



RPCPE

ISSN 2613-943X (print)
ISSN 2620-5572 (online)

Journal Homepage:
<https://jurnal.ugm.ac.id/rpcpe>

Review of Primary Care Practice and Education
(Kajian Praktik dan Pendidikan Layanan Primer)

Physical Activity as a “Cheapest Health Tax Payment” Toward Better Health for All

Ernawati¹

¹ Department of Public Health, Family and Community Medicine; Faculty of Medicine; Universitas Tarumanagara; Indonesia

Corresponding Author:

Ernawati: Department of Public Health, Family and Community Medicine, Faculty of Medicine, Universitas Tarumanagara, Jl. Letjen S Parman Nomor.1, Gedung J lantai 2, Tomang, Jakarta Barat - 11440, Indonesia
Email: ernawati@fk.untar.ac.id

To cite this article:

Ernawati. Physical activity as a “cheapest health tax payment” toward better health for all. *Rev Prim Care Prac and Educ.* 2019; 2(2): 52-53.

INTRODUCTION

Indonesia currently faces many health-related problems, both in terms of increased morbidity and mortality due to infectious and non-communicable diseases, which stem from increasing unhealthy behaviors. The progress of science and technology is still not able to overcome this dilemma. Another problem is that actual health financing is already very good for helping communities with the existence of National Health Insurance. But over time it turned out that many obstacles appeared that could disrupt its sustainability. This becomes a serious problem that must be well thought out for the community so that people are not harmed. All of these problems arise as a result of the majority of people who have not been actively involved in prevention activities. Most of our society has behaviors that do not support health, but they engage in inactivity that is actually detrimental to health.

Speaking of health prevention problems, there are indeed many efforts that can be done, ranging from maintaining the diet, immunization, physical activity/walking/exercise, wearing personal protective equipment, improving the physical environment and so on^{1,2}. Of all these, the cheapest, easiest and outstanding results are from physical activity/walking/exercise for at least 30 minutes for 5 days a week. The results of this routine physical activity are health/ wellness, fitness, prevention of illness, stress, cancer, sleep disorders, and excess weight while increasing immunity and prolonging life³. Sounds easy to do, but in reality, most people do not make any effort for various reasons such as no time, too busy, no right location and most often laziness.

Physical Activity

Various activities such as prevention and health promotion, both directly and indirectly, such as through various media among other ways, have not been able to mobilize public

awareness, nor make daily exercise as a routine habit/ behavior. The 1000 steps per day invitation program has been vigorously aired but still has not been able to change people’s behavior. Physical activity such as walking, running, or other exercise activities 30 minutes per day for 5 days a week on a regular basis without stopping should be done by everyone from the age of five to the elderly who do not experience paralysis throughout the body⁴. This is the easiest, cheapest and effective approach for body fitness, health, and wellness. Everybody can do it, and there is no need for special preparation or equipment. But still physical activity is not popular to the community, and most of them do not exercise as needed. Health promotion has not yet succeeded to empower the community, even though we know that this is the art and science of helping a community to discover the synergies between their core passions and optimal health, enhancing their motivation to strive for optimal health, and supporting them in changing their lifestyle to move toward a state of optimal health^{5,6,7}. Technology advances make most of the community go through a sedentary lifestyle. So what should the government do? Big disasters are waiting if most of the community engages in the sedentary lifestyle^{8,9}.

If we imagine the government was able to force everyone to do a physical activity such as walking, running or other exercise activities routinely every day, then just think how many health problems or even deadly diseases that can be prevented^{10,11}. If those can be prevented, many people will have a long life and optimal productivity, and of course, the costs that can be saved will be very extraordinary¹². The savings can be used for education and other fields so that later the nation and state will be able to prosper. We can imagine a hypothetical solution for health.

Make Physical Activity as “A Health Tax Payment”

How can the government realize this? The government should make a constitution law about the obligation to do a physical activity such as walking, running and other exercise activities every day for at least 30 minutes for 5 days a week continuously as health tax installments/health tax payments, where anyone who violates this will be given sanctions or fines. But who will be the monitors and make sure this works? The government can create a Directorate General in the field of physical activity under the Ministry of Health, then make a down line for the physical activity services to the city district level and the head of monitoring physical activity activities for each Subdistrict to the level of *RW (Rukun Warga)*. Every *RW* level supervisor monitors all levels of the community in his area whether there are those who do not do a physical activity such as walking, running and other exercise activities 30 minutes for 5 days a week continuously. If there is, the person is given a fine in the form of an obligation to pay a certain amount of fine and violators should pay Rp. 500000.- a day for not having exercise.

Consequences

The head of the monitor must collaborate with all institutional leaders in the formal and informal sectors who are given the obligation to monitor and act as a driving force for all their staff. Examples of the formal sector include: school principals who participate and require all school members, the directors can require all their staff, the state apparatus for all their staff, and in the the private sector: the non-formal market leaders can be responsible for all traders, parents for their children, religious leaders for the people, the orphanage leaders for foster children, and community leaders for the local residents. Everyone should do a physical activity such as walking, running and other exercise activities 30 minutes for 5 days a week continuously. The monitoring model can be done by imitating multilevel marketing models.

Proof of activity can be in the form of attendance, photos or recordings by utilizing digital technology progress such as Closed Circuit Television (CCTV). This directorate will initially require a considerable amount of money for the officers, but actually if added together it will still be smaller than the medical expenses that would be incurred when someone is sick, not to mention the advantages in terms of the increased quality of one’s productivity.

When is it done? It could be done every day before starting routine activities (for example in the morning, or during shift time) or after the activity is finished.

What if someone forgets then is given 3 chances to forget, then gets a fine of Rp.500000,- per day (for an example), if you forget 10 days you have to pay Rp.5000000, via payment of auto debit or direct billing. Ministry of Health could also collaborate with the Ministry of Finance.

CONCLUSION

The government must immediately alter course and change policy if the previous policy has not been successful, and not maintain it too long so the problem becomes bigger

and harder to overcome. When the way of appeal is not successful, it must be forced. The purpose of this coercion is for the good of all parties in the future. Of course, after the enactment of the law, socialization for 1 year, and a trial one year later the hypothetical strict program will only then be implemented, so there is an opportunity for the community to prepare and adjust. At present the government must move quickly, there are already too many health and financial problems in Indonesia that should be solved.

REFERENCES

1. Rachele JN, Cuddihy TF, Washington TL, McPhail SM. The association between adolescent self-reported physical activity and wellness: The missing piece for youth wellness programs. *Journal of Adolescent Health*. 2014 Aug 1;55(2):281-6.
2. Hettler B. The six dimensions of wellness model. National Wellness Institute. Inc.1976. Available from: www. National Wellness Org.
3. Ryan RM, Deci EL. Self-determination theory: Basic psychological needs in motivation, development, and wellness. Guilford Publications. 2017 Feb 14.
4. Bull F, Biddle S, Buchner D, Ferguson R, Foster C, Fox K, et al. Physical activity guidelines in the UK: Review an recommendations. 2010.
5. Hartono B. Health promotion in health centers and hospitals (*Promosi kesehatan di puskesmas dan rumah sakit*). Jakarta: Rineka Cipta. 2010.
6. Romano JL. Prevention psychology: Enhancing personal and social well-being. American Psychological Association. 2015.
7. Leavell H, Clark A. Preventive medicine for doctors in the community. New York: Irhuma AEB, Sebha Medical Journal. 2009: 8(2).
8. Isehunwa OO, Carlton EL, Wang Y, Jiang Y, Kedia S, Chang CF, et al. Access to employee wellness programs and use of preventive care services among US adults. *American Journal Of Preventive Medicine*. 2017 Dec 1;53(6):854-65.
9. Heidenreich PA. Healthy lifestyles and personal responsibility. *Journal of the American College of Cardiology*. 2014;64(17).
10. Flynn S, Jellum L, Howard J, Moser A, Mathis D, Collins C, et al. *Concepts of Fitness and Wellness*. 2018.
11. Yu J, Abraham JM, Dowd B, Higuera LF, Nyman JA. Impact of a workplace physical activity tracking program on biometric health outcomes. *Preventive Medicine*. 2017 Dec 1;105:135-41.
12. Gouraha S, Satur C. Health fitness and wellness: A prescription for a healthy lifestyle. *Health*. 2018 Jan;3(1).