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

## SWASTHYA PAHAL REPORT

2023

Date: 24/01/2023

Place: Sonia Gandhi Camp, Naraina Vihar, Delhi Time: 11:00 am to 02:30 pm

Number of total beneficiaries: 18 Number of total female beneficiaries: 11



#### 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: 24<sup>th</sup> January 2023 Venue: Sonia Gandhi Camp, Naraina Vihar, Delhi Start time: 11:00 AM End time: 02:30 PM Number of beneficiaries: 18 Team Members: Gaurav Kumar, Jyoti Pali, Mamta Kushwaha and Sakshi Mandawaria

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Components of the camp	Details	Material and methods used	
Registration	• Collection of information from the participants such as name, age, phone number and address.	Receipt booklet	
Measurement of height and weight	• Height and weight were measured using standard procedures and protocols.	Digital weighing machine, stadiometer	
Measurement of blood pressure and sugar	• Blood pressure and blood sugar were measured using standard procedures and protocols.	Digital machines for measuring blood pressure and blood sugar, lancet, strips, cotton swabs, spirit	
Portable Health Information Kiosk (PHIK)	<ul> <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> <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> <li>Clicking pictures of the event.</li> </ul>	Camera	

#### Table 1: Implementation of Swasthya Pahal



Health conditions screened	Number of participants with the condition (n)
Prehypertension/ Hypertension (blood pressure ≥120/80 mmHg)	10
High Random Blood Sugar (≥140mg/dL)	8
Overweight/obese (Body Mass Index $\ge 25 \text{ kg/m}^2$ )	8
Regular physical activity (>4 times/week)	2

#### Table 2: Health status of beneficiaries screened (n=18) Image: Comparison of the status of the s

#### Observations

A total of 18 beneficiaries (7 males and 11 females) attended the Swasthya Pahal camp organised on  $24^{\text{th}}$  January 2023 at Sonia Gandhi Camp, Naraina Vihar, Delhi. Out of eighteen beneficiaries, more than half (n=10) had higher blood pressure than normal. Nearly half of them (n=8) had high random sugar. Nearly half of them were found to be overweight/obese (n=8), and only two beneficiaries were engaged in regular physical activity.

Number of beneficiaries enrolled in follow up counselling program: Majority of the beneficiaries (n=16) expressed their interest to receive informative messages for diet and lifestyle management. Majority of them (n=12) opted to receive messages on a weekly basis and only four opted to receive messages on a daily basis.

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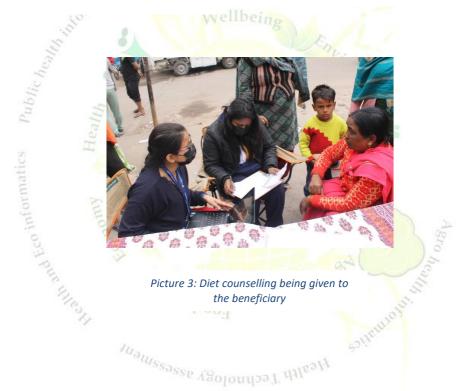
## **Photo Gallery**



Picture 1: Registration



Picture 2: Measurement of Blood Sugar





## List of Abbreviations

S. No.		Abbreviation	
1.	ICT	Information Communication Technology	
2.	MetS	Metabolic Syndrome	
3.	NCD	Non-Communicable Diseases	
4.	РНІК	Portable Health Information Kiosk	
5.	SMAART	Sustainable Multisectoral Accessible Affordable	
	ematics	Reimbursable Tailored	

## Annexure I

Blood Pressure		
<120/80 mmHg	Normal Dortunity.	
≥120/80 mmHg	Prehypertension	
≥140/90 mmHg	Hypertension	
Blood Glucose	C Lan	
<140 mg/dl	Normal	
≥140 mg/dl	High Blood Glucose	
BMI 😽	Pool Pour	
<18.5 May 113	Underweight	
18.5 to 24.9	Normal	
25 to 29.9	Overweight	
≥30	Obese	