

Paper: HOW TO ACHIEVE HEALTH (at any age) – Problem & Solution

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Topic: “Healthcare” is a word that designates an industry that functions for the purposes of providing *healthy* incomes & lifestyles of those employed within the industry itself (as the data of this paper clearly illustrates). “Health care” on the other hand is a method whereby any individual can provide the means for themselves to live a healthy and vibrant life into their upper 90’s and/or into their 100’s (as this paper also demonstrates).

Introduction

If any individual on the planet wishes to live to a ripe old age, then the data & information to do so exists. And it has existed since the dawn of time. The ability to extract this particular body of information, however, becomes complicated. It is complicated because the average individual does not possess the capability to discern truth from falsehood. The complication is further enhanced by financial interests and the promotion of propaganda, by the ubiquitous presence of mainstream media.

The “who” and “why” is not the topic of this paper. It is the “what” concerning *healthcare* & *health care* that this paper concerns itself with.

The Data (with web references)

Chronic Diseases in America

6 IN 10 Adults in the US have a chronic disease

4 IN 10 Adults in the US have two or more

THE LEADING CAUSES OF DEATH AND DISABILITY

and Leading Drivers of the Nation’s \$3.8 Trillion in Annual Health Care Costs (2021)

THE LEADING CAUSES OF DEATH AND DISABILITY

and Leading Drivers of the Nation’s \$4.1 Trillion in Annual Health Care Costs (Nov. 2023)

<https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>

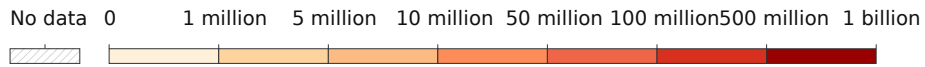
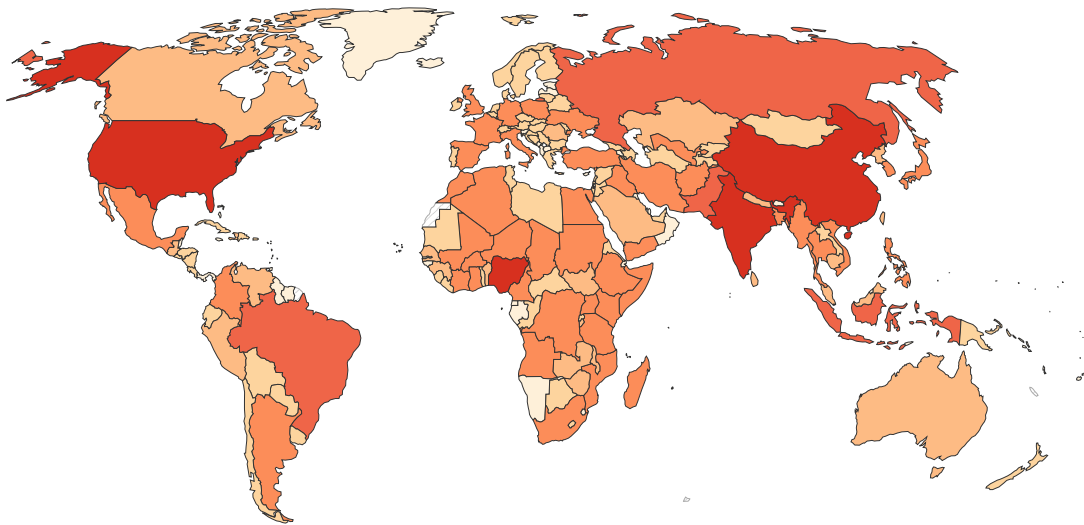
Childhood Chronic “Disease” Rate - 54.1%

[https://www.academicpedsjnl.net/article/S1876-2859\(10\)00250-0/pdf](https://www.academicpedsjnl.net/article/S1876-2859(10)00250-0/pdf)

Total disease burden, 2019

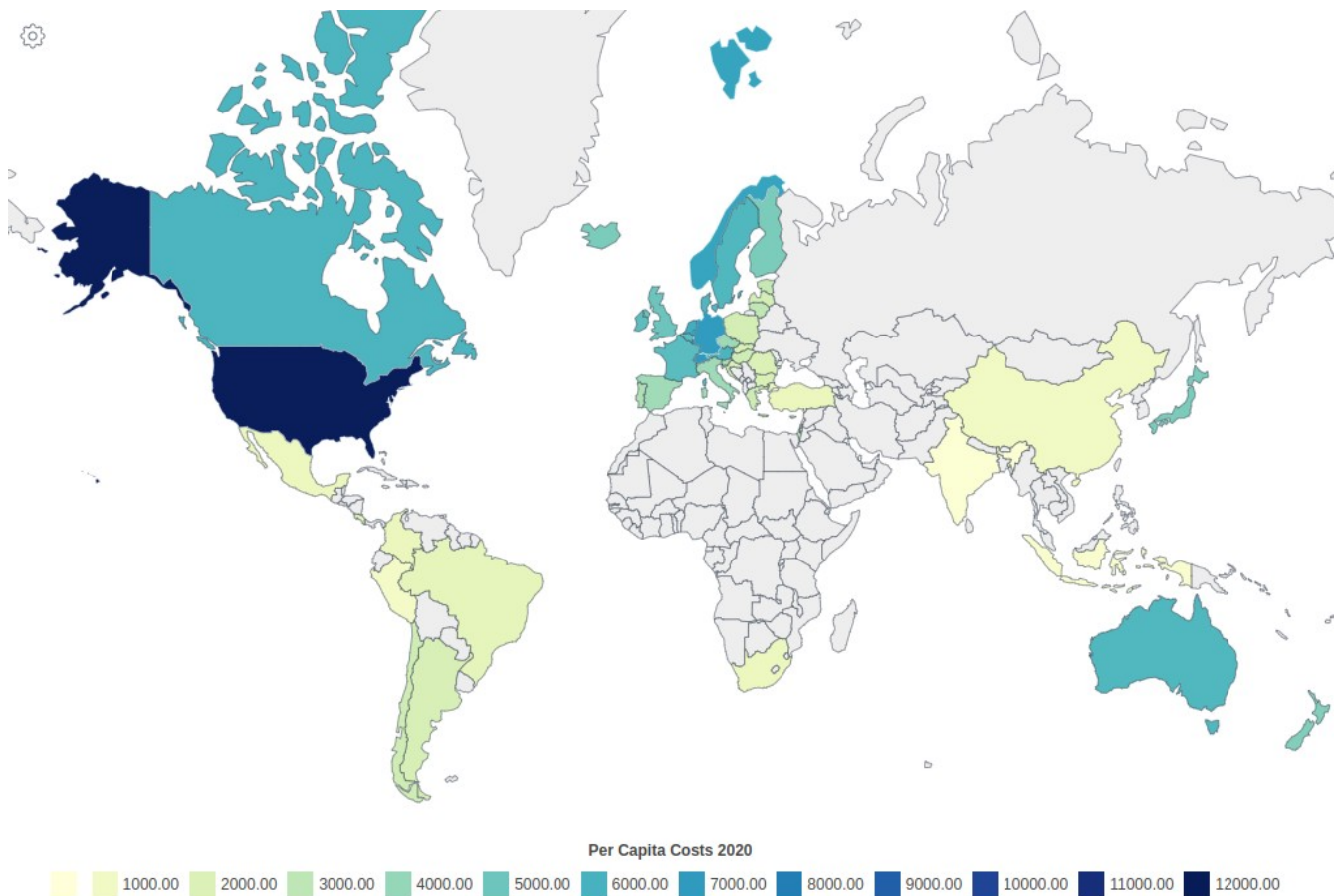


The total disease burden is measured as the number of Disability-Adjusted Life Years (DALYs) per year. DALYs measure the total burden of disease - both from years of life lost due to premature death and years lived with a disability. One DALY equals one lost year of healthy life.



Data source: IHME, Global Burden of Disease (2019)

<https://ourworldindata.org/burden-of-disease>



Health Care Costs by Country 2023

Access to health care varies across countries and communities and is largely influenced by social and economic conditions and health policies implemented by governments. In regards to health care, the primary concern for the people within a country is the cost involved in providing and receiving it.

How Countries Finance Health Care Costs

In most developed countries, health care is financed through taxes, private insurance, or subsidized by private organizations. The United States uniquely uses all of these payment methods in its health care system. Other countries participate in a single-payer system, in which essential healthcare costs are paid for by taxes collected through government programs.

Countries With the Highest Health Care Costs in 2022

Currently, the most updated data for health care costs by country is from 2021. Still, as in years past, The United States spends significantly more on healthcare than any other developed country. Despite this fact, the healthcare outcomes for residents are not noticeably different from other developed nations.

There are several reasons things that may factor into higher health care costs in the U.S., from high drug costs to extensive administrative fees. The fact remains that The United

States spends at least 40% more on health care per person than any other country in the world.

<https://worldpopulationreview.com/country-rankings/health-care-costs-by-country>

Conclusion

While the chart on the total disease burden (2019) leans toward bias, concerning population density (the difference between the U.S. and Canada, for example), one may think, still, that the benefits of exorbitant healthcare costs would somewhat favourably impact disease rates, as in the United States.

Number crunching aside, and with the adage “it is better to side with truth than to try to disprove falsehood” (Hawkins), it is to the benefit of humanity, that we *do have* simple & concise information on how to live to healthy and vital old ages. They are contained in the references along with other pertinent information relating to this paper.

References

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