

3 GOOD HEALTH AND WELL-BEING



GOAL
03

#SDGs



GOOD HEALTH AND WELL BEING

Ensure healthy lives and promote well-being for all at all ages

WHAT IS THE GOAL?

TO ENSURE HEALTHY LIVES AND PROMOTE WELL BEING FOR ALL AGES.

HEALTH AND WELLNESS IS ABOUT EACH INDIVIDUAL'S RESPONSIBILITY TO THEMSELVES TO MAKE GOOD CHOICES, AND PROACTIVE AND PREVENTATIVE APPROACHES TO HEALTH THAT SUPPORT OPTIMUM LEVELS OF PHYSICAL, EMOTIONAL AND SOCIAL FUNCTIONING

TARGETS:

- ▶ REDUCE MATERNAL MORTALITY
- ▶ END ALL PREVENTABLE DEATHS UNDER 5 YEARS OF AGE
- ▶ FIGHT COMMUNICABLE DISEASES
- ▶ REDUCE MORTALITY FROM NON-COMMUNICABLE DISEASES AND PROMOTE MENTAL HEALTH
- ▶ PREVENT AND TREAT SUBSTANCE ABUSE
- ▶ REDUCE ROAD INJURIES AND DEATHS
- ▶ UNIVERSAL ACCESS TO SEXUAL AND REPRODUCTIVE CARE, FAMILY PLANNING AND EDUCATION
- ▶ ACHIEVE UNIVERSAL HEALTH COVERAGE
- ▶ REDUCE ILLNESSES AND DEATH FROM HAZARDOUS CHEMICALS AND POLLUTION

GOVERNMENT POLICIES AND ACTIONS:

- ▶ The Indian government adopted the National Health Policy in March 2017
- ▶ Government proposes to set up an Ayurveda hospital in each district with the assistance of the Ayush ministry
- ▶ Opening a new medical college for every three to four parliamentary constituencies
- ▶ Ayushman Bharat– Pradhan Mantri Jan Arogya Yojana (PMJAY) that provides insurance cover of Rs 5 lakhs per annum for secondary and tertiary care hospitalisation to more than 10 crore poor and vulnerable families across the country.
- ▶ Millennium Development Goals helps in reducing child mortality, improving maternal health and fighting HIV/AIDS, Malaria and other diseases.

Main areas of focus:

1. Communicable and Non-Communicable Disease
2. Healthcare
 - ▶ Physical
 - Sanitation
 - ▶ Mental



COMMUNICABLE DISEASE

MALARIA

TUBERCULOSIS

HIV AND AIDS

MEASLES

POLIO

NON-COMMUNICABLE DISEASE

HEART DISEASE

CHRONIC LUNG DISEASE

CANCER

DIABETES

ASTHMA

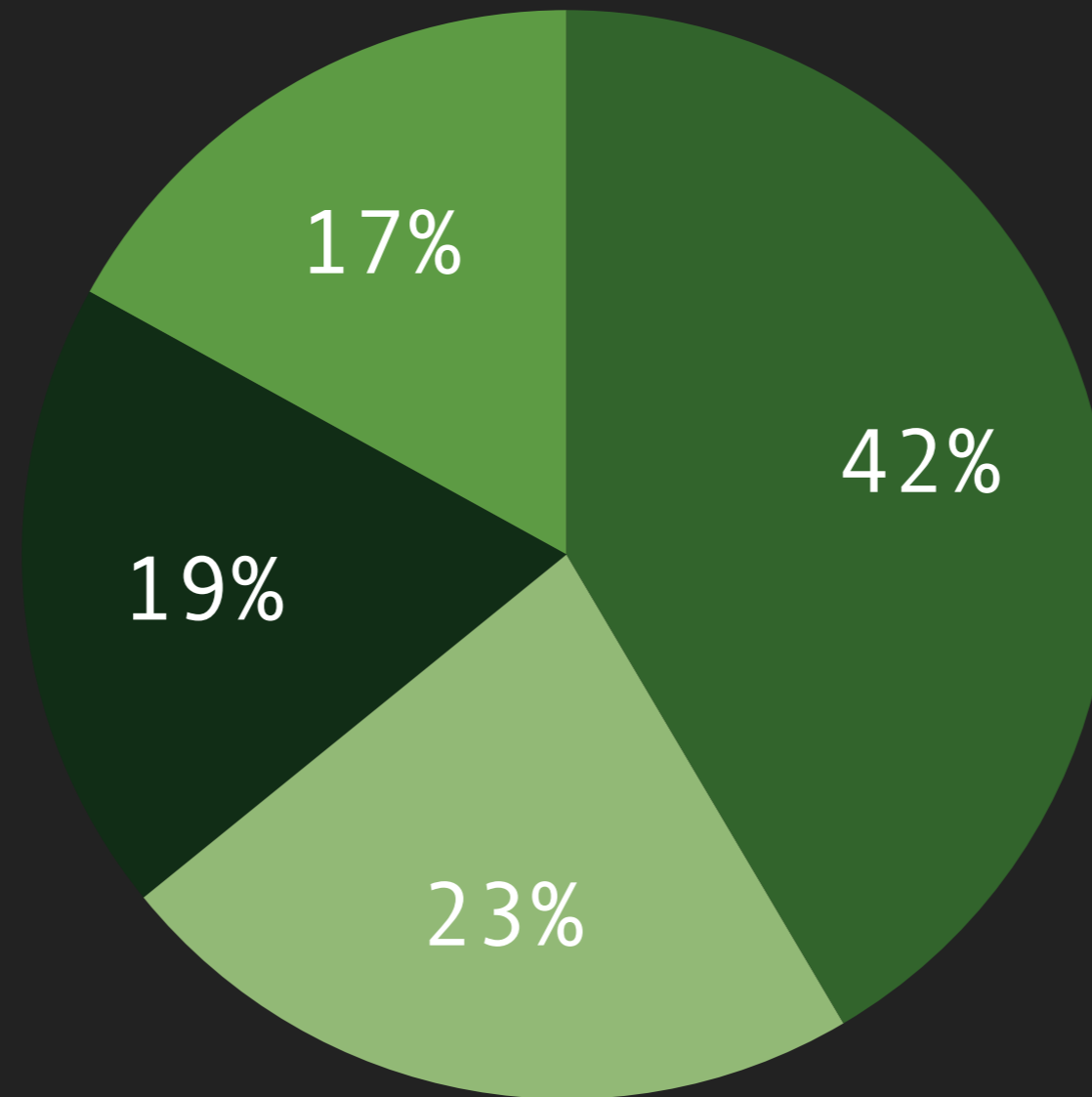
CAUSED DUE TO UNHYGIENIC
SURROUNDINGS

```
graph TD; A[COMMUNICABLE DISEASE] --- B[MALARIA]; A --- C[TUBERCULOSIS]; A --- D[HIV AND AIDS]; A --- E[MEASLES]; A --- F[POLIO]; G[NON-COMMUNICABLE DISEASE] --- H[HEART DISEASE]; G --- I[CHRONIC LUNG DISEASE]; G --- J[CANCER]; G --- K[DIABETES]; G --- L[ASTHMA]; M[CAUSED DUE TO UNHYGIENIC SURROUNDINGS] --> B; M --> C; M --> D; M --> E; M --> F; M --> H; M --> I; M --> J; M --> K; M --> L;
```

Communicable Diseases

MALARIA

IT IS ONE OF THE MOST COMMON DISEASE IN INDIA. MALARIA IS A SERIOUS DISEASE CAUSED AND SPREAD DUE TO A INFECTED MOSQUITO BITE.



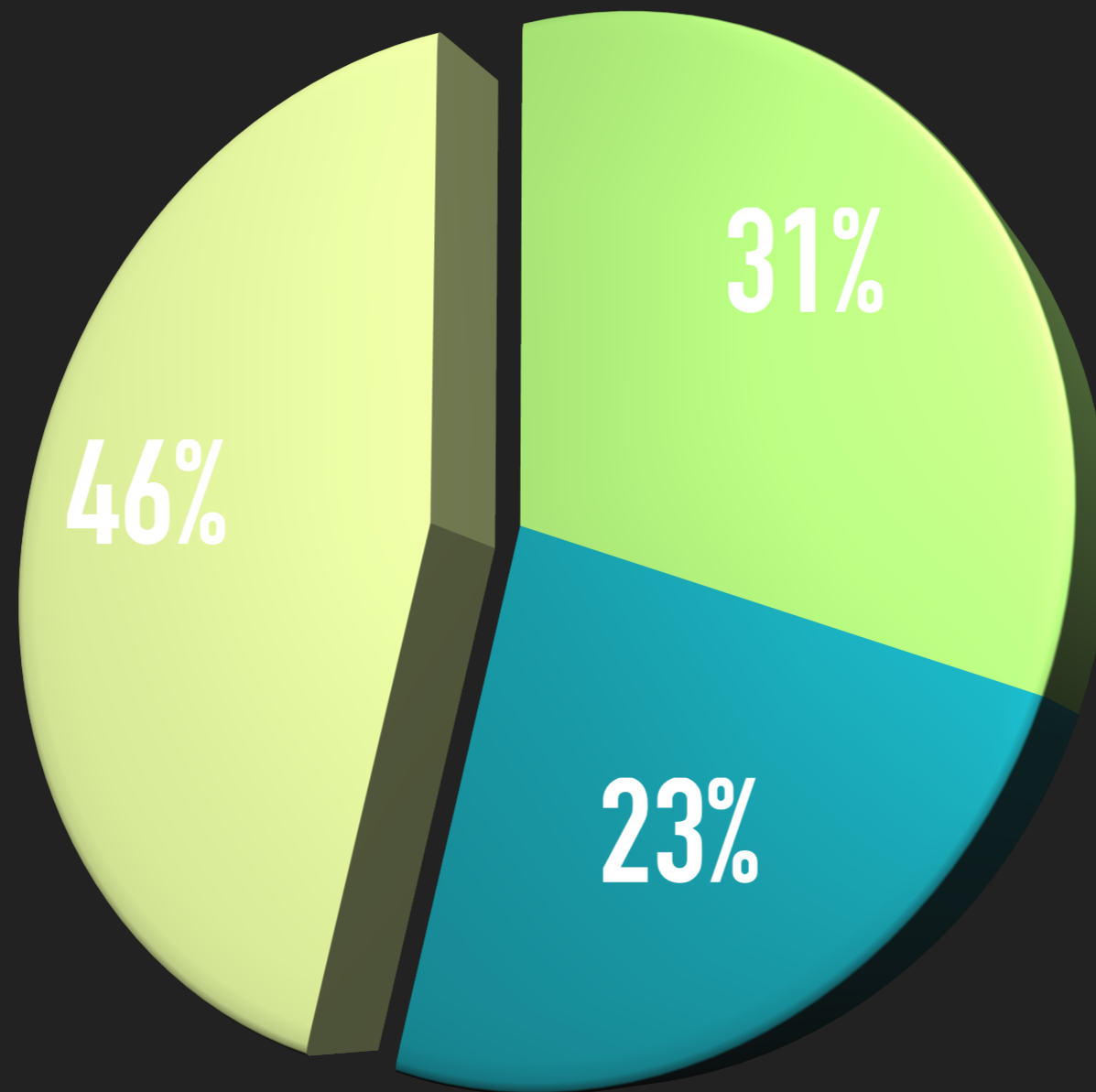
- People who had malaria
- Someone in family had malaria

- People who didn't have malaria
- Death caused by Malaria

Non-Communicable Diseases

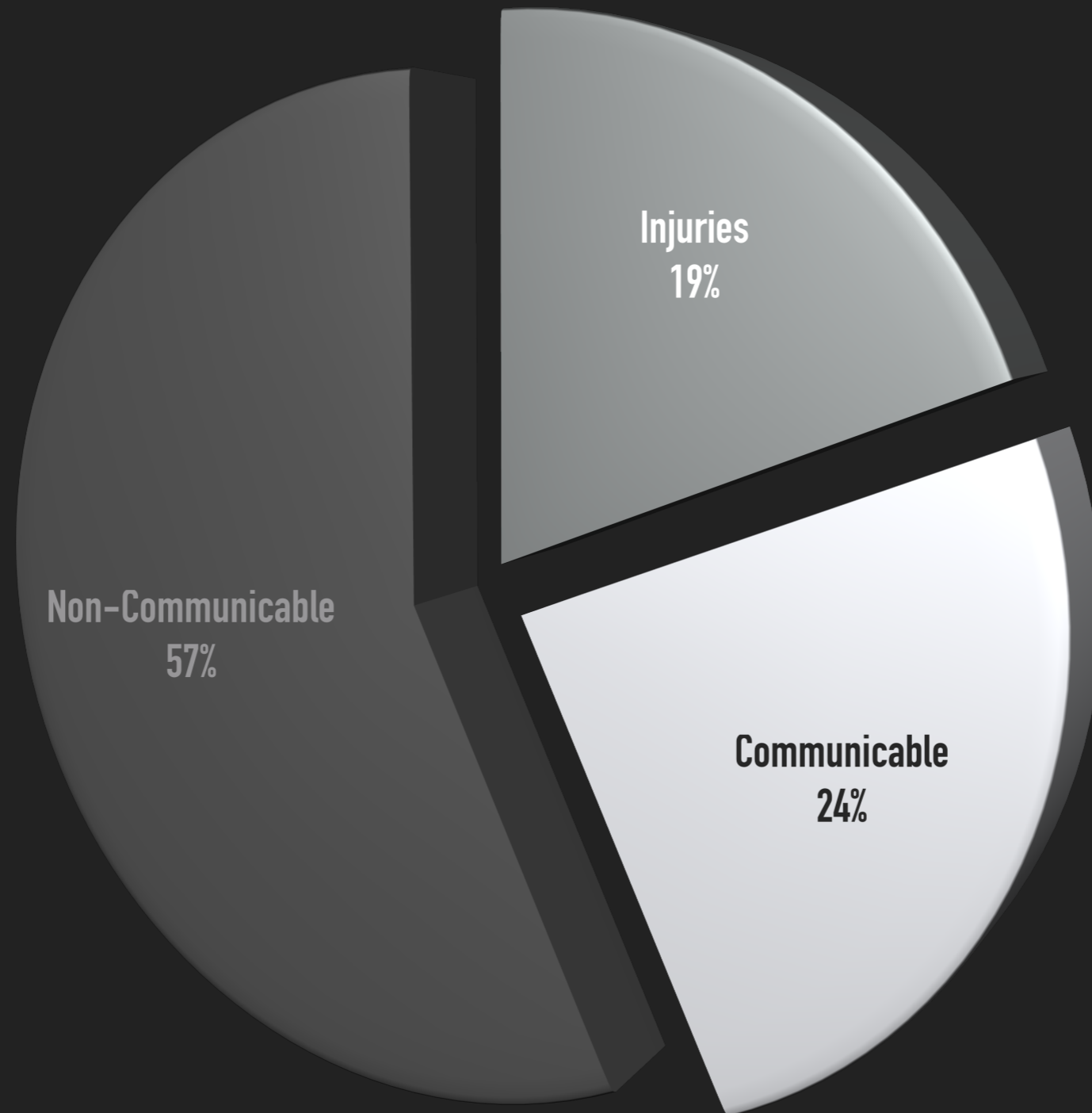
CHRONIC LUNG DISEASE

THIS PIE CHART AS A WHOLE SHOWS THE TOTAL NUMBER OF PEOPLE SUFFERING FROM LUNG DISEASES.



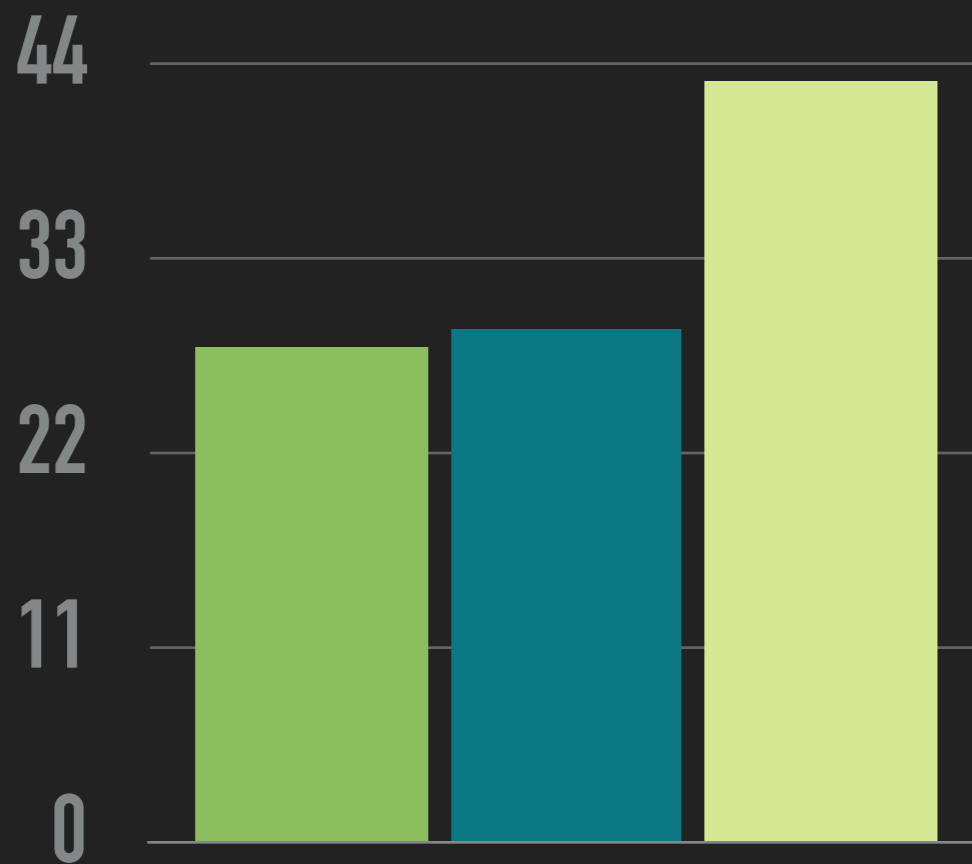
● Smokers ● Passive Smokers ● Air Pollution

DISEASE BURDEN ESTIMATES-2020

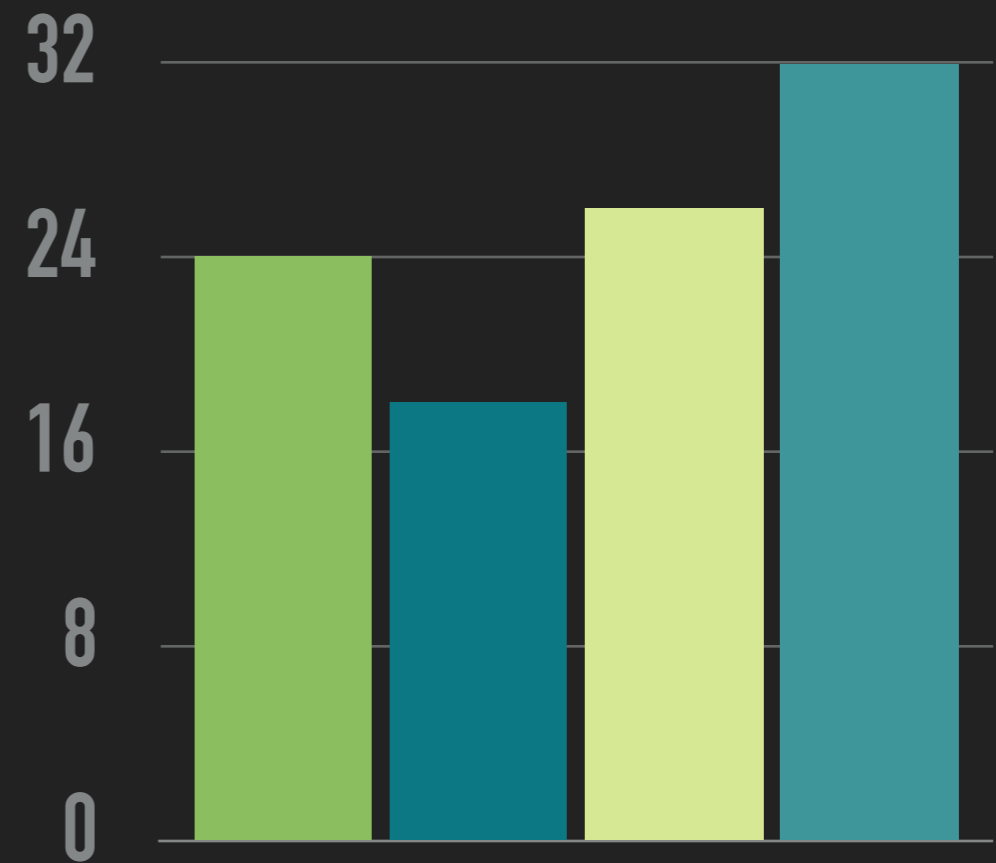


Ministry of Women and Child Welfare

PHYSICAL HEALTH INCLUDES

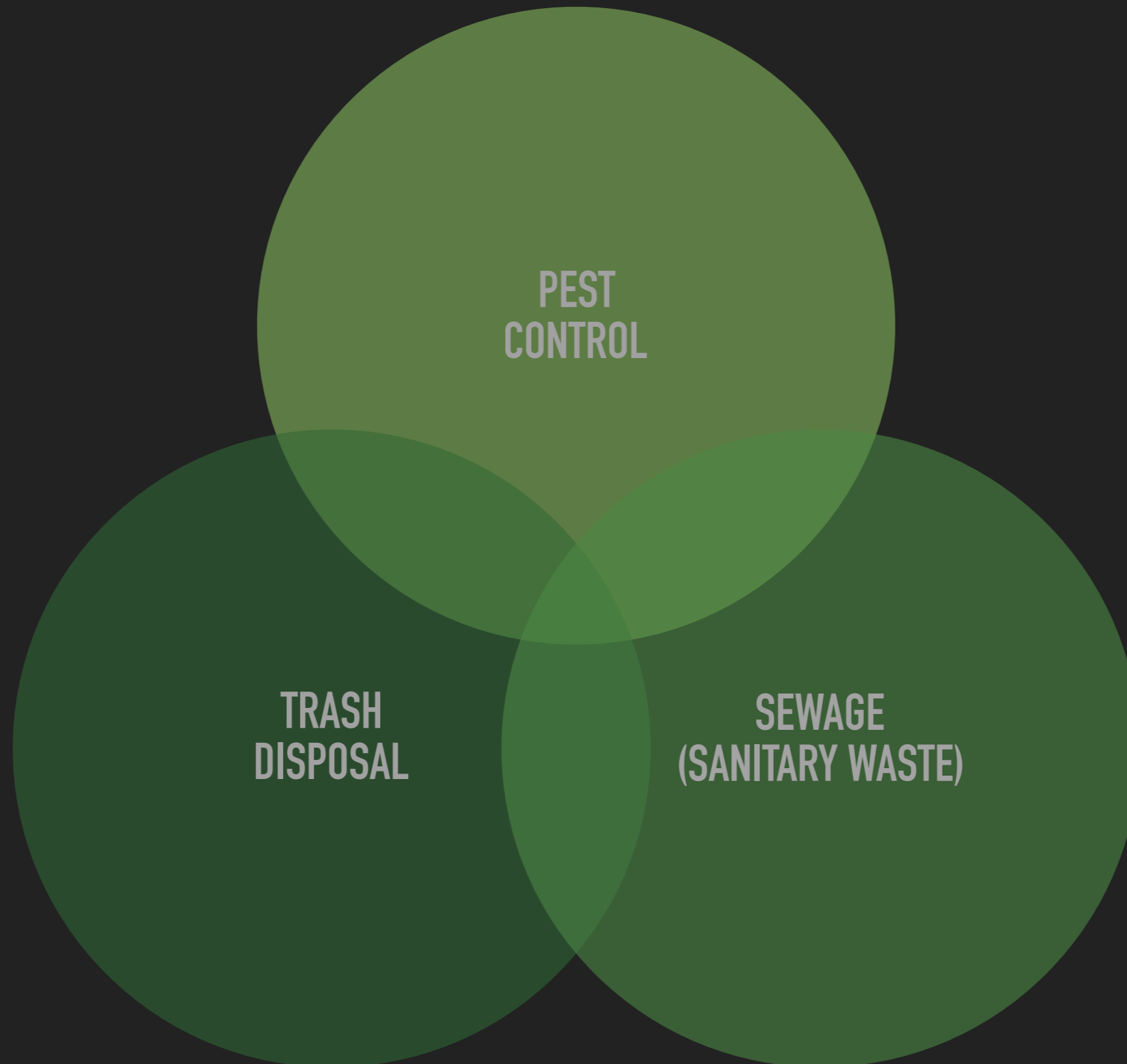


Yes No Sometimes



Daily Thrice a week Once a week Never

SANITATION



Basic 3 things every house in my building does
for Cleanliness and Sanitation

MENTAL HEALTH

- ▶ Often it is presumed that mental health's not really a major issue, little does the society realise that without us being mentally fit there is no place we can go. For our surroundings to be clean we must focus both of mental and physical health.
- ▶ For example, if someone has depression (mental health is at it worst), he / she wont feel like doing any sort of activity that involves human interaction and hence they push people away or moving from one place to another which in turn makes them physically weak and hence forces them to live among unclean spaces. The vibe around them becomes extremely low and sad and dark. The area around them is often filled with loneliness and the wish to be left alone.
- ▶ Mental and physical health also depends on the people we are surrounded by. If the people around us are unhappy or constantly complaining or sad about something we automatically pick up the same habits. If the people around us are lazy and prefer sitting in one place and refuse to engage in any form of physical activities we become like that even if we choose not to because of the time we spend with them.
- ▶ Did you know India accounts for 36.6 percent of suicides globally, and that suicide has surpassed maternal mortality as the leading cause of death among women and teenage girls aged 15–19 years?

Questionnaire

1. How old are you?

- 0-18

- 18-25

- 25-60

- Above 60

2. How many people live in your house?

3. How many kids live in your house?

4. Do you take proper care of your health and well-being?

- Yes

- No

5. Which diet do you follow?

- Vegan

- Plegan

- Vegetarian

- Non- Vegetarian

6. Do you consume any of the following daily or occasionally?

- Alcohol

- Tobacco

- Hookah

- Cigarette

- Marijuana

- None

7. How many times do you consume packaged/junk food in a week?

8. Are you aware of the vaccinations that were given to you as a child?

9. Does your family consider family planning? How many kids do they think a couple should have?

10. Have you ever received proper sex education through any source?

- Yes

- No

11. Do you think that there needs to be proper sex education in India?

- Yes

- No

12. Do you follow the traffic and safety rules laid down by the government?

- Yes

- No

13. Are you aware of the basic measure in order to prevent the spread of communicable diseases?

- Yes

- No

14. Do you do any of the following forms of exercise throughout your day?

- Walking

- Running

- Climbing Stairs

- Yoga

- Gym

- Cross-fit

- None

15. When was the last time you got a full-body check-up?

- 1-3 Months

- 3-6 Months

- 6-12 Months

- it's probably been more than a year

16. What things do you do in particular to take care of your health? And your family's health?