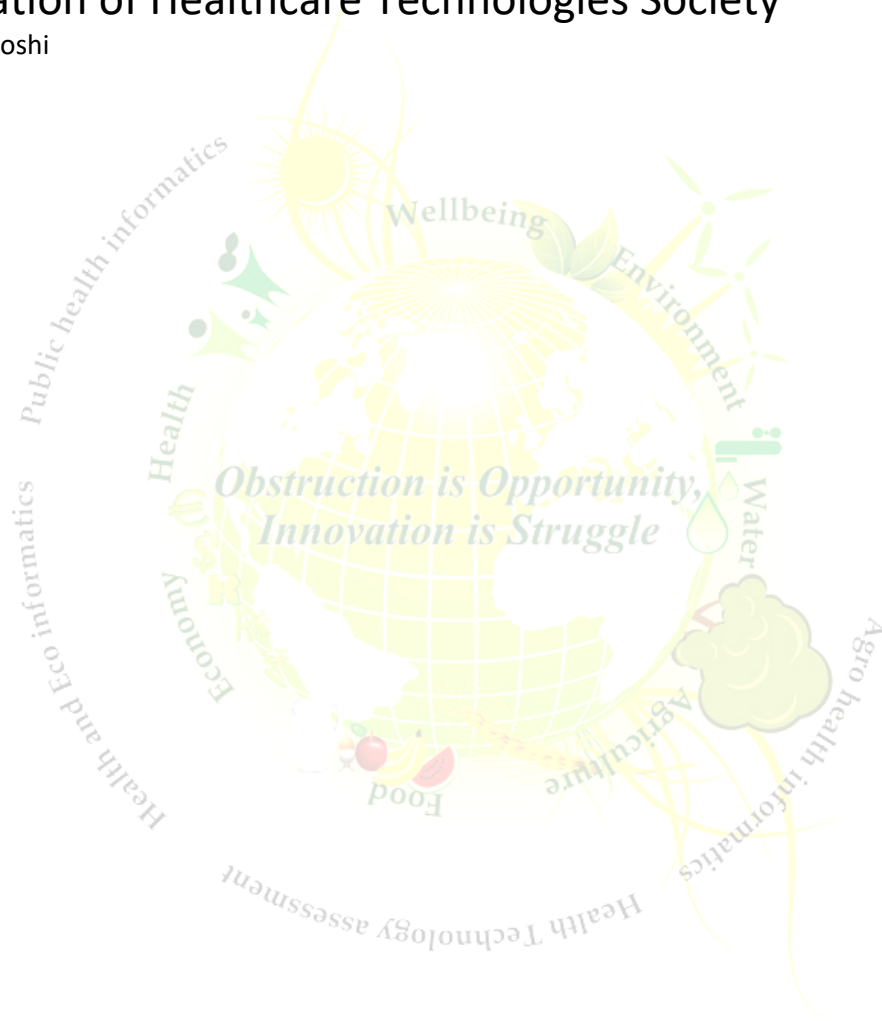


# RISE AND SWASTHYA PAHAL REPORT

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Foundation of Healthcare Technologies Society

Dr. Ashish Joshi



## 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: 7<sup>th</sup> February 2020**

**Date:** 7<sup>th</sup> February 2020

**Venue:** Bus Depot, Seemapuri, Dilshad Garden, New Delhi

**Start time:** 10:30 AM

**End time:** 3:45 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:** 79, 14

**Total participants in RISE, female participants in RISE:** 66, 13

**Team Members:** Kamalpreet, Harpreet, Ashok, Deepak, Radha, Faizan, Sanathoi, Grecy, Pate, Shruti, Akanksha

### 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
8. Public Health Day celebration	<ul style="list-style-type: none"> <li>To spread awareness about health implications of drug abuse</li> </ul>	Poster

## Observations during the camp

**Table 1:** Health card of the beneficiaries (n=79)

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	58 (73.4)	10 (71.4)	48 (73.8)
Diabetes	10 (12.6)	1 (7.1)	9 (13.8)
Overweight /obese	32 (40.5)	4 (28.5)	28 (43.0)
Regular physical activity	26 (32.9)	8 (57.1)	18 (27.6)
Alcohol consumption	28 (35.4)	0 (0)	28 (43.0)
Smoking cigarette or <i>bidhi</i>	28 (35.4)	0 (0)	28 (43.0)

a - total females = 14; b- total males = 65

## Conclusion

A total of 79 beneficiaries attended the Swasthya Pahal camp organised on 7<sup>th</sup> February 2020 at Bus Depot, Seemapuri, Dilshad Garden, New Delhi. Nearly three fourths of the beneficiaries (73.4%) had hypertension (i.e. blood pressure >120mm/Hg) and more than a tenth of the beneficiaries (12.6%) had high random blood sugar (> 140mg/dL). Forty percent beneficiaries were overweight/obese (i.e. Body Mass Index > 24.9 kg/m<sup>2</sup>) and only one third of the beneficiaries (32.9%) 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.

More than one third of the beneficiaries (35.4%) consumed alcohol and same number of beneficiaries were smoking *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

- One of the beneficiaries attended the Swasthya pahal conducted in this place before and he reduced the smoking to half after attending the Swasthya Pahal. He said he will quit it entirely.
- In today's Swasthya Pahal beneficiaries were receptive to the counselling given.
- They found it very useful and gave comments such as "very good" and "excellent".

- Most of beneficiaries were in contemplative stage of adopting healthy behaviors while some were in action stage.

#### **Misconceptions among beneficiaries observed during the camp:**

- There was a misconception among most of the beneficiaries that Jaggery consumption is not harmful for a person with diabetes and hence most of the diabetics were consuming jaggery regularly without any restrictions.
- Another misconception was about Iodine salt. In their opinion Iodine is not good for health so they were not consuming Iodized salt.

**Details of RISE products sold during the camp:** Sixty six males and 13 females viewed RISE products on the day. They mostly viewed earrings, pouches and t-shirts. None of the RISE products were sold during the camp day.

