

Foundation of Healthcare Technologies Society  
321, 322, 323 Somdutt Chamber-2, Bhikaji cama place, New Delhi-110066  
Phone 91- 8288004611/ 91- 8447292004 Website: fhts.ac.in  
Registration No.: S/877/SDM/NW/2012



# Foundation of Healthcare Technologies Society

---

## RISE AND SWASTHYA PAHAL REPORT

## 2022

Date: 09/12/2022

Place: Delhi Fire Station, HQ, Barakhamba Road, New Delhi | Time: 10:30 am to 03:30 pm

## **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:** 9<sup>th</sup> December 2022

**Venue:** Delhi Fire Station, HQ, Barakhamba Rd, New Delhi

**Start time:** 10:30 AM

**End time:** 03:30 PM

**Number of beneficiaries:** 46

**Team Members:** Dr. Harpreet Kaur, Mamta Kushwaha, Mansi Shukla, Sushmi Wilson and Ashok Kumar

**Table 1: Implementation of RISE and 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
Research, Innovation, Skills, Entrepreneurship (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
Photographs	<ul style="list-style-type: none"> <li>Clicking pictures of the event.</li> </ul>	Camera

**Table 2: Health status of beneficiaries screened (n=46)**

Health conditions screened	Number of participants with the condition (n)
Prehypertension/ Hypertension (blood pressure $\geq 120/80$ mmHg)	37
High Random Blood Sugar ( $\geq 140$ mg/dL)	7
Overweight/obese (Body Mass Index $\geq 25$ kg/m <sup>2</sup> )	29
Regular physical activity ( $>4$ times/week)	27

### Observations

A total of 46 beneficiaries (42 males and 4 females) attended the Swasthya Pahal camp organised on 9<sup>th</sup> December 2022 at Delhi Fire Station, HQ, Barakhamba Road, New Delhi. Out of the forty-six beneficiaries, majority (n=37) had higher blood pressure than normal. Seven of them had high random blood sugar. More than half of them were found to be overweight/obese (n=29), and most of them (n=27) were engaged in regular physical activity.

### Additional Comments

- Beneficiaries were aware of healthy eating and lifestyle practices.
- Beneficiaries found personalized and detailed counselling to be very useful.
- Beneficiaries reported their job profile as a barrier for regular physical activity.

**Number of beneficiaries enrolled in follow up counselling program:** More than half of the beneficiaries (n=24) expressed their interest to receive informative messages for diet and lifestyle management. Out of these twenty-four beneficiaries, majority of them opted to receive messages on a weekly basis (n=21), whereas only three opted to receive messages on a daily basis.

**Details of RISE exhibition:** RISE stands for Research, Innovation, Skills, and Entrepreneurship. The aim of the RISE initiative is to empower girls and women from urban slums. Women are trained to develop their natural talent to make them employable and self-reliant, to fit in an office environment with a paid stipend.

An exhibition of the products: pouches, tiffin bags, mask, jute bags, and t-shirts made by women of the urban slum was organised at Delhi Fire Station, HQ, Barakhamba Rd, New Delhi

## Photo Gallery



*Picture 1: Anthropometric Measurement*



*Picture 2: Measurement of blood glucose*



*Picture 3: Measurement of Blood Pressure*



*Picture 4: Diet counselling being given to the beneficiary*



*Picture 5: Certificate of participation being given to a beneficiary*



*Picture 6: A beneficiary with all green Health Card*

## 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>RISE</b>	Research Innovation Skill Entrepreneurship
6.	<b>SMAART</b>	Sustainable Multisectoral Accessible Affordable Reimbursable Tailored

## Annexure I

<b>Blood Pressure</b>	
<120/80 mmHg	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