Cultural influences on wellbeing: The United States vs. India

1. Introduction
2. Health is a sociocultural construct, and examining the cultural, social, religious, and technological environment of a country can provide a big picture of the state of health in a given society.
3. The U.S. and India have different cultures, and they are at different stages of economic and technological development
4. This paper will compare and contrast the U.S. and India with regards to cultural, economic, religious, and technological environment, and it will reveal how Indian culture, beliefs, and practices impact health within the U.S. Also, the paper will consider how the knowledge of these cultural aspects may influence a person’s health-related choices and wellbeing.
5. Cultural beliefs and practices influence perceptions about health, self-efficacy, and the general wellbeing of an individual. Analyzing different cultural beliefs and practices is therefore crucial in understanding healthcare and wellbeing disparities across cultures and the position of complementary and alternative medicine (CAM).
6. Body
7. India versus the U.S. cultural environment
8. India versus the U.S. economic environment
9. India versus the U.S. technological environment
10. India versus the U.S. religious beliefs and practices
11. An examination of how Indian culture, beliefs, and practices have affected health care in the United States
12. Traditional health beliefs
13. Indian diet
14. An examination of how the knowledge of different aspects of the United States and Indian cultures can influence health and wellbeing choices
15. Conclusion