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Adequate and proper nutrition is fundamental to any individual’s health
Health care is one of the most important of all human endeavours to improve the quality of life especially of the tribal people.

There is a heavy burden of communicable and non-communicable diseases.
RURAL TRIBAL HEALTH-MATTERS OF CONCERN

The Major Concerns are

- Reducing Child Mortality
- Improving Maternal Health
- Combating HIV/AIDS
- Malaria
- Other related Diseases
- Poverty and Hunger
- Poor Sanitation
RURAL TRIBAL HEALTH-MATTERS OF CONCERN

Preventable diseases such as

- Tuberculosis
- Malaria
- Gastroenteritis
- Filariasis
- Measles
- Tetanus
- Whooping cough
- Skin diseases.
Challenges are multi-faceted
Major challenges will be
Child Mortality
Maternal Health
HIV/AIDS
Malnutrition
Mortality/Morbidity
They are most exploited, neglected, and highly vulnerable to diseases. Risk is doubled by – Poverty, Illiteracy, ignorance, poor sanitation, Lack of safe drinking water, and blind beliefs.
The chief causes of high maternal mortality rate are found to be poor nutritional status, low haemoglobin (anemia),

Efforts to improve nutritional status of tribal women

Average calorie as well as protein consumption is found is below the recommended level for the pregnant as well as lactating women
Big picture – Measures to improve rural tribal health status

Reducing mortality and morbidity rates will be great achievement.

Under weight and Anaemia in children

Malnutrition in children

Recurrent diarrhoea in children

Respiratory disorders in children.
Primary Health Care Center

First Level of Contact

Population
Health Care Providers

Common pathway for health and family welfare programs
The health care services and challenges in rural and tribal areas

Concept of health and disease is rather traditional which results in their not seeking treatment at an early stage.
THE HEALTH CARE SERVICES AND CHALLENGES IN RURAL AND TRIBAL AREAS

Frequent refusal of preventive measures
Treatment is not easily available
Lack of motivation for availing medical care
Very limited paying capacity

Comparative inaccessibility of medical care services due to under-developed communication and transport facilities.

No availability of qualified medical practitioner in the village.

Qualified health workers and professional medical and paramedical staff do not want to work in rural and tribal areas because of professional, personal and social reasons.
The health care services and challenges in rural and tribal areas - conti

Nonavailability of private or governmental doctor as and when need arises.
Frequent transfers and absenteeism of the staff
Lack of proper health education, poverty, faulty feeding habits
Public health policies are not adopted and implemented in vacuum
DISEASES FALL INTO TWO CATEGORIES: COMMUNICABLE AND NON COMMUNICABLE.

**Communicable Diseases**
- Communicable diseases are those diseases, which pass from infected person to a healthy person by direct or indirect contacts through infectious agents.
- Sometimes, viral or bacterial infections cause death in a large numbers (in epidemic form) and threaten the survival of mankind.

**Non Communicable Diseases**
- Non communicable diseases in other hand include Malnutrition, Under nutrition, Anaemia, Infant Mortality,
- Education, especially the female education, is generally considered a key factor to development. Female education is believed to have a great influence on the maternal and child health.

**Direct Contact or on the Indirect agents like**
- breathing, sputum, stool, saliva, urine.
DISEASE BURDEN

COMMUNIABLE DISEASE
- Tuberculosis, Hepatitis, Sexually Transmitted Diseases (STDs), Malaria, Filariasis, Diarrhoea and Dysentry, Jaundice, Parasitic infestation, Viral and Fungal infections, Conjunctivitis, Yaws, Scabies, Measles, Leprosy, Cough and Cold, HIV/AIDS,

Non communicable diseases
- infant and child mortality rates among the poorly educated mothers are due to their poor hygienic practices. Moreover, maternal education is related to child health because it reduces the cost of public health related to information on health technology.
Liver cirrhosis due to excessive drinking of country made alcohol, hypertension due to excessive salt intake, chronic respiratory diseases due to excessive smoking, oral cancer (due to regular betel nut chewing), malnutrition, nutritional deficiency disorders like iron deficiency anemia, iodine deficiency (goitre), avitaminosis, etc. form a major chunk. Cardio-vascular diseases are very uncommon among the tribals.
Environmental factors- influence on tribal health

- There are several other environmentally caused health hazards
- Poor Sanitation
- poor disposable facilities for human excreta
- animal waste
- sewerage and sullage,
Silent killer genetic diseases

Genetic disorders are gaining prominence and have profound health implications in morbidity status of tribals. Sickle cell anemia and glucose-6-phosphate dehydrogenase (G-6-PD) enzyme deficiency are the two important genetically determined disorders, which play an important role in human health and disease.
Reproductive Health

sexual exploitation of innocent tribal women, and extortion of forest produce by non-tribal traders, stood as a challenge before the indigenous women living in the forests. This has led to the spread of certain diseases.

Early Marriage, lack of education, were reasons for increase in maternal mortality rates, number of conceptions, surviving children, abortions and stillbirths per mother were higher in tribal.
There are several challenges.
COMMUNITY HEALTH

- Community
- Tribal Health Dept
- NGOs
- Government
- Local Health Dept
- Private Organi
TRIBAL HEALTH PROGRAMS

PROMOTING HEALTHY LIFESTYLE

COMMUNITY HEALTH SERVICE

HEALTH EDUCATION

MATERNAL SUPPORT SYSTEM
There are several challenges for

POLICY MAKERS
PLANNERS
ADMINISTRATORS
IMPLEMENTORS
DOCOTORS
SOCIAL WORKERS
NGOS
SUGGESTIONS

MINI HEALTH UNIT
A complete Mini Hospital or Health Unit consists of DOCTOR, LAB TECHNICIAN, PHARMASISTS, STAFF NURSE, and NUTRITIONIST.

A mobile van can be set up which will cater to the health needs of the tribal community in a group of adjacent villages fixing a date at least weekly or preferably in the weekly tribal market to minimize the tribal sufferings.
Mass awareness programs on common diseases by health workers at weekly market.

Mass screening for genetically transmitted diseases such as hemoglobinopathies, b-thalassemia syndrome.

Providing Genetic/Marriage Counsellor to affected tribal communities and families for the prophylactic guidance and future reproductive decisions.

Immunization programmes

Providing social security and support for combating the common prevalent communicable and noncommunicable diseases in the tribal community.

For nutritional deficiencies localized research should be directed towards the easily or cheaply available food items, which could provide necessary nutrients with change of dietary practice to the vulnerable families and segments of the society.
CORPORATES SHOULD TAKE RESPONSIBILITY IN IMPROVING HEALTH SYSTEM
Involving Local tribal in health care system, traditional healers in the health and family welfare delivery system after giving them proper training
SUGGESTIONS

KEY FOCUS AREAS

Education, Sanitation, Social and Economic reforms.
Involving students, and unemployed in the development of Tribal Health Programs will be effective.

Nutrition Plays a major role in this Scenario.

Regular medical camps, maintaining health records, using telemedicine will be helpful.

Keeping necessary machinery and medicines at the district head quarter is necessary.

Monitoring of the progress is very important.

Short and Long terms goals should be kept.

Doing more projects works in this field and encouraging scholars accordingly.
Every tribal Health Care should have a committee Doctor, Nurse, Nutritionist, Academician, Health Counselor.

Periodical visit of the area.

Communication between the group on the progress Preventive Measures

Committee should be monitored by District Medical Officer.

Marinating all records.

Available through phones Keeping Kiosks