

Human Rights on Health

Mark Anthony Francisco
School of Education Arts and Science
Universidad de Zamboanga
Zamboanga City

Health is wealth Possessing or enjoying good health or a sound and vigorous mentality, a healthy body, a healthy mind."

This definition sums everything up. If we do not possess or enjoy good health and a vigorous mentality, we are losing out on the essence of life. Health is our most important investment, our biggest asset, its life or death. Its ironic how many people take their health, their life for granted. They say they want to enjoy life to its fullest, but yet they are destroying their own life themselves by their own lifestyles - drinking alcohol, eating unhealthy foods, being over-weight and taking prescription medicine, or drugs. People will say that they are "happy" the way they are living their lives (while drinking, being over-weight, taking drugs, and eating unhealthy), but how can they? A person that is not healthy is not happy. You can have all the wealth and possessions to make you happy, but if you are unhealthy, they just won't enjoy them!! You won't have the energy, mental capacity, or appreciation for life to allow you to fully enjoy your lifestyle. By mentioning "mental capacity", I mean your mind won't be 100% free in your mind. Every person with health issues worries to a certain degree in the back of their mind, no matter how small or large the health issue may be. Even alcoholics know in the back of their minds that they probably shouldn't be drinking as much as they do. Now if they do something about the situation and act upon it is the important factor.

Every country in the world is now party to at least one human rights treaty that addresses health-related rights. This includes the right to health as well as other rights that relate to conditions necessary for health.

The government is looking forward to meet the expectations of the people. By establishing health centers in different community and giving service for free like or instance free medical checkups and medicines value our health because not all the time the government can support your needs when it comes to your health.