



# Foundation of Healthcare Technologies Society

---

## SWASTHYA PAHAL REPORT

### 2024

Date: 05/03/2024

Place: Shiva Camp 2, Vasant Vihar, New Delhi. | Time: 11:00 am to 02:00 pm

Number of total beneficiaries: 28

Number of total female beneficiaries: 12

## **SWASTHYA PAHAL (Health for all)**

Swasthya Pahal (Health for all) is an interactive, innovative, technology-enabled, SMAART (Sustainable, Multi-Sectoral, Accessible, Affordable, Reimbursable and Tailored) initiative. It utilizes a touch screen, computer-enabled, SMAART Portable Health Information Kiosk (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, urban slums, and rural/tribal settings in India.

### **Objectives**

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

### **Details**

**Date:** 05<sup>th</sup> March 2024

**Venue:** , New Delhi

**Start time:** 11:00 AM

**End time:** 02:00 PM

**Number of beneficiaries:** 20

**Team Members:** Ashok Kumar, Sakshi, Sushmi Wilson, Dr Mansi Gauniyal, Dr Sabhya Juneja, Shravani Rajkhowa and Janhvi Sahai.

**Table1: Implementation of Swasthya Pahal**

| <b>Components of the camp</b>            | <b>Details</b>  | <b>Material and methods used</b>  |
|--|---|---|
| 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   |
| Measurement of height and weight         | <ul style="list-style-type: none"> <li>Height and weight were measured using standard procedures and protocols.</li> </ul>  | Digital weighing machine, stadiometer   |
| Measurement of blood pressure and sugar  | <ul style="list-style-type: none"> <li>Blood pressure and blood sugar were measured using standard procedures and protocols.</li> </ul>   | Digital machines for measuring blood pressure and blood sugar, lancet, strips, cotton swabs, spirit |
| Portable Health Information Kiosk (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)  |
| 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> | Personalised nutrition and lifestyle counselling  |
| Photographs                              | <ul style="list-style-type: none"> <li>Clicking pictures of the event.</li> </ul>   | Camera  |



**Table 2: Health status of beneficiaries screened (n=28)**

| Health conditions screened  | Number of participants with the condition(n) |
|---|--|
| Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg) | 23   |
| High Random Blood Sugar( $\geq 140$ mg/dL)                        | 14   |
| Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )   | 16   |
| Regular physical activity (>4 times/week)                         | 8  |

### Observations

A total of 28 beneficiaries (16 males and 12 females) attended the Swasthya Pahal camp organised on 05<sup>th</sup> March 2024 at Shiva Camp, Vasant Vihar, New Delhi. Out of these twenty-eight beneficiaries, more than three-fourth (n=23) had higher blood pressure than normal. Half of them had high blood sugar than normal (n=14) and more than two-fourth of them were found to be overweight/obese (n= 16) than normal. Less than one-third of them were found to be engaged in regular physical activity (n=8).

### Additional Comments

- Beneficiaries found the counselling session very informative and useful, and many of them learned more about their health condition.
- All the beneficiaries found the Swasthya Pahal initiative to be very helpful.

**Number of beneficiaries enrolled in SHINE:** SMAART Hub for Informatics enabled Nutrition Education (SHINE) Initiative aims to enhance self-management of chronic non-communicable diseases using multilingual digital HEALTH intervention tailored to enhance their knowledge regarding self-management of disease condition(s), diet, physical activity, healthy lifestyle, home-remedies, medication adherence and stress management. Among twenty-eight beneficiaries, almost half of them (n=13) expressed their interest to receive informative messages for diet and lifestyle management and all of them opted to receive messages on a weekly basis (n= 8).

## Photo Gallery



*Picture 1: Measurement of Blood Pressure*



*Picture 2: Measurement of Blood Sugar*



*Picture 3 & 4: Diet Counselling given to the beneficiary*



## List of Abbreviations

| S.No. | Abbreviation  |   |
|-------|---------------|---|
| 1.    | <b>ICT</b>    | Information Communication Technology                                  |
| 2.    | <b>MetS</b>   | Metabolic Syndrome  |
| 3.    | <b>NCD</b>    | Non-Communicable Diseases   |
| 4.    | <b>PHIK</b>   | Portable Health Information Kiosk                                     |
| 5.    | <b>SMAART</b> | Sustainable Multisectoral Accessible Affordable Reimbursable Tailored |

## Annexure I

|                       |                    |
|-----------------------|--------------------|
| <b>Blood Pressure</b> |                    |
| <120/80mmHg           | Normal             |
| ≥120/80 mmHg          | Prehypertension    |
| ≥140/90 mmHg          | Hypertension       |
| <b>Blood Glucose</b>  |                    |
| <140 mg/dl            | Normal             |
| ≥140 mg/dl            | High Blood Glucose |
| <b>BMI</b>            |                    |
| <18.5                 | Underweight        |
| 18.5 to 24.9          | Normal             |
| 25 to 29.9            | Overweight         |
| ≥30                   | Obese              |