

GIST OF Kurukshetra MAGAZINE

FEBRUARY 2022 EDITION



Important Articles
Simplified!

- NFHS-5 •
- Health Through Yoga •
- e-Health Services & Technology Interventions •
- Rural Healthcare Infrastructure •
- POSHAN Abhiyan •
- Ayushman Bharat •



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Analysis of Kurukshetra Magazine- February 2022

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1. NFHS-5

Relevance

"GS 2: Government Policies & Interventions, Health, Gender, Issues Related to Children, Issues Related to Women, Issues Relating to Development, Issues Relating to Poverty & Hunger"

Introduction

- The National Family Health Survey (NFHS-5) of 2019-21 was released by the Ministry of Health & Family Welfare (MoHFW) on the 24th November 2021.
- It comprises of Factsheets of key indicators on population, reproductive and child health, family welfare, nutrition and others for India and 14 States/UTs (clubbed under Phase-II).
- The States and UTs which were surveyed in the Phase-II were Arunachal Pradesh, Chandigarh, Chhattisgarh, Haryana, Jharkhand, Madhya Pradesh, NCT of Delhi, Odisha, Puducherry, Punjab, Rajasthan, Tamil Nadu, Uttar Pradesh and Uttarakhand.

Key Findings

TFR

- The Total Fertility Rates (TFR), the average number of children per woman has further declined from 2.2 to 2.0 at the national level and all 14 States/UT's ranging from 1.4 in Chandigarh to 2.4 in Uttar Pradesh.
- All Phase-II States have achieved replacement level of fertility (2.1) except Madhya Pradesh, Rajasthan, Jharkhand and Uttar Pradesh.

CPR

- Overall Contraceptive Prevalence Rate (CPR) has increased substantially from 54% to 67% at all India level and in almost all Phase-II States/UTs with an exception of Punjab.

Immunization

- Full immunization drives among children aged 12-23 months have recorded a substantial improvement from 62 per cent to 76 per cent at the all-India levels.
- This can be attributed to the flagship initiative of Mission Indradhanush launched by the government in December 2014.

Institutional Births

- Increased substantially from 79 per cent to 89 per cent at all-India levels.

Child Nutrition indicators

- Child Nutrition indicators show a slight improvement at an all-India level as Stunting has declined from 38 per cent to 36 per cent, wasting from 21 per cent to 19 per cent and underweight from 36 per cent to 32 per cent at all India level.
- Anaemia among children and women continues to be a cause of concern. More than half of the children and women (including pregnant women) are anaemic in all the phase-II States/UTs and all India level compared to NFHS4, in spite of substantial increase in the composition of iron-folic acid (IFA) tablets by pregnant women for 180 days or more.

Why are NFHS results important?

- The NFHS database is possibly the most important one because it not only feeds into the research needs and informs advocacy but also is central to both central and state-level policymaking.

- NFHS survey results also provide internationally comparable results. That's because the questions and the methodology is internationally valid.

What do experts say on states?

- On several parameters, the number of states worsening over the last round — NFHS-4 (2015-16) — is not only high but often more than the number of states improving.
- What is most troubling is that on child malnutrition parameters — such as infant and child (under 5 years of age) mortality, child stunting (low height for one's age), child wasting (low weight for one's height) and proportion of underweight children — several states have either been stagnant or worsened.
- In other words, children born between 2014 and 2019 (that is, 0 to 5 years of age) are more malnourished than the previous generation.
- The reversal in the proportion of children who are stunted is the most worrisome because unlike wasting and being underweight (which can be due to short term reasons and represent acute malnutrition), stunting represents chronic malnutrition. Reversals in stunting are unheard of in growing economies with stable democracies.

Conclusion

As NFHS is representative on a national and subnational (at the state and district levels) level, its findings on a range of indicators pertaining to health and nutrition, among others, from over 6 lakh sample households can assist policymakers in identifying crucial areas where better policy can provide course correction.



- The discipline of fasting, austerity, penance, etc help in cleansing the body and the mental domains and help in enhancing self-control.

Advantage of Yogasanas on other exercises

- Asanas are scientifically advised modes of physical exercises that work on the mind-body system in a natural way.
- For example, the stretching and compression of the muscles, these practices regulate the blood flow in a balanced manner, inducing energetic freshness in the body components; it also increases the flexibility of the muscles.
- The other fitness exercises e. g. Danda- baithaka and some of the aerobics might give rapid results but these usually harden the muscles and there is a risk of wear and tear into them due to excessive pressure.
- Another advantage of yoga asanas is that if any asana corresponds to forward bending, there is also another in the same set of asanas, which requires backward bending and thus it makes a perfect sequence in terms of biomechanics as well.
- Yoga is a simple way of life which is loaded with all components or determinants (Ashtanga yoga) of health in the form of different practices which yield better outcomes in all planes of being when practised together in its original sense.

Conclusion

In conclusion, it is evident that the holistic approach of yoga therapy targets total integrated treatment or management of an individual at all levels of being. It is, therefore, the best way to achieve optimal health at a multi-dimensional level. In order to achieve the perfect harmonious state of the mind and body, yoga must not only be used as a therapy, rather it must be adopted as a way of life.



- **Faster decision making**

Some major trends in health in the post-COVID-19 world

Smartphones

These devices can be used to effectively operate digital technology to support healthcare facilities.

Big Data

Big data is expected to be a game-changer in this space by providing lower rate of medication errors.

Virtual Reality

Virtual Reality has already started making its mark in the digital health world by providing support in treating anxiety, post-traumatic stress and stroke, among others.

Wearables

With wearables tracking heart rate, exercise levels, sleep quality etc, these can play a key role in providing up to date monitoring of high-risk patients.

Artificial Intelligence (AI)

The power of artificial intelligence can be seen in areas such as precision medicine, medical imaging, drug discovery and genomics.

Blockchain

Blockchain technology has already been deployed to create digital versions of medical charts.

Conclusion

To empower citizens to participate in the improvement of healthcare service delivery by providing feedback on service quality, facilities etc. at hospitals and ultimately help establish a patient-driven, responsive and accountable healthcare system, e-Health system has been played a very important role in recent years and it's future of health care system in the country.

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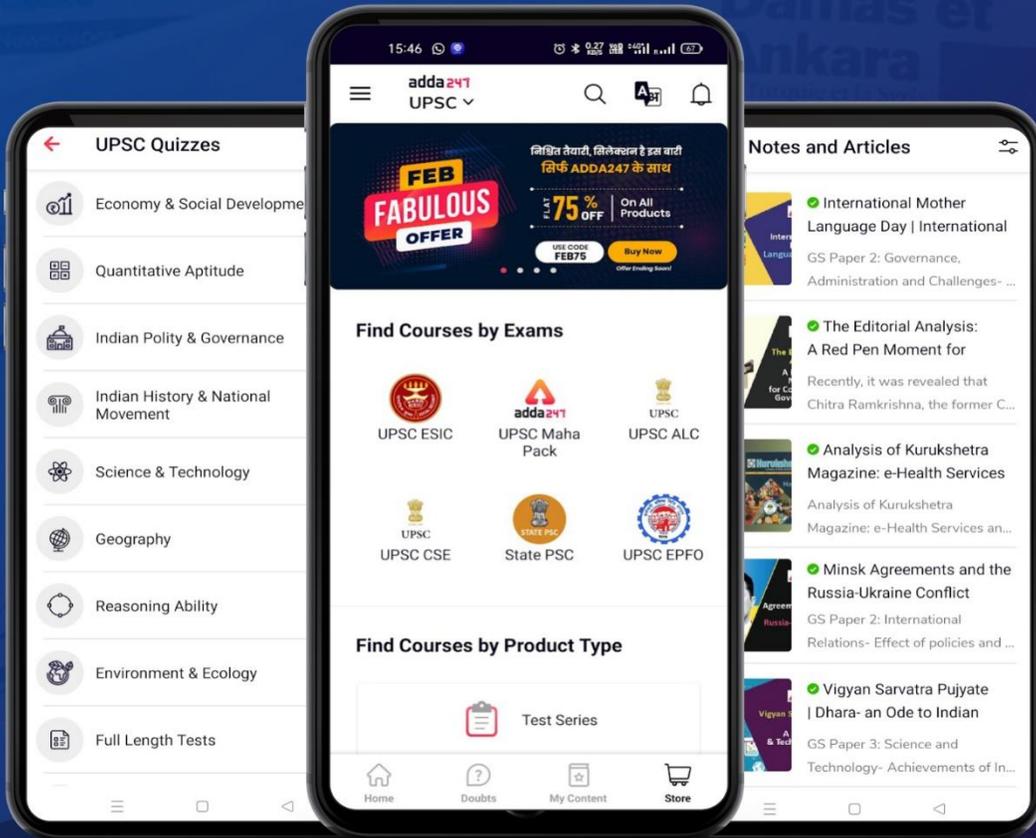


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