RISE and Swasthya Pahal Activity Report

06/11/2019

Foundation of Healthcare Technologies Society (FHTS)
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Registration No.: S/877/SDM/NW/2012



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: 6th November 2019

Date: 6th November 2019

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

Start time: 10:30 AM

End time: 3:30 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

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information.

Total beneficiaries and female beneficiaries in Swasthya Pahal: 40, 3

Total participants and female participants in RISE: 1, 0

Team Members: Kamalpreet, Nisha, Mansi Rai, Alka

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Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	• Collection of information from the participants such as name, age, phone number and address.	Receipt booklet
2. Measurement of height and weight	Height and weight was measured using standard procedures and protocols.	Digital weighing machine, Stadiometer
3. Measurement of blood pressure and sugar	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	 Collection of data from the participants 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	 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. They were counselled about healthy dietary habits, healthy snacking options, good dietary behaviours, meal patterns and importance of physical activity. 	Verbal counselling
6. Rise	 Introduction to RISE initiative, its purpose and objectives Showcasing of rise products 	Rise products
7. Photographs	Clicking pictures of the event	Camera

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Observations during the camp

Table 1: Health card of the beneficiaries (n=40)

Condition	Number of participants with the condition n (%)	Females with the condition n (%) ^a	Males with the condition n (%) ^b
Hypertension	29 (72.5)	1 (33.3)	28 (75.6)
Diabetes	4 (10)	0 (0)	4 (10.8)
Overweight /obese	25 (62.5)	2 (66.6)	23 (62.1)
Regular physical activity	30 (75)	3 (100)	27 (72.9)
Alcohol consumption	17 (42.5)	0 (0)	17 (45.9)
Smoking cigarette or bidhi	9 (22.5)	0 (0)	9 (24.3)

a - total females = 3; b- total males = 37

Conclusion

A total of 40 beneficiaries (3 females) attended the Swasthya Pahal organised on 6th November 2019 at Delhi Fire Service Station, Barakhamba Road. Nearly two third of the beneficiaries (72.5%) had hypertension (i.e. blood pressure >120mm/Hg) while one tenth of the beneficiaries (10%) had high random blood sugar (> 140mg/dL). Nearly three fourths of the beneficiaries (62.5%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) although two third of the beneficiaries (75%) were engaged in regular physical activity (i.e. at least 4 times in a week). Less than half of the beneficiaries consumed alcohol (42.5%) and another one fifth beneficiaries smoked bidhi or cigarette (22.5%). Overall, high prevalence of overweight and obesity, diabetes and hypertension could be due to faulty dietary habits. Prevalence of hypertension and diabetes was very high among males (75.6% and 10.8% respectively) as compared to females (33.3% and 0% respectively). Prevalence of overweight and obesity was almost similar among males (62.1%) and females (66.6%). Nearly half of the beneficiaries (45.9%) consumed alcohol and one fourth of the beneficiaries (24.3%) smoked bidhi or cigarette.

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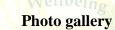
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Details of RISE products sold during the camp: Only one participant (male) viewed RISE products on the camp day. He saw earrings. Details of the products sold during the RISE exhibition are mentioned below in the table.

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

Product	Description of the product (Size)	No. of units sold
Earrings	Small	1





Measurement of height of the beneficiary

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Blood pressure measurement of the beneficiary



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Distribution of certification of participation to the beneficiary

Obstruction is Opportunity Innovation is Struggle Health Technology assessment