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The Role of Health Security in Enhancing Quality of Life.

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Abstract:

Health serves as a vital foundation for society, as any decline affects development programs and individual well-being. This paper explores the role of health security in improving quality of life through healthcare, health expenditure, and health awareness. The findings highlight the importance of comprehensive healthcare, adequate funding, and health awareness in treatment and disease prevention, illustrating that health security significantly enhances quality of life.

key words: Health; Health Security; Healthcare; Health Expenditure; Health Awareness; Quality of Life.

Introduction:

In 2015, United Nations General Assembly (UNGA) embraced a new agenda that aimed at transforming the world by achieving the Sustainable Development Goals (SDGs) by 2030. This agenda is based on the experiences learned from the Millennium Development Goals (MDGs) and aims to address the issues that were not achieved in the development agenda from 2000 to 2015.

Health is considered as a fundamental element in sustainable development policies, with one of the seventeen goals specifically dedicated to this purpose, which is Goal 3 "Ensure healthy lives and promote well-being for all at all ages." This goal aims to strengthen national and global health systems to ensure public health protection through proactive and preventive strategies against threats, diseases, and epidemics. It also seeks to ensure universal access to high-quality healthcare services for everyone, regardless of religion, ethnicity, or income, as a therapeutic mechanism.

The main objectives of health security focus on health expenditure, health awareness, and healthcare. Health expenditure plays a fundamental role in improving healthcare infrastructure and providing necessary medications and treatments, thereby enhancing rapid response capabilities to health crises. Health awareness, on the other hand, is the fundamental pillar that contributes to adopting healthy habits and avoiding harmful practices. Healthcare ensures access to high-quality health services, enabling individuals to lead healthy and productive lives. Conversely, quality of life is a global goal reflecting individuals' well-being and satisfaction with their lives within the framework of the Sustainable Development Goals.

Equally important, quality of life gains special importance as a key indicator of the success of international policies and initiatives. This goal includes improving living conditions for individuals by promoting physical and mental health, providing economic and educational opportunities, which global policies strive to achieve a balance between these interconnected dimensions.

Thus, the main research questions that stems from all what has been already mentioned is as follows:

- What is the role of health security in enhancing quality of life?
- What is the role of healthcare in enhancing quality of life?
- What is the role of health expenditure in enhancing quality of life?
- What is the role of health awareness in enhancing quality of life?

The method of analysis adopted:

- Reviewing previous studies and scientific articles that address health security, health expenditure, healthcare, and health awareness, and their

relationship with quality of life. This helps in establishing the theoretical foundation of the study.

- Comparing the results with the established hypotheses to determine the impact of the studied factors on quality of life.
- Deriving recommendations: Based on the analysis results, recommendations are made for policies and measures that can enhance health security and improve quality of life.

The objectives of the study:

- Analyze the role of health security in enhancing quality of life.
- Evaluate the impact of healthcare on quality of life.
- Explore the role of health expenditure in enhancing quality of life.
- Examine the role of health awareness in improving quality of life.

THE FIRST TOPIC: THEORETICAL FRAMEWORK OF THE STUDY.

First Requirement: Theoretical Framework of Health Security.

First section: The Concept of Health Security.

1- Definition of Health :

Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or weakness¹.

It is the ability to adapt to or withstand disturbances affecting both internal and external aspects ².

In a nutshell, health consists of three main key dimensions physical, mental and social. These dimensions are interrelated and interconnected.

2- Definition of Health Security:

It Includes the necessary activities, whether preventive or therapeutic, to reduce the risks that threaten public health³.

Therefore, health security is a set of measures adopted for treatment and prevention.

second section: Dimensions of Health Security.

Health security encompasses various key dimensions. In this research, three main key elements are included: health awareness, healthcare and health expenditure. These elements are highly important in ensuring the protection and well- being of individuals and community.

1- Definition of Healthcare:

It is encompassing all services or supplies related to an individual's health, such as prevention, diagnosis, treatment, and rehabilitation⁴.

Building on that, health care is the preventive, diagnostic, therapeutic, and rehabilitative medical supplies related to an individual's health.

2- Definition of Health Awareness:

It the ability of individuals to effectively access, understand, evaluate, and apply health information, enabling them to make informed decisions regarding healthcare, disease prevention, and health promotion, with the aim of maintaining or improving quality of life 5.

3- Definition of Health Expenditure:

Expenditure on health refers to government spending to provide health goods and services⁶.

In a simple word, health spending refers to the sum of money used for health services and products. This spending can be by individuals or by the entire health system.

second requirement: theoretical framework of quality of life.

The definition of quality of life and its dimensions will be presented.

First section: the concept of quality of life.

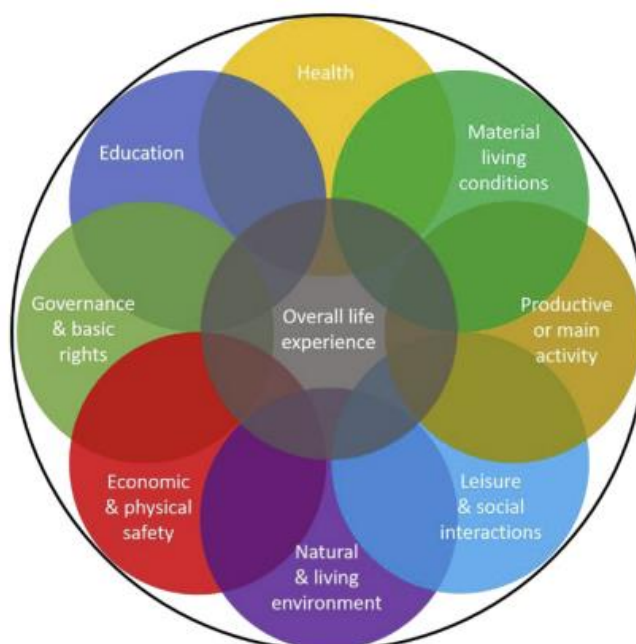
In 1947, the World Health Organization expound quality of life as a holistic state characterized by complete bodily health, psychological wellness, and social fulfillment, rather than merely the absence of illness or disability.

Based on the above definition, quality of life is an integrated concept that defines a state of well-being and happiness, encompassing physical, psychological, social, and economic.

second section: Dimensions of Quality of Life:

Quality of life encompasses various dimensions, which vary according to the classifications of scholars. Which is shown in the following figure.

Figure01: Quality of life dimensions.⁷



Source:(Hond,et al ,2018,p181)

- 1- **Health:** Includes physical and mental health, the ability to perform daily activities, and access to healthcare.

- 2- **Education:** Involves the level of education, skills, and the ability to learn and grow.
- 3- **Living Conditions:** Includes shelter, food, clothing, and essential services such as water and sanitation.
- 4- **Governance and Fundamental Rights:** Includes the ability to participate in the community, enjoy freedom and justice, and feel secure.
- 5- **Economic and Physical Security:** Includes the ability to earn income and protect oneself and property from harm.
- 6- **Natural and Living Environment:** includes air and water quality, and access to green spaces.
- 7- **Recreation and Social Interactions:** Includes the ability to relax and spend time with family and friends.
- 8- **Productivity or Main Activities:** Includes work, study, family care, or any other activities that contribute to the com.

THE SECOND TOPIC: THE ROLE OF HEALTH SECURITY DIMENSIONS IN ENHANCING QUALITY OF LIFE.

In this topic, the main question and the sub-questions will be addressed through three requirements.

First requirement: the role of healthcare in enhancing quality of life.

The role of healthcare in enhancing quality of life will be determined by examining its different levels.

First section: The Role of Healthcare Levels in Enhancing Quality of Life.

1- Primary Health Care:

A concept referring to a fundamental level of healthcare services that focuses on providing comprehensive and accessible health services for all. This concept was first adopted in the Alma-Ata Declaration of 1978.⁸

2- Secondary Healthcare:

Secondary care includes specialized clinic services and hospital-based medical services, and features a level of technological complexity intermediate between primary and tertiary care⁹.

3- Tertiary Healthcare:

Tertiary healthcare facilities are referral centers that receive patients referred from secondary and primary care. They provide specialized care for complex medical conditions using advanced medical technologies. This level of care is usually provided in university teaching hospitals and specialized hospitals and requires teams of specialists and intensive care facilities¹⁰.

We conclude that All levels of healthcare collectively contribute to enhancing the quality of life through:

- Comprehensive Care:** Providing comprehensive healthcare that focuses on prevention, treatment, and rehabilitation.
- Providing Specialized Care:** Offering advanced and comprehensive medical services through secondary and tertiary care, ensuring patients receive optimal treatment and appropriate care for their health conditions.
- Supporting Mental Health:** Enhancing mental health by providing psychological and social support services, which contribute to improving patients' self-well-being and emotional aspects.

second section: Healthcare and Quality of Life in Health Reports:

1- World Happiness and Quality of Life Policy Report:

Healthcare and quality of life are fundamental pillars in United Nations reports, especially in the World Happiness and Quality of Life Policy Report, the report suggested that achieving quality of life should be a collective goal, focusing on comprehensive development, including economic growth, poverty eradication, social inclusion, social justice, and environmental protection.

Agenda 2030 commits to ensuring everyone has equal and inclusive access to healthcare and social protection, enhancing physical, mental, and social quality of life. Statistics indicate that 10% of people globally spend a significant portion of their income on healthcare, and improving healthcare contributes to better and longer lives¹¹.

2. Sustainable Development Goals 2030:

The agenda focuses on achieving equitable access to healthcare and social protection, and ensuring physical, mental, and social quality of life through its third goal.

3. World Health Organization:

Confirmed that palliative care aims to enhance the quality of life for patients and their families facing life-threatening illnesses by reducing suffering through early detection and treatment of pain¹².

4. Astana Declaration:

The member states affirmed in the declaration their commitment to updating and implementing primary healthcare as a fundamental basis for a sustainable health system to achieve health-related Sustainable Development Goals¹³.

In other words, healthcare is emphasized as a fundamental aspect in global policies, underscoring the importance of collective efforts for comprehensive development, equitable healthcare access, and social protection. The 2030 Agenda prioritizes ensuring healthy lives and well-being for all. The World Health Organization highlights palliative care's role in enhancing quality of life, While the Astana Declaration reaffirms that primary healthcare is essential for sustainable health systems.

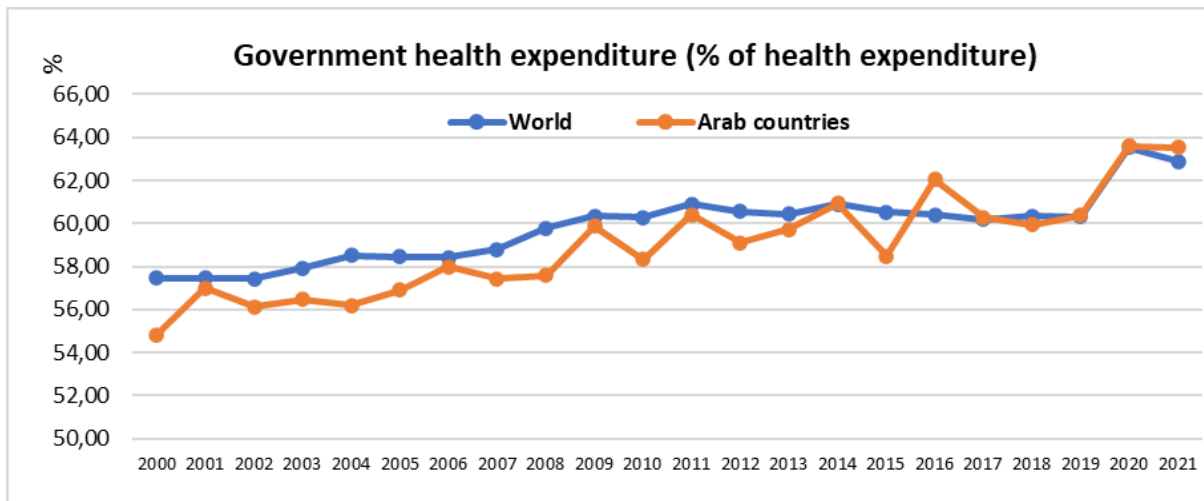
Second requireent: the role of health expenditure in enhancing quality of life.

The role of health expenditure in enhancing quality of life will be discussed.

First section: The State of Health Expenditure in the Arab Countries and the Arab World:

1- Government expenditure on health in the world and the Arab countries:

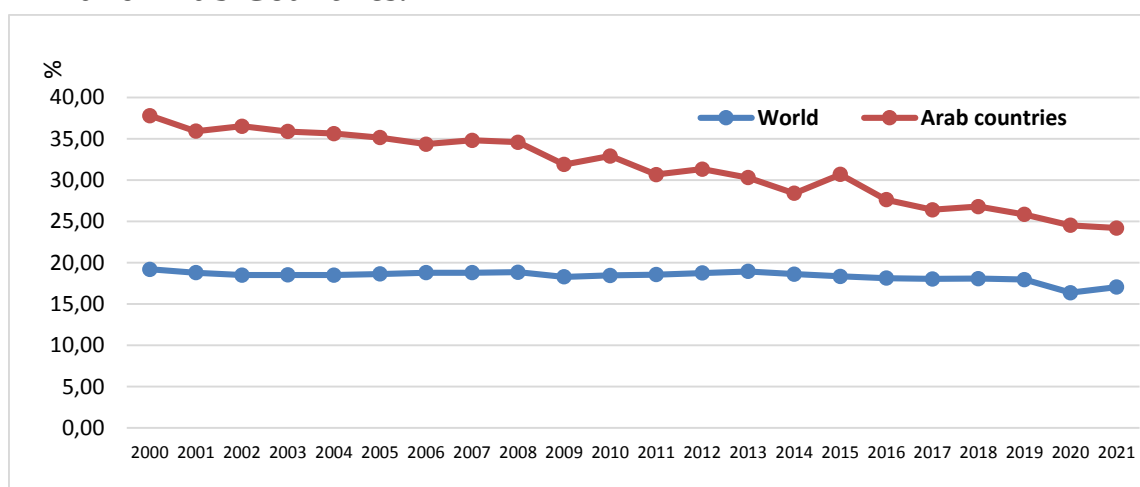
Figure02: The Percentage of Government Expenditure on Health in the World and the Arab Countries From 2000 To 2021.



Source: Prepared by researchers based on World Bank indicators.

The above figure indicates the percentage, the percentage of government expenditure on health has been increasing over time both globally and in Arab countries. In 2021, the percentage of government expenditure on health was 66% worldwide, while it was 64% in Arab countries. The percentage of government expenditure on health in Arab countries was higher than the global percentage.

Figure03: Out-Of-Pocket Expenditure by Individuals in the World and Arab Countries.



Source: Prepared By Researchers Based on World Bank Indicators.

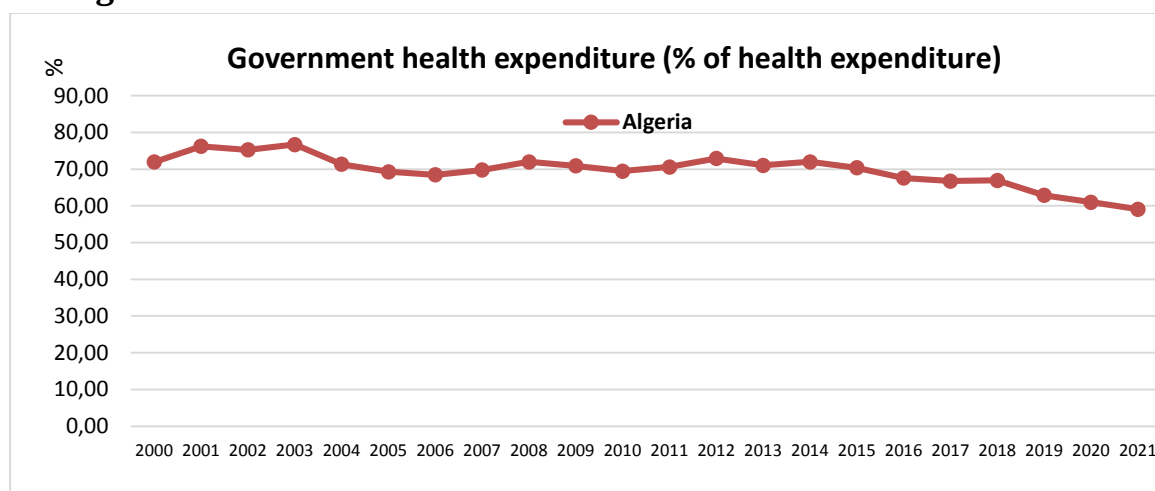
In Worldwide, out-of-pocket expenditure has been steadily declining since 2000. In 2000, out-of-pocket expenditure constituted 37.8% of total health expenditure. By 2021, this figure had decreased to 24.6%.

In Arab countries, the trend has been more complex. Out-of-pocket expenditure increased from 32.4% in 2000 to 35.4% in 2010. However, it has since declined to 32.2% in 2021.

second section: Health Expenditure in Algeria:

1- Government Expenditure on Health in Algeria.

Figure04: The Percentage of Government Expenditure on Health in Algeria from 2000 To 2021.

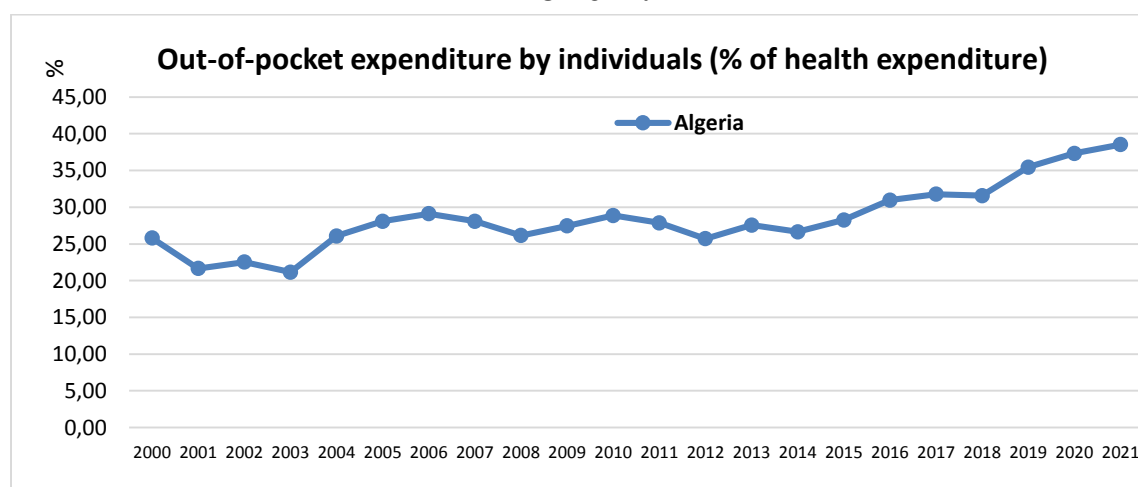


Source: Prepared By Researchers Based on World Bank Indicators.

Overall, the percentage of government expenditure on health in Algeria has shown an upward trend over the mentioned period, rising from 5.3% in 2000 to 6.6% in 2016."

2- Out-Of-Pocket Expenditure on Health in Algeria:

Figure05: Out-Of-Pocket Expenditure by Individuals in Algeria from 2000 To 2021.



Source: Prepared by Researchers Based on World Bank Indicators.

The percentage of out-of-pocket expenditure on healthcare in Algeria has shown a downward trend over the mentioned period. It decreased from [specific percentage] in 2000 to [specific percentage] in 2016, followed by an increase to 38.53% in [most recent year].

Third section: The Role of Health Expenditure According to the World Health Organization.

The organization was founded on the principle that every individual has the right to the highest possible level of health. However, around 100 million people face extreme poverty due to having to pay out-of-pocket for healthcare services, living on less than \$1.90 per day. In the Eastern Mediterranean Region, out-of-pocket expenditures account for 40% of health spending, with low-income individuals and those lacking social protection being particularly affected. Approximately 55.5 million people in the region experience financial difficulties due to healthcare costs. Health spending is considered a direct investment in the well-being of individuals and communities, leading to tangible improvements in public health and quality of life, and enhancing social and economic stability 14.

Third requirement: the role of health awareness in enhancing quality of life.

In this section, the role of health awareness in enhancing quality of life will be discussed through aspects such as healthy eating and engaging in physical activity and sports.

First section: The Role of Healthy Food in Enhancing Quality of Life.

1. The Role of Healthy Eating in Disease Prevention:

Following a balanced, healthy diet helps achieve and maintain a healthy weight, which reduces the risk of chronic diseases such as diabetes and heart disease. It also improves the quality of life for patients with diabetes, cancer, and multiple sclerosis.

2. The Role of Healthy Eating in Improving Mental Health:

A healthy diet can enhance mood, increase self-esteem, and potentially alleviate depression. This is because a healthy diet supports serotonin production and provides essential nutrients for the brain and body. Prioritizing health boosts self-confidence and motivation. To improve mental health through diet¹⁵.

From this, we can conclude that adopting a healthy diet allows individuals to achieve noticeable improvements in various aspects of their lives, significantly enhancing their overall quality of life. Consuming foods rich in essential nutrients helps boost physical and mental health, contributing to increased energy, improved mood, and a strengthened immune system. Additionally, good nutrition supports better sleep quality and maintains a healthy weight, which enhances self-confidence and overall well-being. Moreover, a healthy diet can improve both

physical and mental performance, making individuals more capable of achieving their goals.

second section: The Role of Physical Activity in Enhancing Quality of Life.

Increased physical activity is consistently associated with improved health-related quality of life. This relationship holds across various measures and types of physical activity. Engaging in walking, sports, and exercise shows a moderate effect on enhancing health-related quality of life¹⁶.

Maintaining or improving quality of life and well-being is a lifelong global goal. Physical activity has been proposed as a way to enhance both quality of life and well-being. It has been suggested that being physically active is one method to improve quality of life and overall well-being¹⁷.

1- Stress Management:

Exercise is one of the few techniques that can effectively help manage stress, as it can both increase and decrease stress levels in a positive manner. Physical activity enables individuals to maintain an optimal level of personal stress.

Overall, exercise plays a crucial role in improving both psychological and physical well-being. It contributes to reducing symptoms of anxiety, stress, and depression, while enhancing mood, energy levels, cognitive performance, self-esteem, and feelings of attractiveness¹⁸.

2- Reducing Disease Risk :

Engaging in physical activity contributes to the prevention of many diseases, thereby improving individuals' quality of life¹⁹.

According to Heart American Association, moderate exercise practiced for at least 30 minutes per day has proven many benefits for our health:

- improves blood circulation, which reduces the risk of heart disease.
- keeps weight under control.
- helps in the battle to quit smoking.
- prevents and manages high blood pressure.
- prevents bone loss.
- prevents and manages high blood pressure.
- prevents bone loss.
- boosts energy level²⁰.

Awareness of disease and risk factors is a crucial element in public health, playing a significant role in prevention, particularly in primary prevention. This enhances quality of life and supports the well-being of individuals.

Health awareness is not just a theoretical understanding; it is a practical practice that directly affects how one chooses food, engages in exercise, and achieves a comprehensive healthy lifestyle.

Conclusion:

This paper aimed at investigating health security and its role in enhancing quality of life, several key findings were reached:

- Healthcare at all levels—primary, secondary, and tertiary—plays a significant role in providing essential preventive and therapeutic services that enhance individual health.
- Both public and personal health expenditures are crucial for improving the quality of health services and facilitating advanced medical treatments.
- Health awareness, through practices and behaviors such as healthy eating and regular physical activity, is a key element in disease prevention and public health promotion.

Collectively, these interrelated factors demonstrate that health security significantly contributes to improving quality of life.

Therefore, in this study we recommend the following:

- Organize awareness campaigns to encourage healthy dietary habits and regular physical activity for disease prevention and public health enhancement.
- Support scientific research and innovation in health to develop new and effective methods for prevention and treatment, contributing to the continuous improvement of health services.
- Adopt health policies that ensure equitable access to care services and enhance prevention.

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