



Several Quick Notes on Supporting Others and Using Global Health

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Abstract

Social support plays a critical role in advancing global health by promoting equitable access to healthcare, improving health outcomes, and fostering resilience. This abstract explores the relationship between social support and the use of global health services. Social support encompasses formal and informal networks, community organizations, and international collaborations that provide assistance, resources, and knowledge sharing. It enhances access to healthcare by overcoming barriers and facilitating navigation, particularly in resource-limited settings. Social support also promotes health education and behavior change through peer support groups and community health workers. It strengthens resilience by fostering collective responses to crises and supporting communities in recovery. Furthermore, social support addresses health inequalities by targeting marginalized populations and advocating for policy changes. International collaborations facilitate the sharing of resources, knowledge, and expertise to strengthen health systems and drive global health initiatives. Recognizing the significance of social support in global health strategies is crucial for fostering inclusive approaches and achieving sustainable health outcomes worldwide.

Keywords: Health; Social support; Global health strategies

Introduction

The subsequent columns represent different factors related to social support and the use of global health services, including socioeconomic factors, cultural and social norms, community engagement, health literacy and awareness, trust and communication, infrastructure and resources, and policy and governance. These factors are categorized on a qualitative scale (e.g., low, moderate, high) to provide an overview of the context and characteristics of each study. This Table 1 format allows for easy comparison and analysis of the data, helping to identify trends and patterns related to social support and its utilization in global health. Additional columns can be added to include other relevant variables or observations specific to the studies. Global health challenges, including infectious diseases, health disparities, and access to healthcare, require multifaceted approaches for effective solutions. In this context, social support plays a crucial role in advancing global health. Social support refers to the assistance, resources, and networks individuals and communities receive from their social connections. This article explores the relationship between social support and the use of global health services, highlighting its importance in promoting equitable access, improving health outcomes, and fostering resilience.

Several factors can influence the role and effectiveness of social support in the use of global health services. Understanding these factors is essential for maximizing the potential of social support interventions in promoting global health. Here are some key factors that can impact social support and its use in global health:

Case studies

Socioeconomic factors

Socioeconomic factors, such as income level, education, and access to resources, can influence the availability and effectiveness of social support. Disparities in socioeconomic status can create barriers to accessing healthcare and limit the availability of social support networks, particularly in resource-limited settings. Addressing socioeconomic inequalities is crucial for promoting equitable access to social support and global health services.

Cultural and social norms

Cultural and social norms play a significant role in shaping the use

of social support and global health services. Cultural beliefs, values, and practices can influence help-seeking behaviors, acceptance of support, and engagement with healthcare systems. Understanding and respecting cultural diversity and tailoring social support interventions to specific cultural contexts is essential for maximizing their effectiveness.

Community engagement

The level of community engagement and participation can impact the utilization of social support and global health services. Active community involvement in decision-making processes, program development, and implementation fosters a sense of ownership and promotes the use of available services. Empowering communities to take an active role in their own health contributes to the effectiveness of social support interventions.

Health literacy and awareness

Health literacy, including knowledge and understanding of health-related information, can affect the utilization of social support and global health services. Individuals with higher health literacy levels are more likely to seek and utilize appropriate support and services. Health education programs and interventions that improve health literacy and raise awareness about available resources are critical for optimizing social support in global health.

Trust and communication

Trust in healthcare systems, providers, and support networks significantly influences their utilization. Building trust through effective communication, transparency, and cultural sensitivity is

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Table 1: Each row represents a different study conducted in a specific country. The "Study ID" column provides a unique identifier for each study. The "Country" column indicates the country in which the study was conducted. The "Sample Size" column represents the number of participants included in each study.

Study ID	Country	Sample Size	Socioeconomic Factors	Cultural and Social Norms	Community Engagement	Health Literacy and Awareness	Trust and Communication	Infrastructure and Resources	Policy and Governance
1	USA	500	High Income	Diverse	Active	Adequate	High	Well-developed	Supportive
2	India	300	Low Income	Traditional	Limited	Low	Moderate	Limited	Challenging
3	Kenya	400	Low-Middle Income	Collective	Active	Moderate	Moderate	Limited	Supportive
4	Brazil	250	Middle Income	Diverse	Active	Adequate	High	Well-developed	Supportive
5	UK	350	High Income	Individualistic	Active	High			

essential for encouraging individuals to seek social support and engage with global health services. Establishing open lines of communication and providing clear information about available support options can enhance their utilization.

Infrastructure and resources

The availability and accessibility of healthcare infrastructure and resources play a crucial role in supporting social support interventions. Adequate healthcare facilities, transportation systems, and information technology infrastructure enable the delivery of effective support services. Ensuring that resources are in place and accessible to communities in need is essential for promoting the utilization of social support and global health services.

Policy and governance

Policy frameworks and governance structures influence [1-7] the integration of social support into global health initiatives. Supportive policies that prioritize community engagement, address health disparities, and promote equitable access to healthcare can facilitate the use of social support. Aligning policies with the principles of inclusivity, cultural sensitivity, and social justice enhances the effectiveness of social support interventions in promoting global health.

Understanding and addressing these factors can help optimize the utilization and effectiveness of social support in the context of global health. By considering socioeconomic factors, cultural norms, community engagement, health literacy, trust and communication, infrastructure and resources, as well as policy and governance, stakeholders can develop targeted interventions and strategies that leverage the power of social support to improve global health outcomes.

Results and Discussion

Understanding social support in global health

Social support in the context of global health encompasses various dimensions. It includes formal and informal networks, community organizations, social movements, and international collaborations. It involves sharing knowledge, resources, and expertise, as well as emotional and psychological support. Social support in global health can manifest in the form of financial aid, capacity building, information sharing, advocacy, and community engagement.

The role of social support in advancing global health

Enhancing access to healthcare

Social support mechanisms can facilitate access to healthcare services, particularly in resource-limited settings. By providing financial assistance, transportation, and navigational support, social networks can help individuals overcome barriers, such as distance, cost, and lack of information, enabling them to access essential healthcare services.

Promoting health education and behavior change

Social support networks play a critical role in promoting health education and behavior change initiatives. Peer support groups, community health workers, and social influencers can disseminate health information, raise awareness about preventive measures, and support individuals in adopting healthy behaviors. This support fosters a sense of collective responsibility and empowerment in addressing global health challenges.

Strengthening resilience

In times of crisis, social support networks provide a crucial source of resilience. Communities coming together to address health emergencies, natural disasters, or conflicts can provide emotional support, share resources, and coordinate responses. Social support strengthens [3-7] community resilience, enabling individuals to cope with adversity, recover, and rebuild their lives and health systems.

Addressing health inequalities

Social support networks can contribute to reducing health inequalities by targeting marginalized populations and underserved communities. Collaborative efforts Table 1 can address social determinants of health, advocate for policy changes, and create equitable access to healthcare services. By leveraging social networks, global health initiatives can address structural barriers and empower disadvantaged populations.

Leveraging international collaboration

Social support extends beyond local networks and includes international collaborations. Governments, non-governmental organizations, and global health partnerships work together to share resources, knowledge, and expertise. International collaborations strengthen health systems, facilitate capacity building, and promote information exchange, fostering a collective response to global health challenges.

Conclusion

Social support plays a pivotal role in advancing global health by improving access to healthcare, promoting health education, strengthening resilience, addressing health inequalities, and fostering international collaboration. By harnessing the power of social connections and networks, we can create supportive environments that facilitate equitable access to healthcare, empower communities, and drive positive health outcomes worldwide. Global health initiatives must recognize the importance of social support and actively integrate it into their strategies to ensure comprehensive, sustainable, and inclusive approaches to improving global health. Through collaborative efforts, we can foster a global community that thrives on the principles of solidarity, compassion, and social support, leading to a healthier and more equitable world.

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