DEJ # 1

Student’s Name

Instructor

Name/ Section:
DEJ Assignment # 1

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| **Page/ in-text (APA citation)** | **From the Text** | **My Reflections** |
| (Institute of Medicine of the National Academies, 2013)Pg. 2 Retrieved from: <http://www.nationalacademies.org/hmd/Reports/2013/US-Health-in-International-Perspective-Shorter-Lives-Poorer-Health.aspx> | “The United States does enjoy a few health advantages when compared with peer countries, including lower cancer death rates and greater control of blood pressure and cholesterol levels.” | As the health complications related to cancer, cardiovascular diseases and obesity stared to increase in United States, the national and global health organizations and regulatory bodies started to implement nationwide health programs to reduce the incidence of the diseases. Our lifestyle choices have direct and significant impact on our health. Thus, American health policies have made robust efforts in improving the health standard by creating awareness among people and has been able to control the highest rates of these diseases. Though there is still a need to work on other sections of the health industry in order to improve the overall health status. |
| (Institute of Medicine of the National Academies, 2013)Pg. 3 Retrieved from <http://www.nationalacademies.org/hmd/Reports/2013/US-Health-in-International-Perspective-Shorter-Lives-Poorer-Health.aspx> | “The health disadvantage also has economic consequences. Shorter lives and poorer health in the United States will ultimately harm the nation’s economy as health care costs rise and the workforce remains less healthy than that of other high-income countries.” | United States spends huge amounts on the healthcare sector as compared to other high-income countries. However, majority of the citizens have not been insured or do not visit hospitals as they get sick because they cannot afford it. Many of the Americans do not even have a regular physician. People are shy to buy expensive medications and maintain a healthy life style. Despite U. S. government spending a lot of money on healthcare, the public health status is not as good as it should be and it costs further economic losses.  |
| (Institute of Medicine of the National Academies, 2013)Pg. 3 Retrieved from <http://www.nationalacademies.org/hmd/Reports/2013/US-Health-in-International-Perspective-Shorter-Lives-Poorer-Health.aspx> | “And Americans benefit less from safety net programs that can buffer the negative health effects of poverty and other social disadvantages.” | In United states, individuals have unparalleled political and public support. Many programs have been introduced for the improvement of public health at larger expenses. However, people do not get benefits from these programs as they also are the victims of the societal disadvantages and the economic pressure. This pattern has been increasing over generations and now large amounts of populations suffer from negative health implications in America.  |
| (Institute of Medicine of the National Academies, 2013)Pg. 3 Retrieved from <http://www.nationalacademies.org/hmd/Reports/2013/US-Health-in-International-Perspective-Shorter-Lives-Poorer-Health.aspx> | “Although these are positive steps, addressing the U.S. health disadvantage will require not only a list of goals, but also a societal commitment of effort and resources to meet them.” | Health management is a serious and common issue in the United States. Steps are being taken for the proper solution to this issue. A list of goals is provided by the healthcare organizations that may help people get awareness about it and do something to manage their health properly. But the only solution to this problem is not making of the goals and asking people to follow it. A commitment by the people in living in that society is required that would help them make efforts to meet their health-related needs and also look for appropriate resources for that. |
| (Institute of Medicine of the National Academies, 2013)Pg. 4 Retrieved from <http://www.nationalacademies.org/hmd/Reports/2013/US-Health-in-International-Perspective-Shorter-Lives-Poorer-Health.aspx> | “Greater public knowledge may require an organized media and outreach campaign to raise awareness about the U.S. health disadvantage.” | It is imperative to raise awareness and educate general masses about the United States health disadvantages and comparison of health outcomes in our country with the peer countries. In order to bring about change in the public health status, we need to focus on different health groups in the nation including children, women, young adults and old age. Health related programs and information should be made readily available for younger people especially at schools as they start making unhealthy lifestyle choices at that stage. The similar behavior remains persistent in adult lives and thus the overall lifestyle and health status of the people is compromised. The best way to achieve this goal is to conduct outreach campaigns and the consistent use of social media.  |

**References**

Institute of Medicine of the National Academies. (2013). *U.S. Health in International Perspective: Shorter Lives, Poorer Health* (p. 4). Retrieved from http://www.nationalacademies.org/hmd/Reports/2013/US-Health-in-International-Perspective-Shorter-Lives-Poorer-Health.aspx