

Health as an enduring value asset and resource factor of social wealth

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Abstract. This study is devoted to current health issues as an individual and public good to identify the dependence and correlation of the individual’s quality of life and health in the general concept of valuable goods of global civilizational development in increasing threats to the individual and humanity. The indicator of the well-being of society – life expectancy, which directly depends on the institutional factors of the state policy of health as a resource factor and value asset of society. Statistical data of the Federal State Statistics Service of the Russian Federation, characterizing mortality from various causes, and life expectancy in chronological dynamics in different age groups are given. The article reveals cause-and-effect relations of the necessity of constructive consolidation of power, business, and society to responsible attitude to own personal health while considering external and implemented environmental background factors in raising the economic status of health as public wealth. The authors are unanimous that the social significance and economic effect of health preservation as a basic value resource is the convergence of lifestyle, environmental conditions, family and upbringing, harmful factors of a person’s harmful lifestyle (bad habits).

Keywords: health, social wealth, life expectancy, public welfare, health

1 Introduction

Interest in the problems of health preservation [1-3] increased in the second half of the 20th century [4], which served as a factor in the growth of life expectancy with a simultaneous downward trend in the deterioration of the health of the younger generation. Scientists and practitioners have noted a tendency for each successive generation to be worse than the previous one [5]. Many pathologies, previously characteristic of the more mature

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generation, transfer to children and youth [6]. The conditions of modern social reality hinder the realization of the biological potential of the individual [7]. In analyzing the causes of disease and mortality, the root causes were not external but internal due to the individual's behavior.

2 Methods

The theoretical and methodological basis of the presented study was the scientific provisions and concepts of domestic and foreign scientific thought in the field of longevity and quality of life, health preservation, and formation of favorable conditions of existence of an individual [8]. The study summarizes the historical format of the Russian ethnos of health as an absolute and enduring value of human life. Scientific tools are used to substantiate the theoretical positions, particularly research methods: grouping and comparison, observation, detailing, and generalization; logical, systematic, and comprehensive approaches are used.

3 Results

Health is the highest human value, traditionally considered regardless of the socio-political system, social order, the chronology of events. The semantic meaning of "health" can be focused on the individual's range of life values, allowing for harmonious development to meet the needs of the individual and society (biological, social, spiritual, intellectual, etc.) necessary for human development.

The definition of "public health" refers to both the spiritual, moral, and psycho-physiological state of the individual in the general context of health and the health of the nation (society) – social health in the category of the social environment [2].

Russia is characterized by territorial (regional) specifics of public health [8]. The territorial conditionality of the vastness of the territory and the identity of sociocultural customs form a steady mosaic of regional contrasts in the development of health care. Consequently, there is a regional polarization of longevity under the influence of national identity, lifestyle, natural and climatic conditions, and value systems.

To verify the issue of individual health as a personal category of public health, we turn to the data of the World Health Organization, which states the following correlation: public health depends no more than 20% on the degree of development and technological equipment of health care. The remaining 80% come from the organizational component of health preservation: a responsible approach to one's health, a healthy lifestyle, a favorable environmental, economic, political, and social environment, etc.

One of the first appeals to preserve the longevity that has reached our contemporaries is a generalization of the Russian ethnic group, in particular, in the "Instruction of Vladimir Monomakh to his children" (1117) [20], in which there are admonitions that the body must be thin but strong, "the sun must not catch you in bed". Vladimir Monomakh calls for universal asceticism. He recommends not to be lazy in his home and outside, not to abuse food and sleep, avoid lying, drunkenness, and fornication because they are destructive to the soul and body [9].

Extensive transformational changes in society since the beginning of the 20th century and continuing in the 21st have contributed to new opportunities for the development of civilization and had a significant impact on the state of health of the individual. In the new realities of Coronavirus Uncertainty (COVID-19) [10], health is an essential value asset of

the optimal prerequisite for the realization of life goals and objectives by humans, including in professional activities [11].

The social significance of health [12] as one of the fundamental assets of the individual is that when the true state of health of citizens is ignored in the state policy of health and social well-being, it is impossible to describe a true system characteristic of society, which makes it impossible to determine directions of organization of all aspects of social life, without which improving the life quality is impossible.

4 Discussion

The World Health Organization conceptualizes health as "a state of complete physical, mental, and social well-being" [13]. Nevertheless, there is not even a rough gradation of an objective assessment of the measure of all-civilized human well-being, in which the state of societal health is not of the least importance.

One of the indicators of the well-being of society is the ratio of life expectancy and mortality to the total population per unit of time [14, 15]. In particular, the high mortality rate among the economically active population (19-39 years old) indicates a low state of public health and national health, the reason for which lies not only in the socio-economic status of the state but also in the subjective approach of the individual to the preservation of own health as an absolute and enduring value of human life, forming the public good. At the same time, the average life expectancy (ALE), which directly depends on health, is a consequence of the modern way of life and an indicator of how long the existence of each living member of this coil of evolutionary development will last. This indicator is considered the most important of indicative and a socio-economic indicator of civilization, which occupies a central place in all integral indices, descriptively characterizing the development of society, public health, and life quality.

The high degree of involvement of psychoactive substances in social processes and the growth rate of alcohol consumption among the younger generation cannot but cause concern [9]. Consequently, a high proportion of mortality is recorded, including from diseases related to the use of alcohol, drugs, and suicide (Table 1).

Table 1. Mortality due to various causes

Reason	2005	2010	2015	2016	2017	2018
Per 100,000 population						
Accidental alcohol poisoning	28.5	13.4	10.4	9.6	8.4	7.5
Transport accidents	28.0	20.0	17.0	14.7	13.7	13.0
Suicides	32.1	23.4	17.4	15.8	13.8	12.4
Murders	24.8	13.3	8.2	7.2	6.2	5.4

Source: [16].

Table 2 shows the OLE in Russia for persons of a certain age.

Table 2. Life expectancy for persons of a certain age (years)

	2010		2016		2017		2018	
	men	women	men	women	men	women	men	women
30	35.62	46.36	38.35	48.19	39.23	48.69	39.36	48.81
35	31.76	41.79	34.18	43.55	34.97	44.01	35.05	44.11

40	27.95	37.26	30.29	39.02	30.98	39.45	31.03	39.55
45	24.22	32.82	26.47	34.54	27.10	34.95	27.18	35.07
50	20.71	28.45	22.74	30.12	23.29	30.51	23.39	30.63
55	17.48	24.23	19.25	25.80	19.71	26.14	19.82	26.28
60	14.58	20.24	16.08	21.64	16.46	21.95	16.56	22.09
65	12.07	16.45	13.38	17.69	13.67	17.96	13.78	18.10
70	9.68	12.86	10.94	14.01	11.17	14.23	11.32	14.38
75	7.67	9.67	8.64	10.61	8.83	10.79	9.05	10.95
80	5.98	7.03	6.82	7.69	7.02	7.85	7.15	7.97
>85	4.72	5.00	5.39	5.44	5.56	5.54	5.67	5.62

Source: [16].

As we can see from the data presented by the Russian Federal State Statistics Service (Rosstat) [16], an increase in the overall life expectancy (OLE) is expected in the older generation in the future. However, Rosstat [17] believed that the growth of the average life expectancy (ALE) correlates with the deterioration of public health associated with an increase in the number of older people incapable of working and with chronic diseases. Therefore, the growth of ALE should be accompanied by measures to ensure a decent standard of living for the vulnerable and weak segments of society, not the least of which is health care, in particular gerontology. We are at the origins of the golden age of a new technological reality in the development of biotechnology, which will allow to rid patients of previously incurable pathologies and prolong life [4] and is a potential tool of public policy to improve the quality of life quality, in which health is an integral factor in achieving social wealth.

5 Conclusion

According to V.I. Skvortsova (Minister of Health of the Russian Federation from May 21, 2012, to January 21, 2020), “the paradigm of today’s healthcare is the transition from a passive lifestyle to a proactive society”.

In its comprehensive understanding, medicine requires the broadest possible constructive modernization changes [10, 18], taking into account the transformations that have taken place over the past decades – both in scientific, technological, and socio-economic aspects [19]. Effective work in this direction is possible with constructive consolidation of government, business, and responsible attitude to the health of the average citizen, taking into account factors of the external and internal environmental background of social system functioning in improving the economic status of public wealth through the achievement of health saving as a necessary holistic category.

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