

Abstract

Preventative healthcare is increasingly recognized as a key strategy for reducing long-term healthcare costs by addressing health issues before they become severe. This mixed-methods study explores the role of preventative healthcare initiatives in lowering healthcare expenditures and improving health outcomes. Through a combination of quantitative data on cost savings and healthcare utilization with qualitative interviews from healthcare providers and patients, the study offers a comprehensive analysis of the impact of preventative care on both individual and system-wide costs.

The quantitative component evaluates the financial impact of various preventative healthcare programs, such as screenings, vaccinations, and lifestyle interventions, by comparing healthcare costs and utilization rates before and after their implementation. The findings reveal that preventative care significantly reduces the need for costly treatments by mitigating the onset of chronic conditions, such as diabetes and cardiovascular diseases, thereby decreasing hospital admissions and emergency care utilization.

Qualitative interviews with healthcare professionals and patients provide deeper insights into the perceived value and challenges of preventative healthcare. Participants emphasize the importance of patient education, early detection, and a proactive approach to health management. This study concludes by recommending that healthcare systems expand their focus on preventative care, with tailored programs that address specific health risks, promote healthy lifestyles, and ultimately reduce long-term healthcare costs.