burden of disease in some low income regions, especially sub-Saharan Africa, stands as a stark barrier to economic growth and therefore must be addressed frontally and centrally in any comprehensive development strategy.

#### CONCLUSION

Information, education, experience, ability, technological development and motivation are the most important factors of human capital. Their effects on the production increases with time. Reviews of human capital starts when these factors begin to draw the attention of researchers. In our day, it has been accepted that human capital plays important role in economic growth of production process just as physical capital does. Because these qualities about human, eases the use of advanced technological equipments of production. There are also more productive, and effective as such they speeds economic development and its process. Healthy head is found in healthy body, in our religion health is said to be most important divine blessing which should be protected. For human to offer the expected services, to work healthier, to serve the family and country there is the need to be healthier. Citizens becoming healthier is an indication of development. Today human capital as one of the basics of economic growth and background for its development, it becomes more important and the productivity continues. The development and productivity of human capital depends on the investment made on the sector. Especially the one done on the sports activities and their spread which develops the brain and body of

human being. This also speed up the economic development.

The case for a positive effect of health on economic growth is strongest for less developed, post demographic transition countries and with respect to children's health and women's health. A somewhat more complex picture emerges for developed economies. While reductions in the burden of chronic diseases yield substantial productivity gains, the improvements disproportionately accrue to older individuals who are less likely to be economically active. The extent to which increasing longevity then translates into additional capital accumulation and productivity growth depends on the particular design of social security schemes and the potentially offsetting impacts of an extended working life. Other concerns relate to the detrimental impact of wasteful health-care spending on economic performance. While scope clearly exists for improving the efficiency of health-care systems throughout, economic growth alone is a poor benchmark for valuing the desirability of health and health care.

My goal in this paper is to quantitatively assess the role that health differences play in explaining income differences between rich and poor countries, and thus to calculate the income gain that would result from an improvement in the health of people living in poor countries.

#### REFERENCES

- [1] Aksan, A.-M., & Chakraborty, S. (2014). Mortality versus morbidity in the demographic transition. *European Economic Review*, 70, 470–492.
- [2] Ashraf, Q. H., Weil, D. N., & Wilde, J. (2013). The effect of fertility reduction on economic growth. *Population and Development Review*, 39, 97–130.
- [3] Azomahou, T. T., Boucekine, R., & Diene, B. (2016). HIV/AIDS and development: A reappraisal of the productivity and factor accumulation effects. *American Economic Review, Papers & Proceedings*, 106, 472–477.
- [4] Bloom, D. E. ve Canning, D. (2000), *The Health and Wealth of Nations, Science's Compass Policy Forum, Public Health*, Vol: 287.

- [5] Baldanzi, A., Bucci, A., & Prettnner, K. (2017). Children's health, human capital accumulation, and R&D-based economic growth. Hohenheim Discussion Papers in Business, Economics and Social Sciences 01–2017, University of Hohenheim, Faculty of Business, Economics and Social Sciences.
- [6] Bloom, D. E., & Fink, G. (2014). The economic case for devoting public resources to health. In J. Farrar, N. White, D. Lalloo, P. Hotez, T. Junghanss, & G. Kang (Eds.), *Manson's tropical diseases* (23rd ed., pp. 23–30). Philadelphia: Elsevier.
- [7] Case, A., & Deaton, A. (2017). Mortality and morbidity in the 21st century. *Brookings Papers on Economic Activity*, 397–476.
- [8] Cervellati, M., & Sunde, U. (2013). Life expectancy, schooling, and lifetime labor supply: Theory and evidence revisited. *Econometrica*, 81, 2055–2086.
- [9] Cervellati, M., & Sunde, U. (2015a). The effect of life expectancy on education and population dynamics. *Empirical Economics*, 48, 1445–1478.
- [10] Cervellati, M., & Sunde, U. (2015b). The economic and demographic transition, mortality, and comparative development. *American Economic Journal: Macroeconomics*, 7, 189–225.
- [11] Dalgaard, C.-J., & Strulik, H. (2017). The genesis of the golden age: Accounting for the rise in health and leisure. *Review of Economic Dynamics*, 24, 132–151.
- [12] Hansen, C. W., & Strulik, H. (2017). Life expectancy and education: Evidence from the cardiovascular revolution. *Journal of Economic Growth*, 22, 421–450.
- [13] Jones, C. I., & Klenow, P. (2016). Beyond GDP? Welfare across countries and time. *American Economic Review*, 106, 2426–2457.
- [14] Kelly, M. (2017). Health capital accumulation, health insurance, and aggregate outcomes: A neoclassical approach. *Journal of Macroeconomics*, 52, 1–22.
- [15] OECD (2017). *Health expenditure and financing. Data of countries.*
- [16] Tamura, R. (2006). Human capital and economic development. *Journal of Development Economics*. 79 (2006) 26–72.
- [17] World Bank. (2017). *World development indicators.* Washington, DC: World Bank.