

# Happiness, Health and Economical Development

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**Abstract:- Happiness is the panacea for good health. Good health together with happiness led to successful life resulting in higher per capita income and higher GDP. Countries with lower income have significant impact on health and education led to lesser well being of the people.**

According to the various global reports on health, education and happiness revealed that developing countries like India give attention to higher spending in health care, education and proper implementation.

There is a necessity for the countries to build sustainable food and health systems for the economic development of the nation and individual well being of the people.

We used data from UN's 'World Food Programme, NSS 75<sup>th</sup> round survey report *Annual Report 2019-20 (Ministry of statistics and programme Implementation, GOI), Global Spending on Health: A World in Transition 2019 WHO report*. This also gives me some inputs to analyse citizen's burden on food expenditure. This paper suggest that Countries shall spend more to health and education rather than other sectors to achieve sustainable development goals as well as well being of their people. Because these have wider significance to achieve wellness of the people led to economic development.

**Keywords:-** GDP, World Food Programme, World Bank Report, 75<sup>th</sup> round NSS survey, Sustainable development goals.

## I. INTRODUCTION

Happiness is the panacea for good health. Good health together with happiness led to successful life resulting in higher per capita income and higher GDP. Buddhist monk Dalai Lama quoted "The purpose of our lives is to be happy". Happiness is the ultimate tool to live purposefully.

A report named "cost of a plate of food" released by UN's 'World Food Programme' in October 2020[1]. On an average Indian spend 3.5% of his/ her daily income for a plate of food as compared to New Yorker 0.6%. The most expensive plate of food is of African country South Sudan, where people on average spends 186% of their salary on food ingredients. Countries high dependency on imports

leave them vulnerable to global economic conditions According to recent World.

Bank Report India's spend on health care system lowest among the world[2]

Despite many social welfare schemes and programmes, why Indians spend more money on food?. India ranks 94<sup>th</sup> out of 107 countries in the '2020 Global Hunger Index'. India has a 'serious' level in hunger[3] Africa's south Sahara and South Asian countries have the highest under nutrition and hunger levels.

According to the '2020 Global Hunger Index' report, Chad, Timor-Leste and Madagascar have alarming level of hunger. Based on the provisional categories, Burundi, Central African Republic, South Sudan, Syria, Comoros, Somalia, Democratic Republic of Congo are also considered as countries having serious level of hunger[4].

75<sup>th</sup> round of NSS (National Sample Survey) on household consumption shows that, over 80% of Indians among rural households do not have health expenditure coverage. In case of urban Indians, it is marginally better at 80.9 per cent. The survey covered both government and private insurance service providers. Overall 85.9 per cent don't have any health expenditure coverage. The majority of Indians continue to depend on private healthcare services. 55 per cent Indians got treatment in private health care services. Only 42 per cent of the population went to government hospitals for treatment.

In rural areas, 52 per cent people went to private hospitals while 46 per cent of people took treatment in government hospitals. In urban areas, only 35 per cent people opted for government hospitals. Government schemes covered just about 13 per cent of rural and nine per cent of the urban population. Medical expenditure for hospitalisation, according to this survey, is a significant one. On an average, a rural household spends Rs 16,676 annually while it is Rs 26,475 for an urban Indian.

'Pradhan Mantri Jan Aarogya Yojana (PMJAY)' the flagship programme launched on September 23, 2018 did not cover by the survey. There is a necessity for the countries to build sustainable food and health systems for the economic development of the nation and individual well being of the people.

## II. METHODS

### a) *The United Nations World Food Programme Report 2020*

World Food Programme is the world's largest humanitarian organization, saving lives in emergencies and using food assistance to build a pathway to peace, stability and prosperity for people recovering from conflict, disasters and the impact of climate change

This report helps me to compare Indians average spending on food with rest of the world.

### b) *Annual Report 2019-20 Ministry of statistics and programme Implementation, GOI.*

For our study we used Annual Report released by Ministry of statistics and Programme Implementation, GOI

### c) *Global Spending on Health: A World in Transition 2019 (WHO Report)*

Data on development assistance for health (DAH) in this report are taken from the Global Health.

Expenditure Database. According to the System of Health Accounts (SHA) 2011 framework, domestic and external sources of funding are classified under different categories [5].

## III. CONCLUSION

Countries shall spend more to health and education rather than other sectors to achieve sustainable development goals as well as well being of their people. Because these have wider significance to achieve wellness of the people led to economic development

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