



*R2 Dragons Health*

## What is Health Reform and How Does the ACA Enact in March 2010 So Important?



What is health reform and how is it defined? What are the goals of health reform? And Why is the ACA an important step further? Let us quickly dive deep into the topic and take a sneak-peek into the article to know the answers for the above mentioned questions.

In the United States, health reform refers to the restructuring of the country's health-care system which is frequently used interchangeably with the Affordable Care Act (ACA). Addressing the ever-increasing costs of national health care by various individuals, families, and the government is a part of health reform. It also brings to light about the enormous benefits people get through health insurance. The goal of health reform is to reduce the number of uninsured people and at the same time making healthcare more affordable and improving the quality of healthcare. In the context of global health, health reform that occurs in health systems around the world varies depending on various factors within the country. The factors driving health reform in other countries will vary according to the country's economy, average per capita income spent on health care costs and its

expenditure, the structure of the insurance industry, support from the government for the health care sector, and research and development.

ACA as an Important Step Forward:

Disparities in Health: While disparities in income and access to coverage exist across various demographic lines, population-based disparities are unavoidable.

Poor Outcome of Health: Despite spending far more on medical care than any other industrialized country, the United States ranks 28th out of 36 OECD countries in terms of life expectancy.

Inadequate Emphasis on Prevention of Diseases: Diabetes, high blood pressure, heart disease, and cancer now account for seven out of every ten deaths in the United States, despite the fact that these diseases are largely preventable. Furthermore, 90% of our health-care dollars are lavishly spent on treating and prevention of these diseases. However, only three cents of every health-care dollar which is spent in the United States is spent on prevention.

Millions of People in the U.S. Still Needs To Be Insured: Despite the fact that the ACA has assisted approximately 20 million people in obtaining health insurance, approximately 29 million more people in the U.S. are yet to be insured.

Unsustainable Expenditure: In 2019, health-care spending accounted nearly 17.7% of our GDP.

The Affordable Care Act (ACA) is a health-care reform law that was passed in March 2010. The legislation aims to reform both our private and public health-care insurance systems.

Since its inception, it has assisted approximately 20 million people in obtaining health insurance. Among the other goals of the law, it also increases the consumer benefits and reduces the costs, provides new funding for public health and prevention, strengthens our health care and public health workforce and infrastructure, fosters innovation and quality in our system, and much more.

However, the ACA is under threat of repeal. In addition to this, a 2018 tax bill repeals the ACA's individual mandate which began in 2019, potentially raising insurance premiums and leaving millions of Americans uninsured.

Hence, the ACA is a significant step forward. The ACA can help to reduce disparities, improve access to preventive care, improve health outcomes, and reduce the nation's health issues by spending and making health coverage more affordable and accessible, increasing the number of Americans with health insurance coverage, funding community-based public health and prevention programs, and supporting research and tracking on key health measures.

Citation:

<https://apha.org/topics-and-issues/health-reform>

<https://www.healthaffairs.org/topic/24>

Image Source:

<https://www.healthaffairs.org/sponsored-content/spencer-trask-company-the-affordable-care-act-twelve-years-later>