

The State of Global Health: Challenges and Strategies for a Healthier World

Clare Giles*

Department of Medical Health, University of Talca, Talca, Chile

DESCRIPTION

The global health strategy may encourage worldwide cooperation in medical research and development and sharing of its outcomes, such as vaccines, which would improve health. For instance, there are requests for certain vaccinations' patents to be waived. There may be a role for financing approaches, the development of evidence-based recommendations, and logistics. Access to vaccines and public-private collaborations are crucial. National scopes and "the transnational nature of the problem, which call for an international strategy," frequently place restrictions on the use of systems to promote research and development.

Maternal health

For women of reproductive age, complications during pregnancy and childbirth are the most common causes of death. Every minute or so, a woman dies in many underdeveloped nations from complications related to childbirth. Poor maternal health, behind HIV/AIDS, malaria, and tuberculosis, is the fourth most common cause of mortality for women globally, according to the World Health Organization's 2005 World Health Report. The majority of maternal deaths and injuries are preventable, and in the industrialized world, these tragedies have mostly been eliminated. In order to achieve the goals for improving maternal health, more deliveries should be helped along by trained birth attendants. The WHO and UNICEF-led initiative Countdown to 2015 estimates that 68 low-income countries account for 97% of all maternal and child fatalities worldwide [1].

Nutrition

Almost 104 million kids were underweight in 2010, and under nutrition is a factor in nearly one-third of all child fatalities worldwide. Because under nutrition weakens the immune system, infections occur more frequently, are more severe, and last longer (including measles, pneumonia, and diarrhea). Malnutrition can also be exacerbated by infection.

Micronutrient deficiencies, which are widespread throughout the world and can affect intellectual capability, growth, development, and adult productivity, include those of vitamin-A, iron, iodine, and zinc.

Micronutrient supplementation, fortification of staple grocery items, dietary variety, hygiene precautions to stop the spread of illnesses, and breastfeeding encouragement are all interventions to avoid malnutrition [2,3].

Non-communicable diseases

In developing nations, non-communicable disease-related mortality account for almost 80% of all fatalities. For instance, ageing and urbanization in India have increased the number of non-communicable diseases with poor health outcomes. Diabetes (rate grew by 80%) and ischemic heart disease (rate increased by 34%) have experienced the largest growth in disease burden during the past 26 years. 6.1 million fatalities in 2016, or more than 60% of all deaths, were caused by NCDs, up from 38% in 1990 [4].

An increasing number of persons are being diagnosed with chronic non-communicable diseases as a result of the urbanization of refugees. For instance, type 2 diabetes, which is linked to fat, has been on the rise in formerly hungry nations. By 2030, there will be 228 million more diabetics living in low-income nations, up from 84 million currently.

Lifestyle diseases

Diseases connected to a person's lifestyle are known as lifestyle diseases. Some ailments are contagious but not spreadable. These are brought on by a lack of physical activity, improper eating, drinking, substance abuse disorders, and cigarette use, which can cause lung cancer, type 2 diabetes, obesity, heart disease, and stroke. Alzheimer's disease, arthritis, atherosclerosis, asthma, cancer, chronic obstructive pulmonary disease, colitis, irritable bowel syndrome, type 2 diabetes, heart chronic kidney failure, osteoporosis, PCOD, stroke, depression are among the illnesses that appear to be becoming more prevalent as societies become more industrialized and people live longer [5,6].

Correspondence to: Clare Giles, Department of Medical Health, University of Talca, Talca, Chile, E-mail: Clareg123@gmail.com

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