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Analysing the Health Care Industry in Ontario

Introduction

A healthy nation is a crucial factor as far as the satisfaction of the population is concerned. Many factors contribute towards determining the health of an individual, household and collectively a nation. The purpose of this study is to evaluate an existing report which focuses on the health care system in Ontario and identify the possible shortcomings in the report. This paper first analyses the main points of the report. It then highlights the identified shortcomings using the main contents of the report. The main points of the report include risk factors that contribute towards leading to chronic diseases; the same has been identified as smoking and alcohol consumption, unhealthy eating habits and avoidance of physical activities. The recommendations for controlling the risk factors and also for the identified shortcomings have been included in this report. The identified shortcomings include dealing with the problem of income disparities, provision of high quality service delivery, free medical check up and the complexities involved in taking a treatment in the healthcare industry (Cancer Care Ontario, 2012).

Overview of the Report

The report named 'Taking action to prevent chronic diseases: Recommendations for a healthier Ontario' focuses on the significance of health related factors. It spreads immense awareness about the important factors in the health care industry which can be used by the general masses to bring upon a considerable improvement in their health as well as the health of their loved ones. Further, the problems that have been identified in the report are elucidated and the detailed recommendations of the same have been included which can be

used by the common people to be better aware of the steps which they need to follow in order to stay healthy (Calgary, 2011).

Main Identified Problem

It has been highlighted in the report that more than 70% of the death in Ontario in the year 2006 had been a result of chronic diseases such as respiratory diseases, cancer, cardiovascular diseases, diabetes etc. This problem is a cause of concern given the increasing old age population as it puts immense pressure on the health care system (Forchuk et al, 2005).

The next sections of the report identify the possible causes of chronic diseases and recommendations to deal with those problems have been included. Some of the major alarming risk factors has been the over usage of smoking, alcohol consumption, odd eating habits among young age people, lack of physical activity, obesity among other things (Jacobs et al, 2008).

Rationale of this Study

In the light of the above discussion, this paper draws on the main factors of this report and strives to build a upon the key identified factors of the report with an objective of spreading awareness and improving the overall scenario for the health care industry in Ontario (Forchuk et al, 2005).

This report is a result of the partnership between PHO (Public Health Ontario) & CCO (Cancer Care Ontario) which are government departments working with an objective of improving the overall health scenario in Ontario. The report has highlighted and stressed on the point that the identified shortcoming of chronic diseases is not something irreversible and can be prevented provided recommended actions are taken by the common masses today.

The report is itself comprehensive in nature and includes all possible recommendations which can be used intuitively by the users to live in a much smarter and safe manner (Latimer et al, 2006).

Other significant factors related to facilitating proper health conditions

Particular importance is also given to the life style factor which needs to be specifically addressed for bringing upon a substantial change in the health of the common masses. This includes risk factors like eating habits, regular exercises, and the problem of obesity, lack of physical exercises, smoking and alcohol consumption, eating of excessive junk food among other things (Jacobs et al, 2008).

Along with the life style factors, there are others significant factors as well which plays a crucial role in determining the health related factors. Those factors include role of education (which builds awareness), health inequities, income disparities (which relates to the fact that people with higher income have access to private health care facilities as well relative to individuals and households which fall under the category of low income group who can only access public health care facilities).

Key Recommendations included in the Report.

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