



# Tamaya Presents

**TOP 5 FAVORITE  
COUNTRIES**

Hi there!  
My name  
is Tamaya.

Today we are taking a look at  
5 of my favorite countries.

# Top 5



• Nigeria



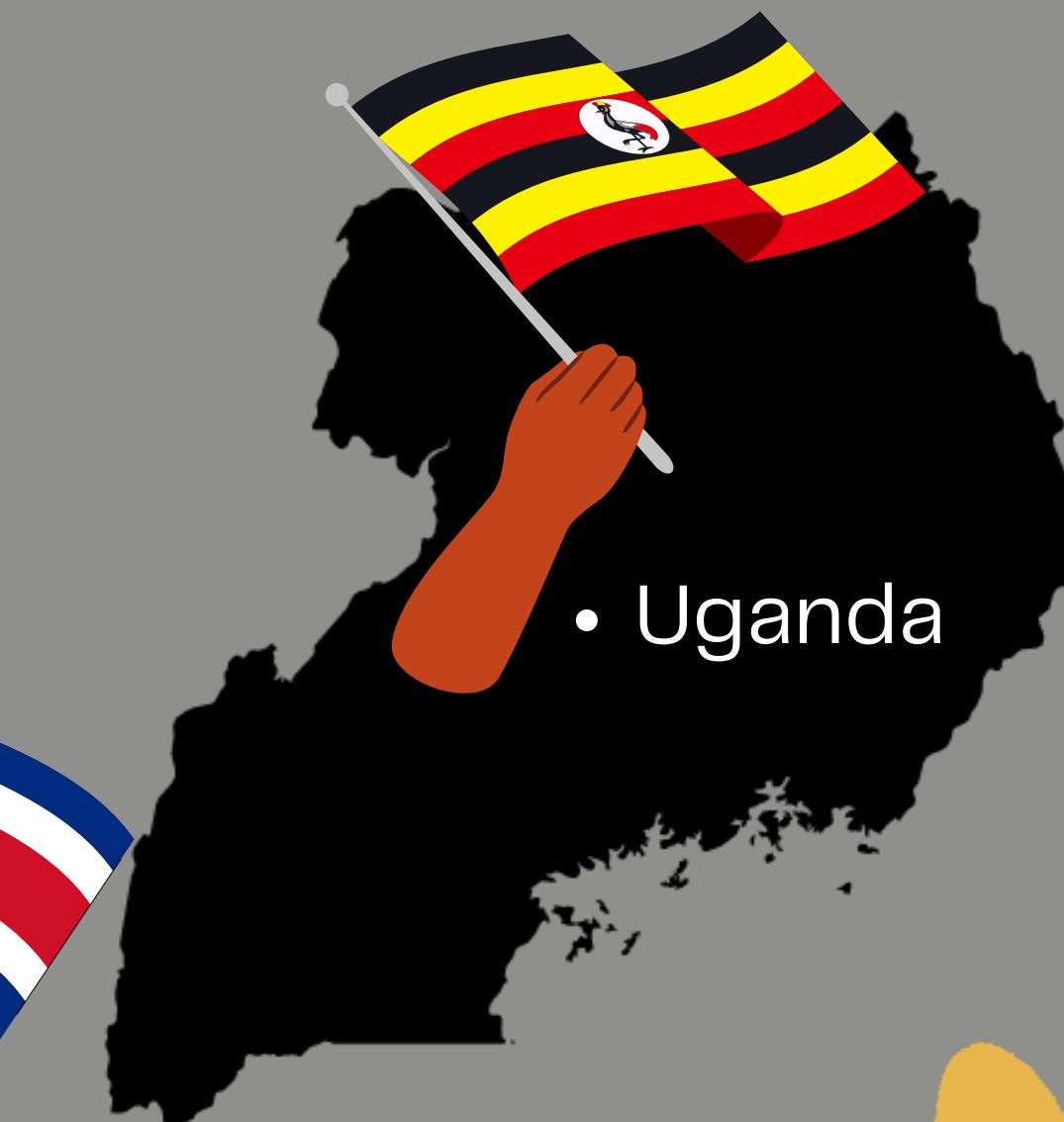
• Serbia



• Germany



• Costa Rica



• Uganda

# Germany

"Duestchland"

- In 1956, Laws on Statutory health insurance (SHI) for pensioners come into effect.
- New laws came in effect in 1972 to help finance and manage hospitals.
- In 1974 SHI covered students, artists, farmers and disabled living shelters.
- Between 1977 and 1983 several cost laws were enacted.
- Long-term care insurance (Pflegeversicherung) was introduced in 1995. \*\*

Germany is in my top 5 because I actual have a family lineage tied to Germany. One my aunt (in-laws) is German and I spent lots of time at her house growing up with my cousins. I also learned about level 2 German.

# Costa Rica

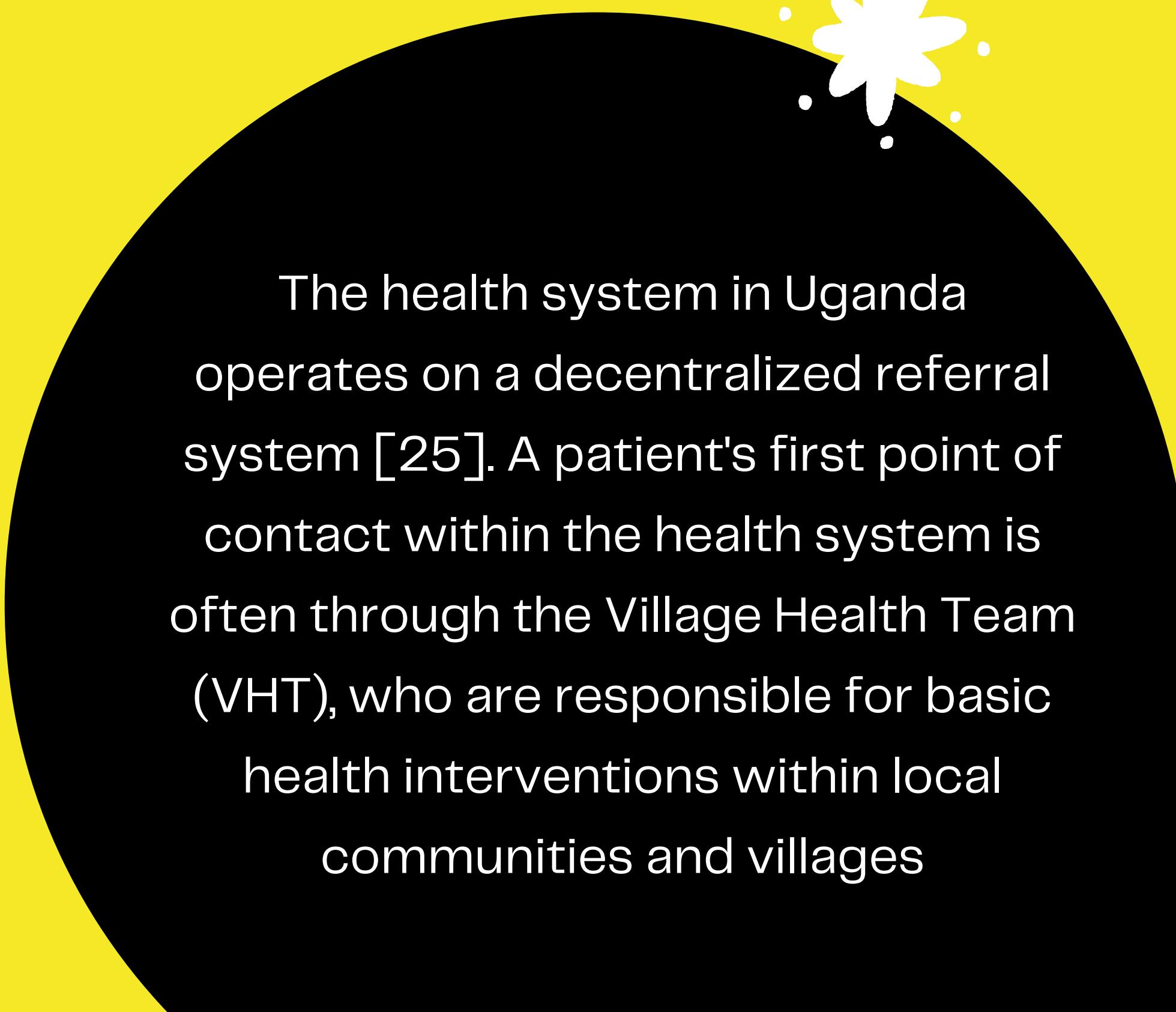
In 2021 I had the beautiful experience of visiting Costa Rica. Absolutely fell in love with it's natural beauty!





# Uganda

Ever since the movie "Queen of Katwe" I have been interested in Uganda, and their flag is pretty cool too.



The health system in Uganda operates on a decentralized referral system [25]. A patient's first point of contact within the health system is often through the Village Health Team (VHT), who are responsible for basic health interventions within local communities and villages

# Uganda

Mission referral hospitals' maternal and neonatal mortality rates fell dramatically in the 1950s due to the introduction of the lower segment caesarean section, blood transfusion, tube feeding, and penicillin. Ante-natal guidance in the 1960s focused particularly on improved hygiene for home births, resulting in a similarly impressive decline in rates of neo-natal tetanus and gastroenteritis.

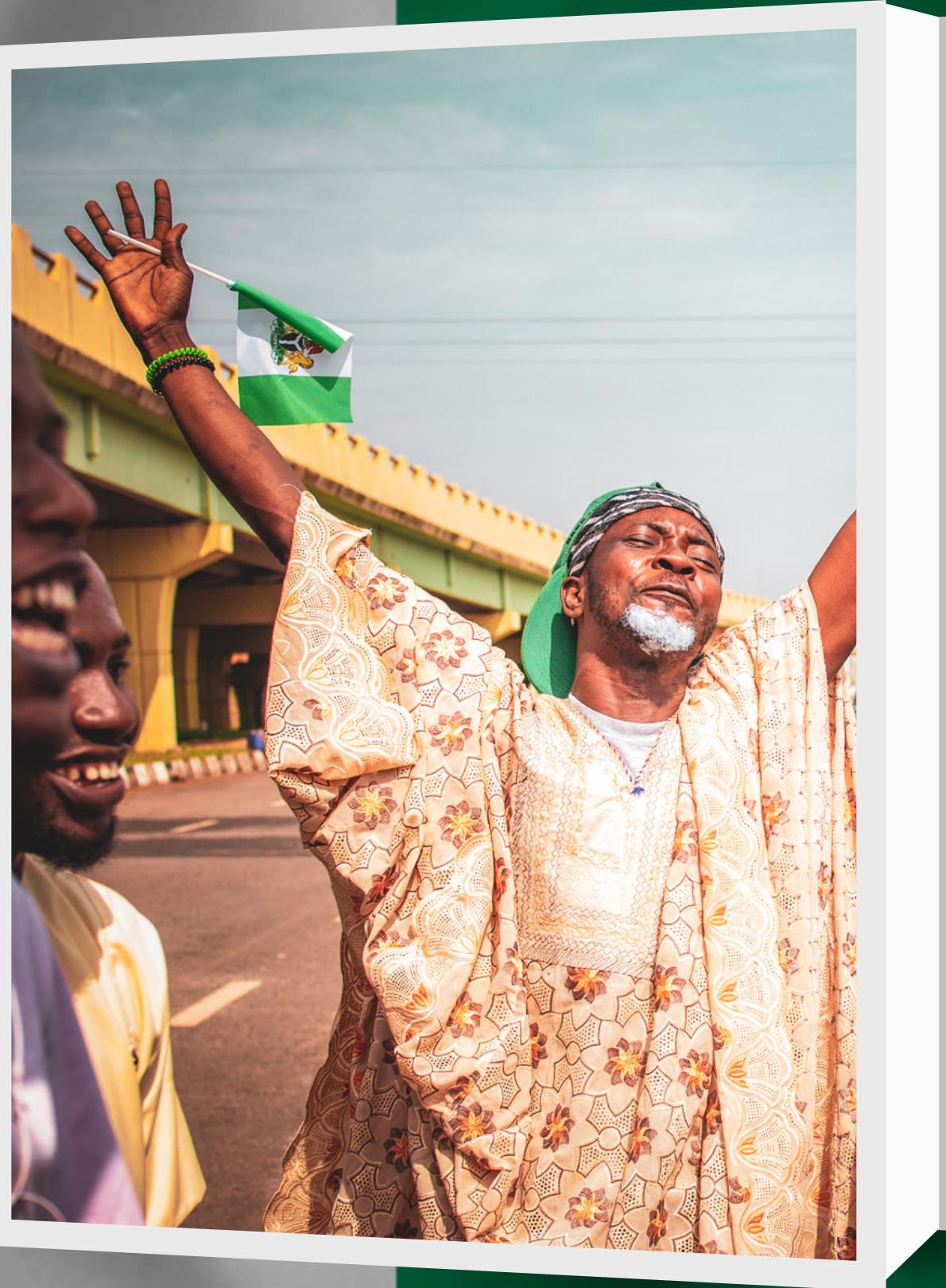
Ever since the movie "Queen of Katwe" I have been interested in Uganda, and their flag is pretty cool too.



In Uganda in the 1970s church hospitals and clinics, benefiting from lower salary costs and from access to external income and sources of medical provisions, expanded their activities in spheres such as maternity care and vaccination enormously.

# Nigeria

This one is easy, similiar to my ties to Germany, My husband has ties to Nigeria, so we often here things about Nigerian culture.

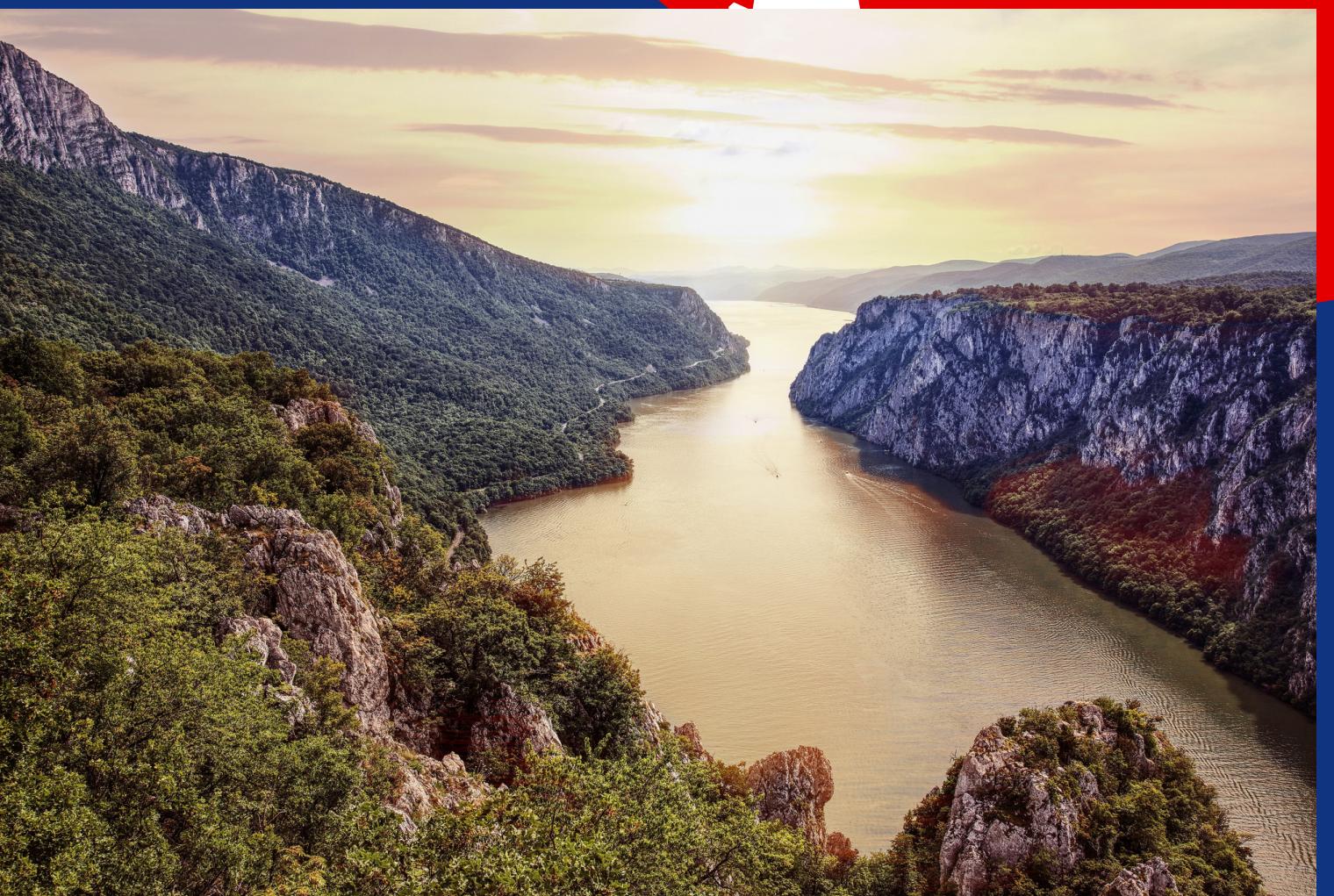


# Nigeria

In 1978, governments and nongovernmental organisations from around the world signed the International Declaration on Primary Health Care (PHC) in Alma-Ata, USSR. Expressed in the slogan, 'Health for All by the Year 2000', this advocated an approach to health that was universalistic and grounded in human rights. Healthcare was to be 'practical, scientifically sound and socially acceptable', and premised on the active engagement of local communities.

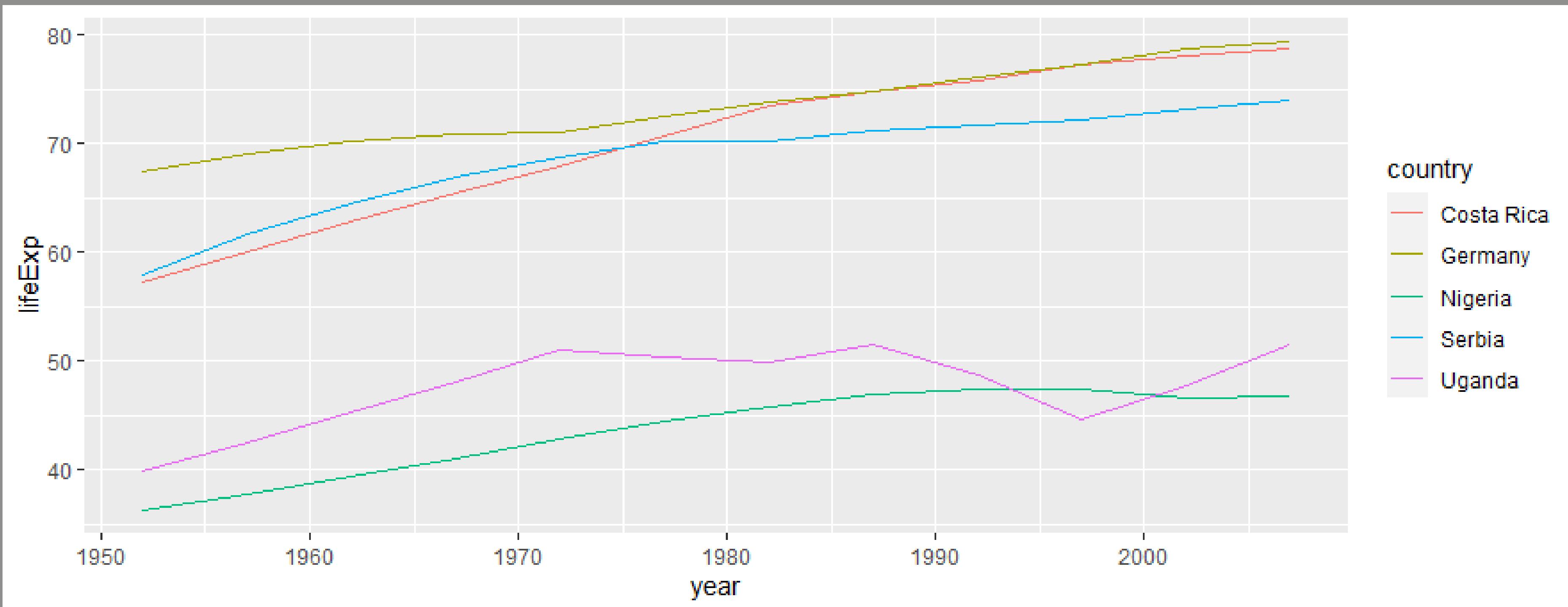
# Serbia

This one is funny, I like SErbia because I watch "90 Day Fiance" on TLC and it is one of my favorite shows. This was the first season there was someone from Serbia and she is super pretty! So no real reason, a year ago, I would've probably picked Ukraine.



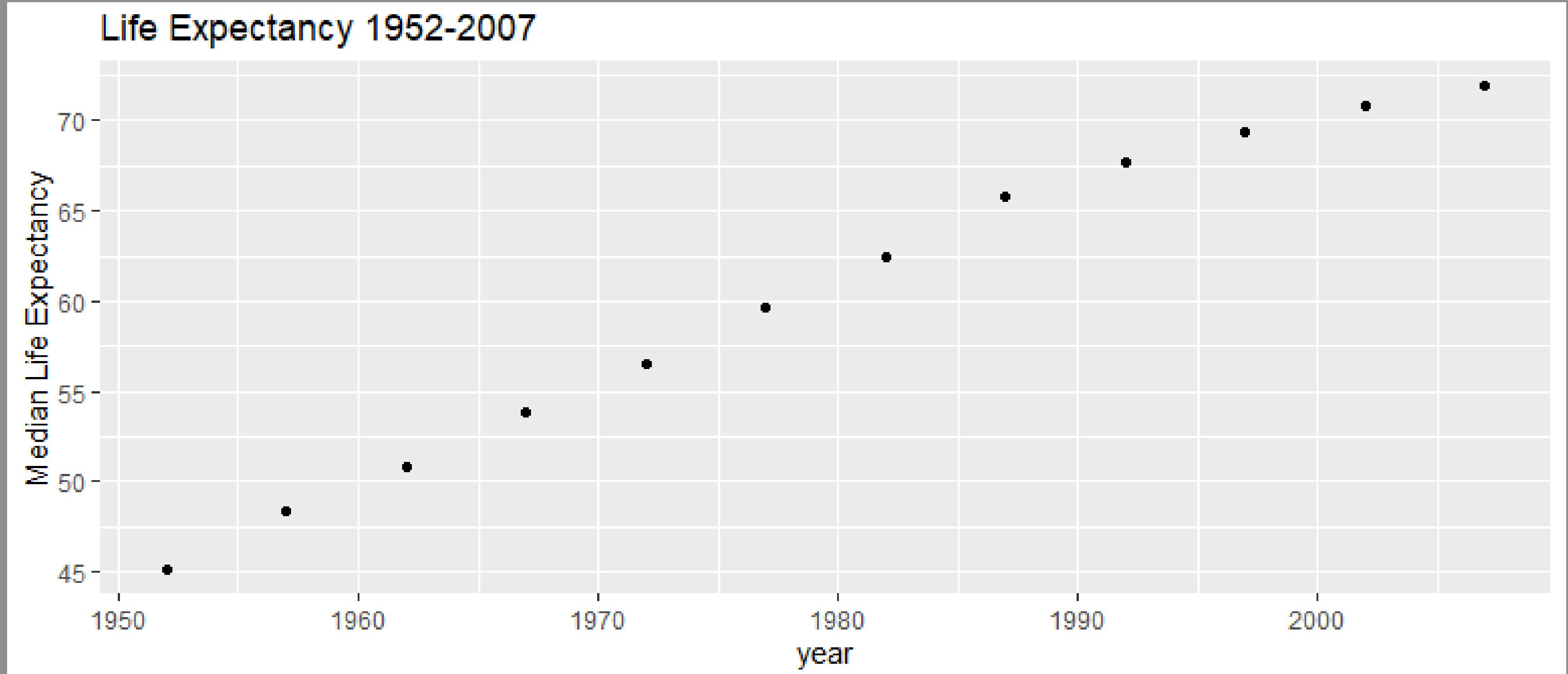
# Life Expectancy

"the average period that a person may expect to live."

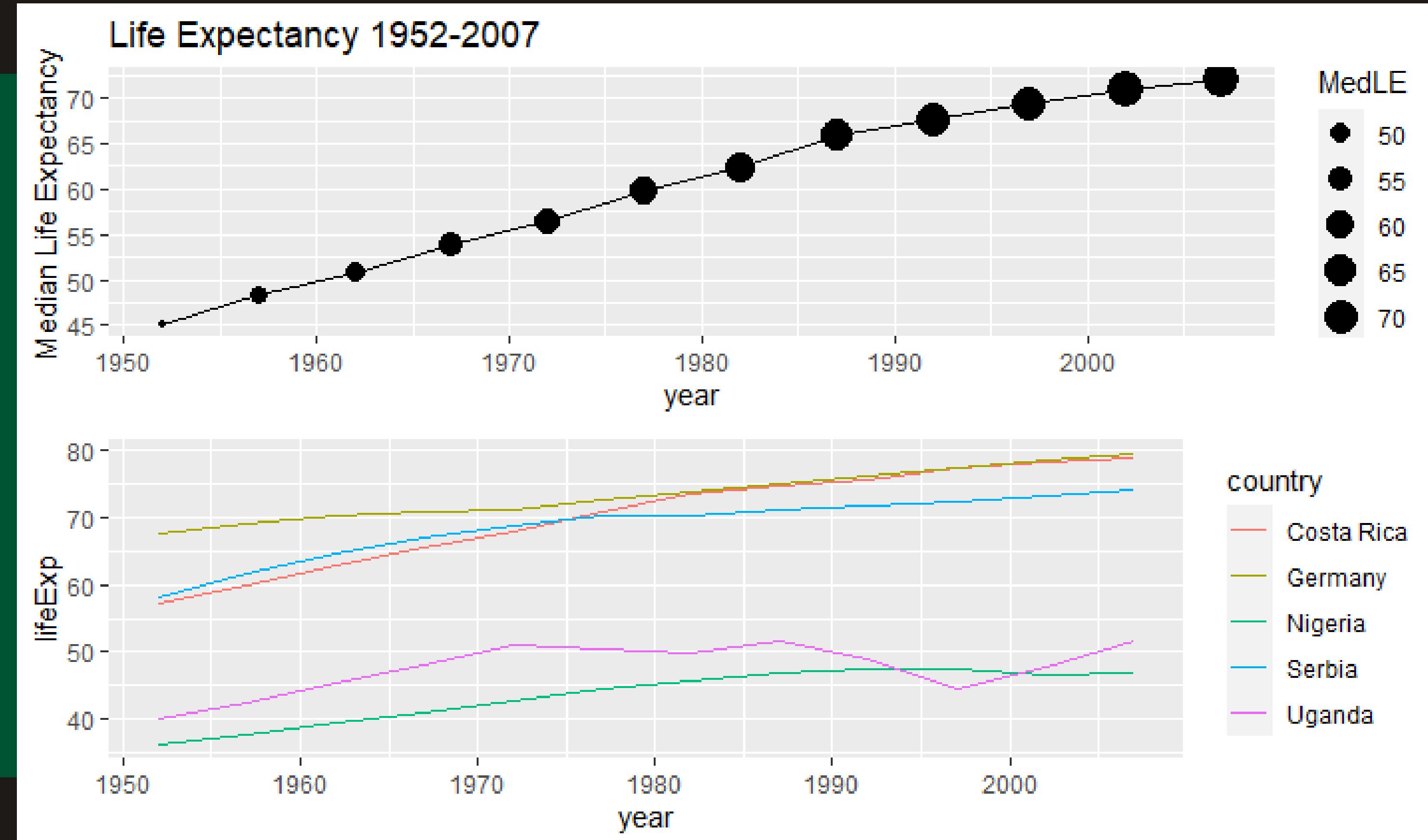


# Life Expectancy

See the life expectancy for each year for the entire data frame for all 141 countries.



**Here we can see that the overall life expectancy median for Costa Rica, Germany, and Serbia are well above the median life expectancy. While Uganda and Nigeria are well below.**



# Life Expectancy

1952

Of my "Fav Five" We can see the  
top life thrivers in 1952 Per  
Capita GDP hail from:

- Germany
- Serbia

The lowest life expectancy  
Per Capita in 1952:

- Nigeria
- Uganda

#	country	year	lifeExp	gdpPerCap
1	Germany	1952	67.500	7144.1144
2	Serbia	1952	57.996	3581.4594
3	Costa Rica	1952	57.206	2627.0095
4	Nigeria	1952	36.324	1077.2819
5	Uganda	1952	39.978	734.7535

\*\*\* Probably because of healthcare  
provided, take care of the people they  
tend to live longer.

# Life Expectancy

2007

Of my "Fav Five" We can see the top life thrivers in Per Capita GDP hail from:

- Germany
- Serbia

The lowest life expectancy Per Capita in:

- Nigeria
- Uganda

	country	year	lifeExp	gdpPerCap
1	Germany	2007	79.406	32170.374
2	Serbia	2007	74.002	9786.535
3	Costa Rica	2007	78.782	9645.061
4	Nigeria	2007	46.859	2013.977
5	Uganda	2007	51.542	1056.380

The state of healthcare increased positively as far as legislation but Germany and Serbia are still lightyears ahead of this slightly less developed countries.



MY REAL PHOTO OF  
COSTA RICAN VOLCANO  
from vacay 2021!

# Conclusion

"Good health is regarded as the state of total effective physiologic and psychological functioning."

As we see how the healthcare system changed overtime so did the life expectancy.

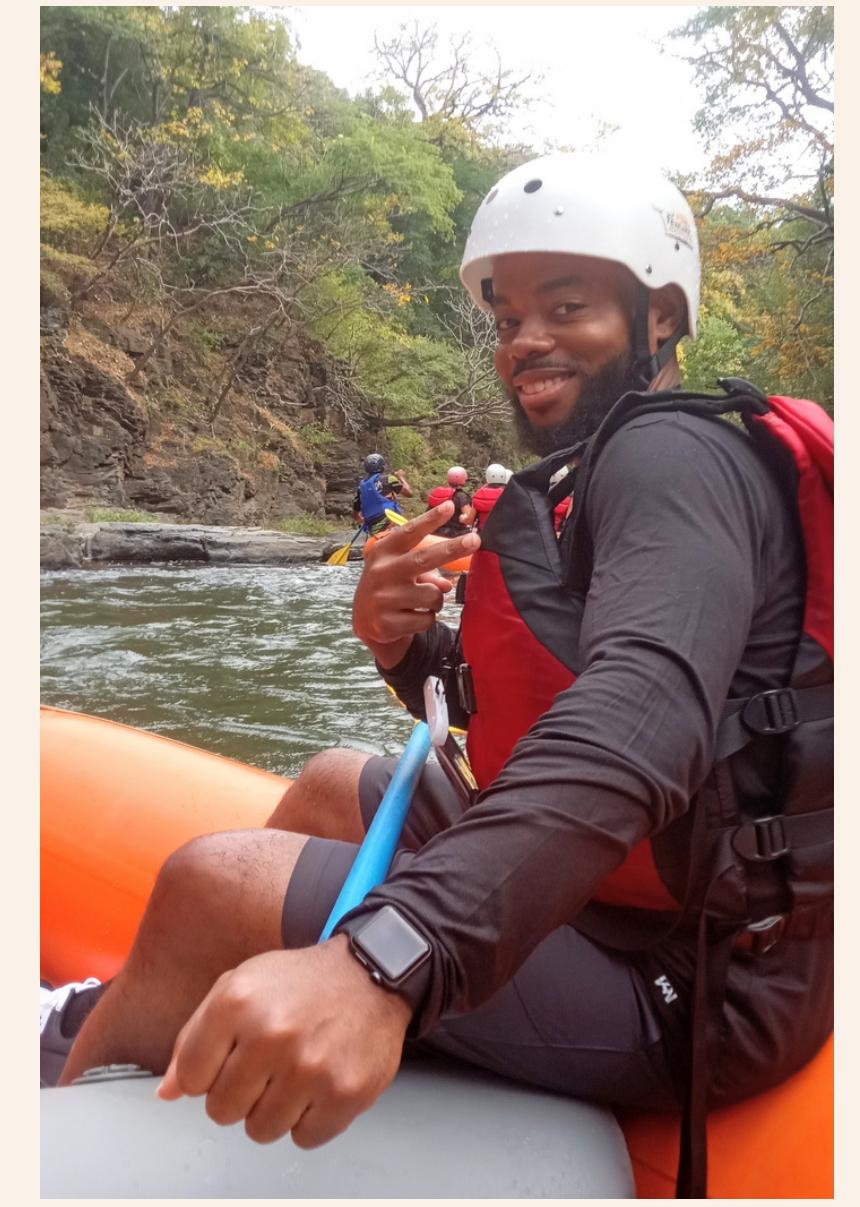
# Key Points



I have favorites based on sentiments only and no real actual connections. (EXCEPT Germany and Nigeria)

Healthcare can help people live. Though the government is not the answer it can be a part of the solution.

**Stay tuned for bonus content!**



#1 Fav Country  
*as of today...*

COSTA RICA



# Contact Information

