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Course No. : 11(B)

Course Name : HEALTH & PHYSICAL EDUCATION

**Topic – Health problems in india**

**HEALTH PROBLEMS IN INDIA**



Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.



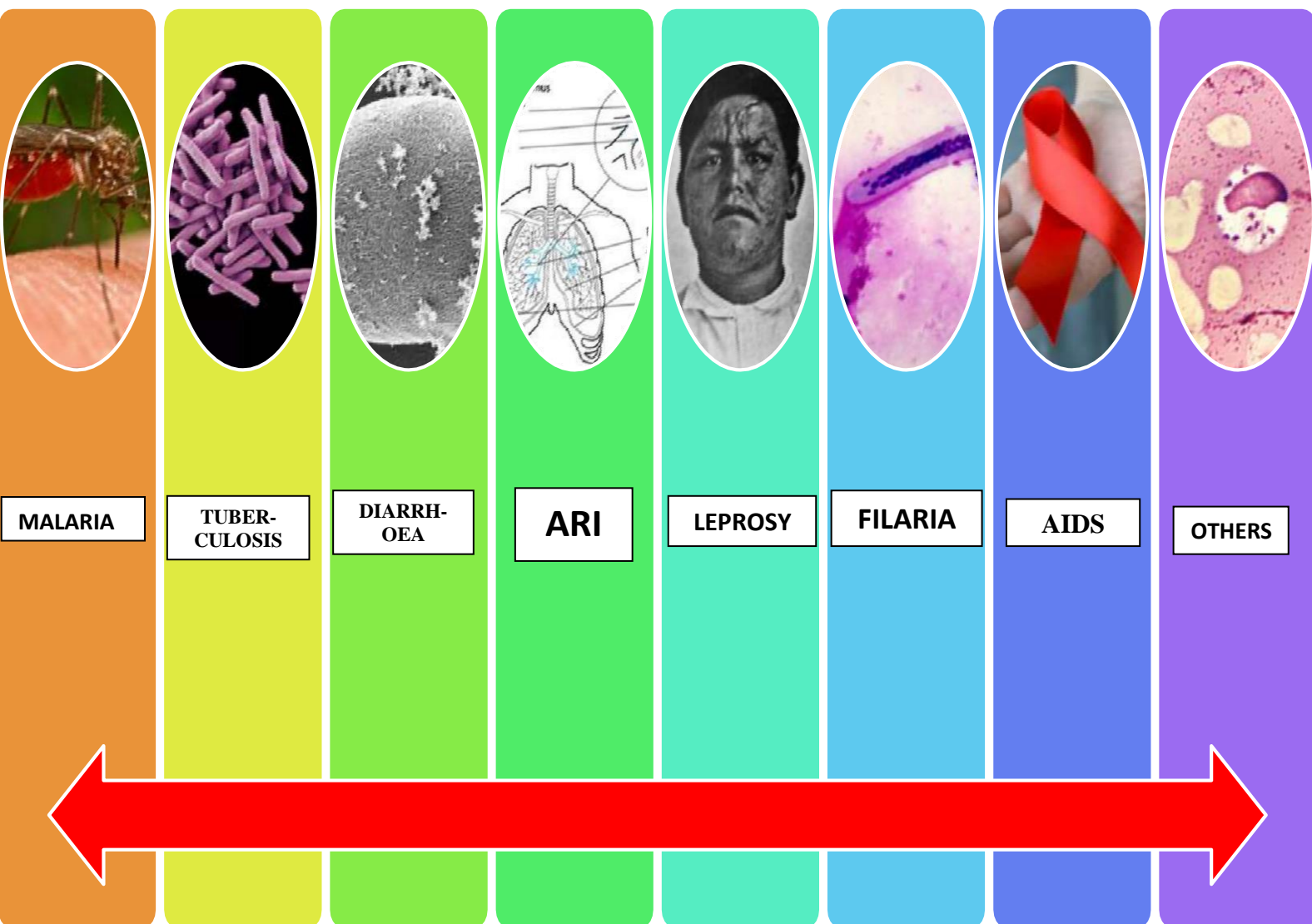
### DEFINITION

- **HEALTH:-** Acc. to WHO health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity.
- **HEALTH PROBLEM :-** it is a state in which we are unable to function normally ( state of ill health, unhealthiness)

### MAJOR HEALTH PROBLEMS

- Communicable disease problem
- Nutritional problem
- Environmental sanitation problem
- Medical care problem
- Population problem

## COMMUNICABLE DISEASE PROBLEMS



Communicable disease is one of the major health problem in india.  
The communicable disease problems are:-

### Malaria

- ▶ Malaria is caused by a parasite that is anopheles mosquitoes.
- ▶ Malaria continues to be a health problem in India. Although total malaria cases have declined compared to previous years, the proportion of Pfallciparum has increased.
- ▶ Malaria cases have increased in North-East states, Madhya Pradesh, Chhattisgarh, Jharkhand, Orissa, Andhra Pradesh, Maharashtra etc.
- ▶ During 2013 there were 0.8 million cases of malaria (which included 0.44 million cases of Pf malaria) and 379 deaths.

## **Tuberculosis**

- ▶ Pulmonary tuberculosis is a contagious bacterial infection that involves the lungs, but may spread to other organs. It is caused by mycobacterium tuberculosis.
- ▶ Tuberculosis remains a public health problem, with India accounting for one-fifth of the world incidence.
- ▶ Every year about 2.6 million persons develop tuberculosis of which about 0.62 million are new smear positive highly infectious cases and about 0.24 million people die of TB every year.
- ▶ The emergence of HIV-TB co-infection and multidrug resistant TB has increased the severity and magnitude of the disease.
- ▶ In March 2006 RNTCP has achieved nation-wide coverage.

## **Diarrhoea**

- ▶ Diarrheal disease is the second leading cause of death in children under five years old. It by infection( bacterial, viral, and parasitic organisms ).
- ▶ They are responsible for about 10.76 million cases of diarrhoea each year.
- ▶ Outbreaks of diarrhoeal diseases (including cholera) continue to occur in India due to poor environmental conditions.

## **ARI**

- ▶ Acute respiratory disease one of the major causes of mortality and morbidity in children below 5 years of age. It is estimated that about 13.6% hospital admissions and 13% in death in pediatric ward are due to ARI
- ▶ During 2013, 31.7 million episodes Of ARI were reported with 3,278 deaths.

## **Leprosy**

- ▶ Leprosy is another important public health problem in India.
- ▶ During the year 2013—2014, total of 1.27 lakh new cases were detected, out of which child cases were 9.49% and deformity grade II and above was 4.14% percent of cases are estimated to be multibacillary.
- ▶ All the States and Union Territories report cases of leprosy.
- ▶ However, there are considerable variations not only between one State and another, but also between one district and another.
- ▶ With the prevalence rate of about 0.68 per 10,000 population, India has achieved the goal of leprosy elimination at national level.

## **Filaria**

- ▶ The problem of filaria remains endemic in about 250 districts in 20 States and UTs.
- ▶ The population at risk is over 600 million. To achieve elimination of LF, the Govt. of India has launched nationwide Annual Drug Administration (MDA) with annual single recommended dose of diethylcarbamazine citrate tablets in addition to scaling up home based foot care and hydrocele operations.
- ▶ In 2012, 250 endemic districts implemented MDA targeting a population of about 554 million with a coverage rate of 87 per cent

## **AIDS**

- ▶ The problem of aids is increasing in magnitude every year. It is estimated that by the end of year 2005 there were about 5-7 million HIV positive cases in the country.
- ▶ The problem of AIDS is stable. It is estimated that by the end of year 2012 there were about
- ▶ 2.08 million HIV positive cases in the country.

## **OTHERS**

- Kala-azar
- Meningitis
- viral hepatitis
- Japanese encephalitis
- dengue fever
- enteric fever
- helminthic infestations - are among the other important communicable disease problems in India
  
- The tragedy is that most of these diseases can be either easily prevented or treated with minimum input of resources.
- In fact, most of the developed countries of the world have overcome many of these problems by such measures as manipulation of environment, practice of preventive medicine and, improvement of standards of living.

## **Prevention of communicable diseases:-**

**Communicable diseases can be prevented by appropriate preventive measures which include:**

- Good site planning
- Provision of basic clinical services
- Provision of appropriate shelter
- Clean water supply
- Sanitation
- Mass vaccination against specific diseases
- Regular and sufficient food supply
- Control of vectors

# NUTRITIONAL PROBLEMS



## DEFINITION

- ❑ **Nutritional problem or malnutrition is the condition of improper or inadequate food intake or inadequate absorption of food. And it manifests in so many diseases.**



- Insufficiency of food — the so-called "food gap" — appears to be the chief cause of PEM, which is a major health problem particularly in the first years of life.
- The great majority of cases of PEM, nearly 80 per cent are mild and moderate cases.
- The incidence of severe cases is 1 to 2 per cent in preschool age children.
- The problem exists in all the States and the nutritional marasmus is more frequent than kwashiorkor

### **Nutritional anemia**

- India has probably the highest prevalence of nutritional anemia in women and children.
- About one-half of non-pregnant women and young children are estimated to suffer from anemia i.e., 60 to 80 per cent of pregnant women are anemic, 19 per cent of maternal deaths are attributed to anemia.
- According to NFHS-3, about 57.9 per cent women are anemic of which 54.6 per cent are in urban areas and 59 per cent in rural areas.
- The survey also shows that the incidence of anemia in children aged 6-35 months is 79.2 per cent with 72.7 per cent in urban areas and 81.2 per cent in rural areas. By far the most frequent cause of anemia is iron deficiency, and less frequently folate and vitamin B12 deficiency.

### **Low birth weight**

- This is a major public health problem in many developing countries.
- About 28 percent of babies born are of low birth weight (less than 2.5 kg), as compared to about 4 percent in some developed countries.
- Maternal malnutrition and remain are mainly responsible for this condition.



## **Xerophthalmia (nutritional blindness)**

- About 0.04 per cent of total blindness in India is attributed to nutritional deficiency of vitamin A.
- Xeratomalacia has been the major cause of nutritional blindness in children usually between 1—3 years of age.
- Subclinical deficiency of vitamin A is also widespread and is associated with increased morbidity and mortality from respiratory and gastrointestinal infections.

## **Iodine deficiency disorders**

- Goiter and other iodine deficiency disorders (IDD) have been known to be highly endemic in sub-Himalayan regions.
- Reassessment of the magnitude of the problem by the Indian Council of Medical Research showed that the problem is not restricted to the “goiter belt” as was thought earlier but is extremely prevalent in other parts of India as well.
- It has been found that out of 324 districts surveyed in 29 states and all Uts, 263 districts are endemic i.e. where the prevalence of IDD is more than 10 per cent.
- It is also estimated that more than 71 million people are suffering from goiter and other IDD.

## **OTHERS**

- Other nutritional problems of importance are lathyrism and endemic fluorosis in certain parts of the country.
- To these must be added the widespread adulteration of foodstuffs.

# ENVIRONMENTAL SANITATION



## ENVIRONMENTAL SANITATION

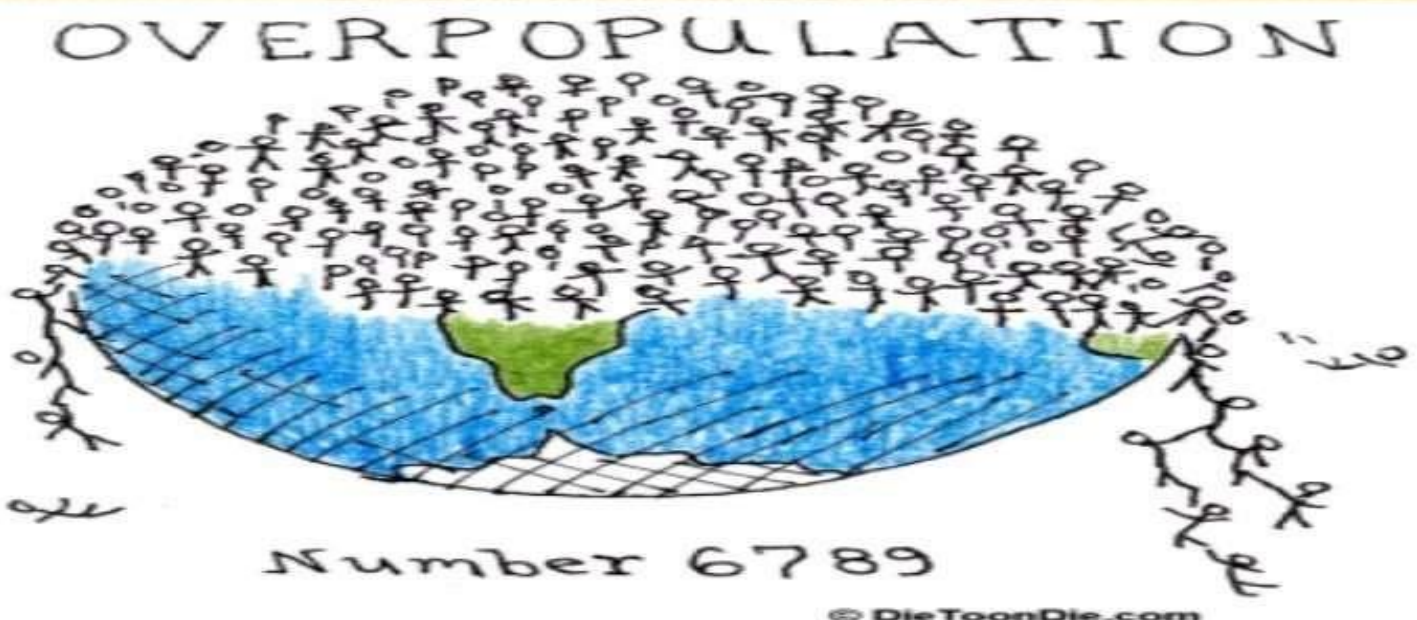
The main problems:-

- Lack of safe water in many areas of the country.
- Primitive methods of excreta disposal.
- Beside these has been a growing concern about the impact of new problems resulting from population explosion, urbanization and industrialization leading to hazards to human health in air , in water , and in food chain.

## MEDICAL CARE PROBLEM

- Inadequate financial sources.
- Health benefits to the urban population.
- Uneven distribution
- Migration to the urban, health problem have been.
- Aggravated like overcrowding in hospital, inadequate staffing.
- Scarcity of certain drugs and medicine.

## POPULATION PROBLEM



## **POPULATION PROBLEM**

The population problem is one of the biggest problems the country with its inevitable consequences on all aspects of development, especially employment, education, housing, health care, sanitation and environment.