



World Health Day 7 April 2019

World Health Organisation definition of Health.

Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.

To deliver holistic health care we need to understand every aspect of life effects on a persons health and wellbeing. If there is a problem in one area of a person's life this will affectt the person's health.

Often healthcare tries to address the results of social problems, for example, poverty. Poverty causes all sorts of health problems because of poor diet, poor dental care, poor housing, a lack of immunisation, physical and emotional domestic violence, alcohol and drug abuse.

The cost of poverty to society must be enormous. It contributes to the strain on our healthcare, social welfare and criminal justice sytems.

Imagine how different the health of our country would be if our government truly made reducing poverty their priority. This is possible, as its happened before with the introduction of the social welfare system in the 1930s.

Let's make it our priority to direct our government to make reducing poverty their priority and improve the health of our nation.

<https://www.who.int/campaigns/world-health-day/world-health-day-2019>

