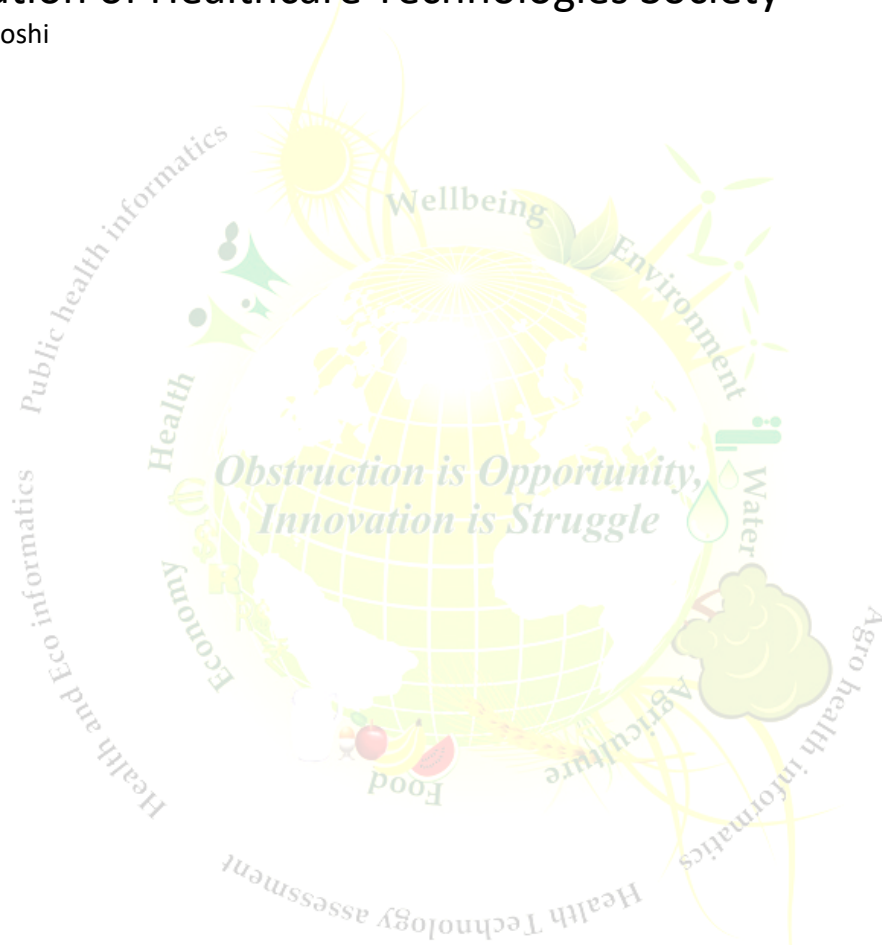


RISE AND SWASTHYA PAHAL REPORT

05/02/2020

Foundation of Healthcare Technologies Society

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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: 5th February 2020

Date: 5th February 2020

Venue: Fire Station, Residential Colony, Tahirpur

Start time: 11:30 PM

End time: 2:30 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: 18, 9

Total participants in RISE, female participants in RISE: 18, 9

Team Members: Kamalpreet, Ashok, Deepak, Radha, Faizan, Sanathoi, Hegan

Agenda of the camp

Components of the camp	Details	Material and methods used
1. Registration	<ul style="list-style-type: none"> Collection of information from the participants such as name, age, phone number and address. 	Receipt booklet
2. Measurement of height and weight	<ul style="list-style-type: none"> Height and weight was measured using standard procedures and protocols. 	Digital weighing machine, Stadiometer
3. Measurement of blood pressure and sugar	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Introduction to RISE initiative, its purpose and objectives Showcasing of rise products 	Rise products
7. Photographs	<ul style="list-style-type: none"> Clicking pictures of the event 	Camera
8. Public Health Day celebration	<ul style="list-style-type: none"> To spread awareness about health implications of drug abuse 	Poster

Observations during the camp

Table 1: Health card of the beneficiaries (n= 18)

Condition	Number of participants with the condition N (%)	Females with the condition n ^a (%)	Males with the condition n ^b (%)
Hypertension	11 (57.8)	3 (33.3)	8 (88.8)
Diabetes	2 (10.5)	1 (11.1)	1 (11.1)
Overweight /obese	12 (63.1)	6 (66.6)	6 (66.6)
Regular physical activity	11 (57.8)	2 (22.2)	9 (100)
Alcohol consumption	9 (47.3)	0 (0)	9 (100)
Smoking cigarette or <i>bidhi</i>	4 (21.0)	0 (0)	4 (44.4)

a - total females =9; b- total males = 9

Conclusion

A total of 18 beneficiaries attended the Swasthya Pahal camp organised on 5th February 2020 at Residential Colony, Fire Station, Tahirpur, New Delhi. More than half of the beneficiaries (57.8%) had hypertension (i.e. blood pressure >120mm/Hg) with higher prevalence among males (88.8%) as compared to females (33.3%). Two beneficiaries (1 male and 1 female) had high random blood sugar (> 140mg/dL). Nearly two thirds of the beneficiaries (63.1%) were overweight/obese (i.e. Body Mass Index > 24.9 kg/m²) with equal prevalence among males and females. More than half of the beneficiaries (57.8%) were engaged in regular physical activity i.e. at least 4 times in a week with higher proportion of males as compared to females. Some of the beneficiaries reported lack of time as the main barrier for not being able to exercise regularly.

Slightly less than half of the beneficiaries (47.3%) consumed alcohol and nearly one fifth of the beneficiaries (21%) smoked *bidhi* or cigarette, though the quantity and frequency of smoking and drinking alcohol varied widely among the beneficiaries. All the beneficiaries found the swasthya pahal initiative useful and very helpful.

Comments

- On the day's camp, most of the beneficiaries were taking only medicines for managing hypertension and diabetes. They did not modify their diet.
- Most of the beneficiaries were in overweight and obese categories.
- Regular physical exercise was reported in very few females as compared to males.

- In today's Swasthya Pahal beneficiaries were cordial.
- Overall the beneficiaries reported the camp to be very good and useful for them. They gave us feedback comments such as "very good" and "excellent".
- Most of them are either in contemplative stage or in action stage in adopting healthy behaviors

Details of RISE products sold during the camp: Eighteen participants (9 females) viewed RISE products on the day. They mostly viewed earrings and t-shirts. Details of RISE products sold during the camp are mentioned in the table below.

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

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

