

# RISE and Swasthya Pahal

## Activity Report

05/11/2019

Foundation of Healthcare Technologies Society (FHTS)

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## 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: 5<sup>th</sup> November 2019**

**Date:** 5<sup>th</sup> November 2019

**Venue:** Delhi Fire Service Station (Headquarters), Barakhamba Road, Connaught Place

**Start time:** 11:00 AM

**End time:** 4:30 PM

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

**Total beneficiaries and female beneficiaries in Swasthya Pahal:** 45, 0

**Total participants and female participants in RISE:** 6, 0

**Team Members:** Kamalpreet, Nisha, Mansi Rai, RISE

### Agenda of the camp

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

## Observations during the camp

**Table 1:** Health card of the beneficiaries (n= 45)

Condition	Number of participants with the condition n (%)	Females with the condition n (%) <sup>a</sup>	Males with the condition n (%) <sup>b</sup>
Hypertension	32 (71.1)	NA	32 (71.1)
Diabetes	10 (22.2)	NA	10 (22.2)
Overweight /obese	32 (71.1)	NA	32 (71.1)
Regular physical activity	13 (28.8)	NA	13 (28.8)
Alcohol consumption	10 (22.2)	NA	10 (22.2)
Smoking cigarette or <i>bidhi</i>	13 (28.8)	NA	13 (28.8)

a - total females = 0; b- total males = 45

### Conclusion

A total of 45 beneficiaries (0 females) attended the Swasthya Pahal organised on 5<sup>th</sup> November 2019 at Delhi Fire Service Station, Barakhamba Road. Nearly two third of the beneficiaries (71.1%) had hypertension (i.e. blood pressure >120mm/Hg) while nearly one fifth of the beneficiaries (22.2%) had random high blood sugar (> 140mg/dL). Nearly two third of the beneficiaries (71.1%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m<sup>2</sup>) and only one third of the beneficiaries (28.8%) were engaged in regular physical activity (i.e. at least 4 times in a week). Nearly one fifth of the beneficiaries consumed alcohol (22.2%) and another one third beneficiaries smoked bidhi or cigarette (28.8%). Overall, high prevalence of overweight and obesity, diabetes and hypertension could be due to faulty dietary habits and low physical activity. Beneficiaries reported lack of time as their barrier for not being able to engage in regular physical activity.

**Details of RISE products sold during the camp:** Six participants viewed RISE products (0 females). Most popular RISE products viewed by male beneficiaries were earrings, pouches, t-shirts and tiffin bag. Details of the products sold during the RISE exhibition are mentioned below in the table.

**Table 2:** Details of the RISE products sold during the camp

<b>Product</b>	<b>Description of the product (Size)</b>	<b>No. of units sold</b>
Earrings	Small	4
Round pouch	Small	1
Pouch	Extra small	1
Tiffin bag	Large	1

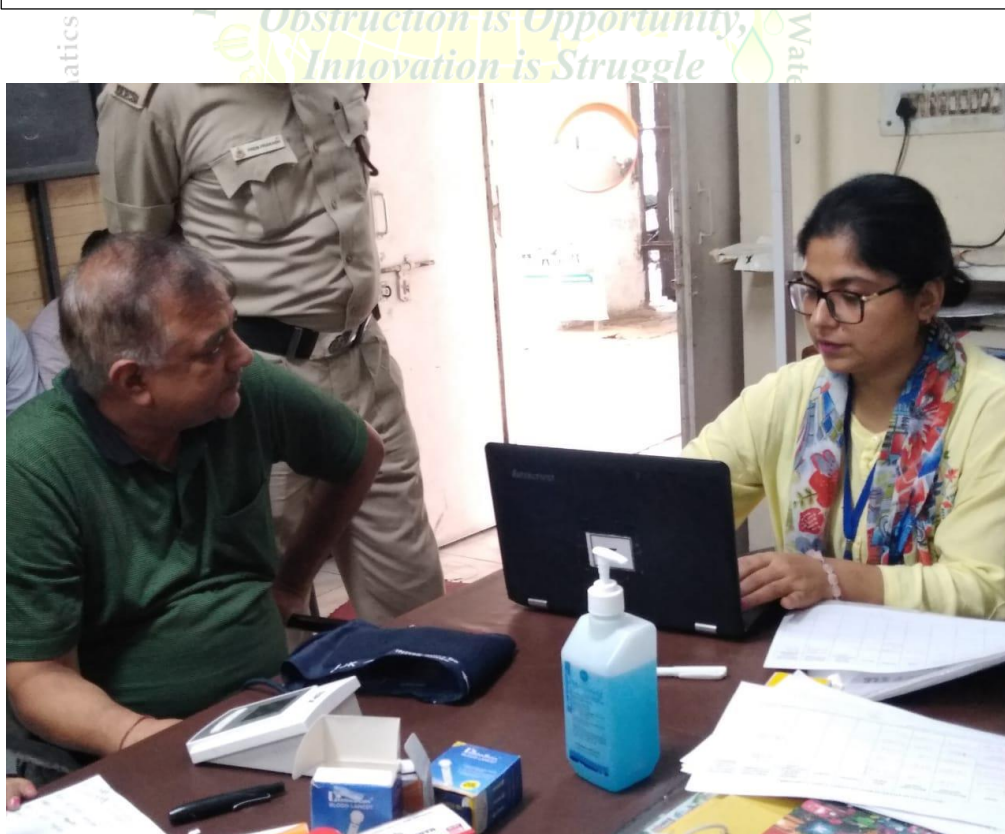
**Photo gallery**



Height measurement of the beneficiary



Blood sugar and blood pressure measurement of the beneficiary



PHIK and nutrition counselling of the beneficiary



Overall view of the camp

