

SOCIAL HEALTH PROGRAMME

Social health is more than just the prevention of mental illness and social problems. Being socially healthy means increased degree of happiness including sense of belonging and concern for others. Social health might seem ignorable and difficult to address yet it stands as one of the pillars of health.

It has been proven with relevant incidence that those who are well integrated in the society have longer and healthier life. A review published in PLoS Medicine indicates that good social relationships are were associated with 50% increase in survival chances.

SOCIAL HEALTH: A STATE OF WELL-BEING

Social health is a positive dimension of health which is included in the constitutional definition of health of WHO. It is an individual's ability to handle and act based on different social conditions.

DETERMINANTS OF SOCIAL HEALTH

The factors like unequal distribution of various health-damaging conditions eg. economy, goods and services, access to education, communities etc. determine the social health of a person. In turn, poor and unequal distribution of these conditions are a result of poor social policies and programs which have a determining effect on the living conditions of an individual's life. per WHO, people have dramatically different life spans depending on places where they are born. In Japan people tend to live > 80 years, in Brazil, 72 years; India, 63 years; and in one of African countries, the life span is less than 50 years. In turn, Thus, there must exist a balance between social and economic development for overall health of a country.

STRATEGIES TO IMPROVE SOCIAL HEALTH

Make connections

- Develop new hobbies by joining groups of reading, drawing, writing, yoga etc.
- Learn new skills like art, dance, cooking, swimming etc.

- Volunteer at schools or events outside.
- Travel and meet new people.

Get active

- Participate in debates and discussions.
- Join an exercise group or start new outdoor activities with friends.
- Help parents in household chores.

Build healthy relations

- Share your feeling with parents or friends.
- Ask for help in need.
- Listen to others without being judgmental.
- Compromise and work on agreements.
- Avoid conflicts and anger.
- Disagree but respectfully.
- Protect yourself from bad company and set boundaries.

Develop healthy habits in family

- Eat healthy food with family members.
- Go out instead of watching TV or mobile phone.
- Cook a meal together.
- Give children a task to do and compliment after they finish.
- Set rules at home for a disciplined behavior.
- Spend time with family during holidays or visit a place together.

Here are lists of social health programmes in India for public awareness:

- 1. National Cancer Control Programme** launched in 1975 to prevent primarily cancers by health education regarding hazards of tobacco consumption and necessity of genital hygiene for prevention of cervical cancer, etc.

2. **District Mental Health Program** launched in 1982 to ensure availability and accessibility of minimum mental health care for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections of population.
3. **National Cancer Registry Programme** launched in 1982 to provide true information on cancer prevalence and incidence.
4. **National Leprosy Eradication Program** started in 1955, launched in 1983 To arrest the disease activity in all the known cases of leprosy.
5. **Universal Immunization Program (UIP)** launched in 1985 to achieve self-sufficiency in vaccine production and the manufacture of cold-chain equipment for storage purpose, etc.
6. **National Tobacco Control Program** launched in 2007 to prevent the initiation of smoking among young people, educating, motivating and assisting smokers to quit smoking, etc.
7. **National Program of Health Care** for the Elderly (NPHCE) launched in 2010 to provide preventive, curative and rehabilitative services to the elderly persons at various level of health care delivery system of the country, etc.
8. **National Health Policy** launched in 2017, is to inform, clarify, strengthen and prioritize the role of the Government in shaping health systems in all its dimensions- investment in health, organization and financing of healthcare services, prevention of diseases and promotion of good health through cross sectoral action, access to technologies, developing human resources, encouraging medical pluralism, building the knowledge base required for better health, financial protection strategies and regulation and progressive assurance for health.

List of Social Health Programme

Reproductive, Maternal, Neonatal, Child and Adolescent health

- Janani Shishu Suraksha Karyakaram (JSSK)
- Rashtriya Kishor Swasthya Karyakram(RKSK)
- Rashtriya Bal Swasthya Karyakram (RBSK)
- Universal Immunisation Programme
- Mission Indradhanush / Intensified Mission Indradhanush
- Janani Suraksha Yojana (JSY)
- Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA)
- NavjaatShishu Suraksha Karyakram (NSSK)
- National Programme for Family planning

National Nutritional Programmes

- National Iodine Deficiency Disorders Control Programme
- MAA (Mothers' Absolute Affection) Programme for Infant and Young Child Feeding
- National Programme for Prevention and Control of Fluorosis (NPPCF)
- National Iron Plus Initiative for Anaemia Control
- National Vitamin A prophylaxis Programme
- Integrated Child Development Services (ICDS)
- Mid-Day Meal Programme

Communicable diseases

- Integrated Disease Surveillance Programme (IDSP)
- National Tuberculosis Elimination Programme
- National Leprosy Eradication Programme (NLEP)
- National Centre for Vector Borne Diseases Control
- Programme for Prevention and Control of leptospirosis
- National AIDS Control Programme (NACP)
- Pulse Polio Programme
- National Viral Hepatitis Control Program
- National Rabies Control Programme

- National Programme on Containment of Anti-Microbial Resistance (AMR)

Non-communicable diseases

- National Tobacco Control Programme(NTCP)
- National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS)
- National Programme for Control Treatment of Occupational Diseases
- National Programme for Prevention and Control of Deafness (NPPCD)
- National Mental Health Programme
- National Programme for Control of Blindness& Visual Impairment
- Pradhan Mantri National Dialysis Programme
- National Programme for the Health Care for the Elderly (NPHCE)
- National Programme for Prevention & Management of Burn Injuries (NPPMBI)
- National Oral Health programme

Health system strengthening programs

- Ayushman Bharat Yojana
- Pradhan Mantri Swasthya Suraksha Yojana (PMSSY)
- LaQshya' programme (Labour Room Quality Improvement Initiative)
- National Health Mission
- Ayushman Bharat Digital Mission (ADHM)
- PM Ayushman Bharat Health Infrastructure Mission