

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 Care Advisory & Support Services
- Health Care Strategic Plans/Project Management
- Business Plan Development/Financial Resource Planning/Analysis

.....Health Care Systems Development; Research; Analytics; and community based social determinants of health -Economics.

"Successfully implementing challenging projects in challenging places".

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A Drum Cry for a Sustainable Africa



Africa: A Sustainable Economy

The “Economy of a Country” is its foundation for sustaining the fundamental needs of the people, including health care. There are five components of sustaining the economy of a people in this new- age we live in. These components of the economy have been explained in-depth in prior newsletters over the past two years:

- Capital
- Infrastructure
- Technology
- Political Stability
- Investors

For business ventures in Africa to sustain the economy, there are several factors that are important, and other factors that are not necessary, even though they are important to the western world. Infrastructure, Technology and Political Stability are components of economic development that have not been fully attained in Africa, yet the land has proven fruitful, in spite of these short coming. Most investors in the western world would require these components of economic development to be in place before considering investing in a place like



“Africa”. These development requirements are justified. After all, the investor’s “Return on Investment” must be guarantee.

Africa was productive with the barest minimum of infrastructure and technology for “Saecula Saeculorum”, that is, for ages of ages. Western development has however mandated these form of development while ignoring the traditional economic structure and the plato of knowledge, that has

sustained the land and its people for “millenniums upon millennia”. Ignoring the traditional trade and sustainability plato of knowledge has caused every form of infrastructure building and maintenance of Technology to fail in this highly organized society called Africa. However, the societal organization is deemed “null and none” for infrastructure, technology, political stability factors, yet the land and its people have remained.

Lack of understanding and lack of acknowledgement of the plato of knowledge that as sustained Africa in this century has led to failed political and economic western strategies. Due to lack of these western development factors, Africa and other developing countries have been left out of the

Western Business Structure Need	African Business Structure Need
● Political Stability	● Capital
● Infrastructure	● Investments
● Technology	● Preserve/Protect the Resources: people, societies & the Land

Africa: A Sustainable Economy

global economy trade table. Africa can never compete with the western world for Infrastructure, technology or political stability, when the Seaculum (age-long) structure of the society has been ignored, yet it remains sustained. The western development criteria have no "goodness of fit" as the statisticians call it.

Africa would however need to be innovative in its ways, developing strategies that have worked of old, in order to **earn** its seat at the global trade table. This would require **"Hard Work"** and **"Acts of Kindness** from investors and Capital Ventures". The investors to initiate these strategies of old would have to be Africans. **Investing in one community at a time, taking the "burden of Risk" upon itself as African investors or capital ventures.**

Africa, the second largest continent in the World; second only to Asia in landmass, area, population and density of people. Africa holds a huge proportion of the world's natural resource, that is, an estimate of about two thirds of the world's most natural unadulterated natural re-



● **A land with incomplete infrastructure, yet productive;**

● **A land with no democracy, yet in kingly order;**

● **A land with abundance of resources, yet counting its children as its' wealth;**

● **A land with western currency, yet richly sufficient within its-self as resourceful;**

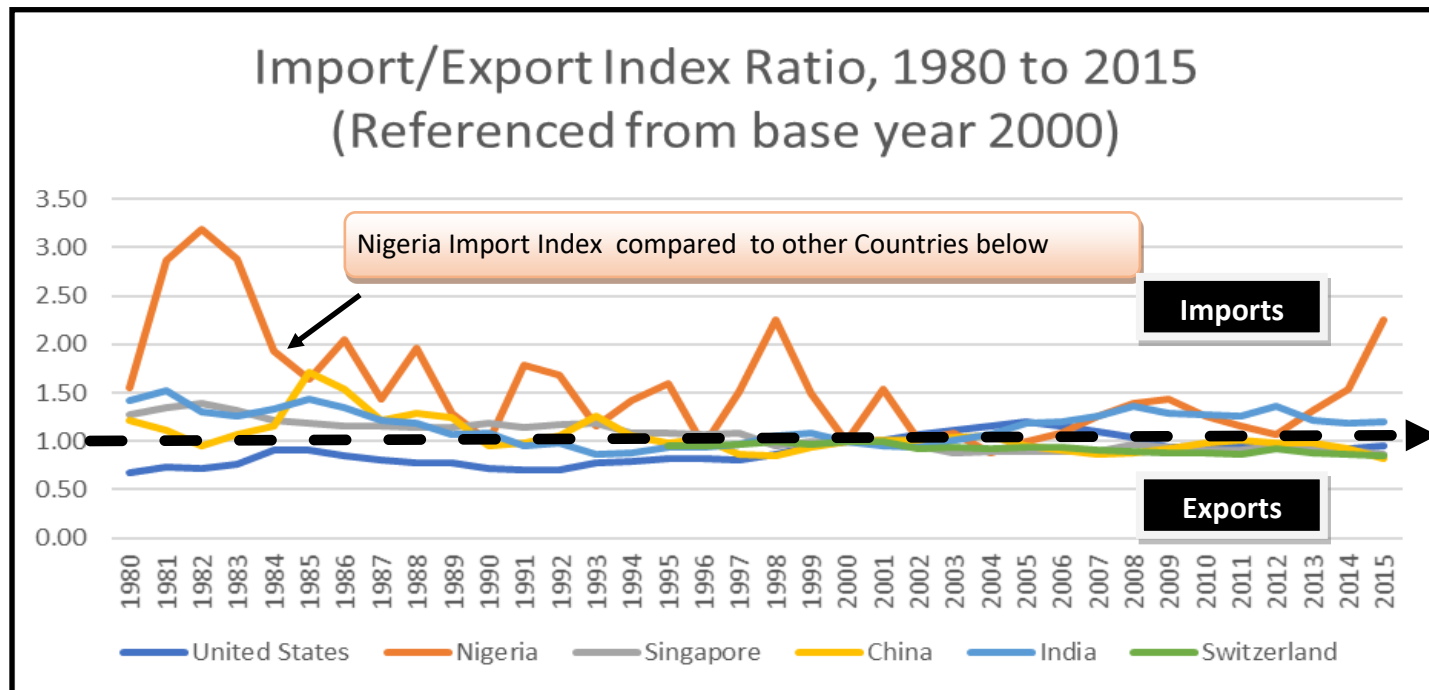
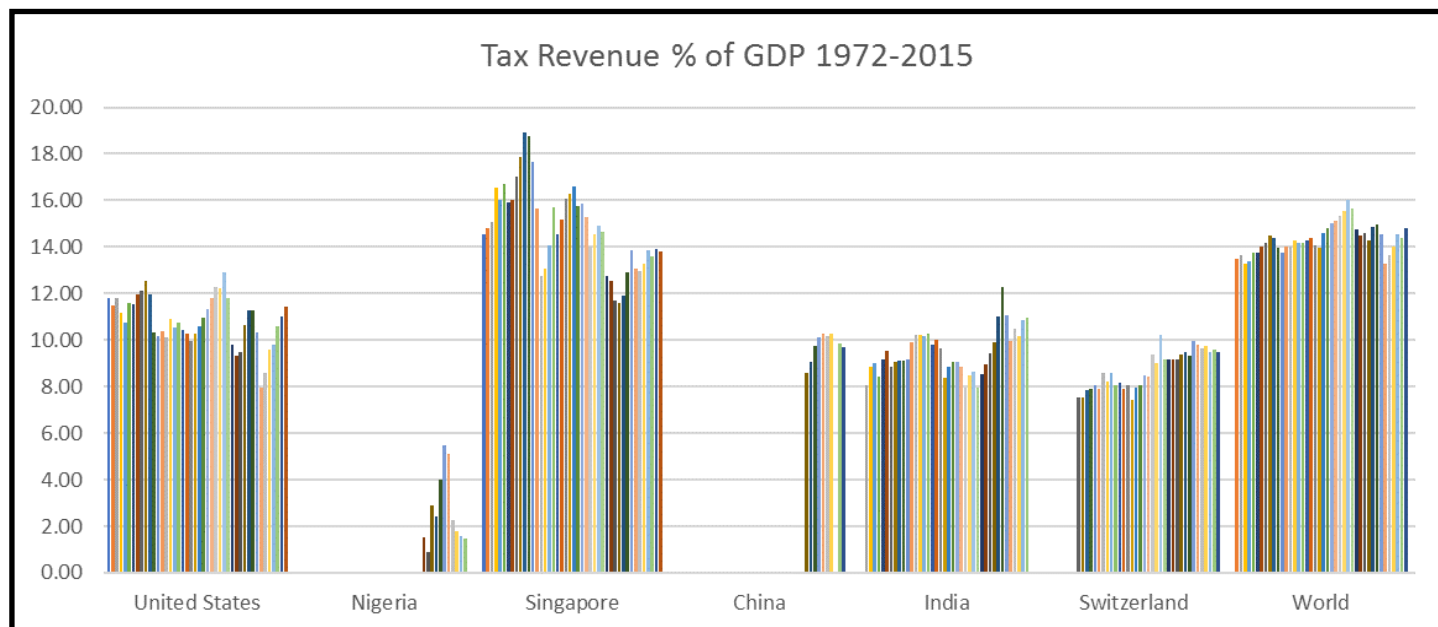
● **A land with people with big hearts that yearn for freedom from the "high risk business model "; a people with a yearning for freedom to trade, and succeed in ventures of old.**

sources; yet it has been left out of the global trade business.

Remember the African game "Ayo", a mathematical game of calculated patience? I believe that Africa should be patient yet calculated. For the Western business structure has failed to **"take"** in Africa, but the age-old traditional structure has sustained the micro-economy of the land, putting food on the plate of the children and families through women. **African men however have a bigger role to play. Theirs is to preserve the Land, the Societies (traditional institutional structure) and the People.**

According to statistics from the world bank and other international harbor of national data, Nigeria has one of the highest workforce. Eighty-eight (88%) of its population is working age, compared to 50%, 53% and 35.8% in America, India and China respectively (2014 data). Yet, she is yet to generate enough tax revenue to sustain its land, societies and people. Nigeria on average however imports way more than it exports, compared to other countries from 1980-2015, with the year 2000 as base refer-

Africa: A Sustainable Economy

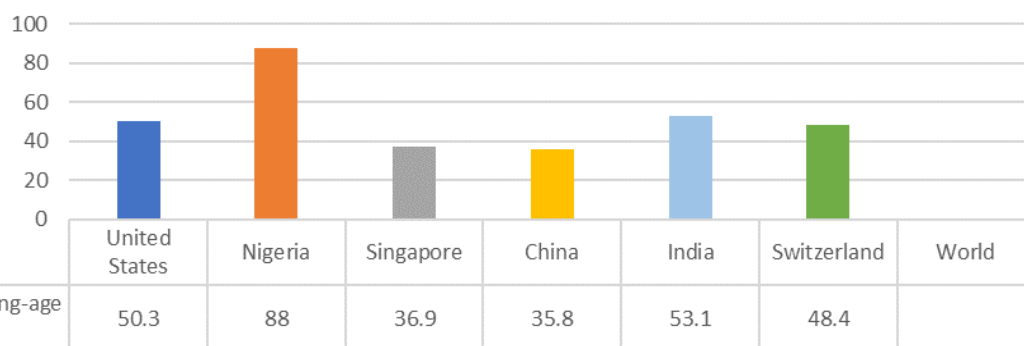


For definitions, go to pages 13/15.

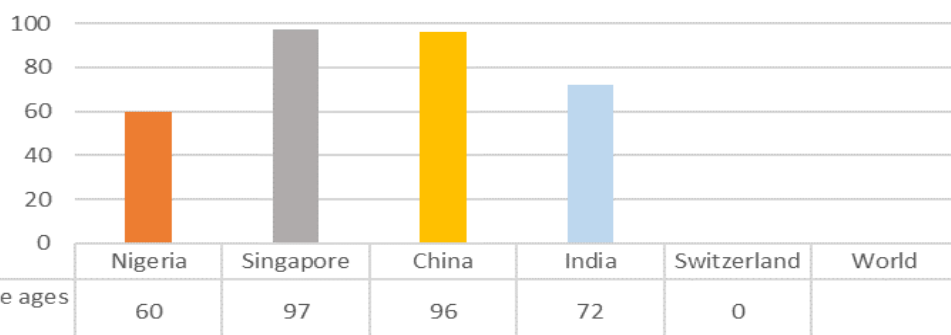
Data Source: <http://data.worldbank.org/indicator/NY.GNP.PCAP.PP.CD?locations=1W>

Africa: A Sustainable Economy

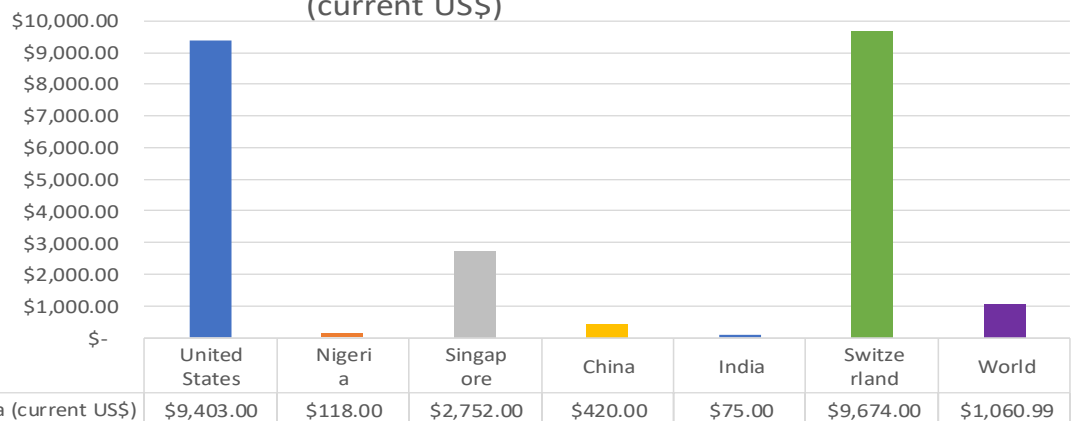
Age dependency ratio, 2014
(% of working-age population)



Literacy rate, adult total, 2014
(% of people ages 15 and above)



Health expenditure per capita, 2014
(current US\$)

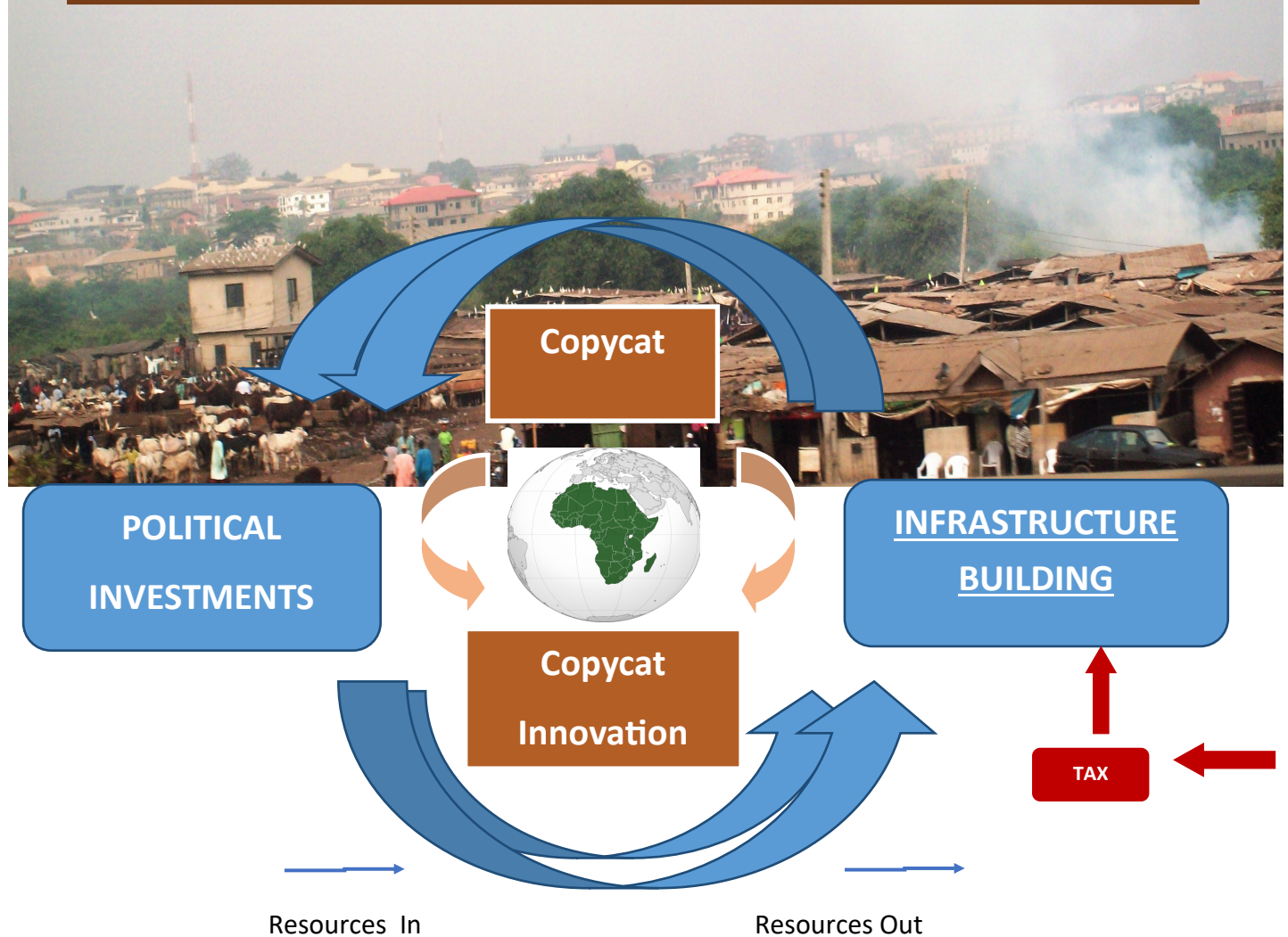


For definitions, go to pages 13/15.

Data Source: <http://datatopics.worldbank.org/hnp/ThematicData>

Current Status

Political Power = Economic Power ?

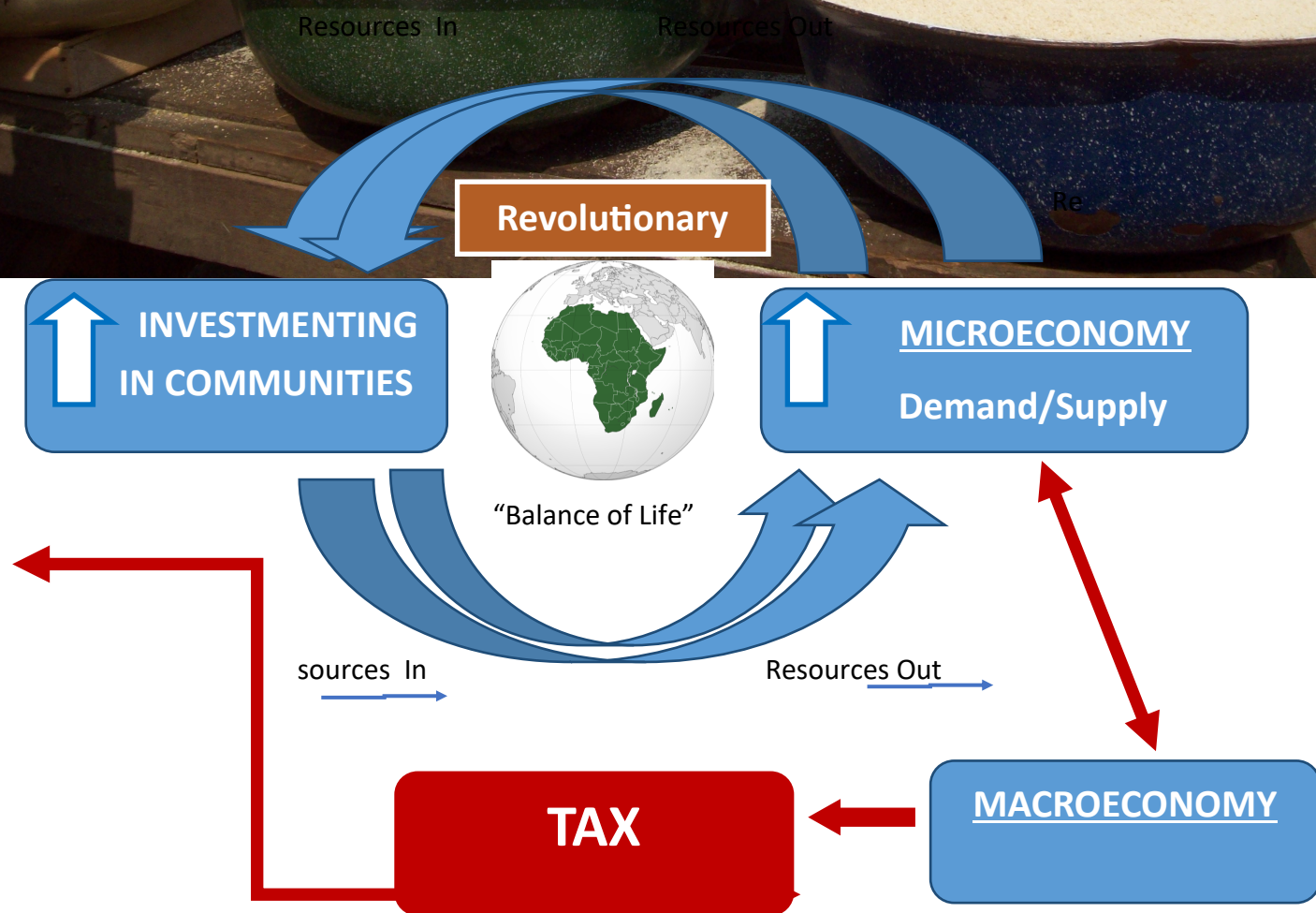


Myopic & Mediocratic Business

Democratic Strategic Intent

Traditional Rule of Engagement

**Giving Economic Power Back to the People:
One Community at a Time!**



Systematic & All Inclusive Innovative Business

Africa: A Sustainable Economy

ence year (for more details go to pages 4/5 and for definitions, go to pages 13/15).

The literacy rate although less, still does not justify why the 88% workforce cannot be put to work in order to generate enough tax revenue to sustain herself as a country. The literacy level is 97% in Singapore, 96% in China, 72% in India, and 60% in Nigeria (for more details go to pages 4/5 and for definitions, go to pages 13/15).

Western education, infrastructure, technology, political stability and business platforms have not worked for developing places like Africa. Africa has to build its own business platform in an innovative way with the current resources it has, and its plato of knowledge about its land, institutions/societies and



its people. African resources are in its land and its people. The resources can also be found in its culture, the institutional societies. Capital investments have to be generated and injected into each community in order to fuel revolutionary innovative business strategies that will sustain each community using the plato of knowledge that has been proven to work of old.

Most of African countries spend their funds competing with the western world in the development of western education, infrastructure, technology, political stability and business platforms, to no

avail. Funds should be re-directed to each community seeking revolutionary innovative business ideas. Each community can transform its business ideas into sustaining business plans, creating jobs for all households in the community; thereby generating taxes from each community that can be used to subsidize other infrastructure and Health care Systems for Sustainable Business and Health Care Outcomes. For more details, go to pages 6/7.

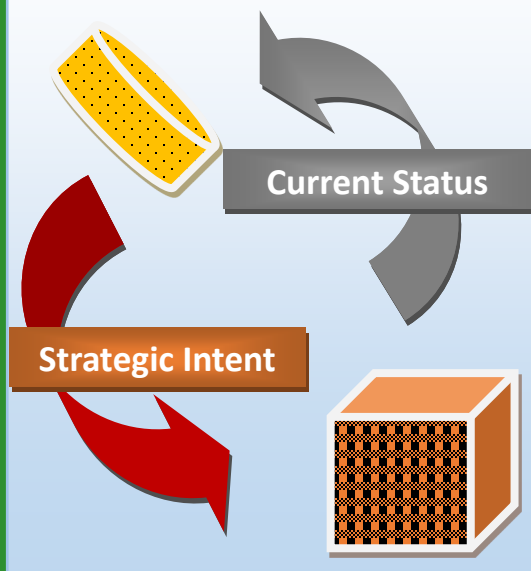
The platforms that work for western world may not necessarily work for developing countries in Africa. Make Africa self-sustained and competitive once again by investing in each community, grooming the businesses and nurturing innovative ideas based on the needs and wants of Africa, and the world as a whole.

A self-sustained community can afford to create jobs for all its members, educate its children, create sustainable community leadership, improve its

Western Development Structure	African Development Structure
• Education	• Preserve the People
• Health & Infrastructure	• Preserve the Society
• Business	• Preserve the Land

Africa: A Sustainable Health Care System

Why spend forever fitting a Box
in a Cylinder, when you can fit
the Cylinder in the Box?



infrastructure, build its business structure/platform; and improve/acquire necessary and affordable technology for its community.

A sustainable economy can only be maintained by economies of scale and scope. Economies of scope are found in the plato of knowledge turned into business ideas, and with time established **business platforms that prove effective and efficient in Africa**. Effective and efficient business platforms are conventionally associated with technology as a cost saving factor



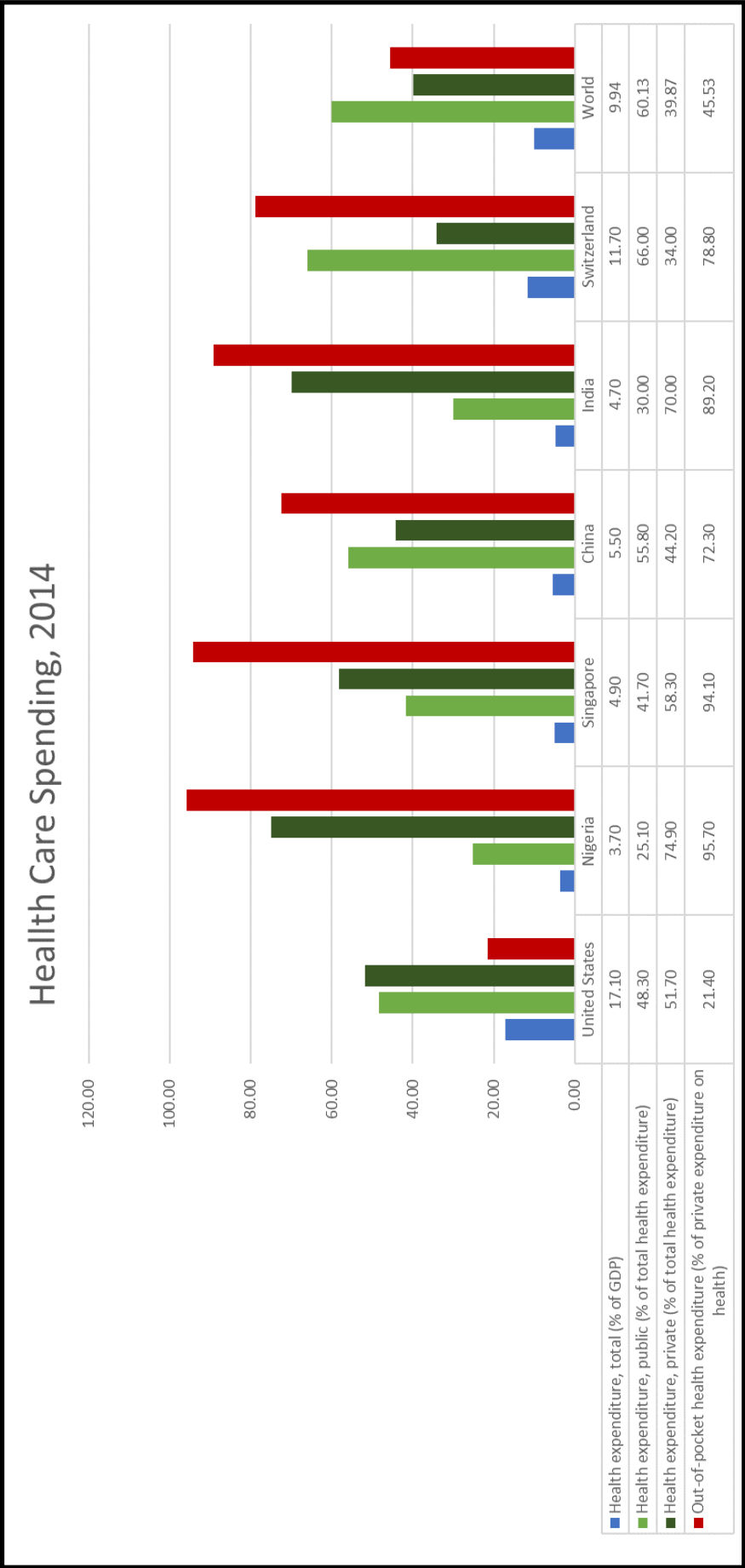
- Those educated so far, have no jobs
- Those with political powers have no economic powers
- Those with infrastructure have no means of maintaining them, causing a lot of preventable accidents, masking the mortality rate and life expectancy
- Those with a business platform have no capital
- Those with technology have low customer/consumer power

for effectiveness and efficiency. In Africa, technology may not be seen as an efficient or effective way of saving costs, in fact it is looked upon as very costly and not feasible for locals to afford. Other simple measures like economies of scale, that is, a trained workforce, overpower economies of scope in Africa. There are enough resources (economies of scope) in Africa for the economies of scale (workforce) to be put to work to rip the fruits of the land; therefore, a fine balance between Economies of scope and scale is guaranteed.

Abundant economies of scale should be regarded as a form of advantage and not necessarily a flaw. However, for the economies of scale to be efficient, that is, in order for the workforce power to be taken advantage of, the workforce has to be healthy!

Health care in Africa was last sustained three centuries ago, when the Traditional Medicine Women took care of the communities, their women and children; and healed the wounds of the warriors, the men. Ever since the colonial days, the health care system, while established with strong

Africa: A Sustainable Health Care System

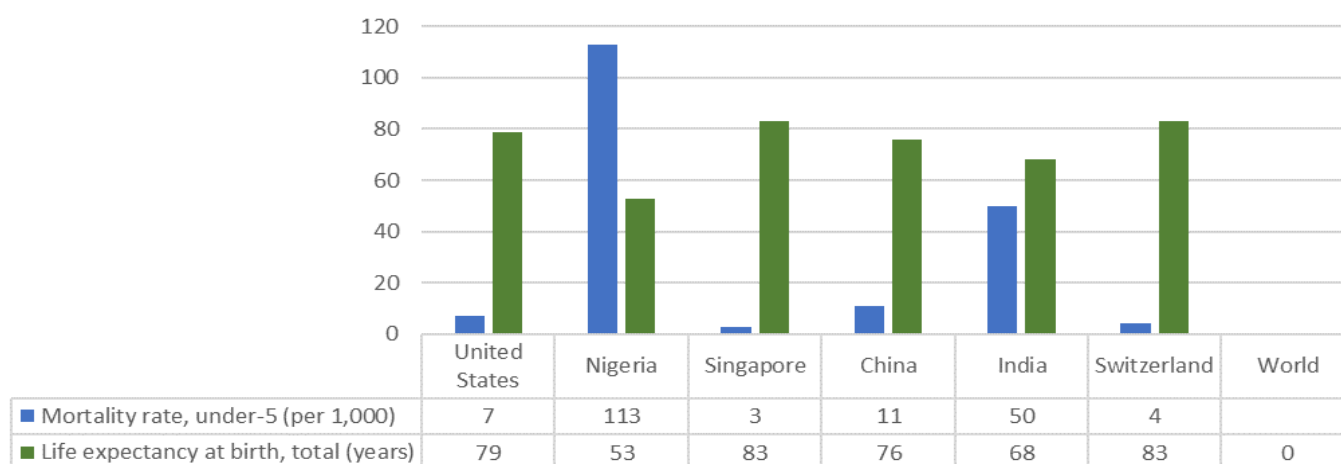


For definitions, go to pages 13/15

Data Source: <http://datatopics.worldbank.org/hnp/ThematicData>

Africa: A Sustainable Health Care Outcome

Health Outcome Indicator, 2014



foundations of community-based health care, has not been sustainable.

The African health care system has been that of the poor sustained by the rich.

A charitable system that relies on members of the community who work and pay for their health care, sponsoring those who are unemployed and less fortunate. This is the case with the private sector which dominates the system by 70%-95%. Public systems run by the government has a uniform pay system for all and it covers 30%-5% of the health care system. Nigeria for example, when compared to other countries in the world spends \$118 per person (Capita), on health care. On average, the world spends

\$1,060.99 per Capita (per person), while India spends \$75, China \$420, Singapore \$2,752, Switzerland \$9,674 and of course, United States rating among the highest, \$9,403.

The percentage (%) of funds spent on health care out of the total gross domestic product -GDP, that is, out of monetary value of all goods and services produced by the country is detailed on page 10. Nigeria, when compared to other countries in the world in 2014, spends 3.7% of her GDP on health care (25% public and 75% private). On average, the world spends 9.9% of its GDP on health care (60% public and 40% private), while India spends 4.7% (30% public and 70% private), China 5.5% (55% public and 44% private), Singapore

4.9% (42% public and 58% private), Switzerland 11.7% (66% public and 34% private) and of course, United States rating among the highest, 17% (48% public and 52% private).

Most of the developing countries have 85%-95% of their private health care expenditure coming out of the individual's pocket. Switzerland and United states are however peculiar. Similar in health care expenditure per capita and percentage GDP spent on health care, yet different in their approach to health care provision/system development. While Switzerland has most of its health care provided by the government (66% Public) and out of pocket (based on the private expenditure) is 78.80%; Out

For definitions, go to pages 13/15

Data Source: <http://datatopics.worldbank.org/hnp/ThematicData>

Africa: A Sustainable Health Care Outcome

of pocket for United States is about 21%. In the United States, most of the private sector fees are paid by health insurance brokers, hence, only 21% out of individual pocket is spent in the end. For Nigeria, out of pocket spending by individuals in the private sector is 96%, Singapore is 94%, China 72%, India 89% and the world on average spends 46% of private Health Care Spending directly from the individual's pocket (2014 data). Nigeria is therefore not the only country that has its citizens pay most of the private fees out of pocket, however, the health outcomes for these country's citizens vary based on the healthcare system of choice.

A sustainable health care outcome depends on a sustainable health care system and a sustained economy. This is apparent in the datasets presented on pages 4, 5, 10, and 11. The countries with a fine balance on import/export, that is, those with more export generate more tax revenue and spend the most on their health care system (public spending by government). These countries have the best health outcomes. For instance, United States generated 11% of its GDP

**A Sustainable
Economy**

**A Sustainable
Health Care System**

**A Sustained
Health Outcome**

from tax revenue, with a World average of 14%, Singapore 14% and Switzerland 10% in 2014. Nigeria however generated 1.5% of her GDP from tax revenue in 2013. These countries although having less manpower/workforce and less natural resources

than Nigeria -with a workforce of 88%, they are able to have a fine balance in the excess of exported goods and spend more on their healthcare system. The following are the health outcomes of the countries who spent the most on their workforce, keeping them healthy: Singapore Mortality rate for under 5-year age-group in 2014 was 3 per 1,000, while its total life expectancy at birth was 83 years; Switzerland was 4 per 1,000 and 83 years; United State was 7 per 1,000 and 79 years; China was 11 per 1,000 and 76 years; India 50 per 1,000 and 68 years; and Nigeria 113 per 1,000 and 53 years. For more details go to pages 10/11. For definitions, go to pages 13/15.

In order for Africa to Maximize its workforce advantage, the workforce must be healthy and live long. Nigeria has 88% of its population as a workforce advantage but the life expectancy at birth is 53 years. The health outcome of a country is indeed tied to the economies of scale and scope, in a country's economic sustainability strategy and should not be underestimated.

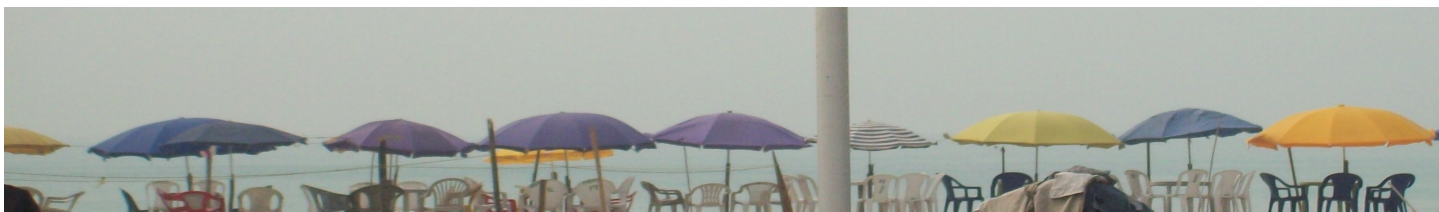
Name of Indicator	Definition	Data/Methodology Source
Economic Indicator		
Tax Revenue	Tax revenue refers to compulsory transfers to the central government for public purposes. Certain compulsory transfers such as fines, penalties, and most social security contributions are excluded. Refunds and corrections of erroneously collected tax revenue are treated as negative revenue.	International Monetary Fund, Government Finance Statistics Yearbook and data files, and World Bank and OECD GDP estimates. Data Source: http://data.worldbank.org/indicator/NY.GNP.PCAP.PP.CD?locations=1W
Import Value Index	Import Value Index: Import value indexes are the current value of imports (c.i.f.) converted to U.S. dollars and expressed as a percentage of the average for the base period (2000).	UNCTAD's (United Nations Conference on Trade and Development) import value indexes are reported for most economies. For selected economies for which UNCTAD does not publish data, the import value indexes are derived from import volume indexes (line 73) and corresponding unit value indexes of imports (line 75) in the IMF's International Financial Statistics. Data Source: http://data.worldbank.org/indicator/NY.GNP.PCAP.PP.CD?locations=1W
Export Value Index	Export Value Index: Export values are the current value of exports (f.o.b.) converted to U.S. dollars and expressed as a percentage of the average for the base period (2000).	United Nations Conference on Trade and Development -UNCTAD's export value indexes are reported for most economies. For selected economies for which UNCTAD does not publish data, the export value indexes are derived from export volume indexes (line 72) and corresponding unit value indexes of exports (line 74) in the IMF's International Financial Statistics. Data Source: http://data.worldbank.org/indicator/NY.GNP.PCAP.PP.CD?locations=1W
Age dependency ratio (% of working-age population)	Age dependency ratio is the ratio of dependents--people younger than 15 or older than 64--to the working-age population--those ages 15-64. Data are shown as the proportion of dependents per 100 working-age population.	World Bank staff estimates using the World Bank's population and age distributions of the United Nations Population Division's World Population Prospects. The World Bank's population estimates are from various sources including the United Nations Population Division's World Population Prospects; census reports and statistical publications from national statistical offices; Eurostat's Demographic Statistics; United Nations Statistical Division, Population and Vital Statistics Report (various years); U.S. Census Bureau: International Database; and Secretariat of the Pacific Community, Statistics and Demography Program. Data Source: http://data.worldbank.org/indicator/NY.GNP.PCAP.PP.CD?locations=1W
Literacy rate, adult total (% of people ages 15 and above)	Adult literacy rate is the percentage of people ages 15 and above who can both read and write with understanding a short simple statement	United Nations Educational, Scientific, and Cultural Organization (UNESCO) Institute for Statistics. Data Source: http://data.worldbank.org/

Name of Indicator	Definition	Data/Methodology Source
Health Care System Expenditure		
Health expenditure, total (% of GDP)	Total health expenditure is the sum of public and private health expenditure. It covers the provision of health services (preventive and curative), family planning activities, nutrition activities, and emergency aid designated for health but does not include provision of water and sanitation.	World Health Organization Global Health Expenditure database (see http://apps.who.int/nha/database for the most recent updates). Data Source: http://datatopics.worldbank.org/hnp/ThematicData
Health expenditure, public (% of total health expenditure)	Public health expenditure consists of recurrent and capital spending from government (central and local) budgets, external borrowings and grants (including donations from international agencies and nongovernmental organizations), and social (or compulsory) health insurance funds. Total health expenditure is the sum of public and private health expenditure. It covers the provision of health services (preventive and curative), family planning activities, nutrition activities, and emergency aid designated for health but does not include provision of water and sanitation.	World Health Organization Global Health Expenditure database (see http://apps.who.int/nha/database for the most recent updates). Data Source: http://datatopics.worldbank.org/hnp/ThematicData
Health expenditure, private (% of total health expenditure)	Private health expenditure includes direct household (out-of-pocket) spending, private insurance, charitable donations, and direct service payments by private corporations.	World Health Organization Global Health Expenditure database (see http://apps.who.int/nha/database for the most recent updates). Data Source: http://datatopics.worldbank.org/hnp/ThematicData
Out-of-pocket health expenditure (% of private expenditure on health)	Out of pocket expenditure is any direct outlay by households, including gratuities and in-kind payments, to health practitioners and suppliers of pharmaceuticals, therapeutic appliances, and other goods and services whose primary intent is to contribute to the restoration or enhancement of the health status of individuals or population groups. It is a part of private health expenditure.	World Health Organization Global Health Expenditure database (see http://apps.who.int/nha/database for the most recent updates). Data Source: http://datatopics.worldbank.org/hnp/ThematicData
Health expenditure per capita (current US\$)	Total health expenditure is the sum of public and private health expenditures as a ratio of total population. It covers the provision of health services (preventive and curative), family planning activities, nutrition activities, and emergency aid designated for health but does not include provision of water and sanitation. Data are in current U.S. dollars.	World Health Organization Global Health Expenditure database (see http://apps.who.int/nha/database for the most recent updates). Data Source: http://datatopics.worldbank.org/hnp/ThematicData

Name of Indicator	Definition	Data/Methodology Source
Health Care Outcome		
Mortality rate, under -5 (per 1,000 live births)	Under-five mortality rate is the probability per 1,000 that a newborn baby will die before reaching age five, if subject to age-specific mortality rates of the specified year.	Estimates Developed by the UN Inter-agency Group for Child Mortality Estimation (UNICEF, WHO, World Bank, UN DESA Population Division) at www.childmortality.org . Projected data are from the United Nations Population Division's World Population Prospects; and may in some cases not be consistent with data before the current year. Data Source: http://datatopics.worldbank.org/hnp/ThematicData
Life Expectancy	Life expectancy at birth indicates the number of years a newborn infant would live if prevailing patterns of mortality at the time of its birth were to stay the same throughout its life.	(1) United Nations Population Division. World Population Prospects, (2) Census reports and other statistical publications from national statistical offices, (3) Eurostat: Demographic Statistics, (4) United Nations Statistical Division. Population and Vital Statistics Report (various years), (5) U.S. Census Bureau: International Database, and (6) Secretariat of the Pacific Community: Statistics and Demography Program. Data Source: http://datatopics.worldbank.org/hnp/ThematicData

Money will come and go,
but the future -the children,
holds true.





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



Author: Folorunso Akintan MD MPH MBA

Published Letters to the Editor

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