

Urban Public Health: Future Challenges and Plans

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ABSTRACT

The modern era has changed the lifestyle of humans to affect public health. Health facilities are increasingly improving themselves, but the level of public health, especially in urban environments, is decreasing due to many factors. Many rural people who decide to move to urban areas think that they can change the destiny of life, but without a proper plan it can cause life to remain at a low level with a reflection of living in urban suburbs. Developing countries to date have experienced significant increases in urban population. And there is much that must be improved by the state in order to make its population and territory comfortable to live in.

In this paper, I will explore the challenges and plans in the future related to urban public health, especially in Southeast Asia.

KEYWORDS: health, modern, public health, urban

1 INTRODUCTION

In the 21st century most of the world's people have lived in urban areas. Predicted growth in developing countries in urban areas. Complete information and facilities are the main reasons for residents to live in urban areas. Places of education, health, recreation, restaurants, and public places that are provided free of charge are in urban areas. Many residents of developing countries, especially in Southeast Asia, choose to move and settle in urban areas. Due to various figures for urban areas, many villages have responded to the population.

2 URBAN PUBLIC HEALTH

With more than half of the world's human population now living in cities, and with a proportion that is projected to increase in the future, cities are a benchmark for a country's development from the welfare of the population, the level of education, the level of the economy, to the level of health. Overall, urban areas are more developed than rural areas, this can be proven by the increasing number of rural residents moving to urban areas. There are many positive aspects seen from the infrastructure of urban life, such as the ease of getting a job, higher income, better opportunities for education, and access to health care, which are the background for the higher progress of urban people than rural communities.

I am a citizen who was born, raised, and lives in rural areas. In rural Asia there is minimal in many areas, especially health. There is no big hospital built in the village, only a small health clinic with minimal facilities which until now is a reality in the health sector in Southeast Asia. Several things that need to be considered by the government must be to develop facilities in the village, especially health facilities needed by all people.

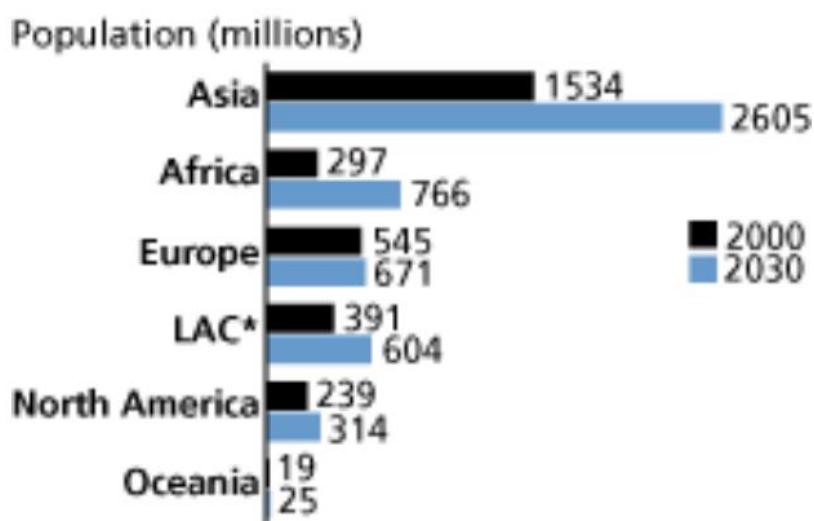
In the modern era, rural areas really need improvements and changes in infrastructure so that they are able to make the country more advanced. Many villagers are eventually forced to go to the city for medical treatment because of more adequate facilities. The distance and the high cost are one of the obstacles for the villagers who ignore their health and seek medical treatment in the city. The concentration and development of a country's infrastructure from the past until now has focused more on urban areas.

In the future, it is predicted that urban will remain the focal point of the country as well as a place of shelter for travelers. In the modern era, urban life is closely related to lifestyle. A lifestyle that includes consumption, exercise, rest and stress levels which are determinants of urban health.

2.1 Urban Public Health in Asia

More than 60 percent of the increase in the world's urban population over the next three decades will occur in Asia, particularly in China and India, but also in Pakistan, Bangladesh, the Philippines and Vietnam. Asia will have a lower overall urbanization rate by 2030 53% than other regions - Africa will be slightly higher at 55%, while Latin America is projected to reach 83 percent - but Asia's total urban population will exceed 2.6 billion by 2030 , compared with 604 million in Latin America and 766 million in Africa (can be seen in the image below).

Urban Population by Region: 2000 and 2030



*LAC = Latin America and the Caribbean.

Source: UN, World Urbanization Prospects: The 1999 Revision, 2000.

In developing countries such as Asia and Latin countries, the prospect of urbanization on a massive scale raises concerns that the world may not be able to sustain such large urban populations. The increasing concentration of the population is a fundamental challenge for providing economic opportunities, developing adequate infrastructure and housing that is suitable for habitation, as well as maintaining a healthy environment. In some less developed cities, many residents must be willing to live in slum areas, prone to flooding, and lack of public services.

Unlike other regions, Asia has five least developed countries with more than 100 million inhabitants - China, India, Bangladesh, Pakistan and Indonesia. These countries constituted 75 percent of Asia's population in mid-2001. By 2030, Iran, the Philippines and Vietnam will join forces, and together, these countries will make up 81 percent of Asia's population. The combined urban population of these 8 countries will grow by more than 1 billion people in the same period, accounting for about four-fifths of the total urban increase in Asia. The size of the population in Asia forces governments to cope with large urban increases in a very short time. The urban populations in China and India, for example, will grow to more than 340 million by 2030. This creates tremendous challenges in infrastructure provision, environmental management and employment.

Uneven globalization. Over the past two decades, Asia has surpassed other developing countries in terms of integration into the global economy, creating greater opportunities for urban development. However, this development has been uneven.

2.2 Urban Poverty

Many people with middle and lower income groups live in urban areas. The suburban community is quite tragic. Standard wage employment makes life difficult for suburban communities.

In 2020 to 2021 this year is the world's most difficult year, namely facing the Covid-19 pandemic outbreak. The whole world, both developed and developing countries, feel difficulties. Various sectors were severely damaged. The world economy was destroyed in an instant. In Asian countries, the economic, health and social impacts have changed drastically.

Many factories have closed due to the massive lockdown. Many employees are laid off so they have no more income, while the cost of living continues. The greatest impact is felt by urban communities. Starting from lockdowns, layoffs, and losing many lives had been felt beforehand by urban communities. On the other hand, the insignificant impact of Covid-19 was felt by rural communities. The addition of the population of the poor has increased, especially since the Covid-19 pandemic. Until 2021, the economic recovery will begin to improve, but there are still many poor people. The large number of victims resulted in the hospital being full of Covid-19 patients. Health is currently undergoing exams starting from 2020 to the present.

It can be concluded that urban poverty in the Asian region is at a high level, especially with the Covid-19 pandemic. To alleviate poverty in a country, the government in each country must be careful and fast in making decisions so that poverty, especially in urban areas, can be reduced.

2.3 Future Plan

Many studies on urban areas have been linked to aspects of economic growth. Cities are seen as spaces that are created to accommodate investments that will lead to an increase in capital. However, the study of urban areas in developing countries has traditionally been of a lower priority compared to rural development.

Urban public health is projected to improve further with the presence of graduates in the health sector and health infrastructure. However, health in developing countries, especially Asia, still needs to be addressed. With the existence of studying or transferring studies, including sharing experiences and findings with developed countries, the health sector in developing countries will increase. However, the government must not forget the health infrastructure in rural areas, which is still minimal of everything.

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