



Health Policy Implementation in Developing Nations: Challenges and Solutions

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ABSTRACT:

Putting health plans into action in poor countries is hard for many reasons, which makes it harder to provide good healthcare to the people who live there. Policies are often hard to put into action because of a lack of money, facilities, and skilled healthcare workers. Also, government uncertainty and corruption can make health projects less effective than they were meant to be. One major obstacle is the insufficient funding allocated to health programs, leading to inadequate facilities and a shortage of essential medical supplies. This financial constraint exacerbates the difficulty of attracting and retaining qualified healthcare professionals, perpetuating a cycle of suboptimal healthcare delivery. Infrastructure deficiencies, including poor road networks and limited access to remote areas, further compound implementation challenges. These obstacles impede the timely and equitable distribution of healthcare services, disproportionately affecting rural and marginalized communities. Political instability and corruption introduce an additional layer of complexity, compromising the integrity of health policy implementation. Unstable political environments often result in inconsistent policy frameworks, hindering long-term planning and sustainable healthcare improvements. Corruption erodes trust in the healthcare system, discouraging public participation and impeding the successful execution of health policies. To address these challenges, a multi-faceted approach is essential. Increased international collaboration and financial assistance can alleviate resource constraints, while targeted capacity-building initiatives can bolster the healthcare workforce. Improved infrastructure development, especially in rural areas, is crucial for ensuring widespread access to healthcare services. Additionally, fostering political stability and implementing

anti-corruption measures are vital steps toward creating an enabling environment for successful health policy implementation in developing nations.

I. INTRODUCTION

Health policy implementation in developing nations is a complex and multifaceted challenge, requiring a nuanced understanding of the unique obstacles faced by these countries. While global health initiatives strive to improve healthcare access and outcomes worldwide, the disparities in resources and infrastructure among developing nations create distinct challenges in translating policy intentions into effective, on-the-ground practices. This introduction delves into the key issues surrounding health policy implementation in developing nations, exploring the intricate web of challenges and proposing solutions to address them [1]. The context in which health policies are formulated and implemented in developing nations is shaped by a combination of economic, social, and political factors. Limited financial resources often dictate the scope and scale of health programs, influencing the allocation of funds to crucial areas such as infrastructure, workforce, and medical supplies. Developing nations frequently grapple with a delicate balance between addressing immediate healthcare needs and building sustainable, long-term solutions.

One of the foremost challenges in implementing [2] health policies in developing nations is the pervasive financial constraints faced by governments. Inadequate funding directly impacts the quality and accessibility of healthcare services. Insufficient resources limit the construction and maintenance of healthcare facilities, hinder the procurement of essential medical equipment, and contribute to

shortages of vital medications. This [3] financial barrier not only impedes the implementation of policies but also perpetuates a cycle of substandard healthcare that disproportionately affects the most vulnerable populations. Another critical aspect hindering health policy implementation in developing nations is the prevalent lack of adequate infrastructure [4]. Insufficient road networks, particularly in rural areas, impede the timely transportation of medical personnel, supplies, and patients. Limited [5] access to remote regions exacerbates healthcare disparities, as populations in these areas face challenges in receiving timely and equitable healthcare services. The need for robust infrastructure is not only confined to physical transportation but extends to the establishment of healthcare facilities and the integration of technology for efficient healthcare delivery. The shortage of skilled healthcare professionals poses a significant hurdle in the effective implementation of health policies. Developing nations often struggle to attract and retain qualified medical personnel due to factors such as low remuneration, inadequate working conditions, and limited professional development opportunities. This [6] scarcity undermines the capacity of the healthcare system to deliver quality services, resulting in overburdened facilities and reduced access to essential care. Addressing this workforce shortage is essential for the successful execution of health policies and the overall improvement of healthcare outcomes.

Political instability [7] and corruption further complicate the landscape of health policy implementation in developing nations.

Unstable political environments can lead to inconsistent policy frameworks, hindering long-term planning and impeding the sustained progress of healthcare initiatives. Corruption erodes [8] public trust in the healthcare system, discourages private sector investments, and diverts resources away from critical healthcare needs. Tackling political instability and corruption is integral to creating an environment conducive to effective policy implementation and fostering a culture of transparency and accountability. To [9] overcome these challenges, a multi-faceted approach is imperative. Increased international collaboration and financial assistance can alleviate resource constraints, providing developing nations with the support needed to strengthen their healthcare systems. Targeted capacity-building initiatives are crucial for addressing the shortage of skilled healthcare professionals, ensuring that these nations have a robust and qualified workforce. Infrastructure development, especially in rural areas, must be prioritized to enhance accessibility and delivery of healthcare services. Additionally, [10] fostering political stability and implementing anti-corruption measures are essential steps toward creating an enabling environment for successful health policy implementation.

II. FINANCIAL CONSTRAINTS

Financial constraints represent a formidable barrier to the successful implementation of health policies in developing nations, significantly impeding the delivery of effective healthcare services [11]. This section explores the multifaceted challenges arising from limited funding for health programs, examining the repercussions on infrastructure and the chronic shortages of medical supplies. Additionally, it delves into the intricate

economic factors that shape policy implementation, particularly the delicate balance between addressing immediate healthcare needs and planning for the long term, as well as the pivotal role played by global health initiatives [12].

1. Limited Funding for Health Programs:

A primary challenge faced by developing nations is the scarcity of financial resources allocated to health programs. The insufficient funding directly translates into tangible impediments in the healthcare landscape, affecting critical components such as infrastructure and the availability of medical supplies. Inadequate investments in healthcare infrastructure contribute to a dearth of well-equipped facilities, hindering the provision of essential services. Insufficient funding also leads to suboptimal maintenance of existing facilities, exacerbating the challenges faced by healthcare systems in developing nations [13].

2. Impact on Infrastructure:

The lack [14] of financial resources hampers the construction, maintenance, and expansion of healthcare infrastructure. This directly affects the accessibility and quality of healthcare services available to the population. In rural areas, where infrastructure development is already a challenge, limited funding exacerbates the situation, creating a significant urban-rural healthcare divide. The scarcity of healthcare facilities, particularly in remote regions, perpetuates disparities in healthcare access, leaving vulnerable populations underserved.

3. Shortages of Medical Supplies:

Limited funding also contributes to [15] chronic shortages of medical supplies, including essential medications, diagnostic tools, and protective equipment. The inability

to procure an adequate supply of medical resources compromises the ability of healthcare providers to deliver timely and comprehensive care. This scarcity not only affects the treatment of acute illnesses but also undermines preventive measures, increasing the overall burden on the healthcare system.

4. Economic Factors Influencing Policy Implementation:

The economic context in which health policies are implemented plays a pivotal role in shaping the effectiveness of these initiatives. Balancing the immediate healthcare needs of the population with long-term planning presents a delicate challenge, particularly in resource-constrained environments. The [16] economic factors influencing policy implementation extend beyond national borders, with global health initiatives playing a crucial role in shaping the trajectory of healthcare systems in developing nations.

5. Balancing Immediate and Long-Term Healthcare Needs:

The pressure to address [17] immediate healthcare needs often competes with the imperative to implement sustainable, long-term solutions. Developing nations frequently find themselves caught in a cycle of responding to urgent health crises, diverting resources away from essential long-term investments. Striking a balance between providing immediate relief and implementing measures that strengthen the overall healthcare system requires careful planning and strategic resource allocation.

6. Role of Global Health Initiatives:

Global health initiatives, [18] often spearheaded by international organizations and donor countries, significantly influence the healthcare landscape in developing nations.

These initiatives provide financial assistance, technical expertise, and resources to address specific health challenges. However, the alignment of these global efforts with the priorities and needs of individual nations is crucial for ensuring sustainable impact. Developing nations must navigate the dynamics of global health partnerships to leverage support that complements their long-term health policy objectives. Financial constraints in developing nations pose intricate challenges to health policy implementation, affecting both the immediate delivery of healthcare services and the long-term strengthening of healthcare systems. Addressing [19] these challenges requires a nuanced understanding of the economic factors at play, strategic resource allocation, and effective collaboration with global health partners. By unraveling the complexities of financial constraints, developing nations can pave the way for more resilient and sustainable health policy implementation, ultimately improving the health outcomes of their populations.

III. INFRASTRUCTURE DEFICIENCIES

Infrastructure deficiencies in developing nations pose significant challenges to the effective implementation of health policies, impacting the accessibility and quality of healthcare services. This section explores the consequences of inadequate road networks, limited access to remote areas, and the crucial role of robust infrastructure for healthcare facilities, including the integration of technology to enhance service efficiency.

A. Inadequate Road Networks:

1. Implications for Transportation of Personnel and Supplies:

In many developing nations [20], particularly those with expansive rural areas, inadequate road networks hinder the transportation of healthcare personnel, medical supplies, and equipment. Poorly maintained or nonexistent roads contribute to delays in reaching remote communities, creating logistical challenges for healthcare delivery. Emergency response times are prolonged, exacerbating the severity of health crises. The [21] transportation of essential medical supplies becomes a logistical nightmare, impacting the availability of medications and equipment in underserved regions. The inadequacy of road networks not only affects the delivery of routine healthcare services but also poses a significant obstacle during public health emergencies, such as disease outbreaks or natural disasters.

B. Limited Access to Remote Areas:

1. Disparities in Healthcare Delivery:

Limited access to remote [22] areas perpetuates disparities in healthcare delivery, creating a divide between urban and rural populations. Remote communities often face challenges in accessing even basic healthcare services, leading to delayed diagnoses and inadequate treatment. The lack of healthcare infrastructure in these areas contributes to preventable illnesses and increased mortality rates. Maternal and child health, in particular, suffer as the absence of accessible healthcare facilities results in a higher incidence of complications during childbirth and delays in pediatric care. Bridging the gap in healthcare access between urban and remote areas is essential for achieving equitable health outcomes.

C. Importance of Robust Infrastructure for Healthcare Facilities:

1. Technology Integration for Efficient Healthcare Services:

Robust infrastructure is fundamental for the effective functioning of healthcare facilities. The integration of technology plays a pivotal role in enhancing the efficiency and quality of healthcare services [23]. Electronic health records (EHRs), telemedicine, and other digital health solutions rely on reliable infrastructure, including a stable internet connection. In developing nations with inadequate infrastructure, the adoption of such technologies becomes challenging, limiting the potential for remote consultations, data-driven decision-making, and efficient patient management. The absence of technological integration hampers the ability to collect and analyze health data, hindering the development of evidence-based policies and interventions. Addressing infrastructure deficiencies requires a comprehensive approach that encompasses physical road development, targeted investments in healthcare facilities, and the strategic integration of technology:

- **Infrastructure Development:** Governments and international partners should prioritize investments in road infrastructure to improve accessibility to remote areas. This includes the construction and maintenance of roads connecting healthcare facilities to urban centers and ensuring all-weather access.
- **Healthcare Facilities:** Building and upgrading healthcare facilities in underserved regions is crucial. This involves not only physical infrastructure but also the provision of

necessary medical equipment and skilled personnel to ensure the delivery of quality healthcare services.

- **Technology Adoption:** Encouraging the adoption of technology in healthcare delivery is vital. This includes initiatives to improve internet connectivity, train healthcare professionals in digital health practices, and implement electronic health record systems for efficient data management.

By addressing infrastructure deficiencies through these strategies, developing nations can lay the foundation for more accessible, efficient, and equitable healthcare services, contributing to the successful implementation of health policies and improved health outcomes for their populations.

IV. SHORTAGE OF SKILLED HEALTHCARE PROFESSIONALS

A. Factors Contributing to Workforce Shortages:

1. Low Remuneration:

One of the primary factors contributing to workforce shortages in developing nations is the inadequacy of remuneration for healthcare professionals. Low salaries often fail to attract skilled individuals to the healthcare sector or lead existing professionals to seek better-paying opportunities elsewhere. This challenge is particularly acute in regions where the overall economic conditions limit the capacity of governments to offer competitive wages to healthcare professionals.

2. Inadequate Working Conditions:

The working conditions in healthcare facilities play a crucial role in the retention of skilled professionals. Inadequate infrastructure,

substandard equipment, and a lack of essential resources create a challenging work environment. Healthcare professionals facing these conditions may experience burnout, diminishing job satisfaction, and increasing the likelihood of seeking employment in more favorable settings.

3. Limited Professional Development Opportunities:

The absence of opportunities for professional development and continuing education is another critical factor contributing to workforce shortages. Healthcare professionals, like any other professionals, seek avenues for growth, learning, and skill enhancement. In environments with limited resources and educational opportunities, healthcare professionals may feel stagnant in their careers, leading to attrition and a dearth of skilled individuals within the workforce.

B. Consequences of Workforce Shortages on Healthcare Delivery:

1. Overburdened Facilities:

Workforce shortages place an overwhelming burden on healthcare facilities. A reduced number of healthcare professionals are compelled to handle an increasing volume of patients, resulting in longer working hours, compromised patient care, and heightened stress levels. Overburdened facilities struggle to meet the demands for both routine and emergency healthcare services, leading to suboptimal outcomes and a strained healthcare system.

2. Reduced Access to Essential Care:

The shortage of skilled healthcare professionals directly translates into reduced access to essential care for the population. Longer waiting times for appointments,

delayed diagnoses, and inadequate follow-up care become prevalent. Vulnerable populations, especially in remote areas, bear the brunt of reduced access, exacerbating existing health disparities. Maternal and child health services are particularly affected, leading to adverse outcomes that could otherwise be prevented with timely and comprehensive care.

C. Strategies for Addressing Workforce Challenges:

1. Capacity-Building Initiatives:

Implementing capacity-building initiatives is essential for addressing workforce shortages. This involves investing in education and training programs to enhance the skills of healthcare professionals. Collaborations with educational institutions, both domestic and international, can help expand the pool of qualified professionals. Additionally, ongoing professional development opportunities, workshops, and training sessions can contribute to the continuous growth of healthcare professionals.

2. Attracting and Retaining Skilled Professionals:

To attract and retain skilled healthcare professionals, there is a need for comprehensive strategies. This includes revising remuneration packages to reflect the value of healthcare professionals' contributions. Improving working conditions by investing in infrastructure, providing necessary equipment, and ensuring a supportive work environment is crucial. Moreover, offering opportunities for career advancement, mentorship programs, and acknowledging the importance of healthcare professionals in public health campaigns can enhance job satisfaction and retention rates.

V. POLITICAL INSTABILITY AND CORRUPTION

A. Impact on Policy Frameworks:

- **Inconsistent Policies:**

Political instability often results in fluctuating policy frameworks, hindering the development of consistent, long-term health policies. Rapid changes in leadership or government structures can lead to shifts in healthcare priorities, causing disruptions in the implementation of ongoing initiatives. Inconsistent policies create an unpredictable environment for healthcare professionals and hinder the establishment of a cohesive, sustainable healthcare system.

- **Hindrance to Long-Term Planning:**

The volatility associated with political instability poses a significant challenge to long-term planning in healthcare. Developing comprehensive, forward-looking health policies requires stability and continuity in governance. Political uncertainty may deter governments from committing to long-term investments, impeding strategic planning for healthcare infrastructure, workforce development, and the implementation of preventive health programs.

B. Erosion of Public Trust:

- **Discouraging Public Participation:**

Political instability and corruption erode public trust in the healthcare system, discouraging active participation in health-related initiatives. When citizens perceive a lack of transparency or fairness in policymaking, they are less likely to engage with public health campaigns, vaccination drives, or other preventive measures. This distrust can undermine the effectiveness of

public health interventions, hindering the achievement of health policy objectives.

- **Impeding Private Sector Investments:**

Private sector engagement is crucial for enhancing healthcare infrastructure and service delivery. However, political instability and corruption create an environment where businesses may be hesitant to invest in the healthcare sector. Concerns about regulatory uncertainties, bribery, and lack of enforcement of contracts can deter private sector participation, limiting the resources available for healthcare improvements.

C. Measures for Fostering Political Stability and Reducing Corruption:

- **Anti-Corruption Initiatives:**

Implementing robust anti-corruption measures is essential for fostering political stability and building trust in healthcare systems. Governments should enact and enforce stringent anti-corruption laws, conduct regular audits, and prosecute those involved in corrupt practices. International collaboration can play a pivotal role by providing expertise, monitoring mechanisms, and supporting anti-corruption initiatives to ensure their effectiveness.

- **Building Transparent and Accountable Systems:**

Establishing transparent and accountable systems is crucial for promoting political stability. Transparent policymaking processes, clear communication, and public disclosure of healthcare initiatives contribute to building trust. Implementing accountable governance structures ensures that public resources are allocated efficiently, reducing the risk of corruption. The use of technology, such as electronic systems for procurement and

financial management, can enhance transparency and accountability in healthcare administration.

The addressing political instability and corruption is paramount for the successful implementation of health policies in developing nations. A stable political environment provides the foundation for consistent policy frameworks and long-term planning, while efforts to reduce corruption enhance public trust and attract private sector investments. By adopting anti-corruption measures and fostering transparency, governments can create an environment conducive to sustained improvements in healthcare delivery, ultimately benefiting the health and well-being of their populations. The collaborative efforts of governments, international organizations, and civil society are crucial for building resilient and accountable healthcare systems in the face of political challenges.

VI. MULTI-FACETED SOLUTIONS

A. International Collaboration and Financial Assistance:

1. Alleviating Resource Constraints:

International collaboration and financial assistance play a pivotal role in mitigating resource constraints faced by developing nations in implementing health policies. Global partnerships, often spearheaded by international organizations, donor countries, and non-governmental organizations, provide financial support and technical expertise. This assistance alleviates the financial burden on developing nations, enabling them to allocate resources more effectively toward healthcare initiatives. By fostering collaborations, these nations gain access to funding that can be channeled into critical areas, such as

infrastructure development, healthcare workforce training, and the procurement of essential medical supplies. The impact of international collaboration extends beyond financial assistance. It facilitates the sharing of best practices, knowledge transfer, and the adoption of evidence-based strategies. Collaborative efforts create a platform for joint problem-solving, allowing developing nations to learn from successful initiatives implemented elsewhere. This exchange of ideas contributes to the development of more contextually relevant and effective health policies, addressing the unique challenges faced by each nation.

B. Targeted Capacity-Building Initiatives:

1. Strengthening Healthcare Workforce:

Targeted capacity-building initiatives are crucial for addressing the shortage of skilled healthcare professionals in developing nations. These initiatives involve strategic investments in education, training, and professional development programs. Collaborations with international institutions and partnerships with countries possessing advanced healthcare systems can contribute to the enhancement of the skills and capabilities of the healthcare workforce. Capacity-building initiatives should focus on expanding the pool of healthcare professionals, improving their clinical skills, and enhancing their ability to address public health challenges. This involves not only academic training but also practical, hands-on experiences in real healthcare settings. International collaborations can facilitate exchange programs, workshops, and training sessions, allowing healthcare professionals in developing nations to learn from their counterparts in more developed healthcare systems.

C. Infrastructure Development:

1. Improving Accessibility in Rural Areas:

Infrastructure development is a cornerstone for improving healthcare accessibility, particularly in rural areas. International collaboration can bring in expertise and funding to support the construction and maintenance of roads, the establishment of healthcare facilities, and the deployment of technology in underserved regions. Improved road networks ensure the efficient transportation of healthcare personnel, medical supplies, and equipment, reducing delays in reaching remote communities. Collaborative efforts in infrastructure development extend to the construction and equipping of healthcare facilities in rural areas. Access to well-equipped healthcare facilities enhances the quality of services, making healthcare more accessible to populations that were previously underserved. Additionally, the integration of technology, such as telemedicine, can further bridge the gap in healthcare delivery, providing remote consultations and diagnostic services to rural communities.

D. Political Stability and Anti-Corruption Measures:

1. Creating an Enabling Environment for Policy Implementation:

Political stability and anti-corruption measures are integral to creating an environment conducive to successful health policy implementation. International collaboration can support efforts to promote good governance, transparency, and accountability within the healthcare sector. This involves working with governments to establish and strengthen institutions responsible for healthcare management, regulation, and oversight. Collaborative initiatives can assist in

implementing anti-corruption measures that safeguard healthcare resources and ensure their optimal utilization. Transparent procurement processes, rigorous monitoring, and auditing mechanisms contribute to building trust in the healthcare system. Political stability, coupled with effective governance, provides the necessary stability for consistent policy frameworks, long-term planning, and sustained improvements in healthcare delivery. The international collaboration and financial assistance, targeted capacity-building initiatives, infrastructure development, and political stability with anti-corruption measures are interconnected pillars essential for overcoming the challenges faced by developing nations in health policy implementation. These collaborative efforts foster a holistic approach, addressing the multifaceted nature of healthcare challenges. By working together on these fronts, the global community can contribute to building robust healthcare systems in developing nations, ultimately improving the health and well-being of their populations.

VII. CONCLUSION

The implementation of health policies in developing nations is a complex endeavor marked by numerous challenges, ranging from financial constraints and infrastructure deficiencies to workforce shortages and political instability. These challenges intertwine, creating a web that hampers the effective delivery of healthcare services to vulnerable populations. However, amidst these challenges lie opportunities for transformative change through comprehensive solutions. Addressing financial constraints requires sustained international collaboration and financial assistance, providing much-needed resources to bolster healthcare

systems. Strategic capacity-building initiatives are crucial for nurturing a skilled healthcare workforce, and infrastructure development, especially in rural areas, is imperative for ensuring equitable access to healthcare services. Simultaneously, fostering political stability and implementing anti-corruption measures creates an enabling environment for consistent policy implementation and sustained improvements in healthcare delivery. The interconnected nature of these challenges demands a holistic and collaborative approach. Developing nations, international organizations, and donor countries must work in tandem to forge sustainable solutions. It is essential to recognize the importance of tailoring interventions to the specific context of each nation, acknowledging the diversity of challenges they face. By aligning efforts, sharing expertise, and mobilizing resources effectively, the global community can contribute to the establishment of resilient healthcare systems in developing nations, fostering a future where health policies translate into tangible improvements in the well-being of populations that need it the most. The journey toward effective health policy implementation is both a collective responsibility and a shared aspiration for a healthier and more equitable world.

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