

# RISE and Swasthya Pahal

## Activity Report

06/11/2019

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: 6<sup>th</sup> November 2019**

**Date:** 6<sup>th</sup> 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 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

### 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= 40)

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	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 <i>bidhi</i>	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 6<sup>th</sup> 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/m<sup>2</sup>) 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.

**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



Blood pressure measurement of the beneficiary



Display of RISE products



Distribution of certification of participation to the beneficiary

