



**GOOD  
HEALTH &  
WELL-BEING**

# HEALTH CARE IN UNITED STATES



# HEALTHCARE IN U.S.

The United States has a complex healthcare system that is primarily private, with a significant government role. It's often described as a "dual system" because it relies on both private insurance and government programs like Medicare and Medicaid. Unlike many other developed countries, the U.S. doesn't have universal healthcare coverage, meaning not everyone has health insurance. This can lead to high medical costs and limited access to care for some individuals.



# MAJOR PROBLEMS WITH THE U.S. HEALTHCARE SYSTEM TODAY

- Medical malpractice:

The exact number of medical malpractice cases filed in the U.S. each year can vary, but it's estimated that around 20,000 lawsuits are filed annually. (\$31 million to a Michigan family who filed against MyMichigan Medical Center-Midland after their daughter developed brain damage following a delayed C-section).

- High costs of care:

Health insurance premiums are often very high, and deductibles can be huge. Many medical procedures and treatments cost much more in the U.S. compared to other countries. Prescription drugs can be incredibly expensive, especially for people with chronic illnesses. Unlike many other countries, the U.S. government doesn't control the prices of healthcare services and medications. (Nearly a third of Americans lack access to primary care services, including routine checkups, while 40 percent of U.S. adults say they're delaying care or going without because of the financial costs)

# HEALTH CARE IN POLAND



# HEALTHCARE IN POLAND

The Polish healthcare system is publicly funded through mandatory health insurance contributions, which are automatically deducted from the salaries of those who are employed. This ensures that all insured individuals have access to healthcare services, both in hospitals and outpatient clinics, without additional costs at the point of service. This system provides a wide range of medical treatments, including consultations with specialists, hospital stays, surgeries, and emergency care, all covered by the National Health Fund (NFZ).



# MAJOR PROBLEMS WITH THE POLAND HEALTHCARE SYSTEM TODAY

- **Waiting times for medical services:**

One of the most frustrating aspects of the Polish healthcare system is the long wait for specialist appointments, diagnostic tests, and treatments. This often leads to delays in diagnosing and treating diseases, and in some cases can have serious consequences for the patient's health.

- **Unequal access to care:**

The availability and quality of healthcare services in Poland often depend on the place of residence. Residents of large cities usually have better access to specialists and modern medical equipment than residents of smaller towns or rural areas. This leads to inequalities in access to healthcare and deepens existing social differences.

- **The shortage of healthcare professionals:**

The shortage of healthcare professionals, including doctors, nurses, and other medical staff. This shortage often results in overworked personnel, impacting the quality of patient care.

**Taking care of  
your health is  
crucial.**





# SOME RULES FOR A HEALTHY LIFESTYLE

## **Eat a balanced diet**

This includes plenty of fruits, vegetables, whole grains, and lean protein.

## **Regular physical activity**

Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

## **Get enough sleep**

Aim for 7-9 hours of quality sleep each night.

## **Manage stress**

Practice relaxation techniques like meditation or yoga.

## **Limit alcohol and avoid smoking**

Excessive alcohol consumption and smoking can harm your health.

## **Regular medical check-ups**

Schedule regular check-ups with your doctor to monitor your health.

**THANK  
YOU!**

**Jordan Nichols & Maciej Sanocki**