



# Health is Wealth

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## INTRODUCTION

Primary Care is defined as healthcare that is provided at the general level. The issue at hand is that many people in the United States only go to receive care when their complications are no longer manageable and more drastic measures must be taken. Such drastic measures could have been avoidable with regular primary care visits and preventative care, demonstrating its importance in one's life and society.

## OBJECTIVES

Expository research was conducted in order to examine the importance of primary care. The focus point of this research is the impact that primary care has that may not only save a person from further complications down the line but can also save a great amount of money in the long run.

## METHODS

- Literature search was done using Google Scholar and PubMed
- Key words used in the search: primary care, public health, health outcome, and levels of prevention.
- Research was narrowed to look solely in the United States

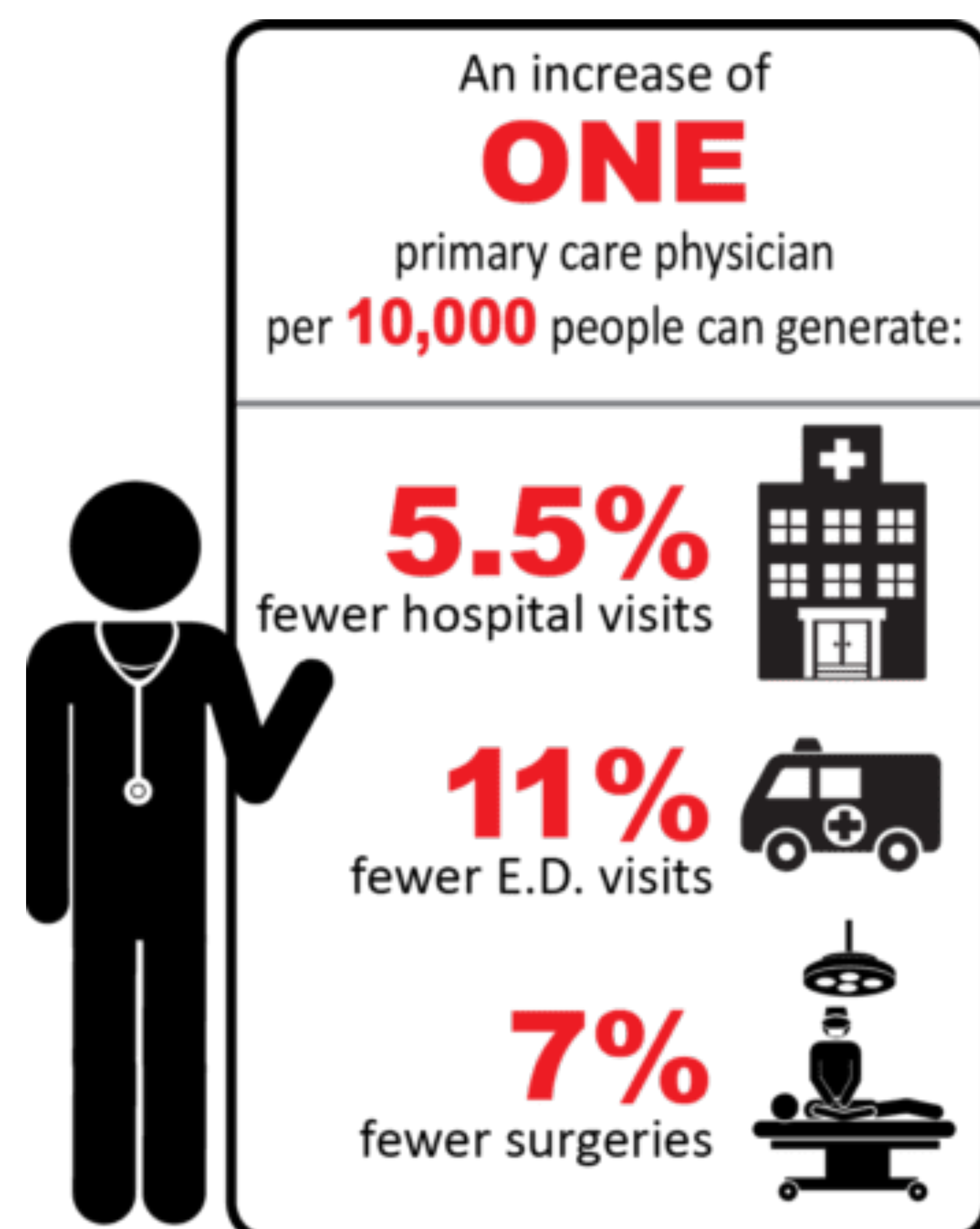


Figure 1. Infographic from Primary Care Corporation

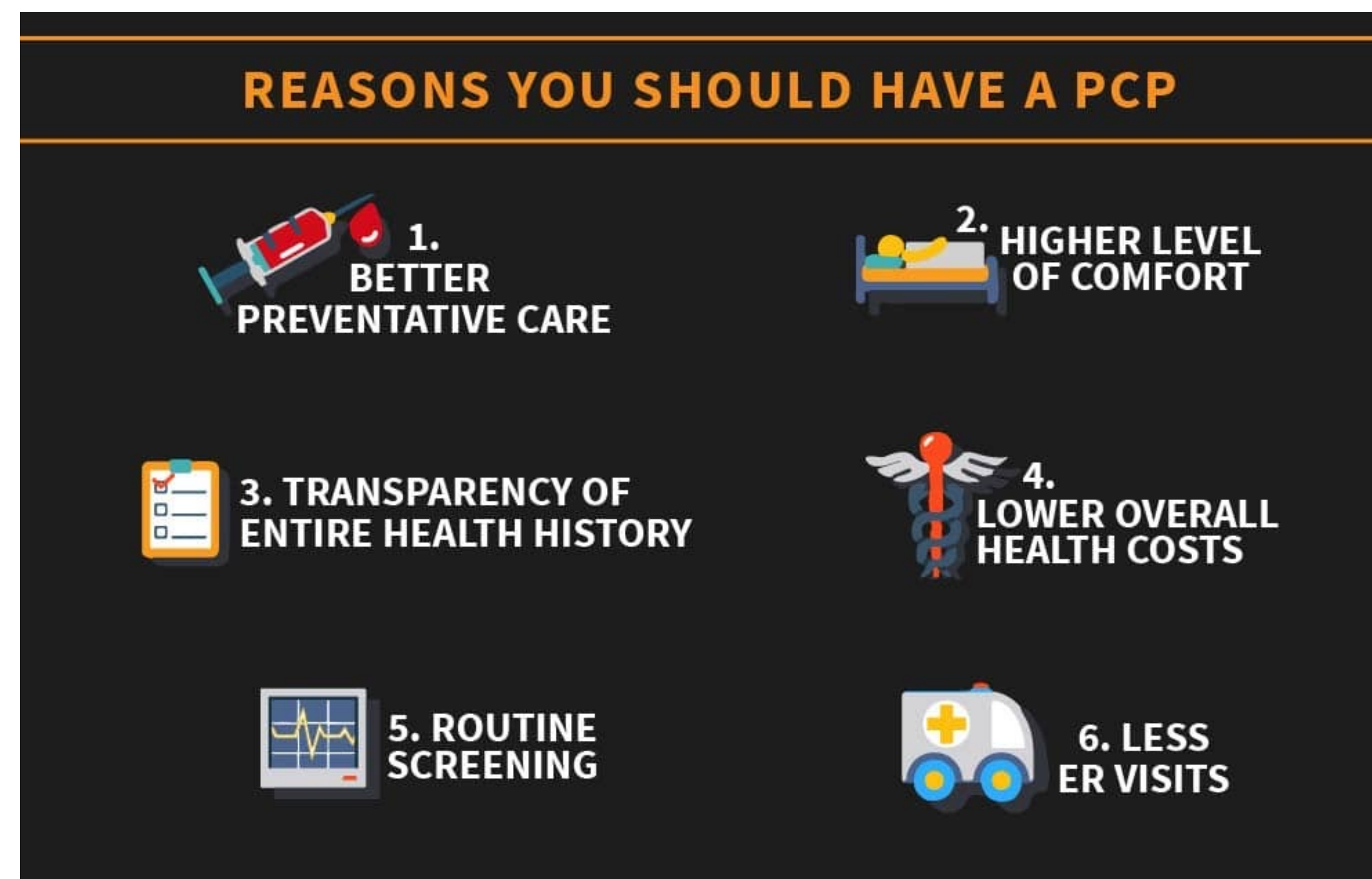


Figure 2. Portion of an Infographic of the Importance of Primary care

## RESULTS

### Benefits of primary health

- Primary care increases access to health services for relatively deprived population groups.
- The contribution of primary care to the quality of clinical care.
- Primary care has a huge impact on preventive interventions.
- The impact of primary care on the early management of health problems.
- The accumulated contribution of primary care characteristics to more appropriate care.

### Barriers impacting access to primary health

- Lack of health insurance decreases the use of preventative and primary care services & is usually associated with poor health outcomes.
- Only offering primary care services in English can impact access and screening programs for people who speak another language.
- Other factors that could limit access is transportation, travel distance, and the supply of primary care providers can limit person's ability to get primary care.

## CONCLUSIONS

Primary care is imperative for building a strong healthcare system that ensures positive outcomes, effectiveness and efficiency. It provides individual and family-focused and community-oriented care for preventing, curing or alleviating common illnesses and disabilities, and promoting health.

Addressing barriers to accessing primary care can help reduce disparities and reduce risk of poor health outcomes.

In addition, research has indicated that countries and regions are more oriented to primary care have lower healthcare costs but better health outcomes, although further studies using formal cost-effectiveness methods need to be conducted.



## FUTURE WORK

Possible future research that may be of interest is to narrow the research to a certain focus group. Focusing on low-income households and/or minorities and marginalized groups may prove to be educational, seeing as they have the most limited access to health care.

### References

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