

Health & Wellness – Total Benefits

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Abstract	Article Info
Recent global events have shown that Health & Wellness are the key to all aspects of achieving life's benefits. Health & Wellness is now considered the barometer of the success of all other SDG's.	Keywords: Health, Wellness, Spirituality, Influence, Positivity, Challenges, Understanding, Peace, Differences, Economics.

INTRODUCTION

The past three years have demonstrated that our collective health can be affected negatively by events that are hard to predict. The onset of COVID 19 created a challenging and disrupted existence across the world. All aspects of life within the “global village”. International trade, freedom of movement, independence, sense of innocence, loss of inclusiveness / belonging and effects of economic supply chains were tested. No country was spared the disruption.

The circumstances of these global disruptions have allowed for many aspects of life and existence to be the subject of increased research and self-reflection. Amongst many other factors, the circumstances have reinforced the need to reflect and review of the “Past” to reassess the “Influences and Lessons” that are part of our history, and therefore our DNA. The first question is always – “were there things that we should have understood and were the lessons ignored or forgotten?”

Many of these factors have been reviewed in two previous book – 2021 – A new dawning or another repeat?” and “Past Influences / Ancient Lessons” – 2021 by Alan Tupicoff & (Sam) Siamndoyo – Amazon Books.

Reference:

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An extract from these books relevant to this paper are:

General statistics 2021

07,849,973,117	Current World Population
24,353,381	Births this year
174,142	Births today
10,224,133	Deaths this year
73,109	Deaths today
14,129,248	Net population growth this year
101,033	Net population growth today

Environment Issues:

904,057	Forest loss this year (hectares)
1,217,106	Land lost to soil erosion this year (ha)
6,301,008,351	CO2 emissions this year (tons)
2,086,075	Desertification this year (hectares)
1,702,303	Toxic chemicals released in the environment this year (tons)

Food security

850,083,946	Undernourished people in the world - currently
1,706,905,228	Overweight people in the world - currently
777,717,271	Obese people in the world - currently
13,933	People who died of hunger today
\$ 270,363,733	Money spent for obesity related diseases in the USA today

Water Factors

766,656,996	Water used this year (million L)
146,383	Deaths caused by water related diseases this year
793,490,394	People with no access to a safe drinking water source

Health factors:

2,256,621	Communicable disease deaths this year
85,345	Seasonal flu deaths this year

1,321,297	Deaths of children under 5 this year
53,729	Deaths of mothers during birth this year
42,531,239	HIV/AIDS infected people – to date
292,221	Deaths caused by HIV/AIDS this year
1,427,658	Deaths caused by cancer this year
68,548	Deaths caused by malaria this year
6,915,192,452	Cigarettes smoked today
868,992	Deaths caused by smoking this year
434,770	Deaths caused by alcohol this year
186,408	Suicides this year
116,202,998	Coronavirus cases to date
2,580,636	Coronavirus Deaths to date

Road Deaths: According to the World Health Organization, road traffic injuries caused an estimated 1.35 million deaths worldwide in 2016, which was one person killed every 25 seconds. Currently, to date, 4 March 2021, 234,781 Road traffic accident fatalities have occurred.

Poverty Deaths: Every hour of every day more than 700 children die. The causes of death vary, but the vast majority can be traced down to one single cause: poverty. To date (4 March 2021), globally 1,565,225 people have died from hunger.

Natural Disasters: Natural disasters kill on average 60,000 people per year and are responsible for 0.1% of global deaths. (1)

Effects:

- According to the World Health Organization, road tragic injuries caused an estimated 1.35 million deaths worldwide in 2016. (2) This is one person killed every 25 seconds. In the World right now, as this paragraph is written - another person has died and, in the time, it takes to read this page, at least another person has died somewhere, with each death having a flow on effect as each person will be part of a family and many will be workers. Each death will also have a "health" cost as well.
- Every hour of every day more than 700 children dies, and whilst the causes of death vary, the vast majority can be traced down to one single cause: poverty. (3)

Whilst the recent events have created uncertainty, fear and challenges. Historically, each has resulted in both negative and positive impacts. Some examples of previous "Pandemics", include:

- The Spanish Flu, also known as the 1918 flu pandemic, was an un-usually deadly influenza pandemic caused by the H1N1 influenza A virus. Lasting from February 1918 to April 1920, it infected 500 million people – about a third of the world's population at the time –in four successive waves. The death toll is typically estimated to have been somewhere between 17 million and 50 million, and possibly as high as 100 million, making it one of the deadliest pandemics in human history. (4) The Spanish Flu occurred at the end of World War 1 and there-fore its effects were compounded, particularly due to the extent of global travel that had been experienced at the time of this war (including air flights, international shipping, ..). The joint impacts of these 2 events reshaped countries and led to a period of restructure.
- The Black Death (also known as the Pestilence, the Great Mortality, or the Plague) was the deadliest pandemic recorded in human history. The Black Death resulted in the deaths of up to 75–200 million people in Eurasia and North Africa, peaking in Europe from 1347 to 1351. Plague, the disease, was caused by the bacterium *Yersinia pestis*. (5) After this period, the landscape of countries was altered as some complete towns were wiped out. After the "Black Death", came what is known as the "Renaissance" which was a very important period of history. The period was seen as a rebirth or evolution for humanity. It should also be noted that the virus that caused the "Plague" continues to exist in parts of remote Africa.

- World War 2" - whilst not a Pandemic or disease period, it was a unique period of upheaval in history. There were more than 60 million deaths as a result of the war, and this was more than 2.5% of the overall world population at the time.

Based on the data, both present and past, it is recognised that Good Health & Wellness (SDG 3) can produce real benefits on multiple levels, including but not limited to:

- Reduced stress and tension, ongoing as citizens achieve better mental health and generally healthier.
- Reducing the number of deaths and injuries from road traffic accidents.
- More productive and committed workforce and engaged population.
- Greater concentration of resources on effective services and treatments
- Reduced poverty (SDG1)
- Elimination of Hunger (SDG 2)
- Better education (SDG 4) – better health and wellness promotes opportunities for better education due to commitment of citizens.
- Better water and sanitation services (SDG 6) and Energy Services (SDG 7) – a key requirement to better health and wellness
- Decent work and economic conditions (SDG 8) – a healthier workforce increase productivity and commitment.
- Innovation and Infrastructure (SDG 9) / sustainable cities and communities (SDG 11)
- Climate action including cleaner waters, land and air (SDG 13 – 15)
- Greater engagement with global opportunities, services and standards
- Increased economic opportunities.

A single investment in Health & Well-being has an automatic significant multiplier effect, creating “Savings” as waste is reduced, and “benefits” are realised.

Without having good, effective holistic Health and Well-being services available to all, economic, social, environmental change to achieve sustainable benefits cannot be achieved. This concept was also researched in a recently published article: (6)

- In the EU, 13 percent of deaths are linked to pollution, said a new report published on Tuesday by the European Environment Agency (EEA), which stressed the current pandemic put environmental health factors in the spotlight. Europeans are constantly exposed to environmental risks like air pollution, noise and chemicals, and the COVID-19 pandemic provides an example of the links between "human health and ecosystem health."



In today's changing world there are challenges that we all must deal with. All of us conduct research every day, in everything we do. Every time we look at something or read something, we are conducting research for aspects of our own life.

The recent challenging times have increased the realisation that each person “has the potential to create great things” and that “Good health & Wellness can enhance that personal ability to achieve. Positive improvement / growth can happen through the personal dedication to individual health & wellness. As individuals, we are often in charge of our own destinies – but only as part of a unifying target that represents our collective communities.

Collectively, we can seek to “support” the individual elements of our communities under the banner of “all lives matter” and “all environments matter”.

This motto is not new and has in fact been used throughout the centuries. Historically, our links with our “inner self” and “nature” have been a significant force in promoting “Health & Wellness”. Many of the world’s oldest religions have these considerations as the core basis of their spirituality. Such wellness consideration as Yoga and Meditation are examples. Through the realisation of Good Health & Wellness, it is a significant factor in reducing societal stress, individual inner health (incl Mental Health) and therefore establishing an environment to foster great peace and understanding.

Equally, access to energy can be a significant factor, as 940 million or 13% of the world’s population have no access to electricity (5) and nearly 3 billion people or 37% of the world’s population have never used the internet (4)(6).

From the current research and learnings, it is essential that:

- We learn the influences and lessons of our past and from what nature has given us.
- We understand and realise the benefits that can be created by establishing an environment for “good health & wellness”,
- We recognise the economic benefits that can be generated by enhancing “Good Health & Wellness” – including the “multiplier effects” of benefits created and delivered.
- We encompass the realisation of the links between the SDGs to foster “Good Health & Wellness” (SDG 3) and the reverse links that can result from achieving SDG3.

If Good Health & Wellness can be actively pursued, the benefits will be delivered at all levels and across all aspects. Our goal of achieving this goal will be assisted by the natural environment and will therefore assist in our preservation of that environment. The solutions are not simple and will require a complex mix of many aspects of our lives, our environments and our expectations.



The challenge is for the action of all, but the outcomes and benefits can also be for all with benefits delivered to both individuals and collectively. SDG 3 needs to be more comprehensively researched along with the interactions with all other SDGs. Benefits created will create many other opportunities to establish further benefits. Each investment in SDG 3 will multiply in creating benefits including economic savings.

The effects of the Past need to be recognised Today and create a sustainable Future. Solutions must include support, respect and understanding. It is also essential that solutions are provided in a manner that is relevant to the users. Consideration must be given to both technology and non-technology- based resources. This is essential when considering global resource issues such as:

940 million or 13% of the world’s population have no access to electricity (8)

Nearly 3 billion people or 37% of the world’s population have never used the internet (7)(9)

The benefits are achievable, it takes dedication, understanding and respect.

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