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First source; Blaxter, M. (2010). Health. Polity.

1 Excellent health is an instrumental contribution for a functioning and thriving community.

Health can be defined in a variety of ways but I find the World Health Organization's definition to be more accurately put. WHO defines health as "the state of complete physical, mental and social well being, not just the lack of disease". This is why access to health care is very important as it ensures the organized requirements of medical care are provided to persons and communities who are in need of it. Furthermore, comprehensive healthcare access is significant in encouraging and sustaining health, averting or managing diseases, averting premature death