

Grama Arogya

Convergence for the Well-being of the community

A Flipchart for Gram Panchayats to plan and
implement health and development programmes



Convergence

Co-ordination of health and development programmes by the Gram Panchayat



How can health and development programmes be converged?

Convergence can be achieved when an organization takes up the responsibility of co-ordinating with various departments and implementing all efforts in a unified manner, keeping the individual and family at the centre.

At what level can convergence take place?

Convergence can be done at the village and Gram Panchayat level. Convergence between existing committees and structures at each level can be achieved through the support of the individual functionaries.



Convergence between structures



School Development and
Monitoring committee (SDMC)



Village Health, Sanitation and
Nutrition Committee (VHSNC)



Bala Vikas Samiti (BVS)



Self-Help Groups (SHGs)

Convergence between individual functionaries



ASHAs



Teachers



Community Health
Officers



Supervisor of
the library



Anganwadi
Workers



Primary Health Care
Officer/Auxiliary Nurse
Midwife (ANM)



Panchayat
Development Officer

Convergence between community structures



The federation /
unions of the
SHGs



The Gram
Panchayat
Task Force
(GPTF)



Community-based
Organizations such as
occupational groups, youth
clubs and faith/caste-
based organizations



Swachh Bharat
Mission (SBM)



Mahatma Gandhi
National Rural
Employment Guarantee
Act (MGNREGA)



15th Finance
Commission



Statutory
Grants



Own Resources



Schemes of Departments
of Health and Family
Welfare and Women and
Child Development

Convergence of various schemes and resources



Role of the Gram Panchayat in the Management of Community Health

Main functions of the Gram Panchayat



Health Protection



Women and Child Development



Housing, Electrification and
Basic Infrastructure



Safe Drinking Water



Drainage and
Sanitation



Minor Irrigation and
Water Conservation



Social Forestry
Programme



Waste Management

Why should Gram Panchayats implement health and development programmes?



They are autonomous bodies



They ensure people's
participation



They ensure accountability



They encourage transparency



They drive uniformity



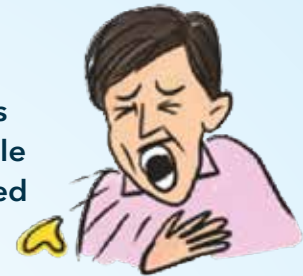
They promote subsidiarity

Important health-related issues which Gram Panchayats need to focus on



Non-Communicable Diseases such as diabetes and high blood pressure are rising in communities and need to be managed better for overall health

Tuberculosis/TB can affect anyone, but it is curable and preventable if diagnosed and treated correctly



Nutrition matters for everyone at all stages of life. Good nutrition is important for good health.



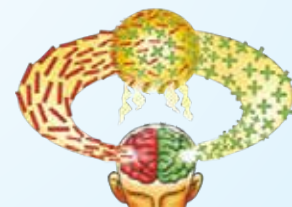
Good menstrual health and hygiene practices can prevent girls from missing school during their periods and help them stay comfortable and active



Child Marriage must be prevented for girls to lead healthy and productive lives



Clean Water and Sanitation prevent the spread of diseases such as cholera, dengue, chikungunya and malaria



Good Mental Health is as important as physical health and has an impact on our sense of well-being

Gram Panchayats have the potential to ensure Health for All in their communities!



Diabetes

What is diabetes?

Diabetes is a condition in which a person has high blood sugar. Having too much sugar in the blood can lead to serious health problems such as heart disease, blindness, kidney failure, nerve damage in the feet, and depression. If a person does not keep their blood sugar levels under control, they could face life-threatening health problems.



What are the symptoms of diabetes?

Excessive thirst

Blurred vision

Tiredness /fatigue

Frequent urination

Frequent hunger

Weight loss or gain

How can diabetes be managed?

1 Proper Testing-Treatment-Medication

- Blood Sugar should be tested once a month
- HbA1C examination to be done once in three months
- Cholesterol, ECG, kidney, eye test should be done once a year

Medicines should be taken at the right time and in the right amount every day, as advised by the doctor

2 Practice of Exercise and Positive Thinking

Engage in 30 minutes of physical exercises every day that make your body sweat and increase your heart rate

Always think positive and be happy

Avoid smoking and alcohol

3 The Right Food / Proper Diet

Do not eat fast food, bakery items and fried foods

Use mostly millet, corn, wheat, pulses in food. Do not fast.

Eat less meat/non-vegetarian food

What happens when symptoms are ignored?

Paralysis/Palsy

Nervous Weakness

Forgetfulness

Heart attack

Eye-related issues

Kidney failure

Wounds and gangrene on the feet

What are the symptoms of hypoglycaemia?

Hypoglycaemia occurs when the blood sugar level falls below 70 mg/dL. The causes of hypoglycaemia include the effect of diabetes medication or insulin fluctuation, vigorous physical activity, avoiding food or eating too little.

Abnormal Sweating

Mental Confusion

Dizziness

Hand Tremors

What if you have hypoglycaemia?

Immediately consume two spoons of sugar/glucose/ chocolate. Get your blood sugar tested.

For more information, call the state-level health helpline at 104



High Blood Pressure (Hypertension)

High Blood Pressure/Hypertension (high BP) is a condition in which the blood pressure, the force of blood pushing against the walls of the blood vessels, is consistently too high.



How does high blood pressure occur?



When physical activities are reduced



Increased body weight



Eating too much salty food



Smoking or drinking alcohol



Mental Stress/Anxiety

How can high blood pressure be managed?

1

Examination/Test-Medication-Care

Have your blood pressure tested every month. Have your eyes, kidneys and cholesterol levels tested every year



Discuss your condition with your doctor and follow their advice without fail

Take your medicine every day at the prescribed time

2

The Right Food/Proper Diet



Stay away from junk foods available in stores
Do not eat any foods that are topped with salt

Alcohol and tobacco consumption should be reduced and you should quit gradually



3

Physical Activities



Engage in 30 minutes of physical exercises every day that make your body sweat and increase your heart rate



Symptoms of high blood pressure/hypertension



Rapid heart rate



Repeated headaches



Blurred vision



Dizziness



Shortness of breath while walking

What happens if hypertension is not managed?



Paralysis/palsy



Heart problems



Sexual problems



Vision problems



Kidney problems



Forgetfulness

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Tuberculosis (TB)

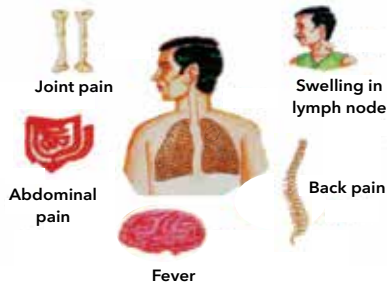


Tuberculosis (TB) is an infectious disease caused by bacteria. It can affect any part of the body except hair and nails. There are two types of TB: Pulmonary TB and Extrapulmonary TB (EPTB).

Symptoms of TB



Symptoms of EPTB



Who is most vulnerable to the infection?



Anyone can get TB. However, people with low immunity are more prone to developing TB. People working in mines, dust, and factories, or living in crowded and poorly-ventilated areas, are also more likely to get TB.

Diagnosis of Pulmonary TB



A sputum test should be done to diagnose Pulmonary TB

How is TB treated?



TB can be cured by taking the right medicine, at the right time, and in the right dosage

Barriers to treatment adherence and recovery



Consumption of tobacco/ alcohol delays a person's recovery



Stigma in the family or community may hinder treatment



A lack of nutritious food can affect recovery

TB testing and treatment is available free of cost at government health facilities. Persons with TB are eligible to receive direct benefit transfer payments of Rs 500 towards nutrition support during their treatment through the Nikshay Poshan Yojana.

For more information, contact your District Tuberculosis Officer (DTO) or Nikshay (toll free) helpline 1800-11-6666



Undernutrition

What is undernutrition?

Undernutrition is caused by the insufficient intake and/or inadequate absorption of energy, protein or vitamins and minerals that in turn lead to nutritional deficiencies. Any person should consume adequate nutrients to maintain good health, otherwise they could suffer from undernutrition. It may manifest as wasting, which means a person is of low weight for their height; stunting, which means the person is of low height for their age; or being underweight, which means a person is of low weight for their age (this may include both stunting and wasting).



Symptoms and effects of undernutrition



Undernutrition has the following symptoms in the general population:

- Loss of body fat
- Dry and dull skin
- Anaemia
- Frequent infections, health damage due to reduced immunity



Undernutrition is especially harmful for children as it results in:

- Lack of age-appropriate intellectual development in children
- Stunted growth in body and intellectual capacity



Undernutrition can significantly impact the health of women and in the following ways:

- Irregular periods among girls and women
- Anaemia and increased risk of miscarriage among pregnant women
- Increased risk of maternal death
- Birth of low birth weight babies or stillbirths

How can undernutrition be prevented?



Undernutrition can be prevented by consuming nutritious food. Our diet should be rich in protein, fat and micronutrients.

Role and Responsibilities of the Gram Panchayat



Monitoring of provision of nutritious food in anganwadis and schools through the Mid - Day Meals (MDM) scheme



Improving social welfare, maternal health and empowering women for any family decision making. Enrolling women in maternal care, maternity schemes or nutrition programmes.



Providing a continuous supply of safe drinking water



Measures for construction of toilets and ensuring usage



Awareness and monitoring of nutritional intake by Village Health Sanitation and Nutrition Committee

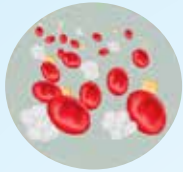


Promotion of sustainable animal husbandry and farming practices

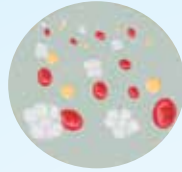


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Anaemia



Normal Condition



Anaemia

What is Anaemia?

When the number of red blood cells or their oxygen - carrying capacity is insufficient to meet the body's requirements, this condition is called Anaemia.

What are the symptoms of anaemia?



Tiredness/
Fatigue



Exhaustion



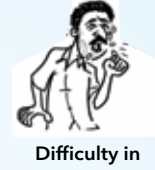
Vertigo



Drowsiness



Whitening of
tongue, hands,
and skin



Difficulty in
breathing



Chest pain

Who can get anaemia?

Anaemia can affect anyone, but is more common in these groups:



Infants and children
aged 6-59 months



5-9 year old
children



Adolescents aged
10-19 years



Women of
reproductive age



Pregnant
women



Lactating
mothers

How can anaemia be prevented?

- 1 Adherence to universal deworming and iron folic acid supplements
- 2 Adopting appropriate Infant and Young Child Feeding (IYCF) Practices
- 3 Increasing the consumption of food belonging to different groups (vegetables, pulses, greens, fruit, eggs, fish, etc.)
- 4 Organizing campaigns for behaviour change regarding anaemia prevention, including delayed umbilical cord clamping

Iron and Folic Acid (IFA) tablet dosages



Infants and children
aged 6-59 months
(IFA Syrup - 1 ml -
twice a week)



Children aged 5-9 years
(One pink pill weekly)



Adolescents aged 10-19 years
(One blue pill weekly)



Women of
reproductive age
(One red pill daily)



Pregnant women
(One red pill daily starting from the
fourth month of pregnancy until
delivery - 180 days)



Lactating mothers
(One red pill daily for
180 days after delivery)

Infant and Young Child Feeding (IYCF)



Initiate breastfeeding
as soon as the baby is
born, within an hour of
delivery



Exclusive breastfeeding
for the first six months
after birth



Continue breastfeeding until
two years and start complementary
feeding after six months
(maintain adequate food and
variety of foods)

Role and Responsibilities of the Gram Panchayat

- Organizing meetings in their villages to spread awareness on anaemia, testing and treatment
- Organizing nutrition week during which mothers will be counselled on importance of consuming iron-rich foods, hand washing practices, etc
- Conducting meetings with Village Health Sanitation and Nutrition Committee to implement nutrition-related schemes
- Providing a continuous supply of safe drinking water



For more information, call the state-level health helpline at 104

Child Marriage



Child marriage is an offense under the Prohibition of Child Marriage Act, 2006, punishable by imprisonment of at least one year and a fine.

What are the consequences of early marriage?

- ♦ The education of adolescent girls is stopped
- ♦ An adolescent girl does not have the freedom of decision in her maternal home and this continues in her in-laws' house
- ♦ The body and mind are not ready for early pregnancy and motherhood.
- ♦ The rate of Infant Mortality and Maternal Mortality increases
- ♦ There is no opportunity for the development of skills and abilities for financial self-sufficiency
- ♦ There is high risk of domestic violence and physical and emotional torture for the girl



How can Gram Panchayats prevent child marriage?



- ♦ Information about child marriages that are about to occur or have occurred should be reported to the concerned authorities
- ♦ Emphasis should be given to the education and empowerment of girls in schools
- ♦ There should be effective monitoring and reporting should be done through the Village Education Committee and Child Protection Committee
- ♦ GP members should be trained on measures to prevent child marriage
- ♦ There should be awareness building and training of community leaders by members of village level organizations
- ♦ The community should be sensitized about the dangers of child marriage



Who can be contacted to report incidents of child marriage?



Judge



Child Development
Project Officer



Police



Child
Helpline - 112



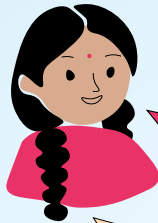
Panchayat
Development Officer

She deserves a childhood, she deserves a choice!



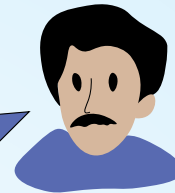
Menstrual Hygiene

We should talk about menstruation!



Papa ! Do you know what Menstruation is? Why is it important?

Don't talk about this with me, go and talk to your mother.



Why, Papa? Menstruation is a normal and natural process! Girls and women menstruate for about 3-7 days every month. Safe Menstrual Hygiene practices are essential for our health!

The lack of awareness about menstruation leads to:



Do you know how the lack of menstrual hygiene affects girls and women?



- Lack of confidence
- Stress and anxiety due to stigma and discrimination
- Fear of seeking healthcare
- Missing out on school, leading to dropouts and early marriage

Did you know that we can have symptoms during our period?

The following symptoms are common during menstruation:

- A change in mood
- Back pain and heaviness or pain in the chest
- Abdominal cramps
- Headache
- Acne
- Increased appetite



That is why we need your support during our menstrual period!



I understand better, now.



To maintain cleanliness during menstruation, the following products are available:



Cloth Pads



Disposable Sanitary Pads



Tampons



Menstrual Cups

Maintaining hygiene during menstruation



Underwear/innerwear and menstrual cloth/cloth pad should be washed and dried in direct sunlight



After using the disposable pad, wrap it in an old newspaper and throw it in the waste basket



Clean underwear / innerwear should be used and changed daily



Wash your hands with soap before and after changing pads or cloths

Role and responsibilities of the Gram Panchayat



- Conduct monthly meetings of adolescent girls to create awareness.
- Make men aware about the importance of menstrual hygiene.
- Have open and scientific discussions about the taboos around menstrual hygiene at the Village Health and Nutrition Day and Village Health, Sanitation and Nutrition Committee meetings
- Make sanitary napkins easily available for girls and women.
- Establish incinerators at girls' hostels, as well as solid waste disposal units, under the 15th Finance Commission Grant of Gram Panchayat.



- Menstrual health, reproductive and sexual health counselling and clinical services are available to adolescent boys and girls.
- The GP should maintain a list about such services and share this information in the community.

For more information, call the state-level health helpline at 104



Mental Health

What do we mean by mental health? Why is it important?

Mental health refers to our emotional, mental and social well-being



Physical and mental health go hand in hand



Who can experience mental health issues?

Anybody can experience mental health issues, regardless of their age, gender, or occupation



What are potential causes of mental health issues?



- ♦ Hereditary issues
- ♦ Abuse in childhood or adulthood
- ♦ Financial problems
- ♦ Family problems

Why don't we talk about mental health and illness?



- ♦ Lack of understanding of mental health issues in the community
- ♦ Fear of stigma and discrimination from loved ones community

If you have any of the following symptoms, you may need support



Loss of Appetite



Excessive Smoking/Drinking



Depression



Fear and Anxiety



Lack of Sleep / Disturbed Sleep

How can the Gram Panchayat help?

- ♦ Use community structures to identify mental health problems and create awareness about reducing/eliminating stigma
- ♦ Help people seek assistance from mental health personnel at health facilities or other facilities such as the Sahita Careline
- ♦ Liaise with district and taluk level mental health service team and collaborate to serve the community with necessary information

Treatment and Services for Mental Illness

- ♦ Mental health support teams at district level under the District Mental Health Programme
- ♦ Tele MANAS mental health helpline (14416) under the National Tele Mental Health Programme of India
- ♦ State initiatives such as Karnataka's Sahita Careline telecounselling service (1800 532 4600)

