



# Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms

A MONTHLY NEWSLETTER FROM FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY

Dear All,

I welcome you to the May, 2022 issue of “Population Health Research, Innovation, Skills and Entrepreneurship (PHRISE)” newsletter. The pandemic has brought forth in our FHTS family coping, adaptability, resilience, and empathy to enhance the health of the populations.

We highlight some of the innovative initiatives aimed to address 21st century population health challenges. We highlight our research initiatives & range of opportunities to provide a platform facilitating knowledge exchange across diverse stakeholders. Our aim is to aggregate and summarize the critical highlights and demonstrate impact that FHTS is making to address equity through the lens of population health.

I hope you find this issue informative and engaging and look forward to sharing more about our research activities and contributions in our upcoming newsletter. I want to congratulate the entire team of FHTS for their perseverance, flexibility, innovation and resilience.



*Ashish Joshi*

**ASHISH JOSHI PHD, MBBS, MPH**

# SWASTHYA PAHAL INITIATIVE ("HEALTH FOR ALL" INITIATIVE)

Interactive, lifestyle, self-management platform  
to address the burden of non-communicable diseases.

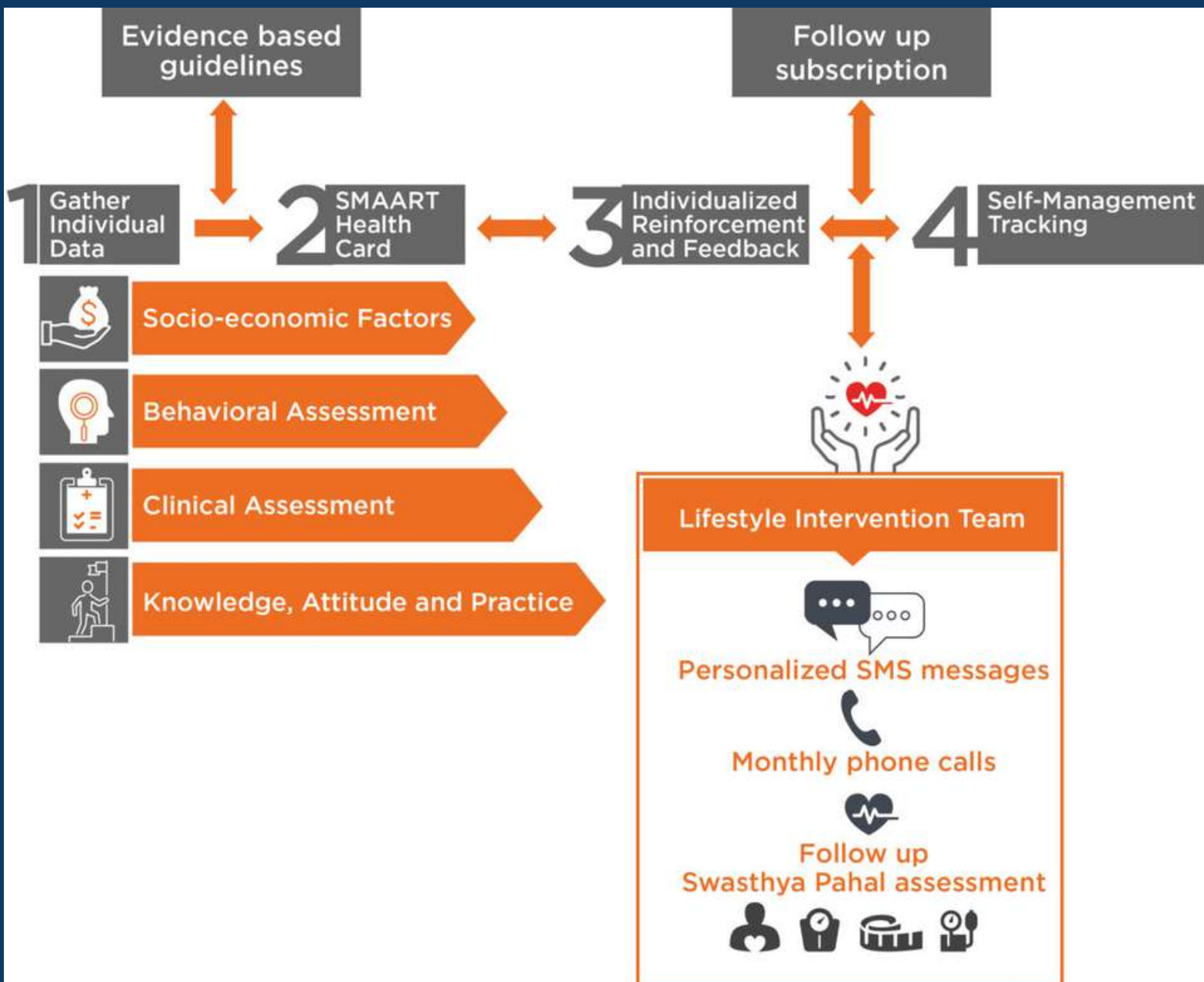
## What is Swasthya Pahal ?



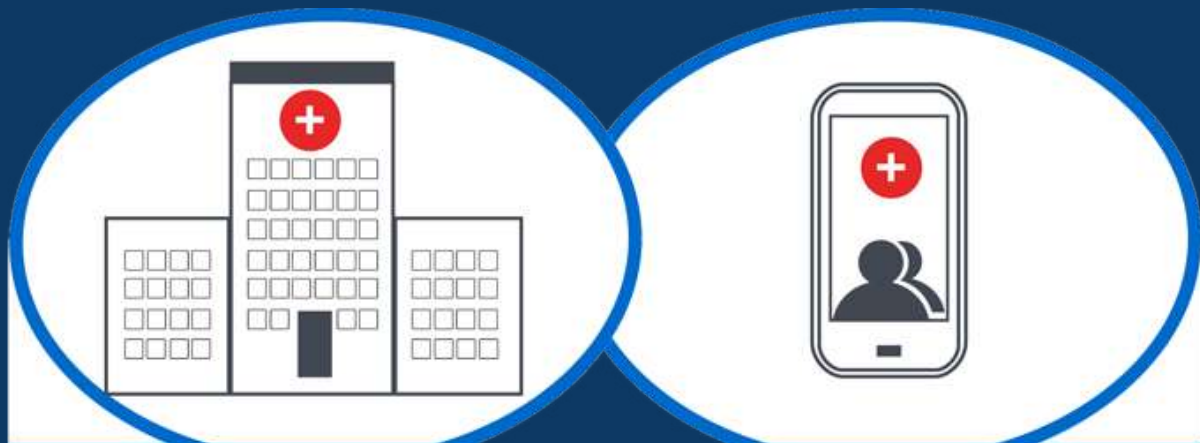
## Swasthya Pahal means "Health for all".

Swasthya Pahal is a community based Program aimed to enhance self-management of NCDs including diabetes, hypertension, and obesity. The program is implemented using an interactive, touch screen, multi-lingual, portable health information kiosk designed and developed using Population Health Informatics (PopHI) framework called SMAART (Sustainable Multisector Accessible Affordable Reimbursable Tailored) to enhance self-management of NCDs among individuals. It was launched in 2012 in Ujjain City of Madhya Pradesh with an objective of addressing the burden of NCDs and more than 10,000 individuals were screened till 2020 across diverse settings of India before the pandemic hit the world. FHTS plans to start conducting these camps once again for promoting self management among people.

# How does Swasthya Pahal work?



# How does Swasthya Pahal work?



**STANDALONE and an INTERNET enabled platform that facilitates:**

- 1** Transmission of data and information regarding the health status of the consumer
- 2** Interprets data and information in an evidence-based manner
- 3** Addresses specific needs of the individual consumer
- 4** Timely feedback to the consumer addressing their requirements
- 5** Regular repetition of the feedback loop of information processing

# Impact of Swasthya Pahal



- **Police Station**
- **Urban-Slums**
- **Different Community Settings ( Urban-Rural)**



# Swasthya Pahal Launch Camps



**Swasthya Pahal Launch In Ujjain (2012)**



**Swasthya Pahal Launch In Balasore (2012)**



**Swasthya Pahal Launch Camp in Delhi (2012)**



**Swasthya Pahal Launch Camp in Uttarakhand (2020)**



**Swasthya Pahal Launch Camp in Tamil Nadu (2022)**

# Swasthya Pahal Launch in Delhi Police Station

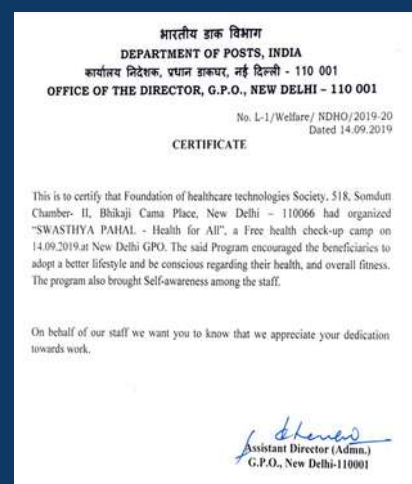
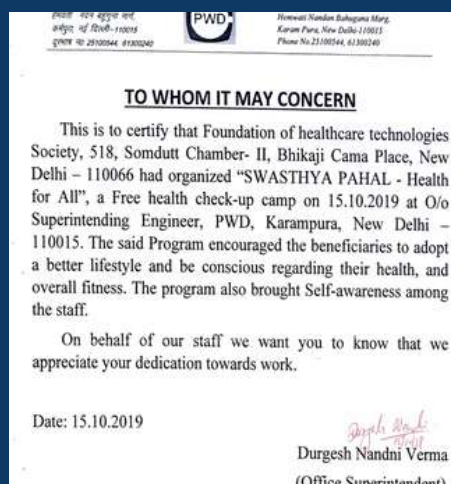


First SP camp for Delhi Police was conducted on 16th Feb, 2019 More than 4700+ police personnel have been benefitted from the program in Delhi through 120 camps across various police stations. With a hope of expanding the concept of Self Management among Police personnel, first camp in Uttarakhand was conducted on Jan'2020

To know about the results of pilot evaluation of Swasthya Pahal program using SMAART informatics framework to support NCD self-management among Police personnel click on the link below

<https://pubmed.ncbi.nlm.nih.gov/34805386/>

## Letters of Appreciation



# Digital Commonwealth Award for SMAART Health Kiosk for the Health for All Initiative



Dr. Ashish Joshi was awarded Digital Commonwealth award for SMAART Health Kiosk for promoting Health for All among individuals across diverse settings. Swasthya Pahal program is based on SMAART Health Informatics Framework and uses Portable Health Information Kiosk for addressing the burden of NCDs

## RESEARCH HIGHLIGHTS

### **Effect of personalized human-centered dietary decision support system (PHCDDSS) on dietary knowledge, attitude, practice (KAP), and mean fasting blood sugar (FBS) among participants with type 2 diabetes mellitus (T2DM) in community-based settings of northern state of India**

Acknowledging the promising role of information and technology, a study was planned to determine the effect of personalized human-centered dietary decision support system (PHCDDSS) on dietary knowledge, attitude, practice (KAP), and mean fasting blood sugar (FBS) among participants with type 2 diabetes mellitus (T2DM).

**Materials and Methods:** A community-based randomized control trial was conducted among 400 individuals with T2DM randomized into the 12-month intervention group (PHCDDSS) and 400 to the control (usual care) group.

**Results:** In the control and intervention groups, 84.7% and 87.0% participants completed the follow-up at the end of 12 months. Mean knowledge score showed a significant ( $P = 0.00$ ) declining trend (from 28.3 to 22.2) in the control group, but increasing (from 28.9 to 35.4) in the intervention group. Unlike knowledge, mean attitude score observed a significant declining trend in both the groups but less in the intervention group. The mean FBS (in mg/dL) trend was found to be insignificantly declining in control (199.2–195.4) and intervention (194.8–183.1) groups but the decline was relatively less in control when compared with the intervention group.

[Click here to read more.](#)

# V-INSPIRE SPOTLIGHT

## Prasangeeka Basnet



Ms. Prasangeeka Basnet is a student currently pursuing Masters of Public Health at Indian Institute of Public Health, Gandhinagar, Gujarat. She has done graduation in the field of Nursing and have volunteered for a year in a locally based NGO.

She wants to learn about various barriers, interventions in the field of public health. To know and learn practical realities and challenges faced while advocating concepts at community ground levels. She has an interest to work as an intern in Foundation of Healthcare Technologies (FHTS) Dehradun because she too belongs from a hilly region Darjeeling and have spent working as a volunteer there for menstrual health and advocating sustainable menstrual products to the marginalised group of individuals.

## Tripti Gupta

Tripti graduated with a BS Medical Sociology from Rural Unit of Health and Social Affairs, Christian Medical College, Vellore (2018) and was awarded with general proficiency award for all three years. She also completed a post graduate diploma focused on Epidemiology from Indian Institute of Public Health, Delhi (2021).



Presently she is a graduate student at IIPH-G (2023). She is also seeking to enrich her understanding around health equity and how health policy reforms are done, epidemiology of various communicable and neglected tropical diseases, regional health indicator improvement and the epidemiological transition the world is going through.

## V-INSPIRE SPOTLIGHT

### Rebecca Daniel



Rebecca Daniel, a Biotechnology Engineer turned Public Health aspirant. Currently, pursuing her Master's in the field of Public Health with a focus in Epidemiology and Biostatistics from The Indian Institute of Public Health Gandhinagar, Gujarat.

Her areas of interest are inclusive of One Health, Antimicrobial Resistance, Environmental Influences on Health and Diseases, Genetic Origins of Disease, Global Environmental Health, Infectious Diseases, and WASH. As an intern at FHTS, she would like to contribute towards projects with her varied background, providing a thought process and ideas that bring in technological aspects into the world of public health, providing solutions that improve the health of all interconnected health systems, human, wildlife, and the environment. Thus, working to reduce disease progression by tackling the pathogens present at the roots of the epidemiological triad.



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# FHTS TEAM SPOTLIGHT

## Sofia Saggu



Sofia Saggu is an Academic Coordinator and a Researcher at the Foundation of Healthcare Technologies Society (FHTS). With a strong academic background in nutrition and public health, she was looking forward to working for an organization that would put her abilities to use and whose work would speak for itself.

Sofia says - Working at FHTS has opened my mind to the possibilities of making an impact, even if little. Public health has taken a whole new meaning in recent years and the organization has been making giant strides in creating that impact. I would like to summarise my work at FHTS through the words of Hellen Keller "Alone we can do so little; together we can do so much".



## Discussion Board

### Topic – Sedentary Lifestyle and Chronic Diseases



Sedentary lifestyles raise the risk of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression, and anxiety, and they double the risk of cardiovascular illnesses, diabetes, and obesity. Physical inactivity is increasingly becoming part of today's lifestyle leading to the rapid rise of cardiovascular diseases, diabetes, and obesity. Chronic diseases caused by these risk factors are now the leading causes of death in every part of the world. Maintaining a healthy lifestyle, including regular exercise and a nutritious diet, can stop the damage to one's health and help individuals lead a healthy life.



According to WHO, 60 to 85% of people across the globe lead sedentary lifestyles, making it one of the more serious yet insufficiently addressed public health problems in modern times.

Therefore, reducing sedentary behaviors and increasing physical activity are both important to improve public health and reduce risks of early death. It is best to combine a variety of cardiovascular exercises, such as running or cycling, with strength-training exercises, which can include weight training or body-weight exercises.