

## **Defining Global Health**

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Global Health is like a river in that it has multiple levels, with each having their own characteristics and associated impacts. As a river, global health has various depths, with both a surface area and deeper layers below the surface. Global health is a broad concept that encompasses many different factors, stakeholders, history, and complications, just like a river encompasses many different species, uses, history, and ecological complications. However, while the surface and deeper layers are distinct in these factors, they all interact to embody an interactive ecosystem.

The depth of a river can represent the structural and historical factors and conditions that encompass the global health status of the country. This includes things such as economic development, gender equality, financial structure, and health care access. These factors, whether they are well-developed and strong, or failing and weak, impact the ways the overall health of the country looks. They can impact things such as the stability and growth of a nation and are often indicators of the health outcomes of the nation. The surface of global health are these health outcomes. The surface is made up of mortality rates, disease burden, water and food quality, and contamination. The surface provides an insight into the surface. Seeing that the surface is struggling through high mortality rates and high disease burden, gives an indicator that the deeper interior of the countries structure is struggling.

Looking at global health as having a surface and various depths allows us to explain the burden of disease as a consequence of deeper foundational issues within a nation. These issues are a result of historical turmoil, political instability, and economic defeat. Often, after struggling with these challenges within global health, it is difficult for these complex issues to be addressed. This leads to problems that are seen upon the surface, affecting the lives of the citizens. However, when looking closer into the structure, that deeper infrastructure issues can be identified as causing or leading to those seen upon the surface.

Global health and the river's characteristic levels of surface and depths represents the different layers of connection and understanding. Both surface and depth are essential pieces to better connecting global health efforts. Although each connection is unique, the interconnection of all global health areas must be better understood, valued, and supported for sustainable change, growth, and longevity for future generations.