The Quality of Life and Public Health in Mexico and Japan: Two Contrasting Countries

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Abstract: The aim of this study was to compare life expectancy in Mexico and Japan. This analysis is important considering that Mexico is a developing country and Japan ranks first worldwide in life expectancy. The main variable was the basic food baskets of both countries using descriptive statistics. For Mexico, an econometric model was adjusted. First, the basic food basket and life expectancy indicator were revised for both countries. The Peso-Yen (MXN-JPY) parity was also modified to determine the economic efficiency of the basic food basket. During the second part of the analysis, an econometric regression model was adjusted based on cross section method to identify the significance of the life expectancy indicator. Other variables were taken into account such as household expenditure, child malnutrition and obesity based on the basic food basket. The basic food basket plays an important role in raising the life expectancy indicator. Moreover, maintaining a good diet can correct issues of obesity and related diseases. A good diet is also more economical.

Keywords: Life expectancy, basic food basket, expenditure.