



INDIA

A TALE OF TWO NATIONS



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Health is not everything but everything else is nothing without good health.

This applies to Individuals, Communities and to the Nation. Recent outbreak of various epidemics has shown that economic prosperity of a Nation can get completely jeopardized if the health concerns are not addressed adequately.

Therefore, in our future thinking, we need to look at health as an investment and not as an expenditure.

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State of India's Health & Challenges Towards Establishing an Appropriate and Sustainable Health System

- **India's health system is going through a transition**
- While the economic development in India has been gaining momentum over the last decade, our *health system is at crossroads today*.
- Government initiatives in public health have recorded some noteworthy successes over time (eradication of small pox and guinea worm; substantial decline in the number of leprosy, polio and malaria cases, etc (NHP, 2002).
- Still our achievements in health outcomes are only moderate by International standards.
- India ranked 118 among 191 WHO member countries on overall health performance (WHO, 2000).

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The Indian Health Scenario

On the basis of the health status of the people, and the existing capacity of the healthcare delivery system, demographically the states of the country can be divided into four main groups:

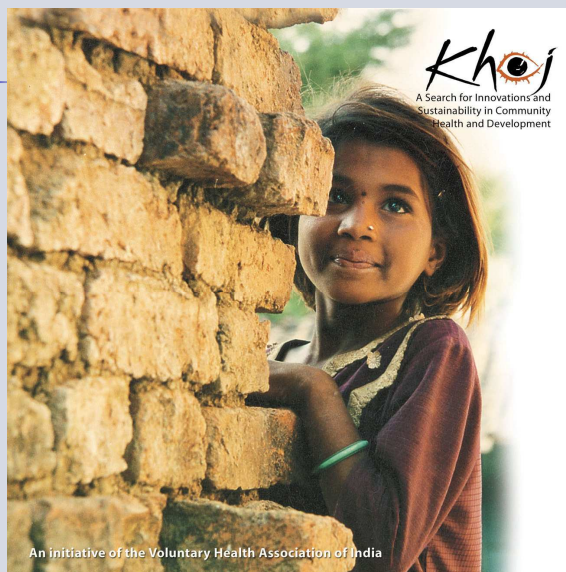
Group	States	% of Pop.
I	Kerala, TN.	9.1
II	Mh., Kn., Pb., WB, AP, Gj., Hy	39.1
III	Or, Rj, MP, Ch, UP	33.1
IV	Am, Bh, Jh.	18.7

- 6 states with 11.4% of the population, have already achieved replacement levels of fertility (TFR-2.1);
- 11 states with a population of 60%, still have a TFR of over 3 (including, Bihar, MP, UP, Orissa & Rajasthan) .

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Health and Social Determinants of Vulnerable Communities

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The "KHOJ" Initiative

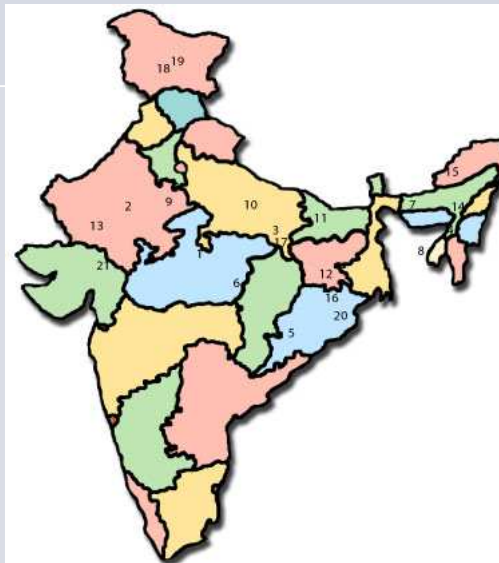
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The KHOJ Initiative

The “KHOJ” initiative was launched with the focus on the strengths of panchayats to perform functions like

- To develop upon the knowledge, resources and aspirations of community.
- Preparing area plans and allocating resources.
- Marking the government health infrastructure accountable to the panchayats.
- Empowering zila parishads to appoint (and dismiss) doctors.
- Involving and mobilizing community participation to meet health and development needs of the area
- An effective partnership was sought between government, NGOs and private sector to optimize and improve health status of people.

KHOJ Project Locations



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Process, Programmes and Outcome

VHAI identified 17 pockets in remote mountains, desserts and areas inhabited by indigenous people to initiate KHOJ project. The process involved approach to

- Develop project based on community strengths and aspirations and local health traditions.
- Develop project according to local basic needs.
- Optimal utilization of the existing government infrastructures.
- Building local health and development skills and expertise.
- Sustainable initiatives, from financial as well as human resources.
- Ensuring health and development status of the people.
- Ensuring permanent capacity building of the community.

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Thrust Areas of Work

Health Interventions

- Initial emphasis on provision of curative services.
- KHOJ health centre was established for indoor admissions with help from Panchayats.
- Health and relief camps organized for epidemic like situations like malaria, diarrhea, etc.
- To re-energize the Indian System of Medicine.
- Linkages developed for referral of complicated cases.



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Women and Health

- KHOJ adopted a holistic approach to reproductive health to initiate attitudinal change towards women's basic rights.
- Priority placed on entire range of women's health needs from girl child to reproductive age women.
- At their initiation, MCH services were in poor shape in all KHOJ projects with high maternal deaths and high incidence of deliveries by untrained birth attendants and low immunization coverage
- In 1999, most of the projects did not report a single maternal death.
- Traditional Birth Attendants provide safe deliveries in project areas.



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Health Promotion

- Major focus on health promotion and disease prevention by improved communication through MMJs, VHJs and Youth club members.
- Efforts made to develop need based area specific communication strategy



Health Impact of KHOJ Project

- Increased health awareness.
- Increased utilization of available govt health functionaries.
- Significant improvement in antenatal care, natal care and post natal care.
- Reduction in mortality due to communicable diseases.
- Effective disease surveillance leading to prevention of epidemics.
- Reduction in health expenditure as quality health services made available at reasonable cost.



Community Organization

- Effective steps taken to organize people's group in form of women's groups, youth groups and farmers group.
- Village health communities organized with people's representatives discussions on future plans and strategies.
- Mobilization of village communities for improving their conditions.
- Formation of social action groups to optimize government resources.
- Effective linkages developed with panchayats to assess local basic needs
- Initiation of non formal basic education centres for school dropouts.
- Capacity building involving vocational, income generation training & entrepreneurship development.



Income Generation Programmes

- Vocational trainings: for skill enhancement and providing after training, marketing outlets.
- Promotion of local skills / crafts: to provide necessary support, including skill upgradation of artisans.



Income Generation Programmes

Contd...

- Entrepreneurship Development: to take advantage of numerous government schemes available for the rural employed.
- Formation of Self Help Groups: to encourage periodic savings with contribution of matching grants from the project.
- Livestock Improvement: through improving the breed with artificial insemination and technical support.
- Environment, Water and Sanitation: involving villagers for village environment, drinking water related activities, afforestation, preservation of natural resources, horticulture, etc.

Collaboration with the Government

- Health: immunization programme, family planning programmes, health camps, workshops and referrals.
- Sanitation and Drinking Water: linkages with CAPART, DRDA, block offices and panchayats.



Collaboration with the Government

Contd...

- Direct benefits under various government schemes: Ayushman, Vatsalya, old age pension, Rashtriya Parivar Yojana, Jawahar Rojgar Yojana, for maternity, adolescent girls, etc.
- Training of panchayat members.
- Recognition of the projects by state governments by handing over of Primary Health Centres (in Arunachal Pradesh, Orissa etc), training of animators (NLM) and direct financial support to projects for specific activities.

Sustainability

- Sustainable income generation programmes
- Emphasis on human resources development
- Strengthening local panchayats
- Developing linkages with government and other agencies



In all these situations children and youth play an important and proactive role.

Few examples...



Setting up Computer Training Centre in West Bengal



Providing Disaster Relief in Jammu and Kashmir

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Taking up Tobacco Control Initiative in Orissa

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Promoting Herbal Garden in the Schools in Orissa

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Paths are made by walking

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