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# The Importance of Healthy Human Life on Economic Development

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**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.

**Keywords:** Economic Development, Health, Importance, Human Life, Turkey

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## 1. Introduction

Health means the neat and right function of the physical and spritual 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 spritual 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."* [14]

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. [11]

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.

## 2. Health Services in Turkey

Human as the most valuable being of one nation, to participate actively in the economic activities needs to be provided with good health care services and higher education. [12].

The health related data of a given country is the most important indicator of its level of development. Health services cover the people's life span, power and resistance, energy and liveliness and all other motives. About the socialization of health services, section 224 of the Turkish health laws of (5.1.1961) says *"the health services must protect people against different factors which affect them, cure the sick ones, provide remedies for those with physical and mental illness, and reducing the pains of people suffering from low natural capabilities."* [13]. According to this definition, the health services are grouped into four categories; they are the protectors of health, the curers of health, rehabilitators of health and developers of health. In Turkey the Health ministry is responsible of managing of health services institutions which are the protectors and curers.

In order to improve the health condition, the state must freely execute society-focused program/project that will eradicate all the challenges against the health services. The cure provider health, is the system which when people are sick provides their appointment, diagnosis medication and rehabilitation at health centers. The aim of medical services, despite the preventive measures taken, is the quick diagnosis, speedy and effective medication, and making the sick regain his health in the shortest possible time. [5].

The health and medical services are provided by the ministry of health along side other ministries, universities and other private institutions. However, individuals also participate in financing the health/medical services.

### 2.1. Provision of Health Services

The provision of the health services, is the amount of what the health institutions agreed to offer for specific amount of money agreed on. The health services capital is the most

important factor which determines the services of the providers and sellers. Doctors, Nurses, Administrative Personnel e.t.c and health center and hospitals buildings, different medical devices are what made the health service production. The Money spent for this production is what constitute the capital for health services.

### 2.2. The Demand for Health Services

The demand of health services is the benefit of persons of the available health institutions. The most important factor which influences the need for health services is the necessity of health for the continuation of life. Health services can't be domesticated. As such the price of other commodities in the need for health services are not important factor.

The state budget is the most important source for health services. Although every year the money budgeted for health is being increased, it can't be said that it is enough. In the year 2001 the amount budgeted for health in Turkey is 1.5%, in 2004 3.3%, in the year 2005% 3.9%, in 2012 5.2%, 2013 5.4% and 2016 5.4%. Whereas in the years 2014 and 2015 Holland budgeted 11% and Germany 10-11% from their GDP for health care. [6].

Health services comprise all the factors affecting and harmonizing the human life span, power and resistance, energy and liveliness. Effective sustainability of health services makes people to live in healthy condition. When the people of a county become healthy, this will be an important factor for its economic development.

Due to the fact that the aim of economic development is to provide higher life standards for people, then the perfect execution of health services is the goal of the economic development. Similarly, for people to participate productively in the economic activities, first there is the need to improve the health services and life standards. Due to this fact, the improvement of health services is at the same time the most important organ of economic development. The Islamic Religion attached much importance to human health, prohibits the consumption and usage of anything which can harm human body and spirit. The liquor which also removes the senses and mental consciousness of human, marijuana and game of chance, stress, hatred, enmity, fracas, grudges and so on are all factors which negatively affect the human body and mentality. Contrarily, sporting activities and healthy nutrition make human to become peaceful and happier.

To human being, health come first before any other thing. Because the person who doesn't have enough health can not do anything and will be using his energy trying to regain the health. As far as this is concern there are many proverbs in Turkish language/culture:

Healthy head is found in healthy body

Eat healthy and live healthy

Upholding bad habits blacken human future

Obesity is regret, reduce weights and live healthy

Do sports and protect the future

Eat balance diet and live long

Among people nothing is reliable as the state, health is like

the breathe of a state Kanuni Sultan Suleyman).

Today, the health demand indicators in Turkey are yet to be like those indicators of developed nations. The number of doctors, hospitals, health centers, health personnels, diagnosis centers and medical equipment is not enough as needed in quality and quantity. Doeksen et al argue that:

*“High-quality infrastructure is an essential component for community growth and development, and it is critical for quality of life preservation. As facilities and ser-, vices deteriorate or become inadequate, growth is deterred, and quality of life is adversely affected. A viable health sector is a major component of a community’s infrastructure.” [3]*

The inadequateness of health demand, the low income per capita, lack of enough research fund in health sectors, lack of enough doctors unless in big cities, lack of enough hospital equipments e.t.c. are the problems faced by health demand.

### 3. 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. [10].

According to the health related growth hypothesis, health spendings 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. [1]

The table below shows the data for some selected OECD countries’ total percentile spendings on health services based on their GDP.

**Table 1.** Total health services expenditure of some OECD member countries.

Country	2005	2007	2008	2009	2010	2011	2012
Australia	8.1	8.0	8.2	8.6	8.4	8.3	8.4
Canada	9.3	9.5	9.7	10.8	10.7	10.6	10.6
USA	15.1	15.4	15.8	16.9	16.9	16.8	16.9
France	10.5	10.4	10.5	11.2	11.2	11.2	11.2
Finland	8.0	7.6	7.8	8.6	8.5	8.5	8.7
Poland	5.8	5.9	6.4	6.7	6.5	6.3	6.4
Germany	10.3	10.1	10.4	11.3	11.2	11.2	10.9
Italy	8.3	8.1	8.5	8.9	8.9	8.7	8.7
Turkey	5.4	6.0	6.1	6.1	5.6	5.3	5.4

Source: [15] and [16].

As seen in table 1 above, among the OECD members France and Germany have the highest budget for health services. As the countries’ budgets exceed 10% of their total GDP, in Turkey it is 6.1% in 2009 and due to the problems faced in 2009, in 2011 it dropped to 5.3% and in 2015 remains at 5.5%. [15]

Human capital which is termed as the background of the workforce of information society, and it is one of the impetus of economic boom. The information that emphasizes the quality of human being who participate in the production process, is accepted as the ability, experience and dynamism of human capital [9]. Also *“In recent endogenous growth literature, human capital has been broadly cited as a principal engine of growth”* [2]. See also [4].

However, *“although not all education produces human capital and not all human capital is produced by education”* [7], but the human capital of a one nation is attached to the richness, the education level of the production workforce, intellect, health and nutrition of that country. When there is more edutaed people, healthier and Nutrient and more expernced workforce then the level of productivity will be higher. Health and Education expenses are two important factors that contribute alot to the human capital. After economic development, together with the investment made on human, the utmost goal is to improve the life standard of human. Otherwise the money distribution of a country will fail. If the health and education services of a country do not reach mass and wider people, the housing and social security go down, that country will not develop even if its income increases.

The investments made in the health and education sectors play a great role on the process of economic development. For instance, the positive indicators of the level of health of the society will reflect on the productivity, as such they will positively affect the economic development. The positive developments of the health of a society can be expressed thus; the fall of the rate of child mortality, healthy nutrition, increase of the average life span, reducing the number of diseases and their types and executing new initiatives in the health system. [11]

In this context, as result of the high number of diseases and its effect of weakening many workers, the productivity will fall and economic development will become slow. In the same vein, the indicators of the rate of infant and child mortality average life span have a direct relation with labour demand and in societies with positive indicators, where the human capital will become qualitative, there would be an increase in the productivity and as a result of which the economic growth will be positive. In short, the investments made on the health sector, will pave a way for the increase of human capital and the productivity of workers.

### 4. 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 sigarettes,

water quality and access to health services. Although governments try to publicize their citizens on the danger of smoking cigarettes but they still take the risk of smoking. Environment and individual features are the measurement that determine the most part of whether 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. [8].

In order to develop, sustain and move forward the health there is the need to eradicate all the environmental problems such as; social, economic, biological and physical obstacles. Education is what makes people to consult their doctors and act according to what the physician says in order to improve the individual's strength and ensure health control.

## 5. 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 a lot 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.

Experts 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 deaths occurring today are caused by cardiovascular problems.

Doing sportive activities helps every human to feel good and have a healthier body. The person who makes sports feels better and fully energetic. Doing sports also reduces the rate of joint problems due to their regular movement. It helps to control the sugar in a person and bring down the amount of insulin contained 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 thickness 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 blood circulation and increases its reaction 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. Skiing: Teaches one how to remain balanced. Improves the condition and additionally improves the snapback system.

Apart from these, there are many different types of sportive activities. Some of these types of sports are dangerous to human life just as others are important. For example, bicycle riding is beneficial while boxing and kick boxing can't be said to be good. [13]

All the sportive activities increase the human confidence, decrease human anxieties and stress. As a result of this human develops the sense of pleasuring, the result of which increases the hormones released from the brain.

## 6. Conclusion

Information, education, experience, ability, technological development and motivation are the most important factors of human capital. Their effects on the production increase with time. Reviews of human capital start when these factors begin to draw the attention of researchers. In our day, it has been accepted that human capital plays an important role in economic growth of production process just as physical capital does. Because these qualities about human, ease the use of advanced technological equipments of production. There are also more productive, and effective as such they speed economic development and its process.

Healthy head is found in healthy body, in our religion health is said to be the 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 speeds up the economic development.

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