

# Global Health: Important Issues

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“Global health” (GH) are terms that have been used interchangeably to define the health of people all over the globe. Global health emphasizes worldwide health issues, causes, and solutions; includes numerous corrections within and beyond the health sciences and indorses interdisciplinary association.<sup>1</sup> Global health focuses on people around the world rather than on the concerns of particular groups. Interesting debates are ongoing on how to develop practical implementation science competencies that can bridge the gap in global health.<sup>2</sup> The reason for my interest in global health is moral responsibility. Global health issues are important because the health and well-being of people everywhere has an impact on global security and freedom.

The four key themes that emerged from the current systematic review are that GH is: (1) a multiplex approach to worldwide health improvement taught and researched through academic institutions; (2) an ethos that is guided by justice principles; (3) a mode of governance that yields influence through political decision-making, problem identification, the allocation and exchange of resources across borders and (4) a polysemous concept with historical antecedents and an emergent future.<sup>3</sup>

Global health is significant because our worlds are interconnected. The increase in global trade and travel in recent decades has not only provided benefits, but also related to the creation of health problems. These lead to the form of infectious diseases and pandemics, such as Covid-19. Besides, the Covid-19 pandemics has created challenges in all sectors of government and all countries of world. Current global health problems include infectious diseases and pandemics, non-communicable diseases, food insecurity, inequality, environmental factors, and so on.

### **Infectious disease and pandemics:**

On 30 January 2020 COVID-19 was declared a Public Health Emergency of International Concern (PHEIC) with an official death toll of 171.<sup>4</sup> On March 11, 2020,

the World Health Organization (WHO) declared COVID-19 as a pandemic. It has caused severe illness and death. It features sustained person-to-person spread worldwide. People with pre-existing comorbidities conditions are having the greatest impact. Not much is known about Covid-19. What is known today is changing rapidly. The COVID-19 pandemic is one of the major global health challenges and economic crisis in the 21st century.<sup>5</sup> When the pandemic struck, major regional and global gaps in pre-positioned emergency supplies, surge workforce capacities, and coordination structures exacerbated national vulnerabilities. The Covid-19 Pandemics has shown people the gaps in the preparation and containment. Infectious diseases generally do not respect native boundaries. Still, politics, development policies, and damage to the environment also play an important role.

Health workers must be trained to perform preventive decontamination procedures. Information about Covid-19 is rapidly changing, it is essential to stay in touch with rapidly changing knowledge and experience to the situation with Covid-19. It is important to rely on real sources of information and not primarily on social media sites. There is no specific drug or treatment for Covid-19. Supportive treatment is the only management. Infection prevention and control programs are followed. If prevention is the only option, then why not accept it more and more? Most people have a tendency to invest less in prevention and this is also true in poor countries. On the other hand, the incidence of COVID-19 will decrease with the application of the vaccine. Thus, large-scale vaccine campaigns have been shown to be an example of a macro-level health intervention that has been shown to get rid of Covid-19.

Simultaneously many other infectious diseases have been deadly and global health challenges for decades, such as diarrhea, tuberculosis, HIV / AIDS, malaria, Ebola and influenza. Almost all of which can be treated with modern medicine and / or prevented through sanitation and public health-based infection prevention programs.

**Noncommunicable diseases:**

Non-communicable diseases (NCDs) represent a growing health threat in global health. In many parts of the world, cardiovascular disease, stroke, cancer, diabetes and chronic lung disease are the leading causes of death and illness. NCDs place a huge burden on human health worldwide.<sup>6</sup> Modifiable risk factors refer to characteristics that societies or individuals can change to improve health outcomes. WHO typically refers to four major causes for NCDs are poor diet, physical inactivity, tobacco use, and harmful alcohol use.<sup>7</sup> Lifestyle changes and health problems related to the aging population have created this type of NCD. Healthcare burden are more relevant for healthcare systems than pandemics. Thus, we should focus on resources on non-communicable, chronic diseases such as diabetes and cardiovascular conditions. Conditions related to cancer, heart disease and obesity have proven to be difficult challenges even for the best health care system. Meanwhile, high levels of pollution and cancer have become a major cause of death in relatively long life expectancy countries.

In addition to the various human costs, developing countries have a significant economic cost for NCDs. Although many of the risks of NCDs are preventable, research and coverage of interventions to reduce the burden of NCDs on LMICs is still limited. However, interventions to reduce the risk of NCDs, improving healthy behaviors and strengthening the health system through NCD screening, and treatment.

**Food security:**

Food security occurs when people continuously have physical and economic access to adequate, safe, and nutritious food to meet their dietary requirements and food preferences for a functional and healthy life.<sup>8</sup> In the COVID-19 crisis, like public health problem; food security, workers' health and safety, and employment and labour issues are important. COVID-19 inflated the effects of poverty. Border closures, and confinement measures have been preventing peoples from entering the markets, disrupting domestic and international food supply chains, and reducing access to healthy diets.

In 2021, the effects of the global pandemic, political unrest, and climate changes are steadily increasing food insecurity for families and children. In fact, a large portion of healthcare services in poorer countries are purchased directly by households with

'out-of-pocket' resources. Millions of people are at risk of falling into extreme poverty. Special attention should therefore be paid to saving lives, including child allowances and healthy school meals, cash transfers, shelter and food relief initiatives, and assistance in retaining employment.

**Inequality:**

Health inequalities refers to the differences in health status or in the distribution of health resources between different population groups.<sup>9</sup> The "Burden of disease", which associates mortality with disability and disease prevalence data. People in poor countries have much worse health than people in rich countries. In less affluent countries, there are underdeveloped healthcare systems and millions of people struggle to access cared for. Lack of access to healthcare, due to financial or other reasons, is responsible for millions of premature deaths every year. Low-income countries have higher infant mortality rates.

Covid-19 has created a crisis for girls and children around the world, such as gender inequality, child marriage, child labor and trafficking. Since vulnerable families lose their incomes, girls are being sold into child marriage, children are being forced to beg on the streets, or being sent to work (child labor) instead of going to school. From the standpoint of health sciences and policy, the increasing political importance of Global Health and Inequality is long unsettled.

**Environmental factors:**

All the living beings residing on the planet earth need a healthy, clean and better environment for increased adaptability and enhanced survival chances. The relationships between humans and the global ecosystem are complex. Current Environmental Issues are 1) Contaminated Soil, 2) Air Pollution, 3) Water Pollution, 4) Waste Disposal, 5) Climate Change, 6) Deforestation, 7) Urban Extension, 8) Toxins, 9) Loss of Biodiversity, 10) Reduction of Ozone Layer, 11) Radioactive Pollution, 12) Mine Pollution, 13) Invasive species, 14) Ocean Acidification, 15) Nano pollution/Nanotoxicology etc.

The environment affects the definition of global health in many ways.<sup>10</sup> Some scientists believe the virus that causes COVID-19 originally crossed over from a wild animal, partly because of human encroachment on what was once wilderness. As Ebola and HIV crossover infections also originated from animals.

Thus, protecting forests from development can also protect people. Polluted air causes illness and millions of early deaths each year. Polluted water can poison people and animal life alike. Many healthcare providers use incineration to dispose of medical waste such as dressings. However, this disperses unacceptable amounts of chemical waste such as dioxins, heavy metals and other toxic chemicals into the atmosphere.

As temperatures grow warmer, tropical diseases are reaching new areas. Global warming should be addressed on priority. Reduced carbon emission from vehicles and factories need to be ensured across different countries. As climate change and natural resource management move up the scientific and political agendas, the concept of sustainability has become a key issue.

### **Why should everyone be concerned about global health problems?**

Global health emphasizes prevention at the population level and is vital to helping maintain global security. Global health is important because its goal is to improve worldwide health, access to healthcare services and the quality of healthcare for all.<sup>11</sup>

### **What can be done to achieve good global health outcomes for all?**

- 1) Healthy public policy integrated in multiple sectors, requires "health in all policies".
- 2) Prioritize health equity in development policies, plans and programs.
- 3) Make health promotion a key issue in government and civil society activities.
- 4) Introduce universal approaches and processes for social protection in the field of health.
- 5) Gender, ethnic and intercultural approaches must be equal in all interventions.
- 6) Strengthen health sector leadership to manage inter-sectoral processes.
- 7) Success requires the support of both political and resource partners.

**Finally**, the 2030 Agenda for Sustainable Development recognizes NCDs as a major challenge for sustainable development. As part of the agenda, government committed to develop ambitious national responses, by 2030, to reduce by one third premature mortality from NCDs through prevention and treatment (SDG

target 3.4). Only Health workforces can play a key leadership role in the coordination and promotion of the global health issues and the achievement of the Sustainable Development Goals. We must not forget that all these efforts must take into account the fact that the ultimate beneficiaries should be people, families and communities so that health can be made real for all.

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