

Health and wealth Case Study .docx

by Ashley Callaway

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Case Study Project, first draft

Health and Wealth

Man will spend his health getting wealth, then gladly pay all he has earned in getting his health back. A healthy fit body is what the real wealth of a person is. Only when one is healthy can they make money and be wealthy (Marmot, 2017). Imagine the CEO of a big company that works all the time focusing on money. He has all the resources to access health care, but he is just bent on becoming even more prosperous. He has an unhealthy eating habit and rarely exercises, for he sits in the office all day long. One day he collapses on his office desk and passes on. People are surprised at his death, ^{because} yet he looked very healthy. The cause of death is confirmed as a heart attack. Could he have prevented this from happening? To shed light on this, health and wealth might not always go together. The state of being healthy does not entirely mean physical fitness, but the overall health fitness that includes mental, social, and emotional stability. Most probably, the CEO was struggling with one of those. On wealth and health, health is the real wealth.

Notably, there are a lot of factors that contribute to our health overall, and some are even beyond our control. A child inheriting the right genes from their parent's aides, but other factors impact whether one gets sick, and if they do, influence the probability that they will recover from the illness. Wealth is such a factor. With that, the famous quote that states that the ones who are wealthy have a more significant shot ^{of} on being healthy should be revised. A particular city in Hawaii has the least number of cancer cases around the globe, yet it's not even that wealthy, and when asked what their secret was, they disclosed that its all in the fish markets. Their wealth is

the fish now has created wealth for them. ^{Awk.} So should residents of other cities pack and go live in this town? It is quite unlikely that everyone can afford to live there and also in eating the fish might be a bit difficult. This is so because communities with low-income ⁶ are well known for lack of big stores on grocery ^{Sp.} that stock healthy food choices. ^{let} leave alone the fish. Add that to the food budget that is limited and the fact that fresh fish is just but a luxury to the people living in poverty (Gennuso et al.,2016).

A person's value sets the foundation of their life. ^{S/V Agreement} They command the choices that one makes and determine which direction their life takes. The values will influence one's decision concerning every other activity that they take part in. My core value is that a healthy body refers to the well being of the body that is the mental, physical, social, and emotional. The key to happiness is good health. A healthy body is very positive when it comes to attitude as well as being free from any disease. Only when one is healthy ^{they} then, they can carry out things properly. All this can be achieved through regular exercises, drinking plenty of water, ^{and} having enough rest among others (Sagiv et al.,2017).

Wealth and Education are going to impact health a lot. People are uneducated when it comes to matters of health that it is alarming. A lot of products being sold ~~are claimed~~ that they are ~~enriched with~~ low sodium, low fat, or non-fat. What consumers have no idea of is that when one of the ingredients is missing, it gets replaced by another. Some companies can list 0 grams for a specific ingredient, while in the real sense, it's still present at 0.5%. So, a lot of individuals think that they are eating healthily. Also, people are not aware of the quality of ¹³ nutrients differences. ¹⁴ A lot of ~~just~~ neglect exercises, which is wrong. Exercises aid one's body with energy. Many times the jobs belonging to people considered inferior are physically exhausting, so one cannot find time in exercising for health purposes. Money is also essential not only in the

purchase of food but also for proper health care. Low-income families do not have these benefits, and if it happens, they can access them, then they are not that good (Strulik, 2018).

The more money one has, the more resources they can access those two seem to go hand in hand. There are other factors that one can or cannot control, which ^{^w}ill affect their overall well being, including, poverty, environmental factors, lack of education, lack of resources as well as genetics. Still, a lot of the health problems are as a result of the choices one makes. Money is a more significant issue for health problems in many countries across the globe today. Many nations are indeed relatively wealthy, but the underlying fact that health care is so expensive leaves many without it. Notably, some countries offer free health care to its citizens. Aside from being a healthy aspect, one is how one was brought up. In the older days, children would always be involved in physical activities with strong physical emphasis from their parents. Their enthusiasm and curiosity about health grew. Health is partly a result of someone's genetics and behavior, and it also reflects other sociological factors as well as socioeconomics that is education, the job market, and the socio-economic status of a family. Despite all this, it's a belief that we all have the potential to better ourselves. Through choosing healthier choices and providing healthy alternatives, health despite wealth is possible.

References

- Gennuso, K. P., Jovaag, A., Catlin, B. B., Rodock, M., & Park, H. (2016). Peer reviewed: assessment of factors contributing to health outcomes in the eight states of the Mississippi Delta Region. *Preventing chronic disease*, 13.
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- Sagiv, L., Roccas, S., Cieciuch, J., & Schwartz, S. H. (2017). Personal values in human life. *Nature Human Behaviour*, 1(9), 630-639.
- Strulik, H. (2018). The return to education in terms of wealth and health. *The Journal of the Economics of Ageing*, 12, 1-14.

FINAL GRADE

/100

GENERAL COMMENTS

Instructor

Ashley, good start on your Case Study project. Your essay opens with an introductory paragraph that includes a creative real-life example of the social issue of health and wealth. Further down in your intro paragraph, I located your thesis statement: "The state of being healthy does not entirely mean physical fitness, but includes mental, social, and emotional stability." A thesis statement should tell your reader what your paper will discuss, while serving as a road map for the order in which it will be discussed. As I read through your body paragraphs, it didn't seem as though they aligned with the points you identified in your thesis statement. Your essay should consist of one introductory paragraph, three body paragraphs that discuss the three key points outlined in your thesis statement, a paragraph discussing your core values and how they relate to your chosen social issue, and a concluding paragraph that summarizes your key points, restates your thesis and provides a "so-what" statement to your reader. To aide in better organizing your essay, you may consider altering your thesis statement so that the key points you identified align with the points discussed in your body paragraphs. Also, you'll need include an additional body paragraph, as I was only able to identify two. As I continued to read, I noted that while you used some sources to support your ideas, none of them were from the assigned readings in the classroom. For the purpose of this assignment, a minimum of three sources from the required readings related to your social issue need to be used (in addition to any sources you've currently chosen). Using these additional sources will aide you in gathering more information that you'll need to expand your essay. Please see my additional comments throughout your essay, noting that I've only highlighted the first instance of each type of error. Use my comments to identify and correct any similar errors that may be present.

QM

No " ; "

Unnecessary semicolon:

Semicolons are commonly used to join closely related, complete sentences that do not contain coordinating conjunctions or commas as connectors. Semicolons are also placed before words like "however" and "therefore" when such words are used to join sentences.



Comment 1

Place a comma after the author's last name.

QM

P/A Agreement

Pronoun/Antecedent agreement:

A pronoun usually refers to something earlier in the text. The thing to which it refers is known as the pronoun's antecedent. A pronoun and its antecedent must match in number; a singular pronoun must be used when referring to a singular noun and a plural pronoun must be used when referring to a plural noun.

Text Comment. because

Strikethrough.

Text Comment. ,

Strikethrough.

Text Comment. of

Strikethrough.

PAGE 2

QM

Awk.

Awkward:

The expression or construction is cumbersome or difficult to read. Consider rewriting.

Strikethrough.



Comment 6

Generally, two or more words should be hyphenated when they come before a noun they modify. These two words shouldn't be hyphenated in this case.

Text Comment. let

Strikethrough.

QM

Sp.

Spelling error

QM

S/V Agreement

Subject-verb agreement:

Subjects and verbs should match in number and person. Singular subjects require singular verbs; plural subjects require plural verbs.

Additional Comment

The subject, "value," is singular. Therefore, the pronoun should also be singular.

Strikethrough.

Text Comment. ^they

Strikethrough.

Text Comment. ^and

Strikethrough.

Strikethrough.

Strikethrough.



Comment 13

nutritional



Comment 14

A lot of what/who?

Text Comment. ^w

QM

Run-on

Run-on sentence:

The sentence contains two or more independent clauses. Separate the clauses with a period or semicolon.

