

Rise and Swasthya Pahal

Activity Report

10/10/2019

Foundation of Healthcare Technologies Society (FHTS)

Dr. Ashish Joshi

SWASTHYA PAHAL (Health for all)

Swasthya Pahal (Health for all) is an interactive, innovative, technology enabled, Sustainable, Multi-Sectoral, Accessible, Affordable, Reimbursable and Tailored (SMAART) initiative. It utilizes touch screen, computer enabled, SMAART Portable Health Information Kiosks (PHIK) to enhance self-management of non-communicable diseases among individuals at risk of metabolic syndrome (including diabetes, hypertension, high cholesterol and obesity). SMAART PHIK is implemented through a series of health care camps held across urban slums and rural/tribal settings in India.

Objectives

- To integrate clinical and non-clinical data sources by combining principles of ICTs to enhance population health outcomes across diverse geographic settings.
- To utilise the PHIK as a tool to assess the burden of chronic disease and associated risk factors in diverse settings such as urban slums and rural/tribal settings in India.

Camp Day: 10th October 2019

Date: 10th October 2019

Venue: Post Office, IGNOU campus, Maidan gadi

Start time: 10:30 AM

End time: 3:30 PM

Objective: To impart health and nutrition education to the beneficiaries and measure their height, weight, blood pressure and blood sugar besides seeking other health related information.

Total number of beneficiaries: 87

Number of female beneficiaries of total beneficiaries: 49

Team Members: Mansi Rai, Mahima, Nidhi, Alka, Anjali, Sana, Tuba

Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	<ul style="list-style-type: none"> Collection of information from the beneficiaries such as name, age, phone number and address. 	Receipt booklet
2. Measurement of height and weight	<ul style="list-style-type: none"> Height and weight was measured using standard procedures and protocols. 	Digital weighing machine, Stadiometer
3. Measurement of blood pressure and sugar	<ul style="list-style-type: none"> Blood pressure and blood sugar was measured using standard procedures and protocols. 	Digital machines for measuring blood pressure and blood sugar, lancet, strips, cotton swabs, spirit
4. PHIK	<ul style="list-style-type: none"> Collection of data from the beneficiaries pertaining to their socio-demographic profile, medical history, physical activity and alcohol and smoking consumption pattern Assessment of risk factors based on the information collected 	Laptop (touchscreen)
5. Nutrition counselling	<ul style="list-style-type: none"> Based on the assessment report generated by PHIK, beneficiaries were provided individualized diet and nutrition counselling to prevent and manage non-communicable diseases including hypertension, diabetes and overweight and obesity. They were counselled about healthy dietary habits, healthy snacking options, good dietary behaviours, meal patterns and importance of physical activity. 	Verbal counselling
6. Rise	<ul style="list-style-type: none"> Introduction to RISE initiative, its purpose and objectives Showcasing of rise products 	Rise products
7. Photographs	<ul style="list-style-type: none"> Clicking pictures of the event 	Camera

Observations during the camp

Health card of the beneficiaries (n=87)

Condition	Number of beneficiaries with the condition n (%)	Females with the condition n (%) ^a	Males with the condition n (%) ^b
Hypertension	31 (36)	16 (33)	15 (39)
Diabetes	11 (13)	6 (12)	5 (13)
Overweight /obese	38 (44)	26 (53)	12 (32)
Regular physical activity	13 (15)	6 (12)	7 (18)
Alcohol consumption	15 (17)	0 (0)	15 (39)
Smoking cigarette or <i>bidhi</i>	17 (20)	3 (6)	14 (37)

a - total females = 49; b- total males = 38

Conclusion

A total of 87 beneficiaries (49 females) attended the Swasthya Pahal organised on 10th October 2019 at Bhikaji Cama Place. More than one third of the beneficiaries (36%) had hypertension (i.e. blood pressure >120mm/Hg) while more than one tenth of the beneficiaries (13%) had random high blood sugar (> 140mg/dL). More than a third of the beneficiaries (44%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) and only fifteen percent beneficiaries were engaged in regular physical activity (i.e. at least 4 times in a week). Slightly less than one fifth of the beneficiaries (17%) consumed alcohol while one fifth of the beneficiaries (20%) smoked cigarette or *bidhi*.

Prevalence of hypertension was slightly higher in males (39%) as compared to females (33%) while the prevalence of diabetes was similar in both the gender groups. Prevalence of overweight and obesity was much higher in females (53%) as compared to males (32%).

Details of RISE products sold during the camp: Very few RISE products were sold during the camp day since most of the beneficiaries belonged to low income group. Most of the beneficiaries showed lack of interest towards viewing and buying the products. Only 14 beneficiaries viewed RISE products, of which 6 were males and 8 were females. One beneficiary complained that the cost of the products was too high. Most popular RISE products viewed by male beneficiaries were *diyās*, t-shirts while *diyās*, earrings, phone covers

and round pouches were more popular among females. Details of the products sold during the RISE exhibition are mentioned below in the table.

Table: Details of the RISE products sold during the camp

Product	Description of the product (Size)	No. of units sold
Phone cover	Medium	1
T-shirt	Large	2
T-shirt	Extra large	3

Photo gallery



Measurement of weight



Measurement of blood pressure



PHIK



Display of RISE products



Distribution of participation certificate