

Mission:

To build a network of international workforce, mobilizing communities to be self-sufficient, executing effective and efficient assessments, feasibility studies, and implementing projects for the complete physical, mental and social wellbeing of all.

—Optimal Wellbeing.

What do we do?

A-Kins Analysts and Project Managers, a minority woman owned community based small business, is a specialty provider of Health Consulting Services including:

- Health Impact Assessments
- Health Care Projections & Forecasting
- Preventive Health/Health Economics Consulting & Project Management

Executing efficient and effective, successful international Business Projects.

"Successfully implementing impossible projects in impossible places"

INSIDE THIS ISSUE:

The 3 Nuggets of US
Health Care System

1

US Individual Health
Care: ..where we are

3

Men's Health

5

Women's Health

6

Children's Health

7

US Individual Health
Care: ..where we
should be

8

US —Health Care in Reform.....continued

The 3 Nuggets of the NEW US Health Care System



The 3 Nuggets of US Health Care Reform System

Health Care Reform.....the **new** simplified health care system, with a continuous - continual efficiency and effective intent, is divided into three **(3) nuggets**: Men's Health Care System; Women's Health Care System; and Children's Health Care System.

The community members who care for the sick, and work with the home bound/mentally ill will be paid. The surplus health care funds can be used by the community to improve the social determinants of health of its people, including senior citizen/elder home care, mental homes/half-way housing, subsidized

equality and prejudice in a community. This should lead to very strict penalties, like losing half of the funds allocated to the faulty community. All communities have to be **all inclusive** in order to qualify for the benefit. The more inclusive a community is, the more fund benefit each community will attract.

Power to the people!

The three nuggets follow the same balanced budget formula, where the healthy pay for the ill, and the incentives for individuals and communities likewise, is to stay healthy and get as many people healthy as possible, so the ill can be well taken care of by their communities.

homes for the poor in the community, and also for economic development.

Did I say there would be no more Medicare and Medicaid?.....if I didn't, well here it is.....in order to give the responsibility of the care and wellbeing of the people, that is "all peoples'", back to the people, the Government has to play "hands off". Except of course when there is in-

All communities bankrupt will be revived and all the communities that have lost their people will have an opportunity to open their gates to a new population of youth, that can find jobs taking care of their neighbor's needs. Community projects, that will lead the youth to stay back to raise their families in these communities. Staying back means more people, more schools and



US Individual Health Care
.....Where we are.

Major Functions of Individual Health Care Status	The Health Care Market	The Government	The State	The Community	The Individual
Power	√	X	X	X	X
Policy	√	√	X	X	X
Market	√	X	X	X	X
Price	√	X	X	X	X
Cost Savings	√	X	X	X	X
Health Care Services	√	X	X	X	X
Health Care Status	√	X	X	X	X

Power at the Market

The 3 Nuggets of US Health Care Reform System

the ability to employ even more people, more jobs!

We come from an economy where the government took responsibility for the health status and health outcome of the people, as most nations were trained to. This should not be the case, as the people now wait helplessly for the government to solve all their

The government should watch from far away in databases, sent directly to the federal government systems for analysis and expertise advice employment, on the community level for the community. Not interventions, though. The communities will be equip by training to intervene.

ment agencies, sent to the states, and then the counties, and then to the communities, has been redundant, ineffective, and inefficient, but yet, with well-intended hearts. Most of the time, by the time the funds reach the communities, bits and pieces have been taken away, after all, the order of business has to be taken care of, and the communities have moved on, finding a way

The more **inclusive** a community is, the more
healthcare **fund benefit** it will attract.

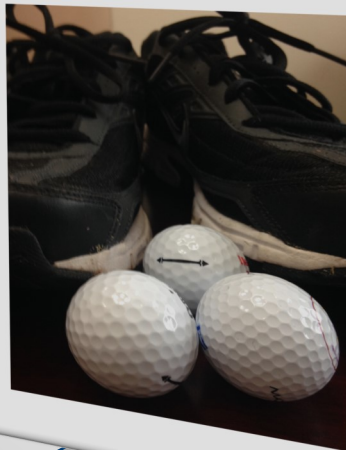
problems. Giving power back to the people will give them the strength and will to take back their communities and their health; looking out for each other as they walk together towards **Optimal Wellbeing**.

Yes, this is what the talk has been “before the ages”, but this has never been the walk. The Government has tried to solve a lot of problems, with the hope that it’s people will be helped,.....but, the bureaucracy of waiting for fund appropriation, controlling allocations based on need through the various govern-

to patch the problem for a while, hoping they will go away.....and then, it occurs again!

A constant repetitive funding of the communities, will secure continuity of the continual continuum of the **pursuit of happiness by optimal wellbeing of all**; not perfect health

Nuggets #1: Men's Health in US Health Care Reform System



Optimal Wellbeing, a Way of Life.

(which is grandiose and delusional, as we grow into a wear and tear body); but an optimal health, one at every point in time as a way of life.

A healthy way of life towards Optimal Wellbeing of communities in US should be the aim, with the responsibility given back to the individuals, and their communities. Not to the Federal Government, the State, the Counties or the Health Care Professional.

The “Government take care of us” -mindset has to change, as research has shown, this spoon-feeding in a society usually ends up *backfiring*.

Men's Health, one that has been problematic because of only occasional attention will be given the same attention as women's health and children's health. The men will have to let the Health Care System Man-

agers know how to help them. What is important to men? Mental health care and social health, that is social determinants of health, as a way of life. These basic needs of men have to be considered and met before they open up their physical health for check-ups and care. Men's health care is not business as usual and should never be treated with the same model as women's or children's health care.

Nuggets #2: Women's Health in US Health Care Reform System



Optimal Women's Healthcare **Fully Covered.**

Women's health care has always been expensive. Preventing illnesses and complications has always been key to women's health care cost reduction. Regular women's visits and checkups when the children are brought in for preventive health care would help. It is unfair to ask women to pay for their women's health care

issues separately. These "women's" health care, if not well taken care of, will complicate their health outcome in more ways than can be imagined, in the long-run.

Child birth should not be a woman's burden, to pay for. Carrying another human being for nine months is enough burden. A certain

number of children should be paid for, for all. Anyone with the desire for more children will have to pay for more child birth costs out of pocket or owe the community if it chooses to pay. However, contraceptives and other preventive measures should be **fully covered** in order for this plan to work for good.

Nuggets #3: Children's Health in US Health Care Reform System



Do Not Rob the Children of their Preventive Health Care Funds.

Children's health care, even though mainly preventive care, should not be underestimated. As a public health practitioner, one is constantly being asked to estimate the cost savings secured by investing in preventative child health care. A task that is quite daunting, but possible, yet often used to justify "taking from the children's funds to pay for other health care programs". This should never be the case.

Children's health care should start from their

parent's social determinants of health before their birth. If the parents' social health is not forthcoming, the health outcome of the newborns, born into these environments has been proven to be poor.

Mental health and community support programs for young new parents is important before, during and after pregnancy. This helps pave the way for a better physical health outcome for the new born. The value of the social support of these parents/new

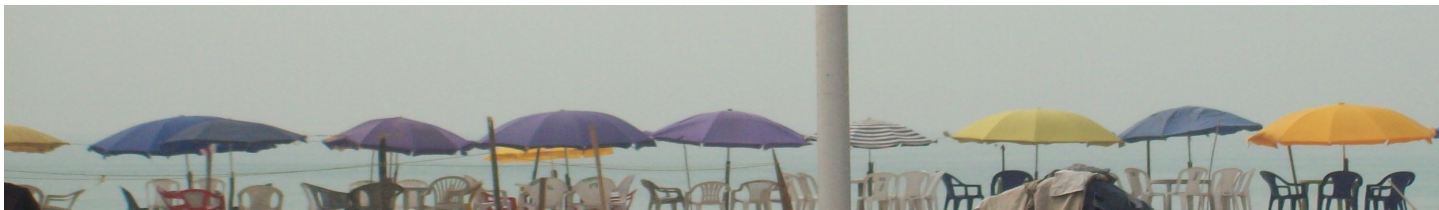
born and their economic stability cannot be underestimated. The physical health care of the child is usually covered by preventative health care funds that are often taken from children, for whatsoever reason, to fund other healthcare projects. This should never be the case! Extra child health funds are in fact needed to keep up with the social health and mental health needs of these young ones. Children's mental and social health care needs should always be taken seriously.



US Individual Health Care
.....Where we should be.

Major Functions of Individual Health Care Status	The Health Care Market	The Government	The State	The Community	The Individual
Power	X	X	X	X	✓
Policy	✓	✓	✓	✓	✓
Market	✓	✓	✓	✓	✓
Price	X	X	X	✓	✓
Cost Savings	X	X	X	✓	✓
Health Care Services	X	X	X	✓	✓
Health Care Status	X	X	X	✓	✓

Giving the **Power** Back to the **People**



The Best of Two Worlds: Bar Beach, on the Island, Lagos Nigeria



Author: Folorunso Akintan MD MPH MBA

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Looking forward to hearing from you!

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