

Community Health & Safety Program (CHSP)

Healthy and Safe living.... Building Positive Communities

“Health is not everything but everything else is nothing without health.”



Community Health & Safety Program (CHSP)

Servicing at Grassroots

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Building Positive Communities Project (BPCP)

Community Health & Safety Program (CHSP)

1.0 Introduction

In India, most of the rural people, particularly the workers from low-income families, are highly vulnerable to the risks of Health, Safety, and Environment (HSE) related to diseases and injuries that are pretty prevalent in rural areas, for example, AIDS, cancer, strokes, diabetes, mechanical accidents, pesticide poisoning, snake bites, dog bites, insect bites, zoonotic diseases, skin and respiratory diseases, oral health problems, socio-psychological problems, etc. Pandemics like COVID-19 have made it our priority to invest heavily in the health sector and build modern and adequate healthcare facilities in rural areas to handle future health disasters in parallel with prosperous societies.



Even though the medical standards in India can compete with the West, it is often impossible for villagers to pay for the journey to see a doctor or visit a hospital due to a lack of education and or not having the money to afford the medical costs. In rural areas, there are often no facilities available for primary healthcare needs. The few that are there are understaffed and mismanaged. Hence, low-income families suffer, particularly women and children, because of the lack of female doctors and child specialists in remote locations.

While the government has undertaken multiple initiatives to address the concern for service delivery and access to healthcare, substantial gaps remain for better healthcare infrastructure, access, and equity-based health distribution. Hence, every citizen, including grassroots NGOs, must create continuous awareness promoting “Health and safety” among vulnerable communities, driving toward a prosperous society.



In pursuit of this, building positive communities plays a vital role in ensuring healthy lives for everyone at the grassroots with a strong commitment from all stakeholders. PARD INDIA, since its inception in 2011, has been working with marginalized communities at the grassroots by undertaking various medical camps & health awareness programs highlighting the need for an adequate healthcare system to ensure healthy lives and promote well-being for all at all ages in rural areas through our “**Community Health & Safety Program.**”

2.0 Key services covered under the CHSP Program

Project Code	Major Services covered under “Community Health & Safety Program (CHSP)”
BPCP-01	<ul style="list-style-type: none"> • Free Medical Camps and supply of medicines, including Blood Donation. • Yoga Programs for students and communities in rural areas. • Facilitate Artificial Limbs & Wheelchairs for physically challenged children and people. • Awareness Programs related to Health, Safety, and Environment (HSE) - Diabetic, Heart Stroke, First Aid, HIV/AIDS, Child Vaccination, Cancer, Snake Bites, Smoking, Fire Protection, Safe Driving, environmental pollution, effects of Alcoholism & Drugs and Rehabilitation, etc.





3.0 Facts of Healthcare System in Rural India

The following vital data and information identify the need for our governments to focus on and strengthen the Healthcare system in India, with enhanced budget allocation, improving the quality of life of the people, particularly in Rural India:

<p>✦ In 2017, only about one-third to half of the global population was covered by essential health services. If current trends continue, only 39 % to 63% of the global population will be covered by essential health services by 2030.</p>
<p>✦ According to the Economic Survey 2022-23, the central and state governments' budgeted expenditure on healthcare touched 2.1 % of GDP in FY23 and 2.2% in FY22, against 1.6% in FY21.</p>
<p>✦ During 2018-19, Government health expenditure amounted to 40.6% of the total, while out-of-pocket expenditure remained marginally higher at 48.2%. Out-of-pocket expenditure is the money paid directly by households at the point of receiving health care. Almost half of all health spending in India is still paid by patients directly at the point of treatment.</p>
<p>✦ Healthcare in India's villages is a three-tiered structure under the National Rural Health Mission (NRHM) – sub-centers, primary and community health centers.</p> <ul style="list-style-type: none"> • Sub-centers are at the forefront, covering 5,000 people in the plains and 3,000 in hill or tribal areas. • Primary Health Centre (PHC) for 20,000 to 30,000 people (manned by a medical officer supported by 14 paramedical and other staff) and • Community Health Centre (CHC) as a referral center for every four PHCs covering a population of 80,000 to 1.2 lakh.
<p>✦ 70% of the population of India lives in rural areas, and to cater to their needs, there are 156,231 Sub Centers, 25,650 Primary Health Centers, and 5,624 Community Health Centers in India as of 31st March 2017 (Source National Health Profile 2018).</p>
<p>✦ The COVID-19 pandemic has brought out the weaknesses in India's health infrastructure, such as:</p> <ul style="list-style-type: none"> • low investment, which is a significant problem of the health system, but also about the quality of care, • complexity of rural health markets (the high prevalence of unqualified, private sector alongside an unaccountable highly qualified government sector), and individuals' responses to health challenges.
<p>✦ PM Ayushman Bharat Yojana - the government-sponsored health insurance scheme will provide free coverage of up to ₹ 5 lakh per family per year at any government or even empaneled private hospitals all over India. Get the details here - https://pmjay.gov.in/</p>

- ✦ Although 75% of villages have at least one health care provider and a town on average has three primary health providers, 86% of them are private “doctors” and 68% have no formal medical training, found a survey of 1,519 villages across 19 states in 2009 by researchers from the Centre for Policy Research (CPR) in New Delhi.
- ✦ The acute shortage of qualified medical professionals in rural India may impact the relaunch of 150,000 health sub-centers and primary health centers (PHCs) as “health and wellness centers” under Ayushman Bharat Yojana, the national health scheme launched on September 23, 2018.
- ✦ As of 2018, India has 497 medical colleges registered with the Medical Council of India that offer an intake capacity of 60,680 seats for MBBS. Trends in India and other BRICS nations such as South Africa suggest that most doctors prefer to sign up for hospital-based specializations in urban areas than get into general practice at PHCs, a 2015 study published in Human Resources for Health observed.
- ✦ Environmental hazards increase the risk of cancer, heart disease, asthma, and many other illnesses. These hazards can be physical, such as pollution, toxic chemicals, and food contaminants, or they can be social, such as dangerous work, poor housing conditions, urban sprawl, and poverty.
- ✦ Our ability to make healthy choices depends significantly on conditions in the communities where we live, learn, work, and play. Evidence shows that social factors such as education, childcare, income, housing, and neighborhood conditions—also called social determinants—influence health.
- ✦ Locally elected leaders can significantly contribute to the health of the local communities by making decisions that incorporate healthy community characteristics into their official community plans, policies, and infrastructure.



“Creating awareness on health and well-being among the rural communities.”

4.0 Major HSE Hazards in Rural India

Significant HSE (Health, Safety & Environmental) hazards prevalent in rural areas are listed below:

- Transmissible and infectious diseases such as heart strokes, chronic obstructive pulmonary disease, diarrhea, tuberculosis, malaria, HIV/AIDS, etc.



- Exposed to diseases & unhygienic conditions due to the prevalent practice of the Open Defecation system.

- Exposure to mosquito bites as no proper drains/sanitation is done in villages.

- Smoking, air and water pollution, chemicals, uncontrolled dust, etc., affecting lung conditions of most of the rural poor.

- Deaths due to Snake and Animal Bites and no immediate response plan in place, as most incidents occur while working in the fields.



- Road accidents due to the uncontrolled speed of vehicles on the highways passing through villages, lack of safety awareness such as using helmets/seat belts, zebra crossings, speed bars, etc.

- Loss of Life/injuries due to no safety briefings while using dangerous machinery and tools, such as tractors, trucks, harvesters, and cutting and piercing means.

- Exposure to hazardous chemicals such as pesticides, fertilizers, and other veterinarian products.
- Loss of Life/injuries while working in confined spaces, without personal protection equipment (PPE), such as silos, pits, cellars, tanks, electric poles, building construction, etc.
- Absence of timely logistic support at the time of emergency, such as an Ambulance, nearby doctor, or clinic / medical center, is also causing the deterioration of health conditions, leading to death in most cases.



5.0 Community Characteristics that Impact Health & Well-beingness

The following are the main contributors to the health & safety of the communities living in both rural and urban dwellings:

- Safe pedestrian and cycling facilities.
- Neighborhood walkability.
- Easy access to public transit.
- Clean air and water.
- Access to healthy foods.
- Public spaces for social interaction and inclusion.
- Noise abatement.
- Access to public infrastructure and facilities.
- Access to affordable and safe housing.
- Speed Breakers on Roads where public crossings and schools are located.
- Well-laid and maintained Roads at par with international standards with markings on Roads and proper road shoulders.



As such, a **healthy community** is one in which all residents have access to a quality education, safe and healthy homes, adequate employment, transportation, physical activity, nutrition, and quality health care. Unhealthy communities lead to chronic diseases, such as cancers, diabetes, heart disease, etc. With the growing aspirations of the public to lead a healthy and quality life, governments must invest heavily in creating adequate infrastructure, ensuring each life is equally important and valuable.

“Healthy People are the Foundation for Healthy Economies.”



6.0 How to improve the Health & Safety of your Communities

PARD INDIA encourages volunteers from local communities to come forward and participate in any of the following means as part of building positive communities and stay as an **“Agent of Change”** in your neighborhood:

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Ways to Improve the Health of Your Community

1. You can start promoting your health and the health of those around you by making well-informed choices, practicing safe sex, and vaccinating your children.
2. Practice healthy habits with kids in your life
3. Engage in your school's efforts to encourage healthy practices.
4. Participate in decisions local officials are making that affect your environment.
5. Give back healthy options to your community.
6. Raise awareness in your community about the importance of healthy lifestyles.
7. Hold your government, local leaders, and other decision-makers accountable for their commitments to improve people's access to health and healthcare.
8. Start Being Healthy at Work.
9. Pursue a Public Health Career.
10. Volunteer at a Local Social Services Organization like PARD INDIA.



7.0 PARD INDIA's Significant Initiatives under the CHSP Program

The following are key initiatives that PARD INDIA has been undertaking for building positive and healthy communities focusing primarily on the rural poor:

- ✓ Organize free “Medical Camps” covering heart check-ups, diabetes, blood pressure, eye testing, cataract surgery, free eyeglasses, and free medicines.



- ✓ Organize free blood donation & blood grouping programs, arranging blood, etc.
- ✓ Arranging Artificial limbs for the physically challenged people.
- ✓ Promoting health awareness through “[International Day of Yoga](#)” programs in schools and community centers.
- ✓ Raising funds through crowdfunding / local funding to support treatment costs for poor people/children.
- ✓ Provide free cold water to the public to quench their thirst through “Chalivendrams” during peak summer periods.
- ✓ Organize Awareness programs on First Aid, Cancer, HIV/AIDS, Heart Strokes, Diabetes, weight control, waterborne diseases, Snake bites, Fire Protection, Safe Driving, Prevention of Road Accidents, use of PPE (Personal Protection Equipment), etc.
- ✓ Awareness of adverse effects of drugs, alcoholism, and smoking on the health and economic burden of the families and assisting in their rehabilitation.
- ✓ Facilitating patients with proper medical knowledge/information through medical networks.
- ✓ Organizing free Homeopathy / Ayurveda medical camps promoting alternate medical options.
- ✓ Volunteering child vaccination programs.
- ✓ Raise the voice of people experiencing poverty to save their lives through medical treatment and to cover them with adequate medical and accidental insurance under the full responsibility of the government.



8.0 Impact of the CHSP Program

Over the years, PARD INDIA has been organizing various Mega Medical Camps and Health and Safety Awareness Programs in remote rural villages with support from multiple



partners such as the Government, Corporate Hospitals, and like-minded NGOs, facilitating medical help to reach people experiencing poverty.

Organized about 50 medical camps including Yoga Programs covering about 20,000 needy people as of 31st March 2023

We promote **Goal 3 of SDG** (Sustainable Development Goal), i.e., ensuring healthy lives and promoting well-being for all ages in rural areas.

	<p>Our “Community Health & Safety Program” connects rural people with the global efforts of the UN’s Sustainable Development Goals (SDGs) 3 to “Ensure healthy lives and promote well-being for all at all ages” by 2030.</p>
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- Sponsor a Medical Camp! Donate Now!!**
- Gift an Ambulance! Donate Now!!**



Join our Campaign
“Yoga for Health, Harmony & Peace”

9.0 References

Visit the following weblinks for more details about the healthcare-related issues:

- **About health workers in rural areas**
https://www.business-standard.com/article/economy-policy/lack-of-health-workers-in-villages-might-hurt-modicare-s-wellness-drive-118102100665_1.html
- **About Ayushman Bharat Yojana Scheme**
<https://pmjay.gov.in/>
- **About Ayushman Bharat Yojana Scheme:**
https://en.wikipedia.org/wiki/Ayushman_Bharat_Yojana
- **About YSR Arogyasri Medical Scheme in Andhra Pradesh**
- **About Arogyasri Medical Scheme in Telangana**
- **Five ways to improve health in your community**
<https://www.unitedwaydm.org/blog/5-ways-to-improve-health-in-your-community>
- **Article on India’s economy needs a hefty dose of health spending**
<https://www.livemint.com/news/india/india-s-economy-needs-big-dose-of-health-spending-11586365603651.html>
- <https://data.oecd.org/healthres/health-spending.htm>



Participate



Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development.

Sponsor a Medical Camp in your neighborhood! **Donate Now!!**

“Every life matters - let's preserve it.”

Be an “Agent of Change”

Be our “Health Hero”

Visit our website www.pardindia.org for more details.

Write to us for more details of the above program at info@pardindia.org
