

Health and Medical

Prompt: What are some of the most critical health concerns we face in the 21st century and why.

Perfect health; some people tend to presume that it is something normal. In the 21st century, the world has been encompassed by several, unmentionable diseases; some proving to be of more severity than others. Health concerns such as cancer: COVID-19, obesity, rheumatoid arthritis, mental illnesses, Ebola Virus... continue to have a firm grip on the world!

Moreover, obesity is gaining quite the popularity due to its dominance in the current population. With the innovation and improvements in ICT, most activities are done at the comfort of one's home. E-banking. E-commerce. E-learning. Teleworking. Nearly all activities that required one to move around have been made easier through ICT. This results in accumulation of body fat in people (both adults and children) which results in a decline in productive activity. The consequential health issues arising from this illness such as myocardial infarction, high blood pressure, stroke, type 2 diabetes... is what makes obesity a critical health concern. Research shows that about 2.8 million people die due to obesity each year hence increasing both child mortality rate and death rate worldwide. [EASO, 2023]

Additionally, the current pandemic, COVID-19 is one of the major health concerns in the 21st century. A disease that came into existence during the last quarter of 2019 has garnered so many lives in such a short time span. Families were broken. Experts continued to decrease rapidly. Economies went down as inflation took over which increased the standards of living. This disease continues to prove to be a health concern as the high number of deaths affected the world's economy.

Despite that, mental illnesses are being put in the limelight as it becomes of major concern. Anxiety, depression, schizophrenia and bipolar disorder are some of the many mental illnesses affecting the current population. The ignorance that is tainted on this heavy issue has resulted in so many deaths majorly through self-sabotage. Some people find such, as "shameful" hence shy away giving support. Mental illnesses majorly affect the young population and if the young population is not of sound health, who will be our future generation?

With continued research and dedication from health experts, these gigantic health concerns may as well be forgotten. Coupled with individual efforts to battle these diseases, we are bound to have a massive win in the foreseeable future, don't we?