

2020: Taking the Blinders Off and Looking to the Future

Executive Summary

As a world society, we have become so focused on the past, and righting the wrongs of the past, that we are failing to see and to understand, that out of sheer necessity and based on world demographics, the world is literally in the midst of a rebalancing that started in 2010 and runs through 2030; and all people will be incorporated into future growth, as there aren't enough working age people alive in the world today to maintain the status quo. In essence, all the old systems designed and predicated on an ever increasing world population and the need for addressing the population growth, through a growth at any expense philosophy under the guise of progress, are collapsing, and in serious need of adjustment and shifting of resources to a model that addresses the zero population growth of the last 10 years, the population decrease of the next 20 years, and the need to shift the international health care structures focus of providing care to a largely young population to a largely older and retired population, as for the first time in world history, over 30 percent of the world will be over age 65 by 2030. In essence, the world is dying, and it will be decades to reverse the trend that has been brought about by severe imbalances, and no one country in the world will be left untouched by this change.

These are some examples of items that one can review and consider: (1) Today, less than 30 percent of the world's population is of child-bearing age, and less than half are women capable of giving birth, with a current worldwide birthrate well under the population replacement rate. (2) In China, the decades long one-child policy has left the country with a severe imbalance of the population replacement rate. (3) In India, the desire not to give birth to girls, for financial reasons, has led to an unbelievable imbalance of over 20 percent more men than women in the country, which guarantees future violence based on worldwide historical norms. (4) The social discord of today can be seen as a direct result of the imbalance of both urban-rural systems, and with urban centers being imbalanced with regards to people being able to be in relationships, due to the imbalance in available partners. (5) The areas around the world today that suffer from the same male-female-partner imbalances, especially in the countries that do not value women, and where women have been killed at alarming rates are facing the same discord and will continue to face the same discord for at least the next decade. (6) The third-world countries are facing the same issues and not able to help balance out the needs of the industrialized nations through immigration, as the third-world nations have been torn apart, primarily by the illegal drug trade; since so many of their young people have died, men and women, with women representing a much larger share. These countries have been decimated and they need help in recovering from the damage done by illegal drug trade, growing more intense as they are all fighting for a smaller and smaller opportunity as the world ages and governments start legalizing and overseeing distribution of formerly illegal drugs.

Holistically, one should simply consider the following demographic data example, and one can easily project into the future the issues that are currently being exposed, during the COVID-19 crisis, with the ongoing massive demographic shift around the world. In 2009, the worldwide demographics, during the H1N1 Swine Flu crises, where significantly younger, less than 15 percent of the worldwide population was age-65 or older, while over 30 percent of the worldwide population was under age 30. Today, and in the future, from a health care system perspective, we need to realign all future healthcare resources and investment into localized and community-based care, as COVID-19 has exposed the extremely high risks of concentrating all health care resources into centralized urban environments, which has only led to the explosive and deadly spread of COVID-19 and the incredibly high mortality rates for those over age 65, which will represent over 30 percent of the worldwide population by 2030.

The issue today for those under the age 30 are not only attributable to urban living; but also, to the lifestyles of today's younger generation around the lack of self care, and increased utilization of legal and illegal drug utilization, vaping, etc. When one envisions a future health care system, one should consider that with the seemingly permanent work-from-home movement and the desire of retirees to live in suburban and rural communities, which will be back-porch communities (a small house with a fenced in yard with a garden, back deck with a grill, maybe a pool, in a managed community that provides maintenance), as opposed to front-porch communities, as everything old is new again (old style homes had interior open spaces), then one needs to understand that the need for massive skyscrapers in dense urban environment will decrease for the next 20 years, and the reverse conversion of land back to green-space, as has happened in Detroit, MI, USA, must happen throughout the world.

The health care system of the future needs to reverse course on today's massive consolidation into the urban cities and redistribute resources throughout rural communities, especially from a health-risk perspective with regards to expected future pandemics. The city centers can be the centers for highly specialized care; however, all primary care and non-specialized care and procedures, capable of being completed on an outpatient basis, should be distributed out to community-based health care systems that are specifically managed and operated in joint partnerships between the community leadership and medical providers that are clinicians, not by non-clinical people with little to no medical experience.