

# The Problem With America's Healthcare System

America's health care system is highly flawed. So much so that many refer to it as a "sick" care system. Covid-19 has only amplified the problems in our American health care system, and the problem with American health. Having chronic health conditions makes one much more susceptible to Covid-19. Reports from the CDC show that 94% of Covid deaths occurred in patients who had an average of 2.6 additional conditions.

*There are complex factors behind the U.S.'s high premature death rate. But it is a mistake to believe that the country's abominable health outcomes are highly dependent on, say, preserving or repealing the Affordable Care Act. That's because the U.S. health care system is really a "sick" care system that treats people after their health has declined.*

*Make America healthy again by paying more attention to nutrition*

America has the highest per capita death rate of Covid-19 among other wealthy countries. America is, in many ways, the unhealthiest of any wealthy country in the world, while simultaneously spending more money on health care than any other country. More than 42% of adults in America are obese, in addition to nearly 20% of American children. America has the 12th highest obesity rate in the world.

It's estimated that half of the deaths in the U.S from heart disease, stroke, and type 2 diabetes are associated with diet. In reality, nearly all deaths like these can be prevented with healthy a diet, and I would imagine that at this rate, mainstream science with figure this out soon. Research has shown that excess weight avoidance is the most important factor for preventing cancer, among those who don't smoke.

With information like this becoming mainstream, it feels as though it's only a matter of time before everyone knows how important gut health is in preventing disease.

Less than 1% of lecture time in medical schools is devoted to nutrition. A survey of 12,000 doctors showed that only 15% of doctors feel "totally prepared" to give nutritional guidance to patients when needed.

Even in the time of a pandemic, we can't get health officials to prioritize the importance of a healthy diet over social distancing. It's just another indicator that America's health care system is highly flawed. The average American doesn't even consume one serving of fruit per day, but twice as many servings of sugary beverages. American health officials should prioritize proper health education, and making sure that all Americans have access to healthy affordable produce.