



Good Health and Well-being

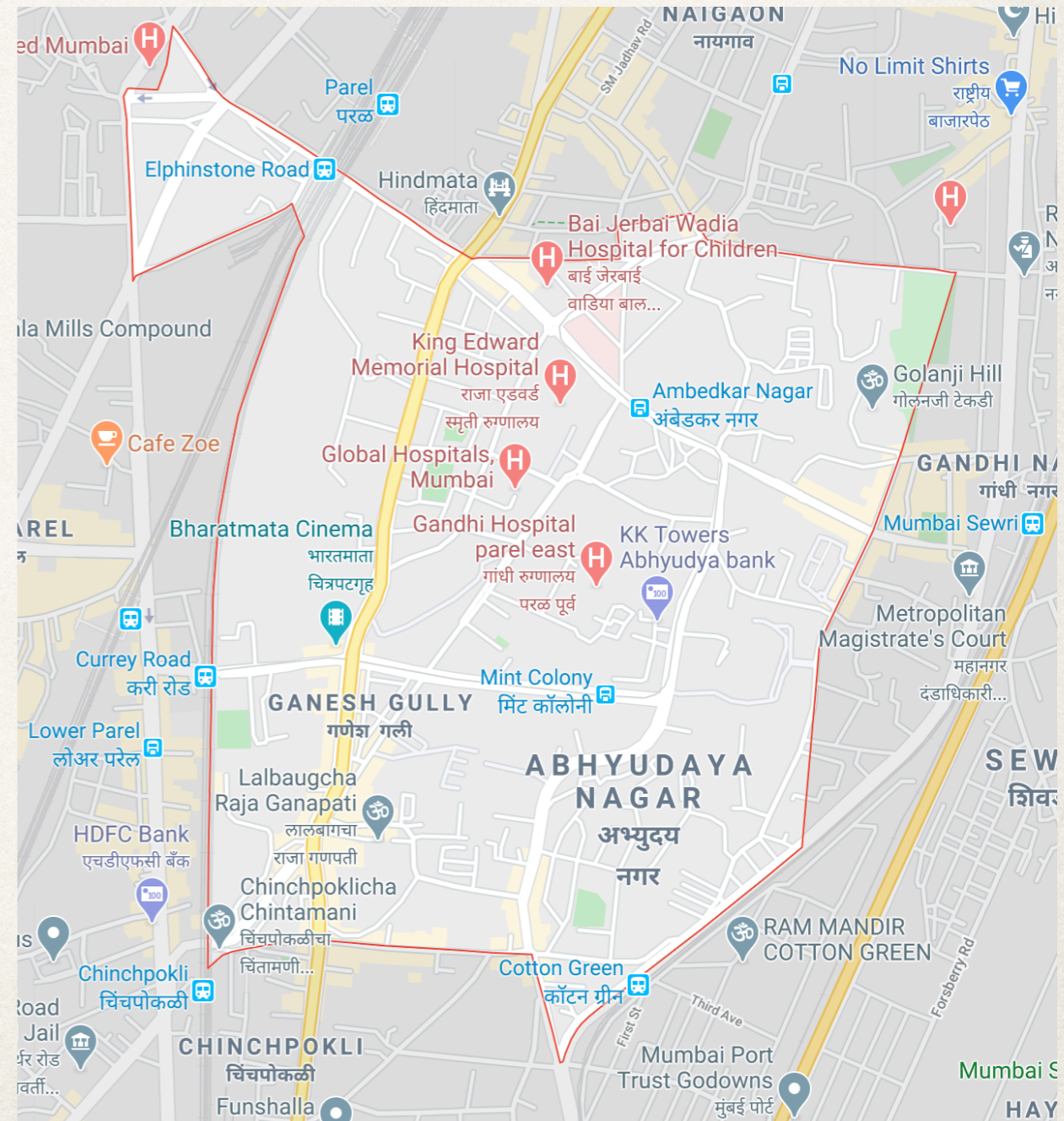


Prekshika Todi
Section - H

Sustainable Systems

Macro Level Research of “Parel”

We worked around the area near Crescent Bay, Parel.



Residential Areas (All distances are measured from Crescent Bay) ••

- ❖ Lodha trump tower (4.8 kms)
- ❖ Raheja Atlantis (4.3 kms)
- ❖ Raheja Imperia I (3.6 kms)
- ❖ Ahuja Towers (3.4 kms)
- ❖ Rishabh Tower (2.8 kms)
- ❖ Indiabulls Sky (2.7 kms)
- ❖ Shatrunjay Tower (1.9 kms)
- ❖ Rupel Ariana (650 mts)

Hospitals (All distances are measured from Crescent Bay) :

- ❖ Mahatma Gandhi Memorial Hospital (2.2 kms)
- ❖ Sameer Dikshit's Maternity and Gynac Hospital (2.1 kms)
- ❖ Bai Jerbai Wadia Hospital for Children (2.1 kms)
- ❖ Naigaon Maternity Municipal Hospital (1.8 kms)
- ❖ Global Hospitals (1.7 kms)
- ❖ King Edward Memorial Hospital (1.4 kms)
- ❖ Gadre Hospital (1.2 kms)
- ❖ Nowrosjee Wadia Maternal Hospital (1.2 kms)
- ❖ Parel Hospital (850 Mts)
- ❖ Group of Tuberculosis Hospitals (800 Mts)

Schools (All distances are measured from Crescent Bay) :

- ❖ Jai Vakeel School (3.3 kms)
- ❖ ISDI/ISME (2.6 kms)
- ❖ Mumbai Veterinary College (2.1 kms)
- ❖ Maharshi Dayanand College of Arts, Science and Commerce (2 kms)
- ❖ College of Physicians and Surgeons of Mumbai (1.7 kms)
- ❖ JBCN International School (1.7 kms)
- ❖ College Building KEM (King Edward Memorial) (1.6 kms)

Commercial Areas (All distances are measured from Crescent Bay) •

- ❖ Palladium Mall (4.2 kms)
- ❖ Kamla Mills (4 kms)
- ❖ Bhoiwada Fish Market (1.3 kms)
- ❖ Dadar Flower Market (650 ms)
- ❖ Apna Supermarket (600 ms)

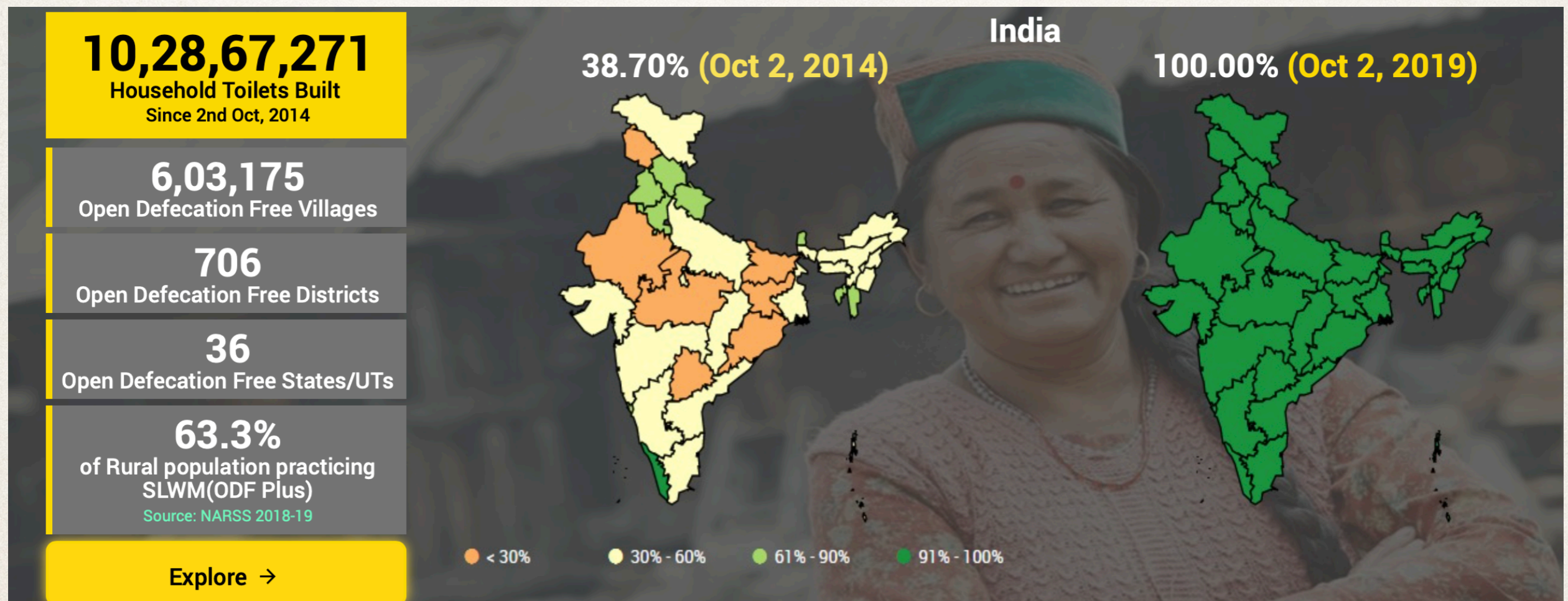
Problem Identification

- ❖ There are more than 10 hospitals in a less than 2.5 km radius around Crescent Bay.
- ❖ We found out through our research that the areas around these hospitals are not as clean as they need to be.
- ❖ There are waste disposal practices in the open around these hospitals, which could be much harmful.
- ❖ We have attached images on the next slide.



Case Study 1

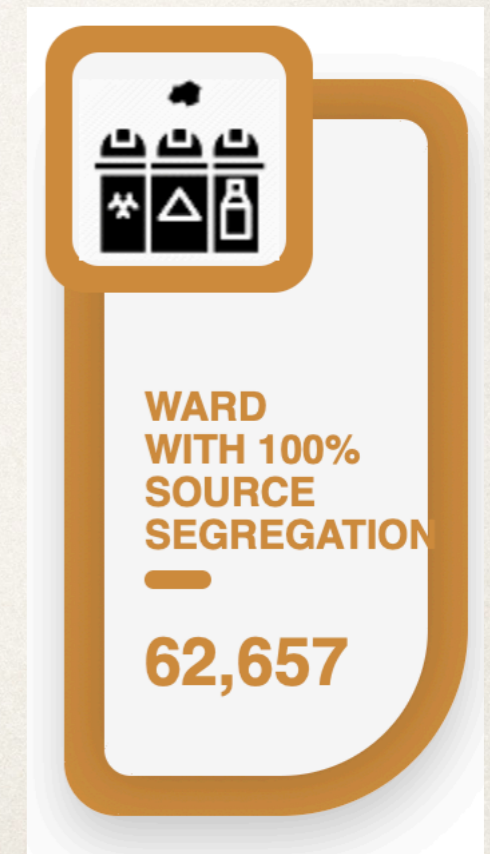
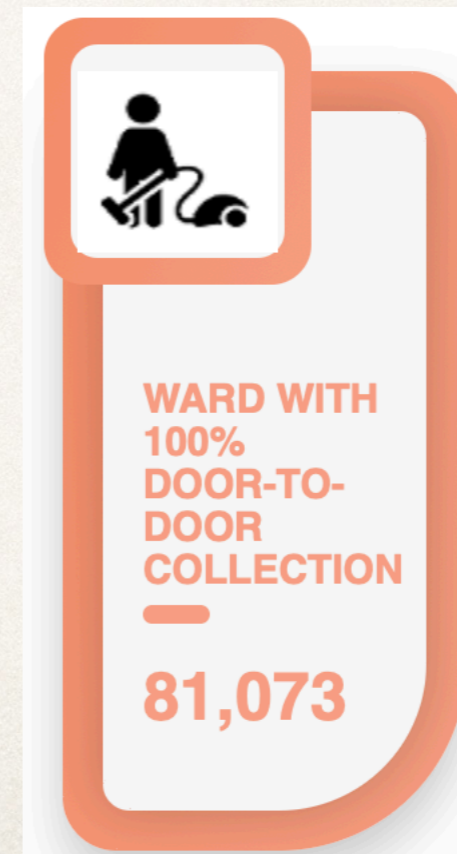
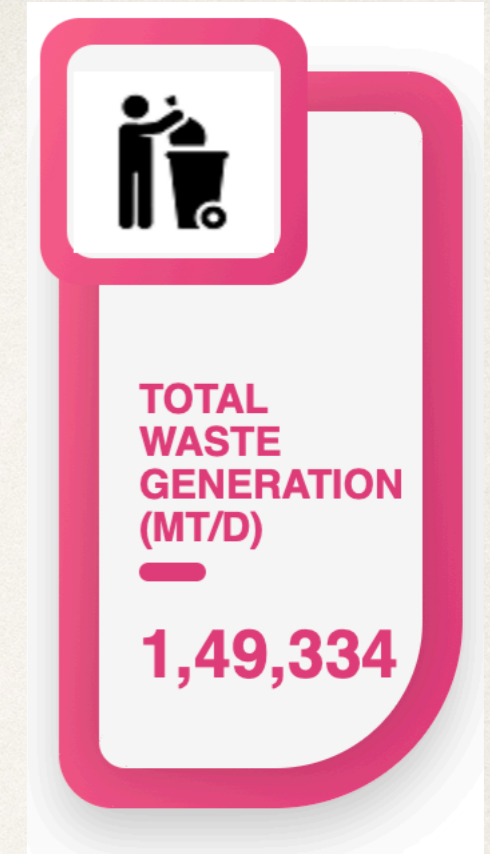
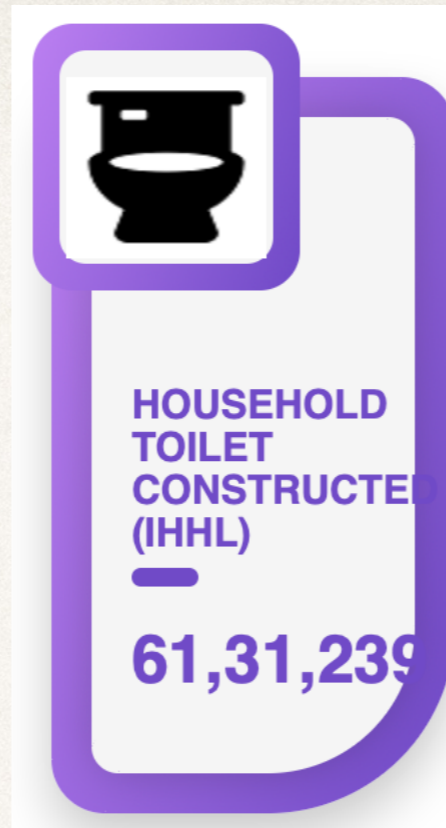
Swatch Bharat Abhiyan



- ❖ Stakeholder: Ministry of Housing & Urban Affairs, Ministry of Drinking Water & Sanitation, citizens of India.

- ❖ While policy measures can play a key role in ensuring universal sanitation, nothing can replicate the **impact of a behavioural change in the citizens of the country.**
- ❖ Core objective of the Mission is to **“accelerate universal sanitation coverage and to put focus on sanitation.”**
- ❖ The overall mission has two sub-missions:
 - 1. SBM (Gramin)**
 - 2. SBM (Urban).**
- ❖ SBM Urban targets urban areas, which are expected to be **home to 660 million Indians by 2050.** As of 2016, India had 33% of the total population living in urban areas. The population of urban India is expected to increase to 600 million by 2031.

Existing Situation (2019 statistics)



Policies implemented

- ❖ National Urban Sanitation Policy

Statistics- 12.04 million (7.87 %) Urban households do not have access to latrines and defecate in the open. 5.48 million (8.13%) Urban households use community latrines and 13.4 million households (19.49%) use shared latrines. 12.47 million (18.5%) households do not have access to a drainage network. 26.83 million (39.8%) households are connected to open drains. The status in respect of the urban poor is even worse. The percentage of notified and non-notified slums without latrines is 17 percent and 51 percent respectively.

- ❖ National Urban Health Mission

Statistics-

Hospital Hygiene- Swachh Bharat Abhiyan

- ❖ Maintenance of the hygiene and cleanliness of health facilities is not only related to aesthetics and patient satisfaction, but it also **reduces the incidence of Hospital Acquired Infections (HAI)**.

Key factors contributing to unhygienic conditions in health care facilities:

- ❖ Gaps in human resources intended to maintain cleanliness- relates to numbers as well attitudes and motivation level
- ❖ Obsolete Equipment, consumables and erratic Supplies.
- ❖ Inappropriate facility design.
- ❖ Poor infrastructure, non-availability of 24x7 water & power supply.
- ❖ Lack of community ownership of the facility for the upkeep & maintenance.



Note: Often, many of contagious/ communicable diseases spread by more than one route. The figure shows only a few of the many diseases that may be transmitted in a health facility.

Bibliography

- ❖ <http://swachhbharaturban.gov.in>
- ❖ <https://sbm.gov.in/sbmReport/home.aspx>
- ❖ <http://vikaspedia.in/health/nrhm/national-health-policies/national-health-policy-2017>
- ❖

Case Study 2

The Movement for Global Mental Health

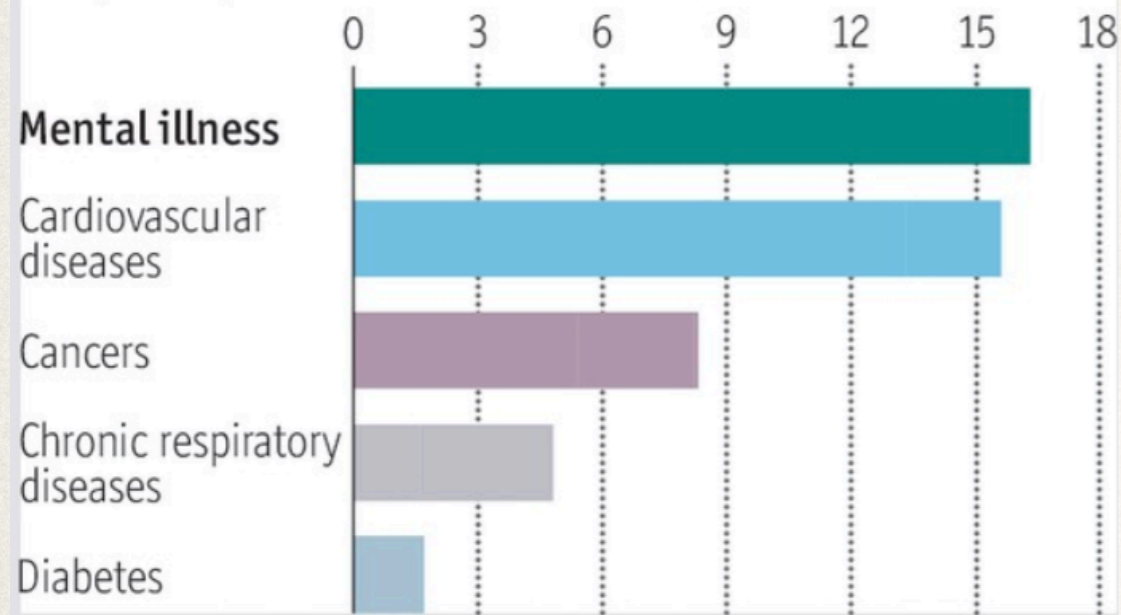
- ❖ The Movement for Global Mental Health launched on 10 October 2008, is a coalition of individuals and institutions committed to collective actions that aim to close the treatment gap for people living with mental disorders worldwide.
- ❖ The Movement focuses on those populations where the gaps are the largest: among people living in **low-income and middle-income (LAMI) countries**.
- ❖ The Movement seeks to promote actions based on two fundamental principles:
 1. Evidence on effective treatments
 2. The human rights of people with mental disorders.

Existing Situation

- ❖ The most striking inequity is that concerning the disparities in provision of care and respect for human rights of people living with mental disorders between rich and poor countries.
- ❖ Low and middle income countries (LMIC) are **home to over 80% of the global population, but command less than 20% of the share of the mental health resources.**
- ❖ The consequent 'treatment gap' is in itself a contravention of basic human rights –**more than 75% of those identified with serious anxiety, mood, impulse control or substance use disorders** in the World Mental Health surveys in LMICs received no care at all, despite substantial role disability.
- ❖ In sub-Saharan Africa the **treatment gap** for schizophrenia and other psychoses can **exceed 90%**.
- ❖ Even where treatment is provided, far too often this falls far below minimum acceptable standards. Failure to provide basic necessities such as adequate nourishment, clothing, shelter, comfort and privacy, unauthorised and unmonitored detention, shackling and chaining are all well documented abuses, described recently as a 'failure of humanity'.

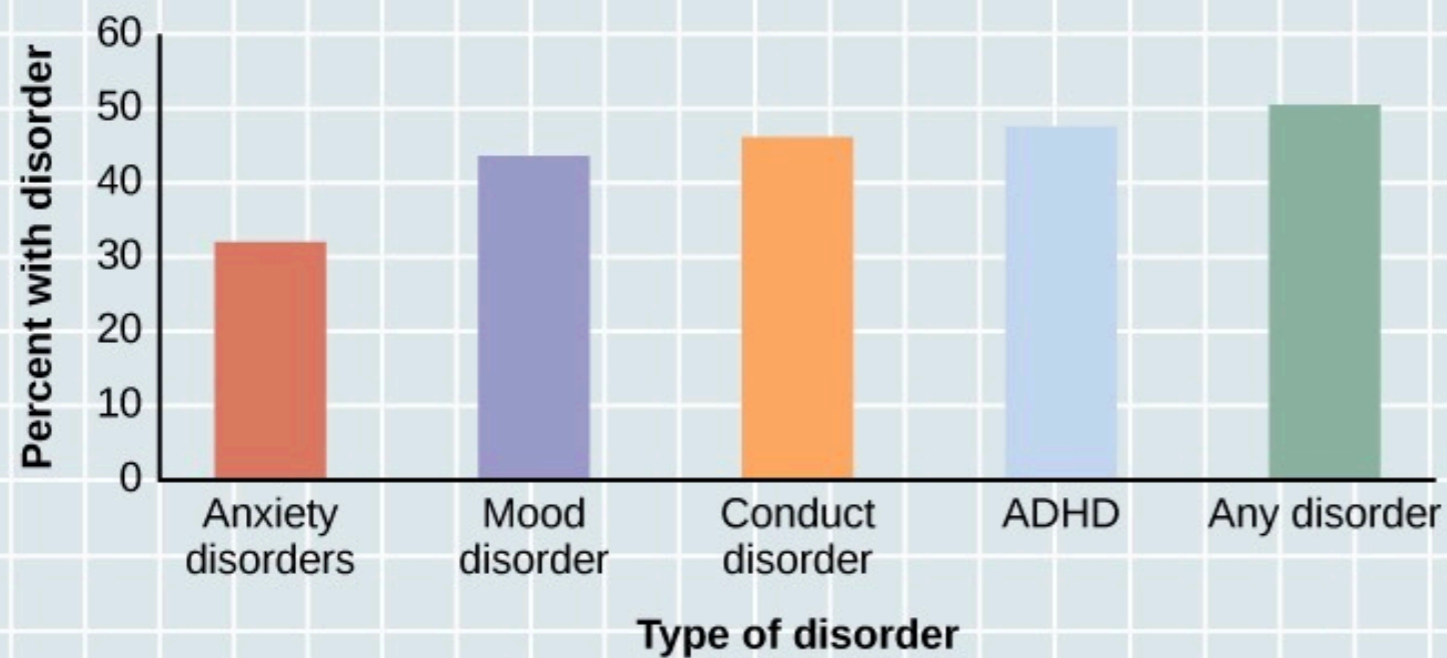
Forecast loss of output caused by non-communicable diseases worldwide, 2011-30

\$trn (2010 \$)



Sources: World Economic Forum; Harvard School of Public Health; Mental Health Atlas; WHO; *The Economist*

U.S. Child Mental Health Treatment (Ages 8-15) (Source: National Institute of Mental Health, n.d.-c)



DEPRESSION



350 million

people globally suffer from depression.

Globally, depression accounts for 41% of all the years spent living with mental or behavioral disorders.



41%

depression



15%

anxiety



11%

drug-use disorders



10%

alcohol-use disorders



7%

schizophrenia



Twice as many women typically develop depression than men, although in richer countries, three times as many men die by suicide than women.

SOURCES: Global Burden of Diseases, Injuries, and Risk Factors Study 2013; World Health Organization

Pros and Cons

- ❖ They are a step forward in terms of being an active health care consumer and having a say in the medical decision-making process.
- ❖ These documents can prompt discussions between doctors and patients. People who discuss these issues with their doctor (or, at the very least, give a copy of the directive to their doctor) are having open and honest conversations about their situations, which is a healthy coping strategy for dealing with the symptoms and outcomes of having a mental illness.
- ❖ The directives can help shorten the time decay between a worsening of symptoms and obtaining effective treatment. If, for example, you know that you react negatively to Haldol (an antipsychotic medication often used for schizophrenia), but you have had tremendous success with Risperidone in the past, it can help doctors when you are unable to share this information.
- ❖ Some people with mental illnesses may not be rational enough to outline appropriate plans for treatment in advance. Or, they may be unaware of available treatment options that could help them get better, faster.
- ❖ Because there is currently no central registry (or statewide registries) for these documents, doctors and hospitals may not know about or have access to these directives.
- ❖ The forms may be confusing in cases of emergency, when someone has two separate directives (one for general medical conditions, and one for mental illnesses).
- ❖ The directives may increase the number of malpractice suits by those claiming the documents were not properly honoured.

Conclusions

- ❖ The global mental health field and MGMH are in a time of transition. The move to the new secretariat is an opportunity for systematic consideration of the organisational structure and governance arrangements that will best serve the goals of MGMH.

Bibliography

- ❖ <https://edition.cnn.com/2014/10/10/opinion/breaking-the-taboo-mental-mealth/index.html>
- ❖ <https://vikaspedia.in/social-welfare/differently-abled-welfare/policies-and-standards/national-mental-health-policy>
- ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3031652/>



4. How many kids live in your house? *

Mark only one oval.

0	1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Which diet do you follow? *

Mark only one oval.

- Vegetarian
- Non-Vegetarian
- Vegan
- Plegan (Plegan refers to people that eat grains and animal-free diets, avoiding meat, fish, dairy, and eggs, but who may still use animal byproducts, such as leather)

6. What all do you consume on a regular basis? (pls note: check foods you eat daily only, not occasionally or once a week) *

Check all that apply.

- Wheat (Rotis)
- Rice
- Vegetables
- Fruits
- Legumes (Daals)
- Curd
- Milk
- Dry fruits
- Chocolates
- Bread
- Pasta
- Burger
- Pizza
- Noodles
- Meat

Other: _____

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

Check all that apply.

Alcohol

Tobacco

Hookah

Cigarette

None

Other: _____

8. How many times do you consume packaged (junk) food in a week? (example: burger, pizza, tacos, noodles) *

Mark only one oval.

0-3

4-7 (almost once a day)

8-10

11-15 (almost twice a day)

Definitely more

9. Are you aware of the vaccinations that were given to you as a child? (Ex- Polio, DTP- Diphtheria, Tetanus, and Pertussis, MMR-Measles, Mumps, and Rubella) *

Mark only one oval.

Yes

No

I just know about polio

10. Are you aware of basic measures in order to prevent the spread of communicable diseases? (Ex- Handle and prepare food safely, Wash hands often, Don't share personal items, Get vaccinated, Avoid contact with animals and wild animals, Practice Safer Sex, et
*

Mark only one oval.

- Yes
 No
 I just know of 1 or 2

11. Are you aware of existing contraceptive methods? (Ex-condom, female condom, UID, Diaphragm, Oral contraceptives) *

Mark only one oval.

- Yes
 No
 I just know about condoms

12. How aware are you of the two topics- Family Planning and Sex Education ? *

Mark only one oval.

0	1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Mark only one oval.

- Yes
 No
 Sometimes not

18. Do you feel any of the following daily or occasionally? *

Check all that apply.

- Mood swings
- Anxiety attacks
- Stress
- Depression
- Rage
- None

Other: _____

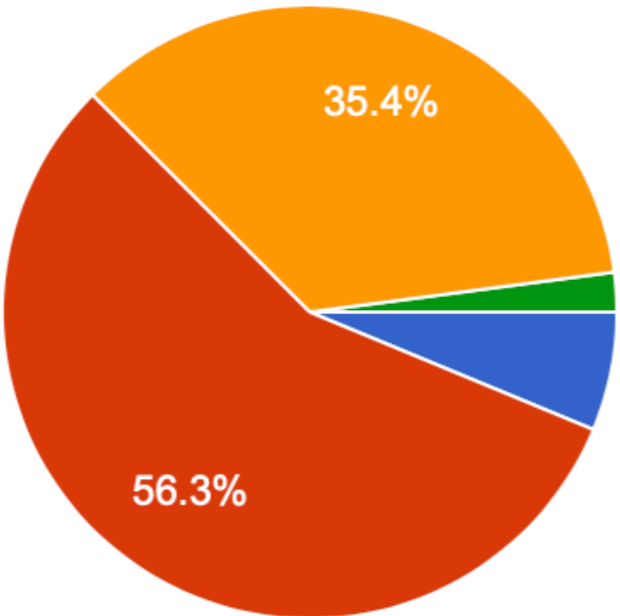
19. Name a hospital that you and your family visit. (In Parel, please write none if you do not see medical attention in Parel) *

20. What according to you should be a main area of focus when talking about health? (Ex- diet, diseases, cleanliness, safe sex practices, mental health, etc) *

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

How old are you?

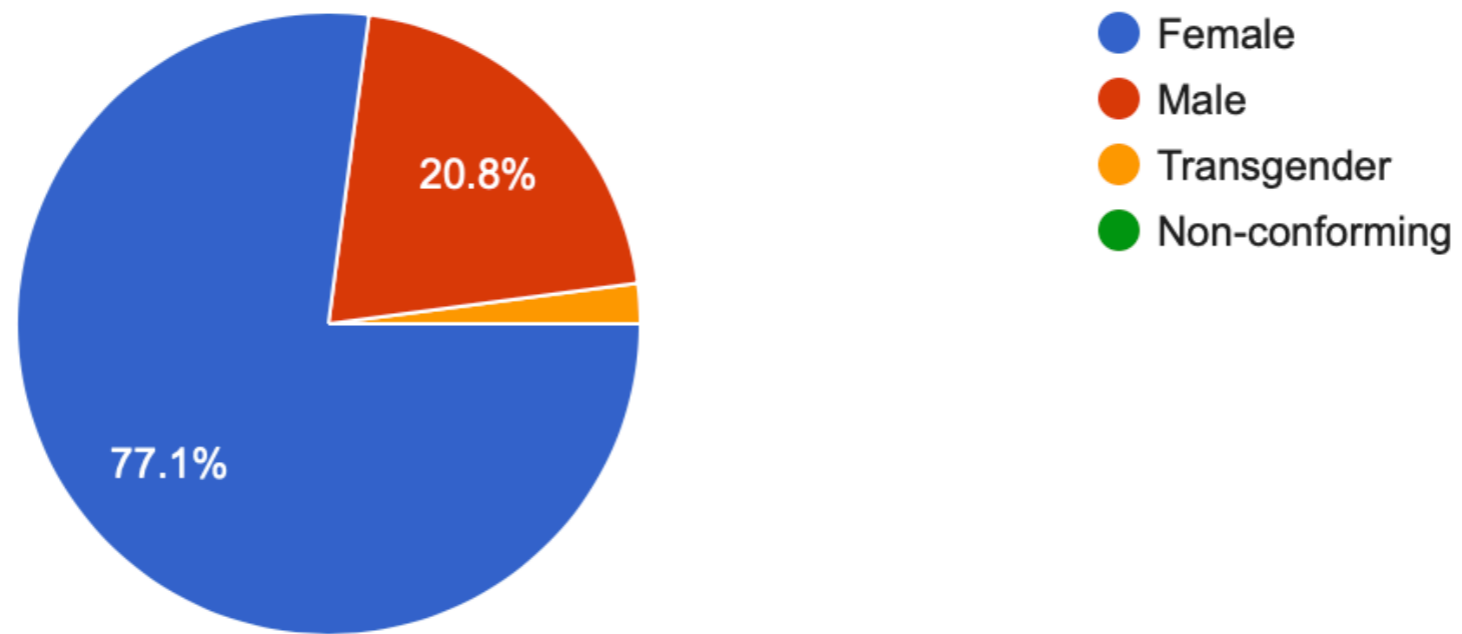
48 responses



- 0-17
- 18-25
- 26-60
- Above 60

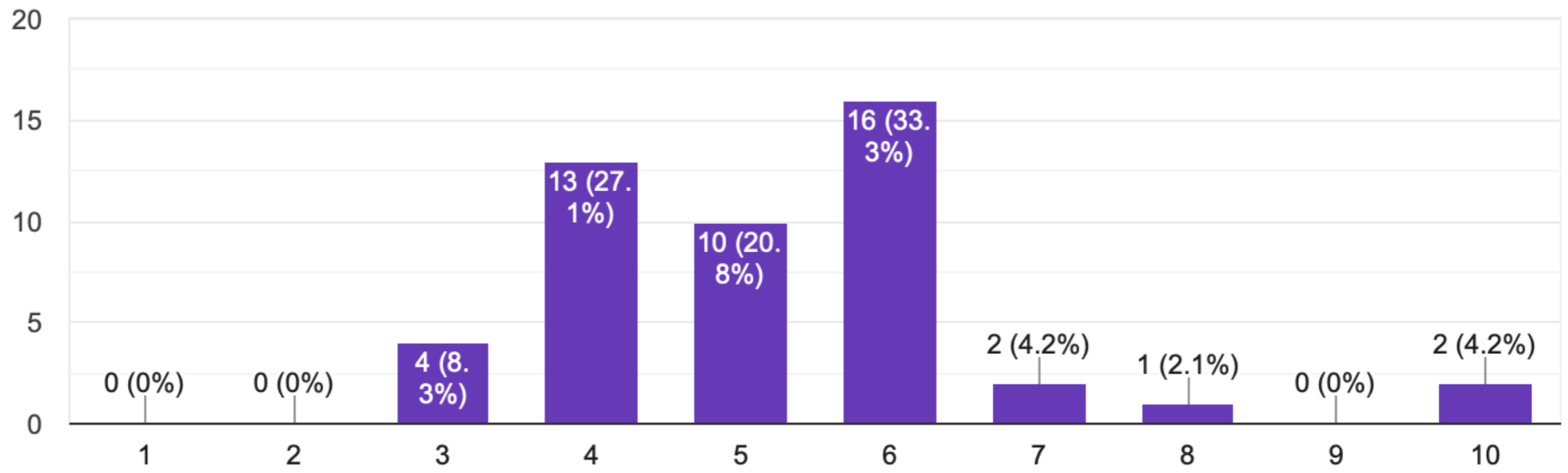
To which gender identity do you most identify?

48 responses



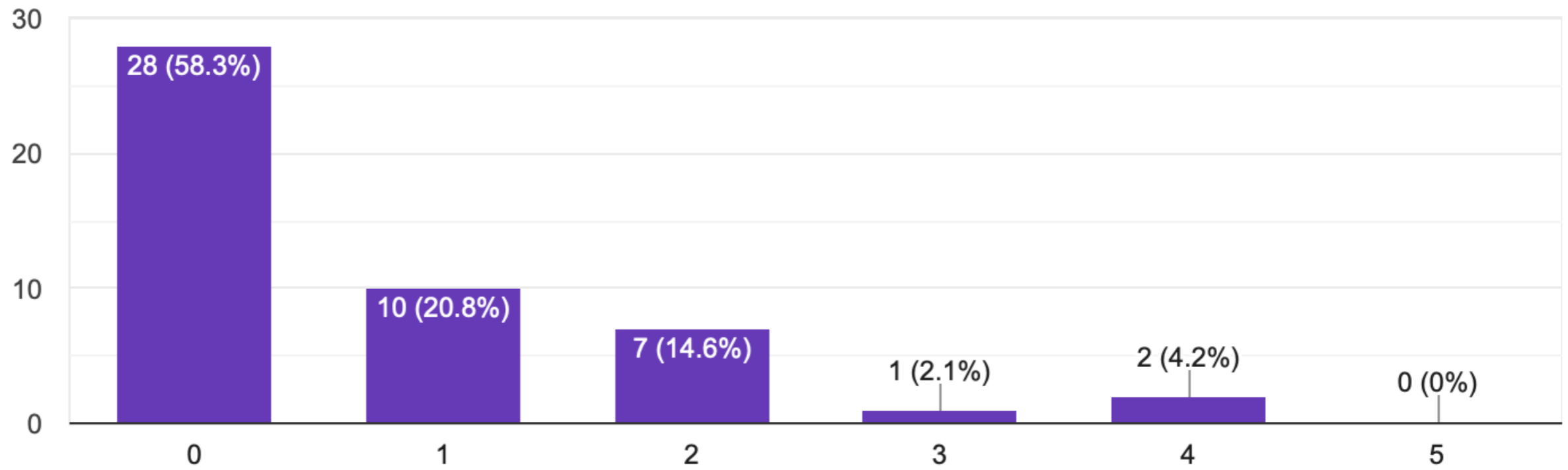
How many people live in your house (including yourself) ?

48 responses



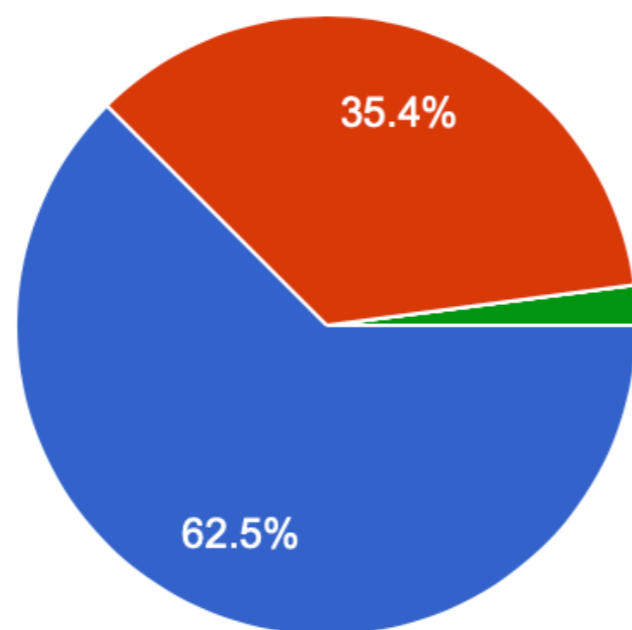
How many kids live in your house?

48 responses



Which diet do you follow?

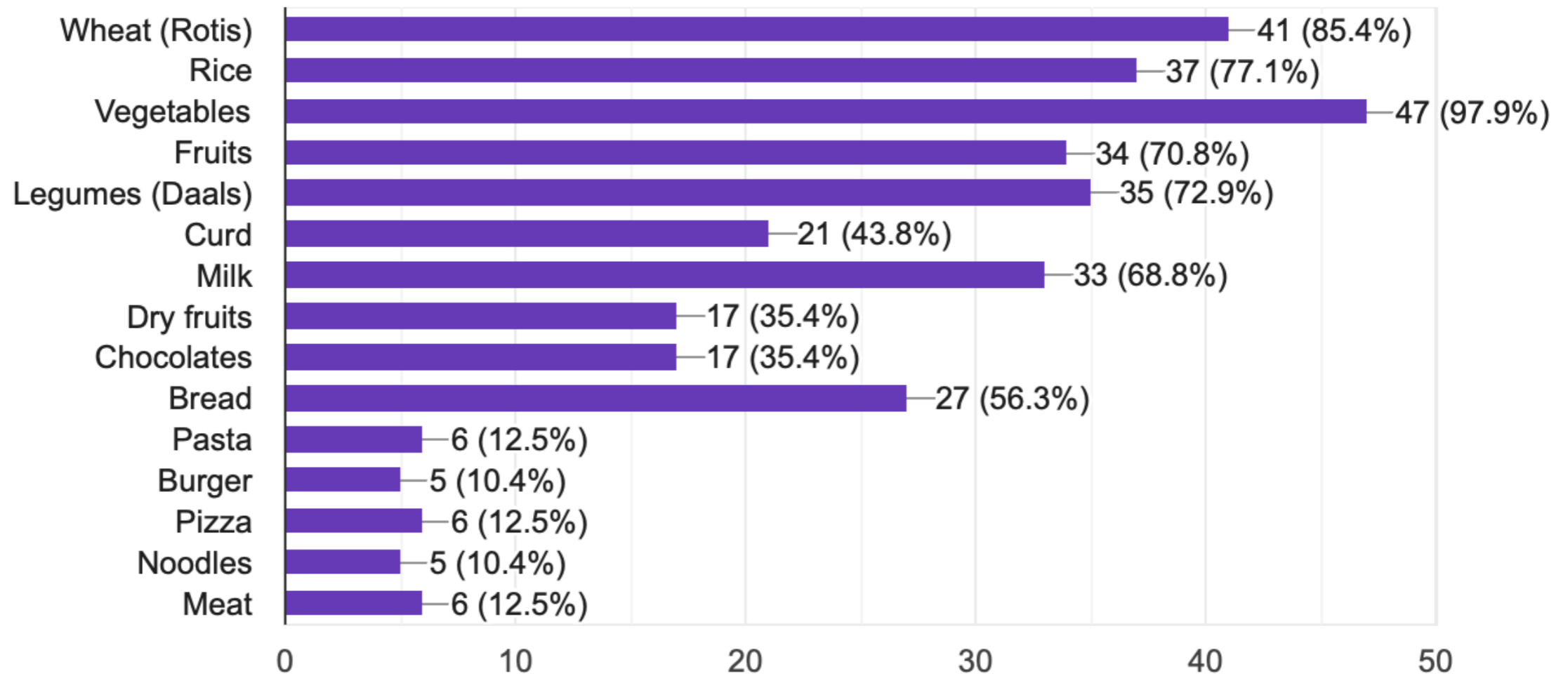
48 responses



- Vegetarian
- Non-Vegetarian
- Vegan
- Plegan (Plegan refers to people that eat grains and animal-free diets, avoiding meat, fish, dairy, and eggs, but who may still use animal byproducts, such as leather)

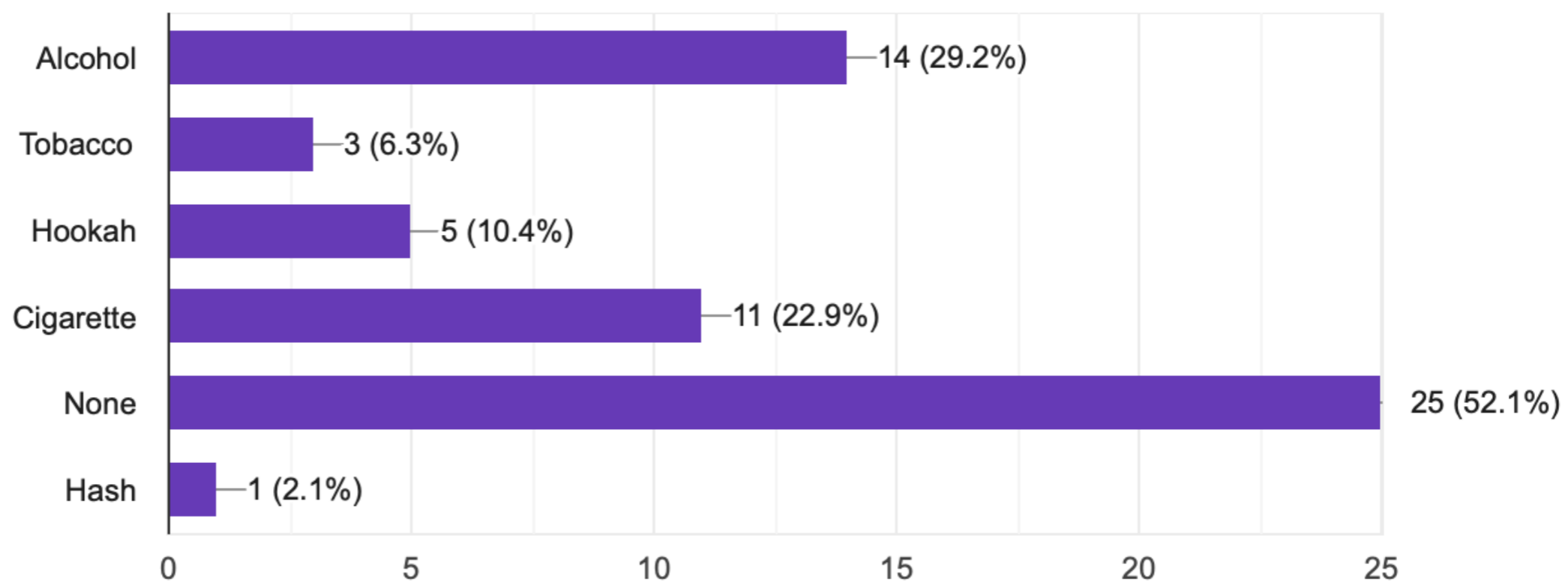
What all do you consume on a regular basis? (pls note: check foods you eat daily only, not occasionally or once a week)

48 responses



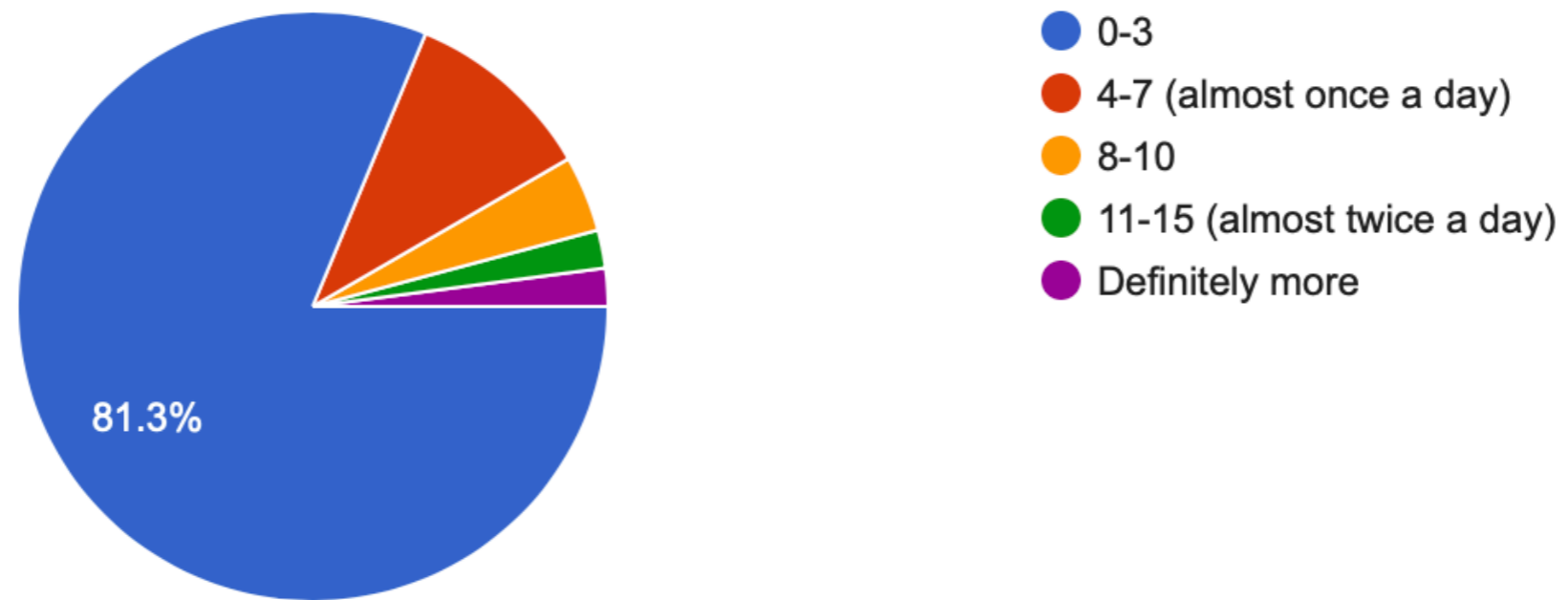
Do you consume any of the following daily or occasionally?

48 responses



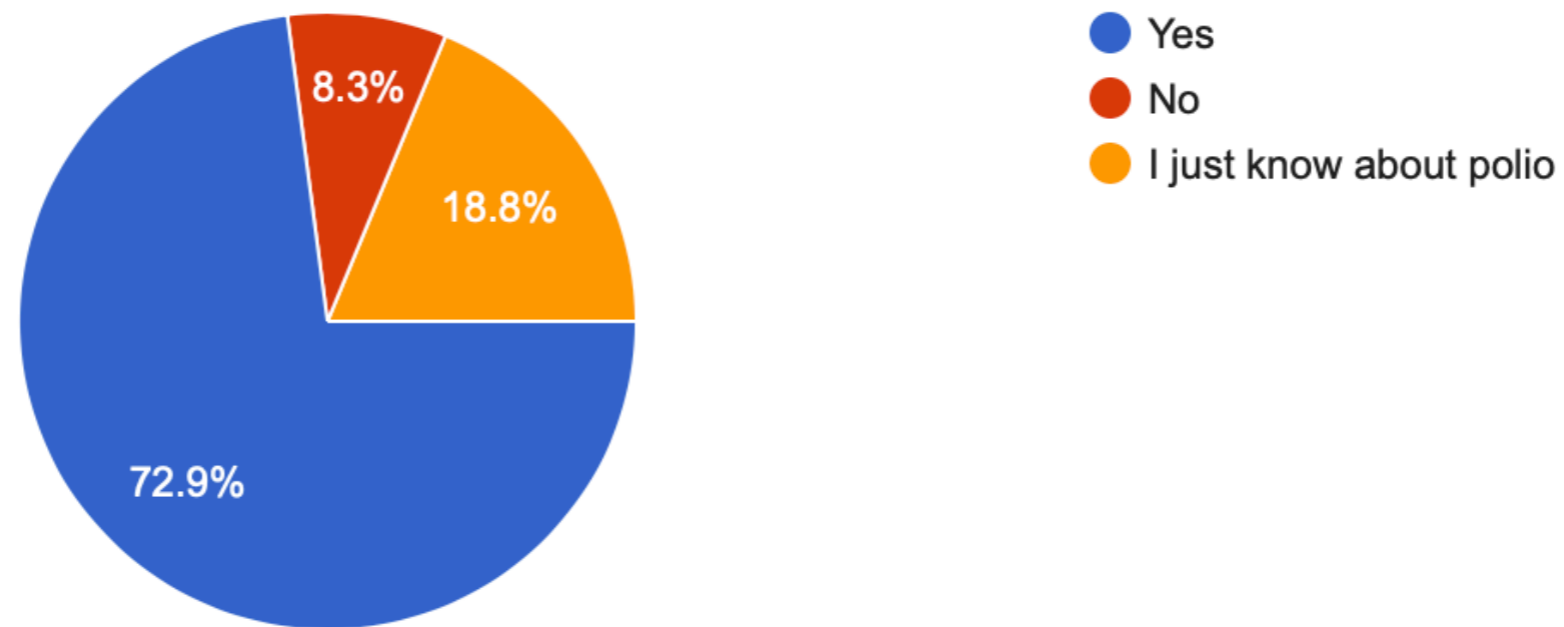
How many times do you consume packaged (junk) food in a week? (example: burger, pizza, tacos, noodles)

48 responses



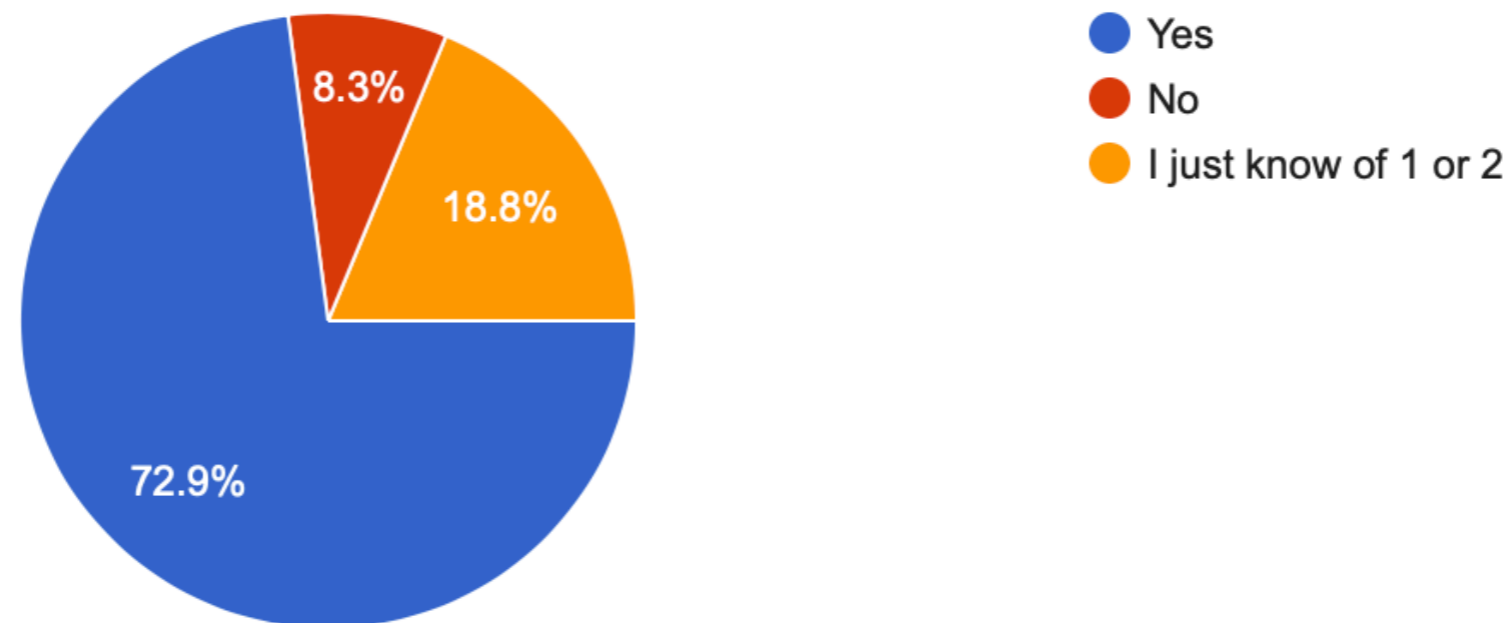
Are you aware of the vaccinations that were given to you as a child? (Ex- Polio, DTP- Diphtheria, Tetanus, and Pertussis, MMR-Measles, Mumps, and Rubella)

48 responses



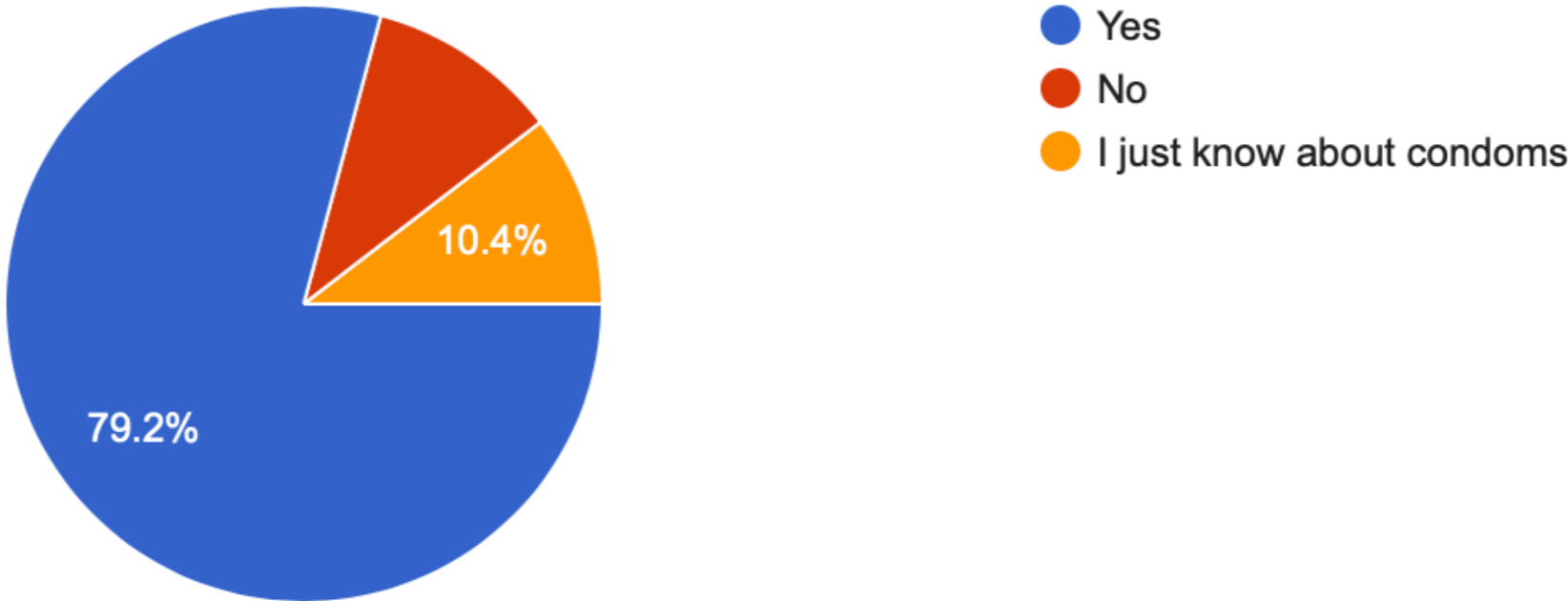
Are you aware of basic measures in order to prevent the spread of communicable diseases?
(Ex- Handle and prepare food safely, Wash hands often, Don't share personal items, Get vaccinated, Avoid contact with animals and wild animals, Practice Safer Sex, etc)

48 responses



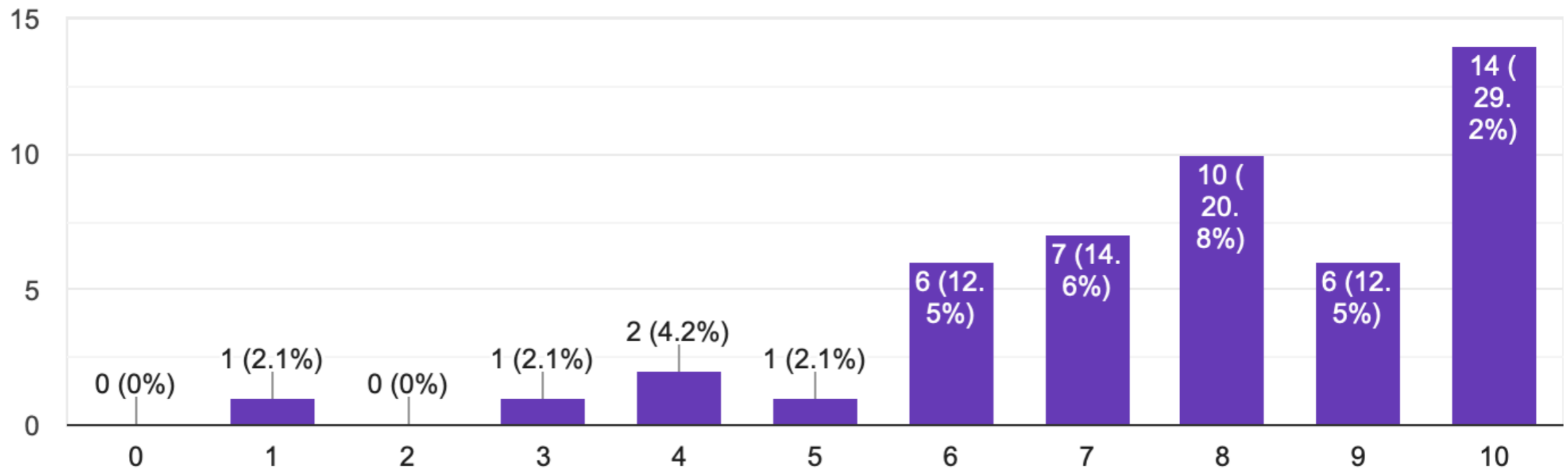
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48 responses



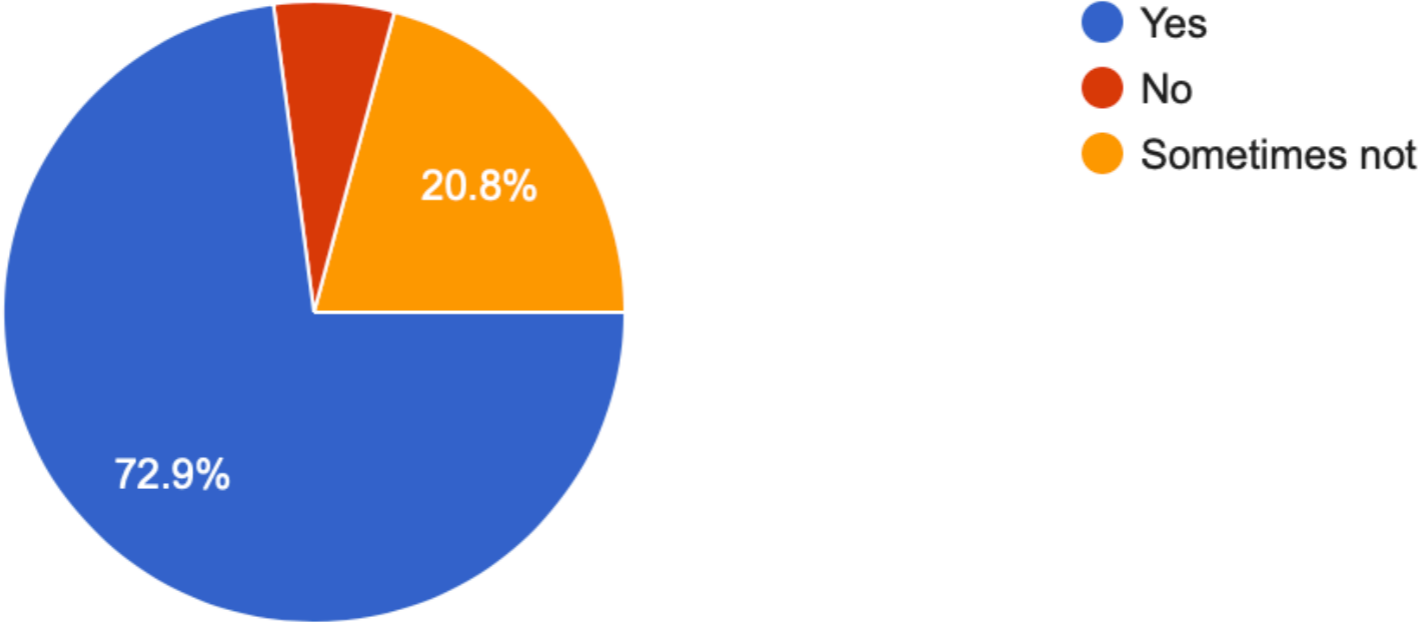
How aware are you of the two topics- Family Planning and Sex Education ?

48 responses



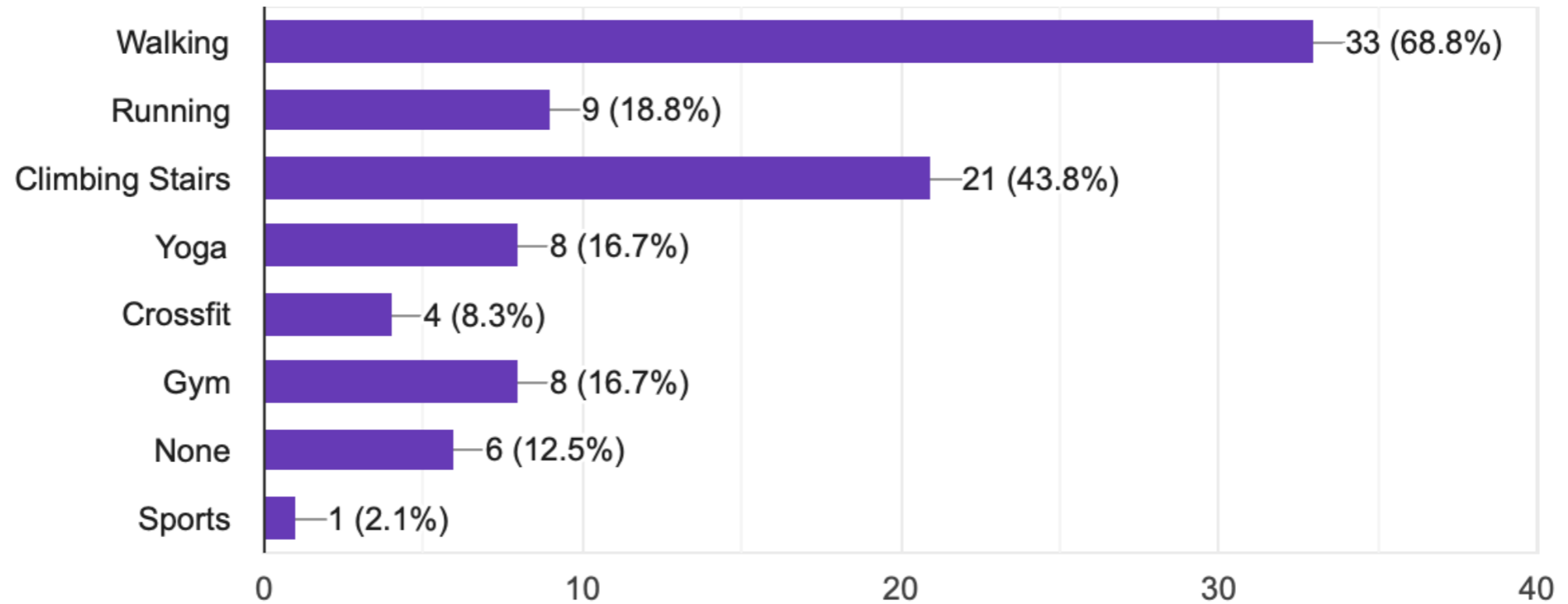
Do you follow the traffic and safety rules laid down by the government?

48 responses



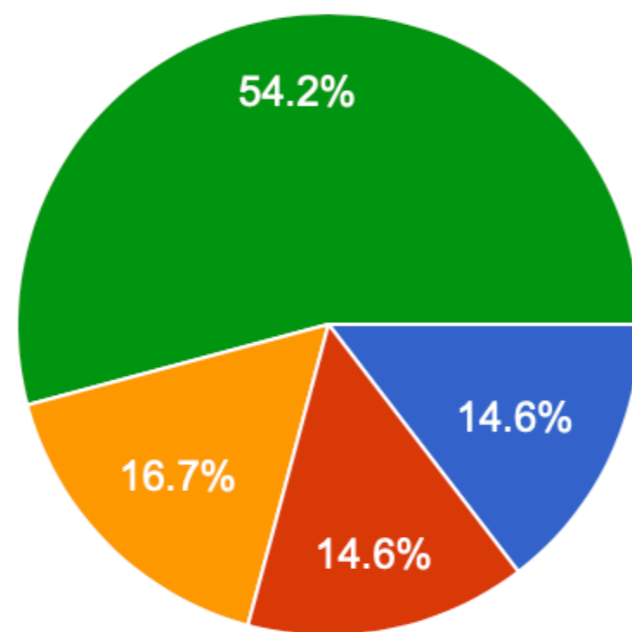
Do you do any of the following forms of exercise throughout your day?

48 responses



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

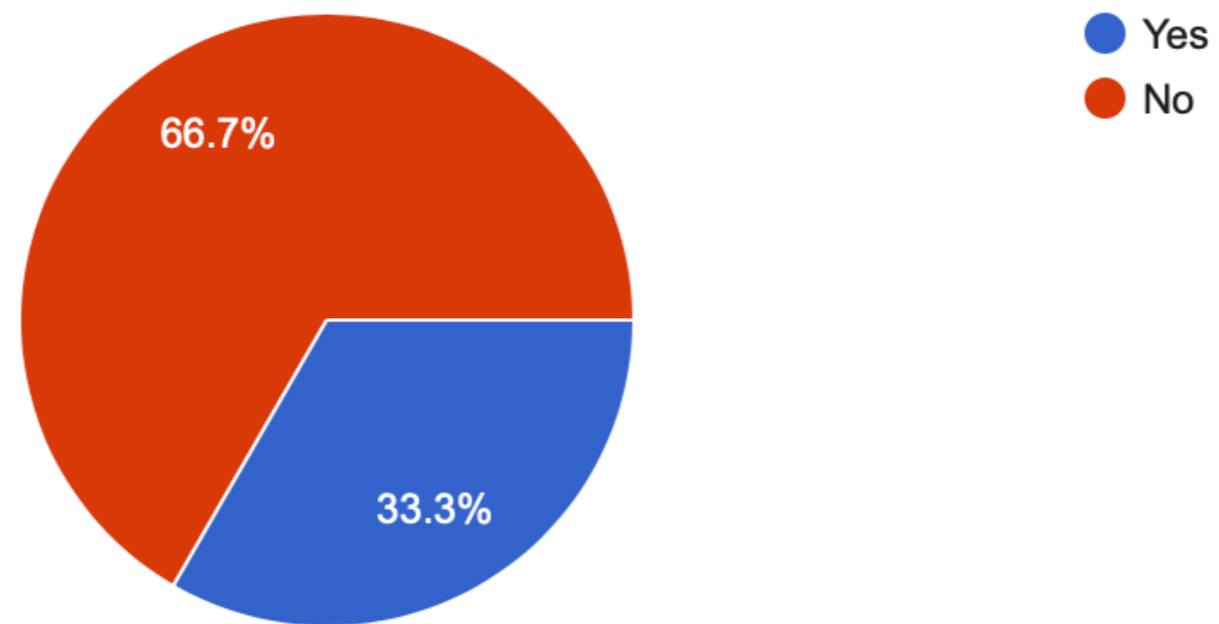
48 responses



- 1-3 months
- 3-6 months
- 6-12 months
- It's probably been more than a year

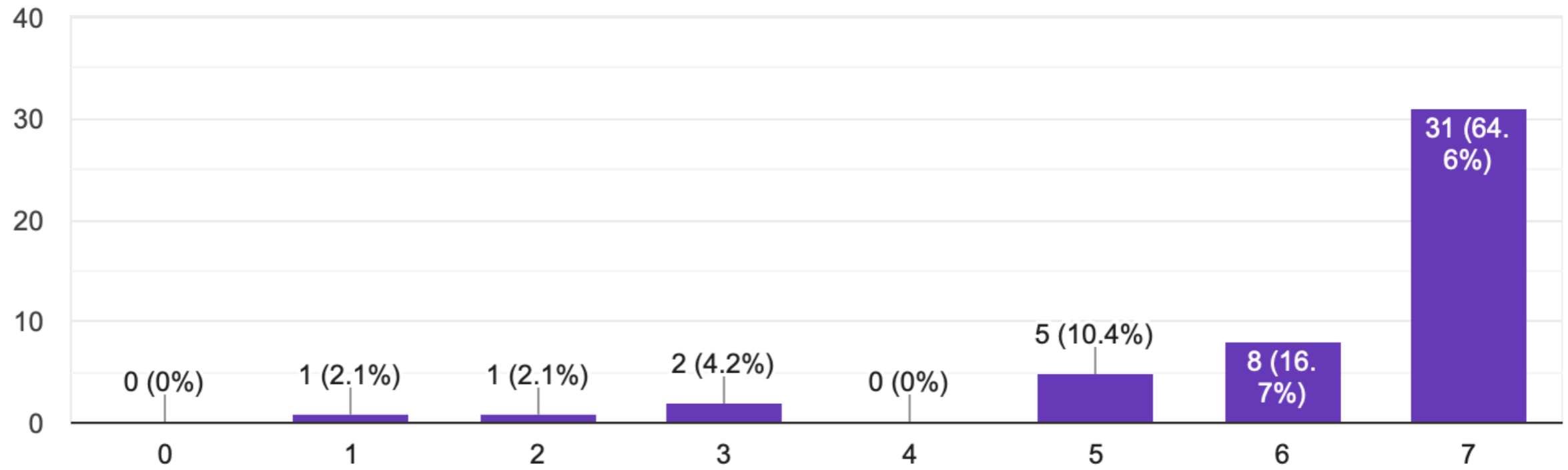
Do you segregate your waste? (Ex- Wet waste, Dry waste)

48 responses



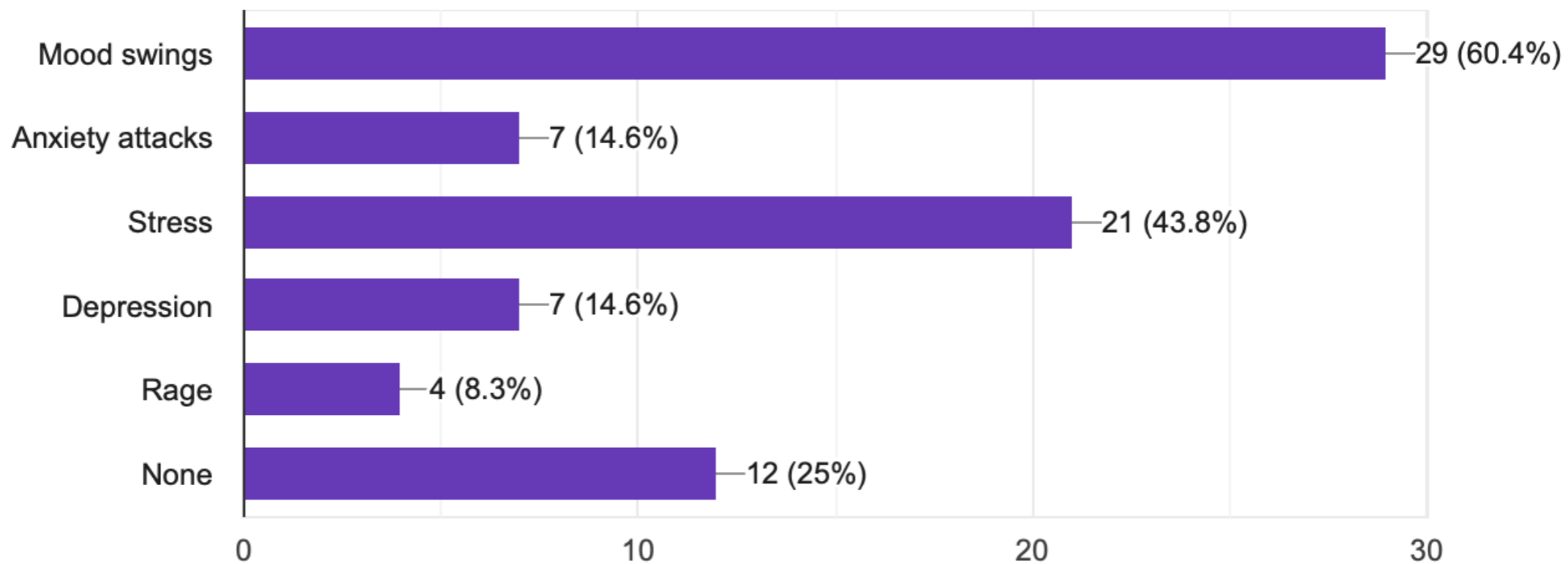
How many times a week do you take a shower?

48 responses



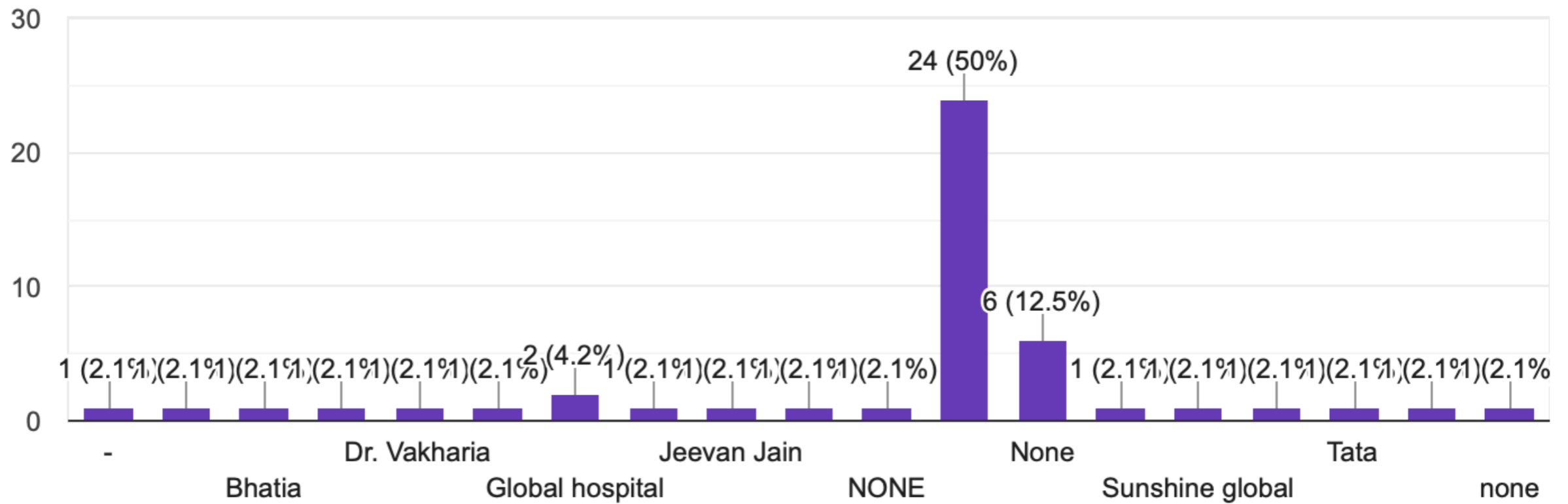
Do you feel any of the following daily or occasionally?

48 responses



Name a hospital that you and your family visit. (In Parel, please write none if you do not seek medical attention in Parel)

48 responses



What according to you should be a main area of focus when talking about health? (Ex- diet, diseases, cleanliness, safe sex practices, mental health, etc)

48 responses

Awareness

Positivity

diet

Well being and awareness

Mental Health Awareness

Health

Diseases, cleanliness

Mental health, diet, hygiene, safe sex

Diet, , mental health, cleanliness

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

48 responses

I meditate and limit my digital exposure

Regular health check ups of my family

Eating fresh and healthy food and fruits and avoid junk food

I eat healthy food and feed my family members too with healthy diet

Brain

Regular checkups and eating healthy.

Maintain a healthy lifestyle by eating greens and avoiding junk food and doing a little workout.

Organic , homemade Everything

Drinking water 3 litres a day and eating healthy food routine check up etc