Addressing Challenges of Equitable Health, Nutrition and Well-being in a rapidly Urbanizing India: An Imperative for Government, NGOs and Citizens

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Public Health Lecture,
National Institute of Health and Family Welfare,
Delhi



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Source Centre India

Urban Health Resource Centre, India

Part - I

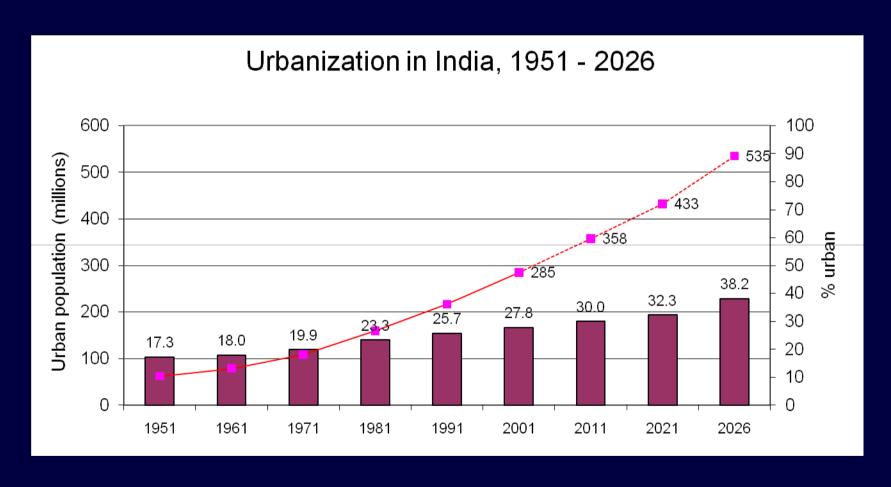
- Urbanization, economic growth, juxtaposed affluence and deprivation
- Health, Nutrition and Well-being disparities in Urban India:
 - MDG -1- Reducing poverty and undernutrition
 - MDG-3 Gender equality and empower women
 - MDG- 4 & 5 Reduce child mortality, reduce maternal mortality
 - MDG 6: Combat HIV/AIDS, malaria and other diseases
 - MDG 7: Ensure environmental sustainability living conditions-toilets, water, congestion
 - Unlisted slums/poverty clusters more deprived
 - Smaller cities have weaker systems, poorer indicators
- Multidimensional issues that affect urban health and well-being

India's Urbanizing economy: Affluence and Deprivation Juxtaposed

- In India's glittering cities opulence grows along with deprivation and poverty
 - 60% of Mumbai's population lives on 8% of land [Parsuraman, S. 2007] and contribute to economy in diverse ways, living in severe congestion
 - In Delhi, water-supply for planned colonies is 225 lpcd (liter per capita daily) and 50 lpcd for listed slums
- Urban poor contribute substantially to India's economic growth:
 - Between 60- 90% of urban poor are involved in urban informal sector.
 - Urban sector contributes 60% -70% of GDP

Parsuraman, S - http://www.karmayog.org/urbandvlp/upload/21756/Newspaper-essays_Prarsuraman.pdf. This indicates high density of living space for 60% living in slums, chawls, informal settlements. Population density of Greater Mumbai (area under Municipal Corporation of Greater Mumbai) estimated at 24,812 (Mumbai Suburban district & Mumbai City district) persons per sq. km. as per Census 2011. Density of Mumbai City – 43,447 per sq. km.

Urban Population Growth in India



- During the 20th century, urban population multiplied more than 10 times.
- Urban population projected to reach 535 million by 2026 (first quarter of 21st century).

MDG-1: Urban Poor- the fastest growing segment of India's Population

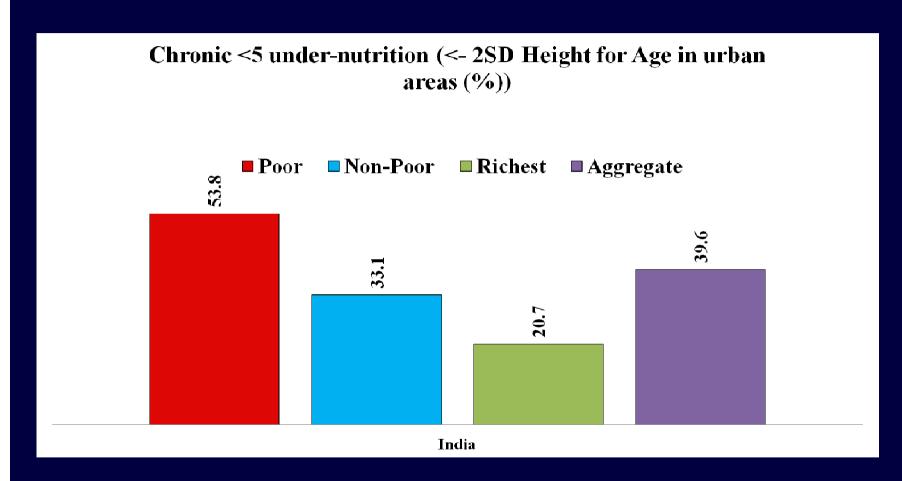
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All India Urban areas Large cities Slums

- Urban population 377 million^{1.}
- India is expected to be about 40% (550 million) urban by 2026².
- 97 mil urban poor @ official poverty line⁴; 200 mil eligible for food security
- Estimated annual births among urban poor: 2.7 million^{6.}
- 12 million children under-5 among lowest two urban quartiles (53.8% and 42.8%) are stunted (chronic under-nutrition)
- 1-Census of India, 2011, Provisional Tables
- 2-Census, 2001 population, Projections, 2001-26
- 3-Poverty Estimates 2004-2005 and 1999-2000
- 4-Planning Commission, Poverty Estimates December 2009 and Census of India 2011
- 5- Calculated based on UNICEF-Demography-2007 data
- 6-Based on CBR 27.5 for urban poor population and 100 million urban poor population

MDG-1: Nutrition Health Disparities:

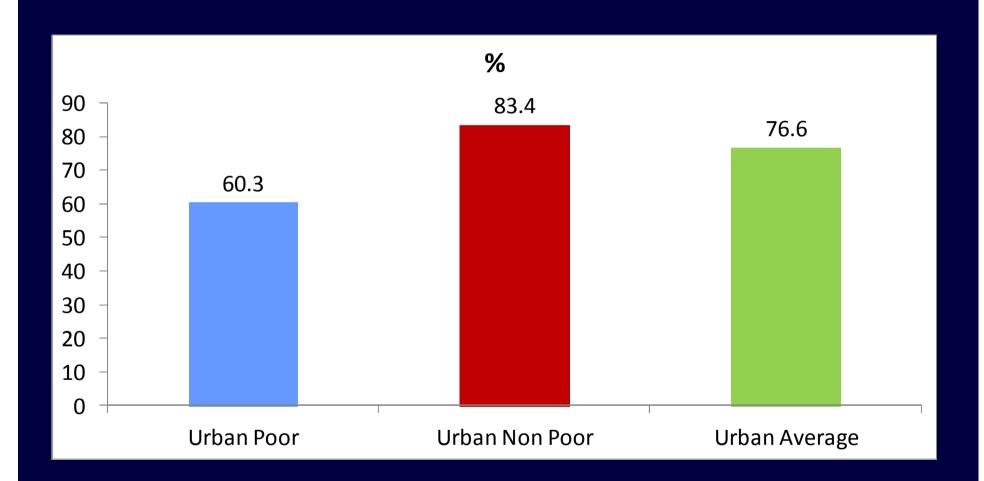
Nutrition Inequities among<5 yrs



Source: Re-analysis of NFHS-3(2005-06) by Wealth Index; UHRC, 08

Household food insecurity is also as high as 50% among slum/informal settlements

MDG-2: 40 % urban poor children (6-17 years) not attending school



50% boy and 54% girl children among urban poor in Delhi attended school.

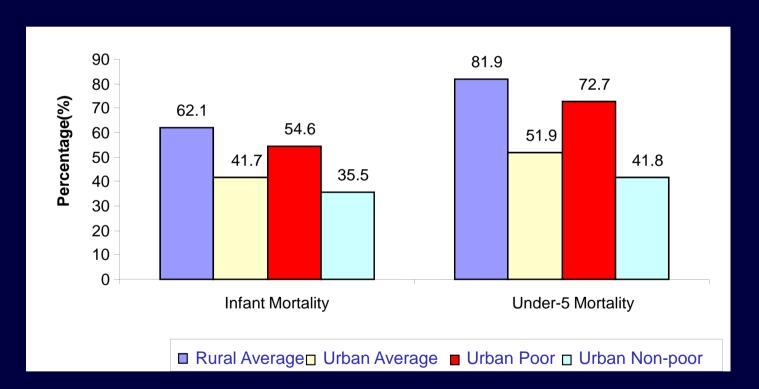
MDG-3: Gender Equality and Women's Empowerment

Women's autonomy

- In Urban India, among poorest quartile, 42%women had money for their own use, while among the rest of the urban population 53% had money for use.
- Urban NFHS-3 analysis shows mothers' education attainment (secondary/higher education), financial autonomy, and employment were associated with increased probability of children's immunization

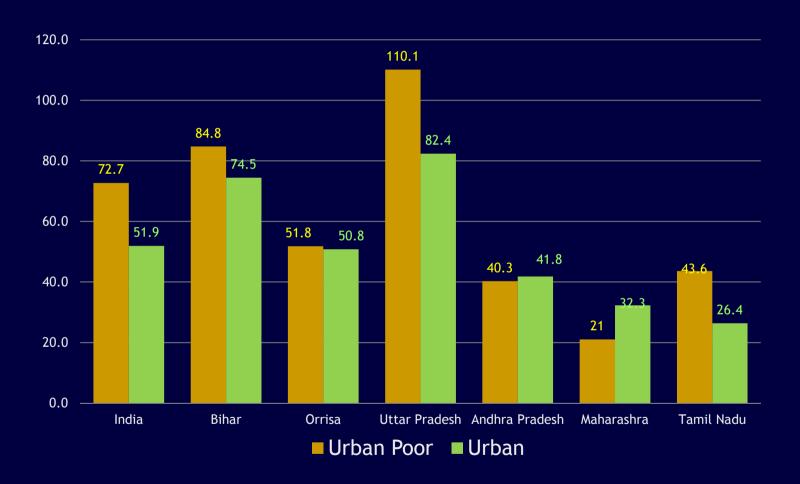
Evidence about Health Disparities: MDG- 4: Low Child Survival among the Urban Poor

1.3 lakh children die each year before reaching the age of five



Source: Re-analysis of NFHS-3(2005-06) by Wealth Index; UHRC, 08

<5 Mortality Across Different States: Poorest urban quartile vs urban overall

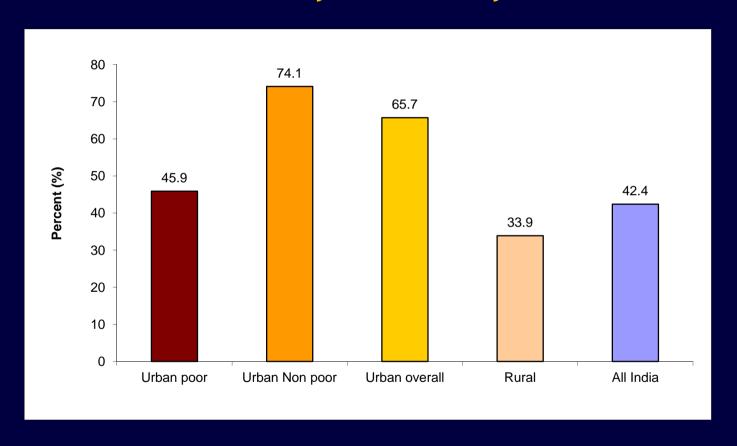


Source: UHRC's analysis of National Family Health Survey, 2005-06

MDG-5

Inequitable Access to Maternity Services

At least one postnatal check-up from a skilled provider within 42 days of delivery



Women 15-49 years areas receiving at least one postnatal check-up within 42 days of delivery from a skilled provider. RCH II recommends a minimum of three post-natal visits from a skilled provider i.e. within 48 hours, between 7th-10th day and 42nd day.

MDG- 6 and 7 Disparity in Living Space Density in Urban Areas

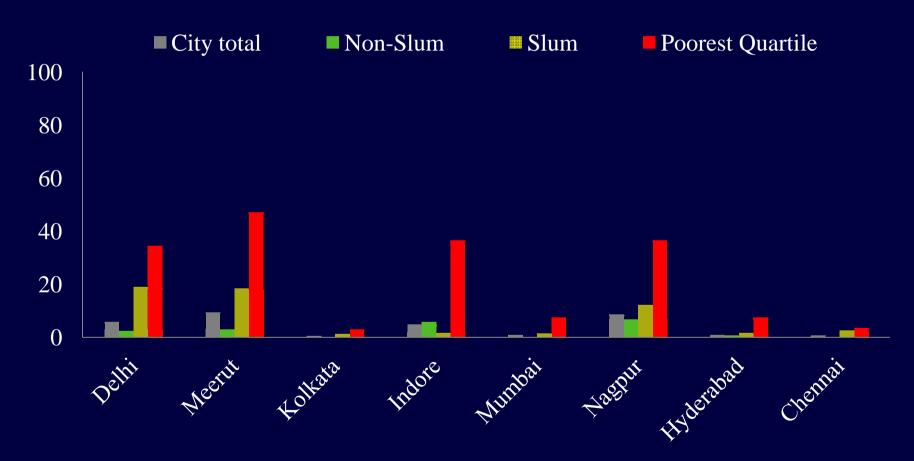
Congested Housing:

- In urban India, among poorest quartile, 45.6% households have a situation of >5 persons per sleeping room, as against 7,8% among the richest quartile, while the urban aggregate data suggests 27.1%

Separate Cooking Space:

- Among poorest quartile, in urban India, 31% households had a separate cooking space (SCS),
- Among the remaining population, **78.5**% had a SCS

MDG-7 Percent of Households with NO Toilet facility



In Urban India, among the poorest quartile, 52.8% households did not use a sanitary or pit toilet, while among the rest of the urban population 96% used a sanitary toilet.

Source: IIPS 8 cities study; 2009

Slum/Non-slum denotes Census slum/non-slum.

Poor Access to Piped Water Supply

More than three-fourth(82.5%) of urban poor households do not have access to piped water supply



Source: Re-analysis of NFHS-3(2005-06) by Wealth Index; UHRC, 2008

Housing and Physical Infrastructure affects Health, Disease

- Tuberculosis prevalence among people living in houses with >5 persons/sleeping-room is twice as high as those living in houses with <4 persons/sleeping-room (423 vs 268 per 100,000).
- Tuberculosis prevalence among people living in houses without separate cooking space was 2.2 times higher than those living in houses with separate cooking space (494 vs 223 per 100,000).
- Water collection in slums, homes leading to increased incidence of dengue, chikungunya

Housing and Physical Infrastructure affects Nutrition Status

- Chronic child (0-59 mths) under-nutrition (height for age <-2SD), in households with >5 persons per sleeping-room is 1.4 times higher than households with <4 persons/sleeping-room in Urban India
- Chronic child (0-59 mths) under-nutrition (height for age <-2SD), in households without separate cooking space is twice as high than households with a separate cooking space
- Child (0-59 mths) chronic under-nutrition (height for age <-2SD), in households without improved toilet is 1.5 times higher than households having improved toilet

A significant proportion of slums are unlisted

554 listed slums (population 12,76,062)

City	No. of Listed Slums	No. of Un- Listed Slums
Agra	215	178
Dehradun	78	28
Bally	75	45
Jamshedpur	84	77
Meerut	102	85
Total	554	413
Total population	1276062	727332

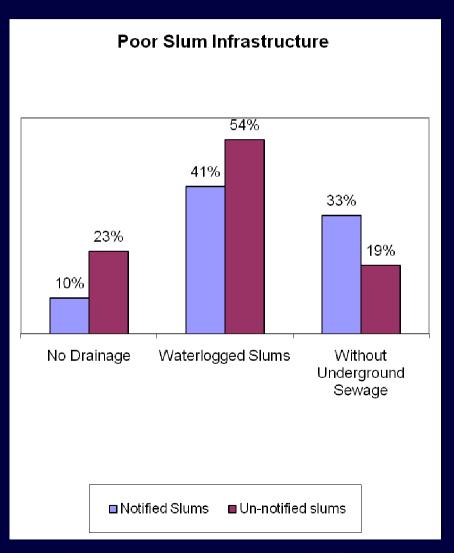
413 unlisted slums (population 7,27,332)

967 Total slums

MDG-7: Non-notified Slums Far Worse

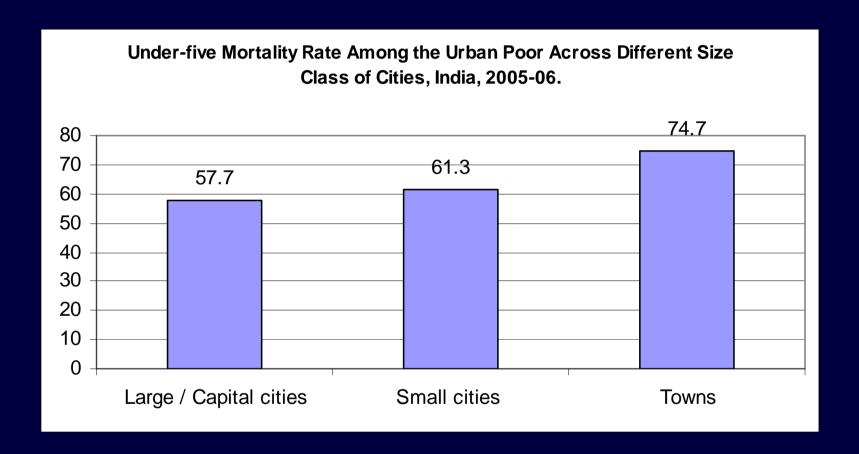
- Poor environmental sanitation in slums results in high infant malnutrition in slums¹
- In 64% notified slums, majority of the dwellings are made of solid/permanent material while in non-notified slums this is 50%.

 Favin M, Yacoob M, Bendahmane D. Behavior First: A Minimum Package of Environmental Health Behaviors to Improve Child Health, Applied Study No. 10, Arlington VA: Environment Health Project; 1999.



Source: Ministry of Statistics, Govt. of India: Conditions in Urban Slums. NSSO. 2008-09

Smaller Cities and Towns more vulnerable U5 MR among Urban Poor Across Different City Sizes

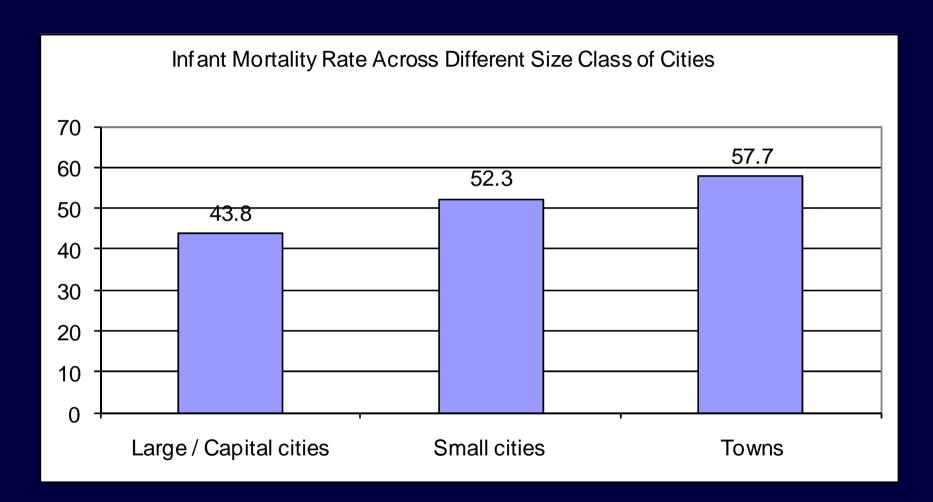


Source: UHRC's analysis of National Family Health Survey, 2005-06

Large city - more than 1 million; Small City - 100,000 to 1 million; Town - less than 100,000

The category of large city / capital city includes all capital cities of Indian States

Smaller Cities and Towns more vulnerable IMR among Urban Poor Across Different City Sizes



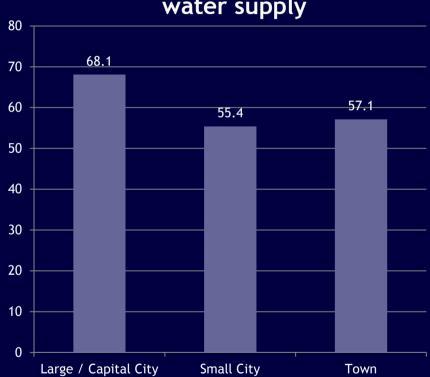
Source: UHRC's analysis of National Family Health Survey, 2005-06

Smaller Cities and Towns more vulnerable MDG-7: Differential Access of Urban Poor to Water and Sanitation Across Different City Sizes

% Households having no toilet facility



% Households having piped water supply



Large city - more than 1 million; Small City - 100,000 to 1 million; Town - less than 100,000

The category of large city / capital city includes all capital cities of Indian States

Source: UHRC's analysis of National Family Health Survey, 2005-06

Multidimensional issues that affect sustainable urban development

Multi-factorial Vulnerability in Slums¹

Factors	Situation Affecting Vulnerability in Slums
Housing	Permanent, less permanent, not permanent material, separate cooking space, ventilation, overcrowding
Services	Water supply, Toilet, drainage, Electricity
Land status, location	Secure or insecure land tenure, location on Municipal/Govt. land, or private land, hazardous location, low-lying areas
Access and use of public health services	Lack of access to primary health and Hospital services, poor quality of health services, nutrition, food security services
Hidden / Unlisted Slums	Many slums are not notified in official records and remain outside the purview of civic and health services
Past Infrastructure intervention in the slums	If an infrastructure project ahs been implemented reasonably well, some slums have better roads, community halls, other infrastructure
Alcohol, gambling joints, gender inequity	These affect the extent of depletion from alcohol, domestic violence, gender inequity, uncomfortable social environment
Negotiating Capacity	Lack of organized community collective efforts in slums and absence of active, aware individuals who can be the voice of the community.

¹Taneja S and Agarwal S. 2005, All Slums are Not Equal, Indian Pediatircs

Social Determinants of Urban Health and Well-Being

Feasible Indicators & definitions to compare neighbourhoods

Social Determinants of Health

Domain 1: Housing & Physical Environment

- 1. Sanitation facility (At home/community toilet)
- 2. Water facility (At home/community)
- 3. Road Condition
- 4. Drain Condition
- 5. Garbage collected regularly
- 6. Solid waste disposal
- 7. Use of coal/wood as cooking fuel
- 8. HH Electricity Connection

Domain 2: Social and Human Development

- 1. Coverage of outreach health services
- 2. Number of hospital deliveries
- 3. Coverage by AWC
- 4. No. of Families with food subsidy cards (Ration Cards)
- 5. Children completing primary education
- 6. Tobacco consumption (smoking and chewing)
- 7. Alcohol consumption
- 8. Gambling
- 9. Access to ration Shop
- 10. Tuberculosis
- 11. Domestic Violence
- 12. Pregnancy < 18 years

Domain 3: Poverty & Economics

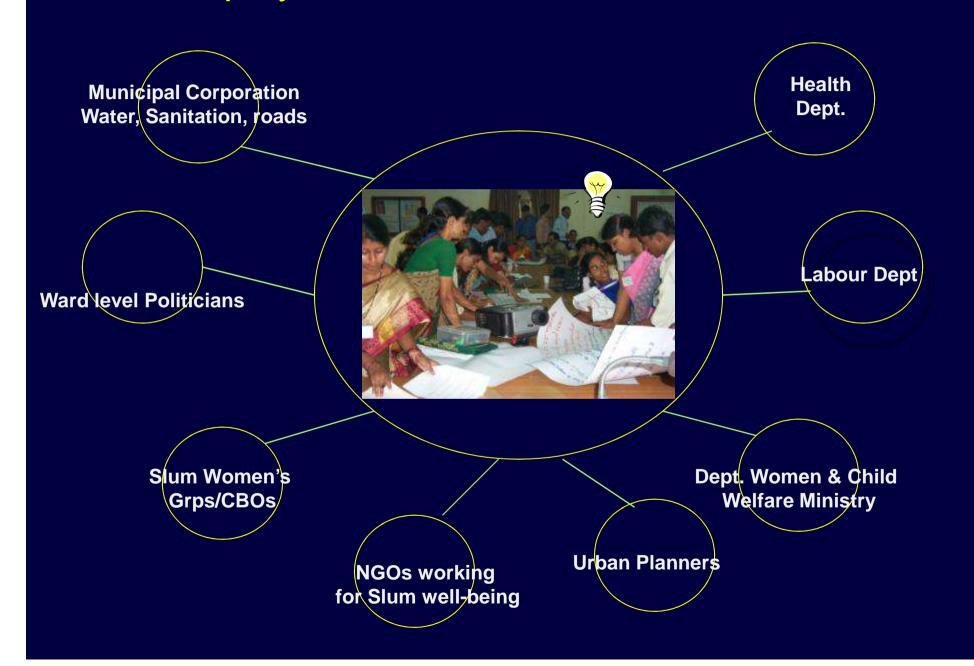
- 1. Regularity in getting livelihood
- 2. Access to fair credit
- 3. Working women (at home/outside) to support family income
- 4. Secure Tenure
- 5. Families having ID
- 6. Type of Roof/wall of House

Domain 4: Governance

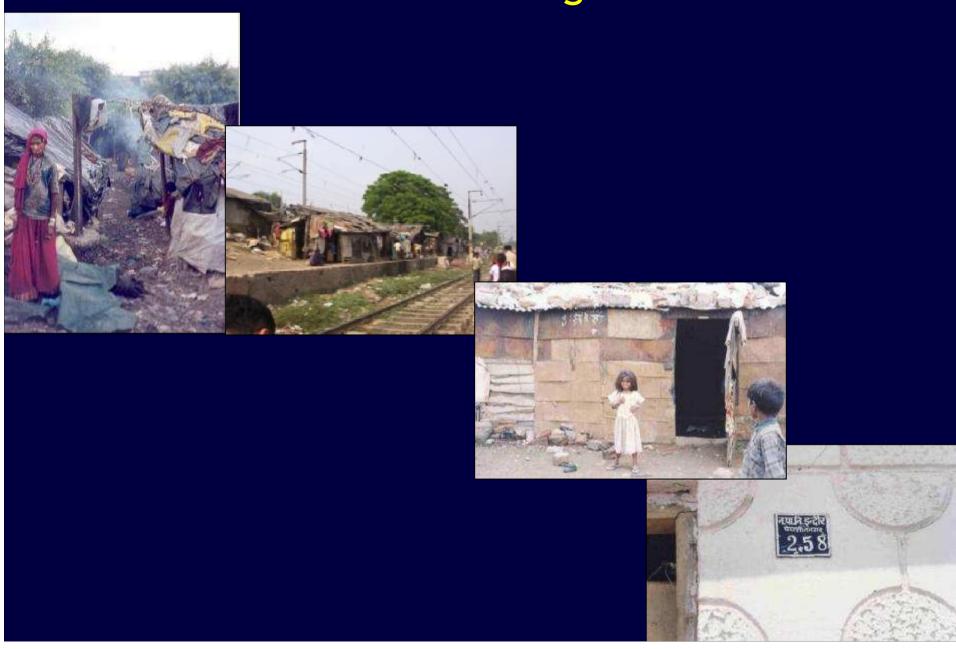
- 1. Active community group in slum
- 2. Slum map available with Community group
- 3. Community group supports government machinery in improving access to schemes/services
- 4. Community group have submitted collective application to civic authorities in past year
- 5. Community group participated and discussed problem in Jan Sunvai (Public Hearing)
- Community group succeed in improving household service/entitlement

Indian adaptation of WHO's Urban Health Equity and Response Tool by UHRC

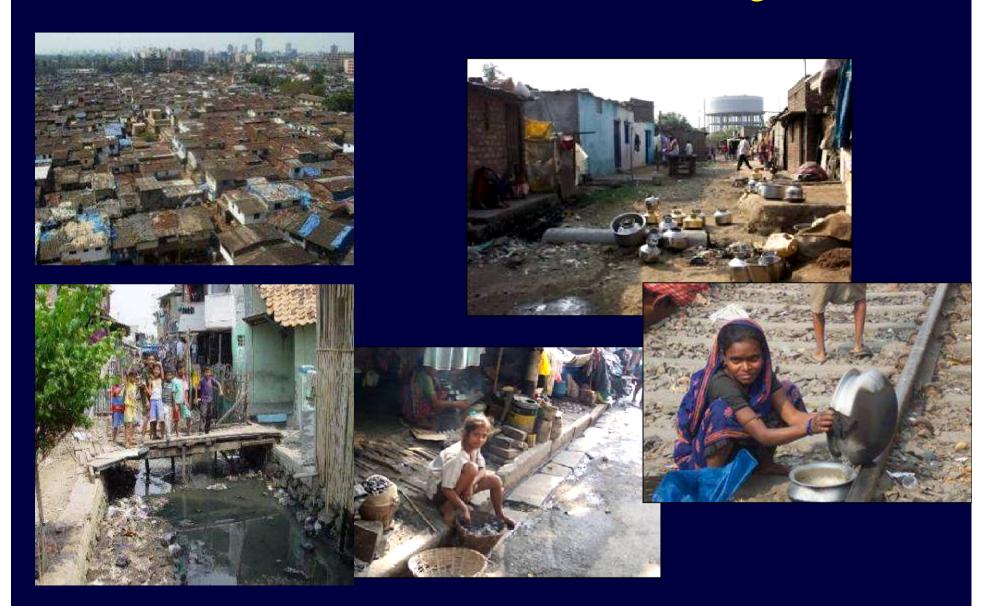
Inter-play of Different Sectors and Actors



Differential Housing Situation



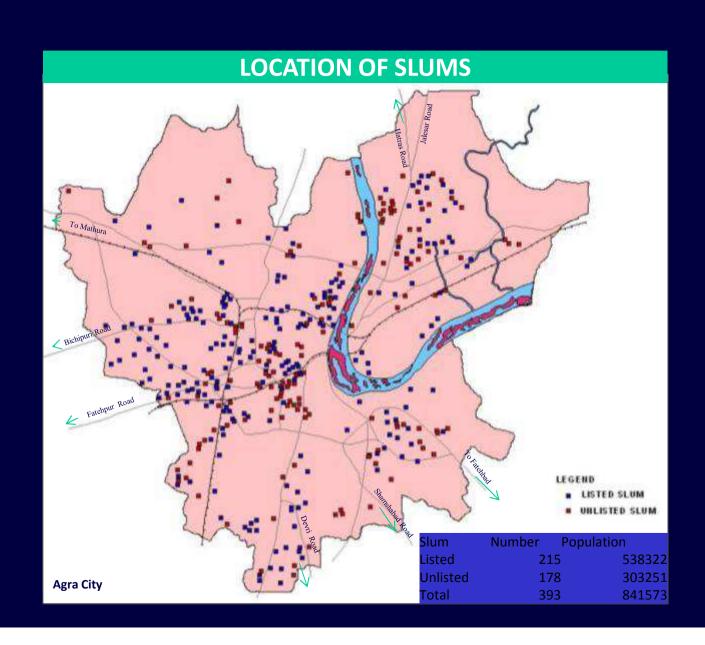
Environmental Scenes of an Urbanizing World



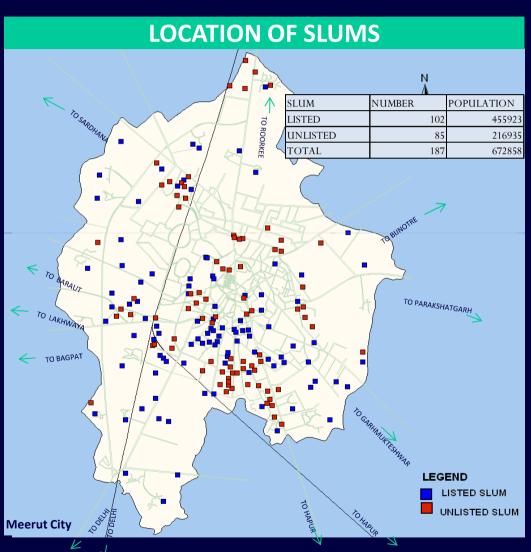
Part II

- What Approaches have worked and Helped learn practical lessons and the 'How to do':
 - # 1: Spatial mapping as an effective approach
 - # 2: Demand side focus: Slum-Community/Women's Groups [Mahila Arogya Samiti in NUHM]
 - # 3: Collective Social Needs Savings & Loans [Community Risk Pooling in NUHM]
 - # 4: Gentle Negotiation: Under-served communities address determinants of urban health across sectors, through community applications for services
 - # 5 Community's Own Efforts when authorities do not respond
 - # 6 Facilitating Access to Picture ID, Proof of Address and social benefits
 - #7 Facilitating Access to Food subsidy cards
 - #8 Multi-dimensional Efforts to Improve Health, Nutrition, Environment, Related Services:
 - Through Coordination & Linkage Building towards addressing social determinants of health
 - # 9: Public-Private/NGO Partnership approaches
 - # 10: Using Telecommunication, available services, options
- Policy Frameworks developed, resources allocated: Need to translate words into action

Approach 1 (a): Spatial City Mapping Mapping helps inclusion of unlisted slums/ clusters

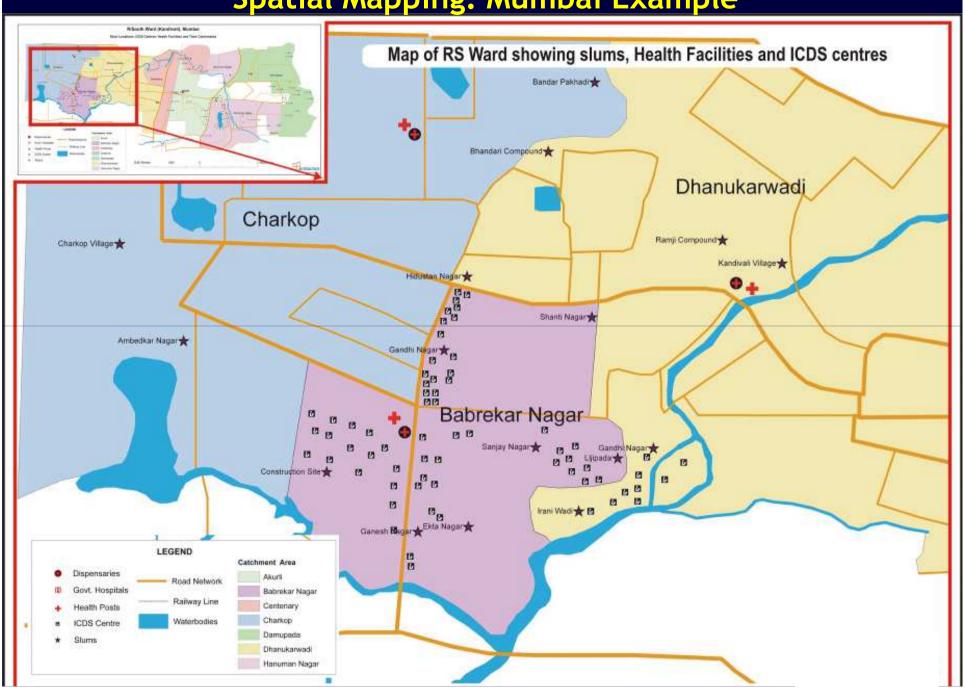


Mapping Helps Inclusion of Unlisted Slums/Clusters Contd....



Spatial city mapping of vulnerable clusters integral strategy of NUHM

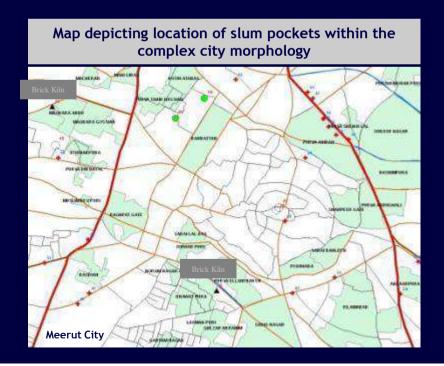
Spatial Mapping: Mumbai Example



Spatial Mapping helps in Locating Hidden Slums

Why some slum pockets are hidden in city?

- Problem related to nomenclature
 - Do not have any name e.g. Slum behind the Milap Hall, Rangoli Mandap etc.
 - Known by occupations e.g. Halwai ki gali, Panwali gali, Mazdooro ka ahata etc.
 - Known by many local names, similar names e.g. Ambedkar Nagar, Valmiki colony
- Outgrown slum pocket near a big slum e.g. Dantal, Dahar etc.
- Dwellers hide their identity: e.g. those who have suffered; Bangladeshi migrants
- Settlements in brick kilns; lime-kilns



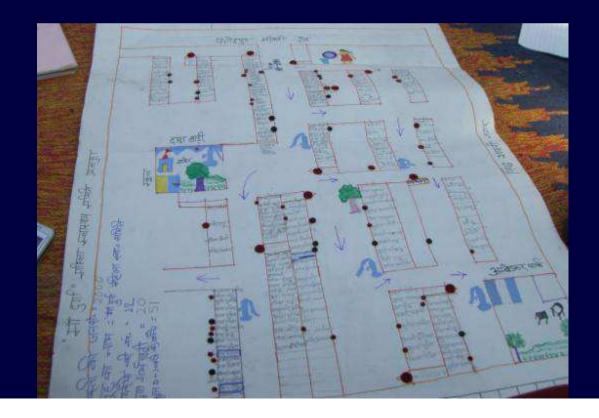


Approach:1 (b)

Demonstrate uses of Neighborhood Mapping

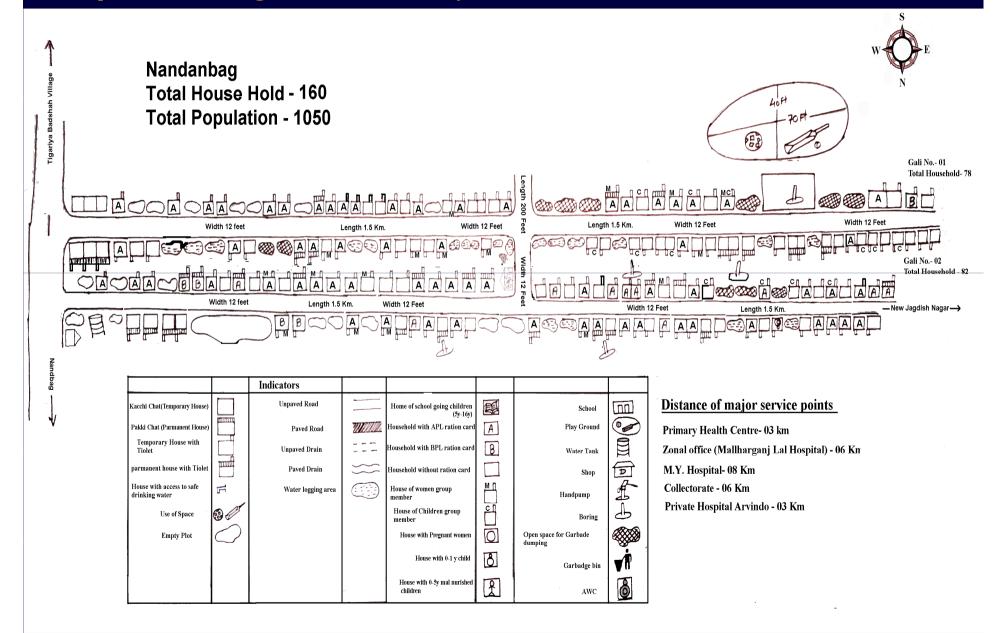
Community groups in slums prepare maps to

- a) Ensure that no family is left out from lists used for housing, food subsidy, other entitlements;
- b) Track access to health services e.g. Immunization and ANC, HIV testing,
- c) Help identifying and providing services/linkage to recent migrants





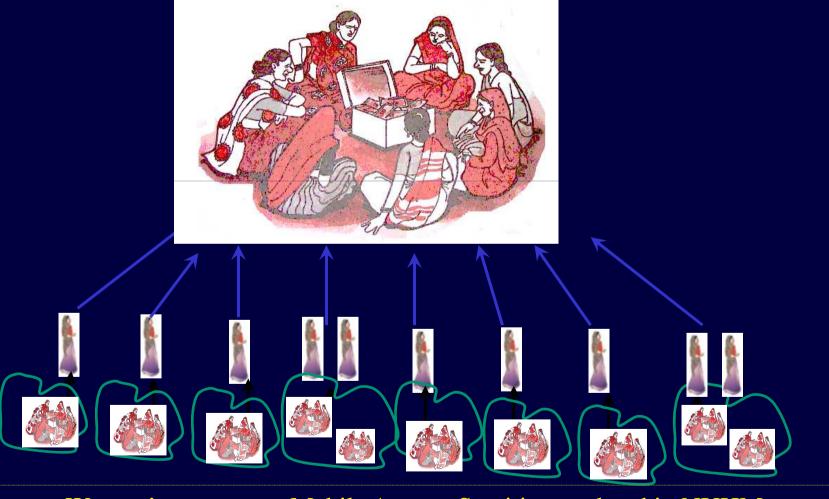
Map showing community & household Infrastructure



Approach 2: Demand side strategies: Slum-Community/Women's Groups as agents of change

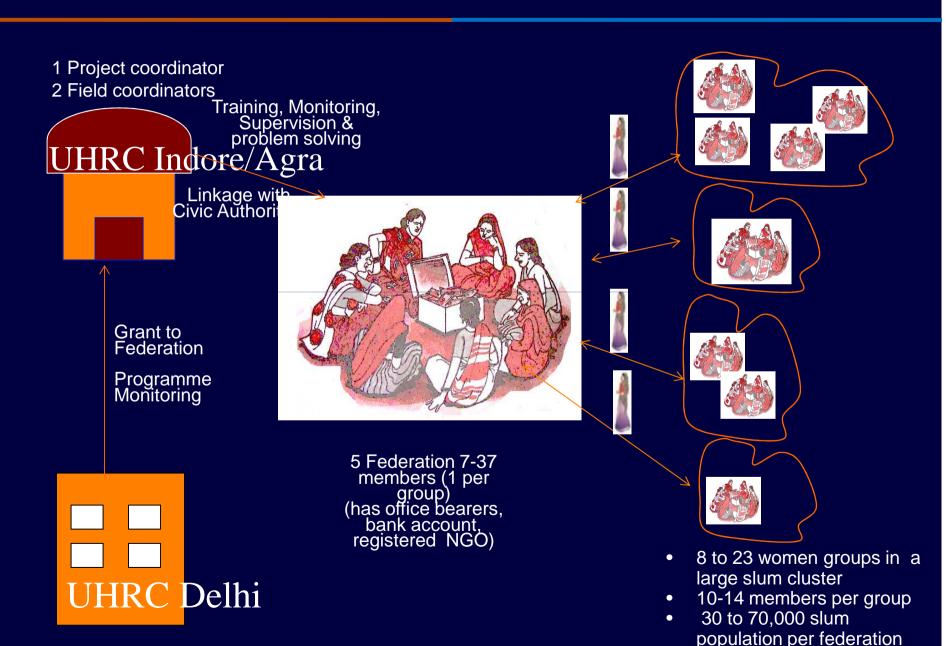
Federations of Women's Groups

Federation or Congress of slum women's groups gives stronger voice and greater negotiation power



Women's groups are Mahila Arogya Samitis mandated in NUHM

Network of slum-based community groups in Indore and Agra



Approach 3: Building skills, self-reliance, confidence: Collective Social Needs Savings and Loans

(for Health and related Emergency, Child Education, Starting a small business, purchasing food grains, Marriage, getting assets back from money lenders)





This approach is a mandated in NUHM as 'Collective Risk Pooling'

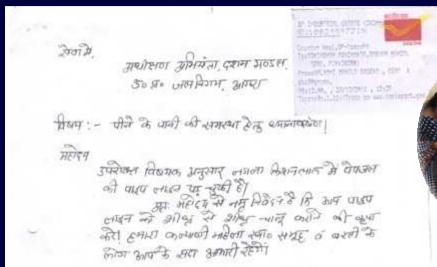
Utilization of loans from Women's Groups

Out of 996 loans borrowed from 12 women's groups in a federation cluster in Agra:

- 205 (20%) for maternal and child health needs MDG-3&4
- 196 (19%) for other health needs
- 127 (12%) for children's education (leading to preventing school drop-out - MDG-2
- 265 loans (26%) for livelihoods MDG-1 and 7
- 65 (6%)loans for house improvement MDG-7
- 87 loans (8%) for weddings/family events
- 35 loans (3%) for repaying money lender loan MDG-7
- 16 loans for other miscellaneous purposes

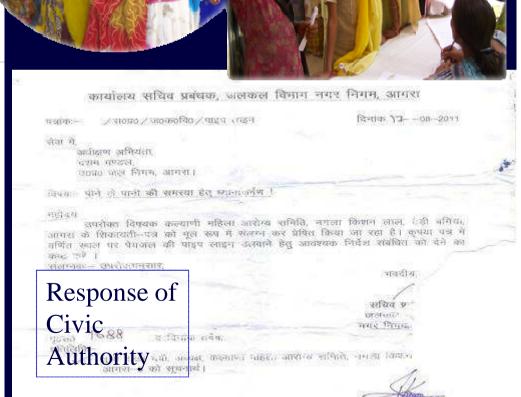
Approach 4: Gentle Negotiation through Collective Petitions

Written requests to officers of Health Dept, Nutrition Dept, Environmental



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सुदर्शन गुप्ता

विधानसभा क्षेत्र क.1, इन्दौर विधायक

मण्डाचा विकास



203, जवाहर मार्ग, राजमोहल्ला चौराहा, पेट्रोल पम्प के पास, इन्दौर फीन : (ऑ.) 2413933, 3252763

इन्दौर दिनांक 13.04.2013

प्रति.

श्रीमान विशाल नाटकरनी जी परियोजना अधिकारी महिला बाल विकास विभाग जिला इन्दौर

विषय:-आंगनवाडी केन्द्र खोलने बाबद।

उपरोक्त विषय में लेख है कि. मेरी विधानसमा क्षेत्र क.1 अन्तर्गत वार्ड क.21 के जयराज नगर क्षेत्र में आंगनवाडी नहीं होने से क्षेत्र के नागरिकों द्वारा आंगनवाडी केन्द्र खोलने की मांग की जा रही है। आवेदन, पत्र के साथ संलग्न है।

अतः नियमानुसार कार्यवाही कर शीघ ही वार्ड, क.21 के जयराज नगर क्षेत्र में आंगनवाडी केन्द्र खोलने का कष्ट करें सुर्वाणि मान्तुए हैं

घन्यवाद् ।

संलग्न-आवेदन पत्र।

सुदर्शन गुला स्थाराकर (१००० विधानसभा क्षेत्रक.01 इन्दौर

O'EUS

Letter in support of petition/request by politician

Empowered Assertive Women Take Action



मोर्चा । नदबाभ में अवैध सराव बिकी करने वालों के खिलाफ विधायक ने बारे लटक

'अब खदेड़ देंगे शराबियों को'

बीर और दिशासलयल, सुलावाई नहीं होने पर अहिलाएं सहद अला आहे।

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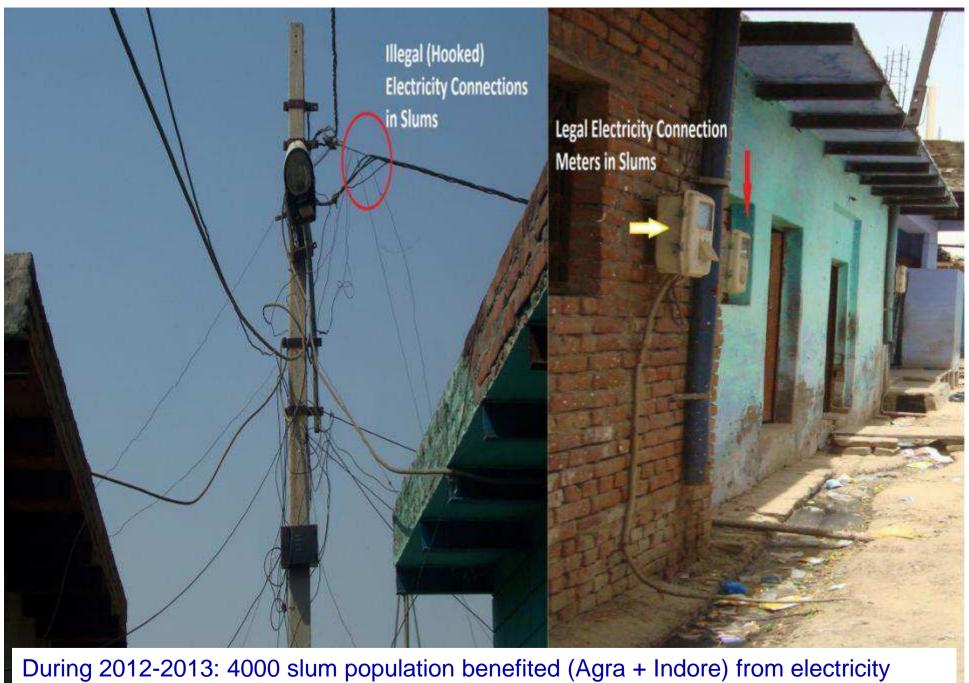
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Cleaner Drains

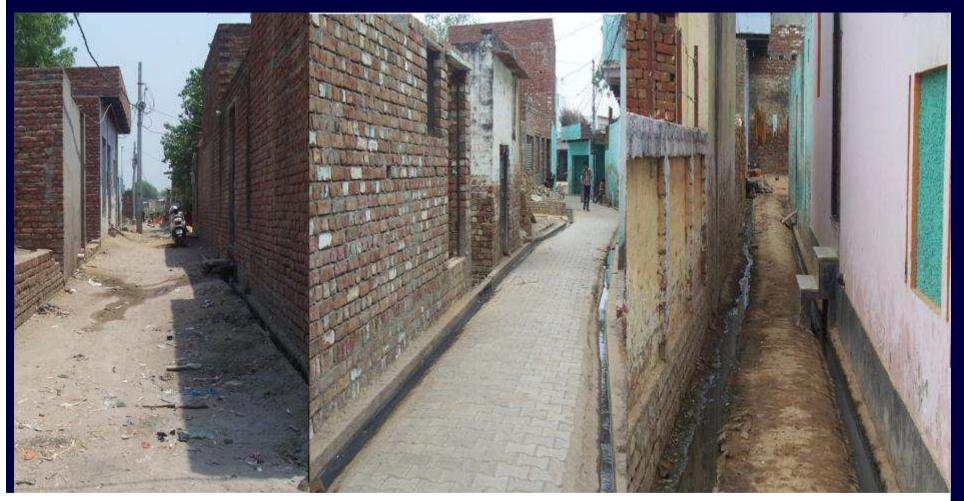


During 2012-2013: 120,000 slum population benefited (Agra + Indore) from cleaning of drains



connections

Improvement of Slum Pathways, Lanes



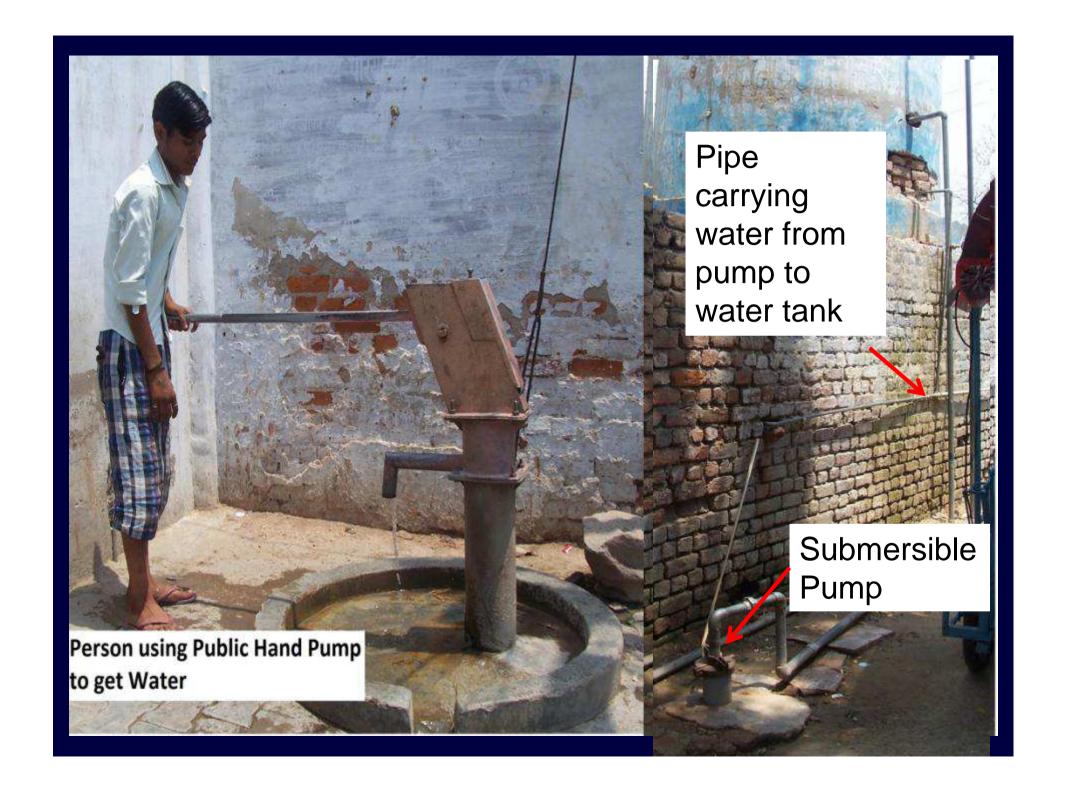
During 2012-2013: 33,800 slum population benefited (Agra + Indore) from roads paved

Unpaved Roads

Recently Paved Roads

Smaller lane needs to be paved again





Approach # 5 Community's Own Efforts Community Contributes to build, re-build vital bridge in Banganga Area, Indore



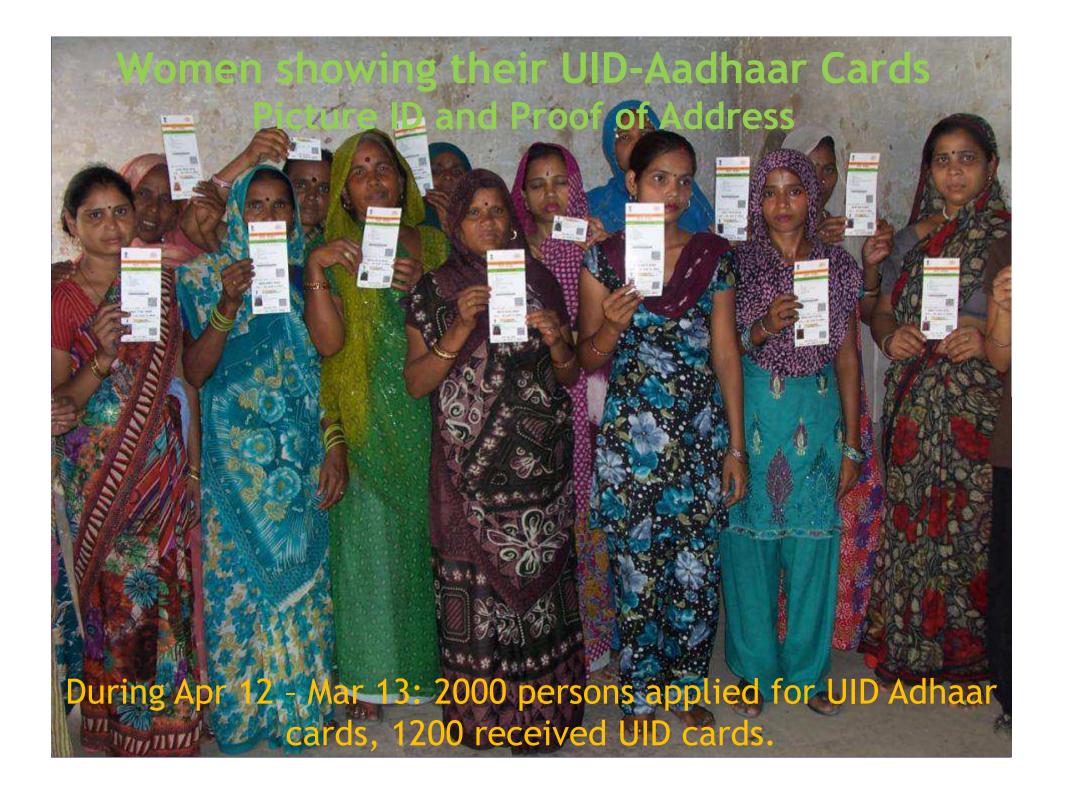
Elevating House Plinth to prevent rainwater entering house



Rain water enters house



Approach # 6 Perseverant Efforts to enable Picture ID, Proof of Address, Certificate of Birth Date







भारतीय विशिष्ट पहचान प्राणिपदणा

भारत सरकार

Government of India

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भारतीय विकास पहलान प्राधिकार

भारत सरकार

Government of India

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आधार - आम आदमी का अधिकार



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आणार - आम आदमी का अधिकार



भारत सरकार GOVERNMENT OF INDIA



आरती Aarti

जन्म वर्ष / Year of Birth : 1982 महिला / Female



2811 1645 0149

आधार — आम आदमी का अधिकार

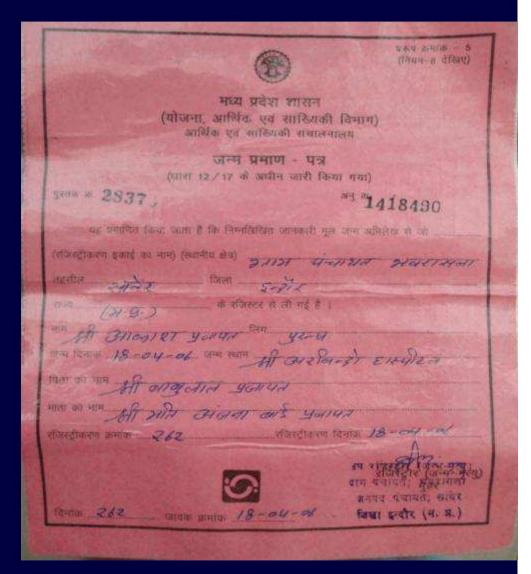
Voter ID Card Another Picture ID and Proof of Address



During Apr 12 - Mar 13: 700 persons applied for Voter ID Cards, 452 received

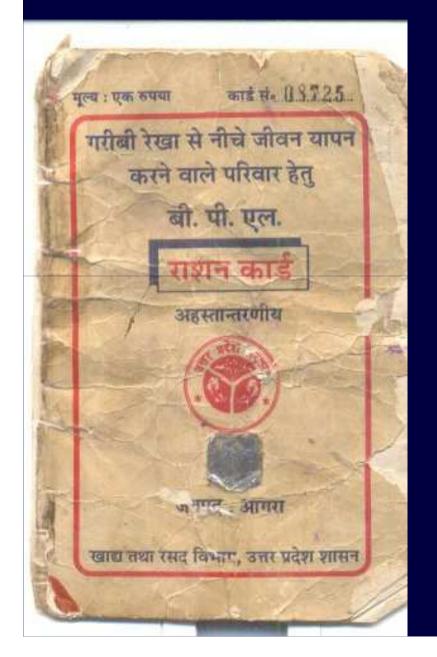
Birth Certificate [Required to applying for child education related benefits

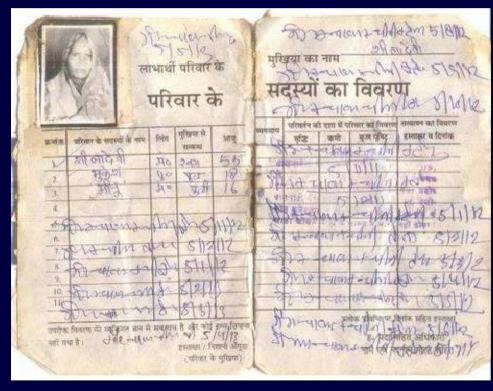
Shahil Cyber Cafe C-75 Trans Yamuna Colony, Agra Slip No. 257558 जनम का समय 3:15 A.M. उन्म तारीख 05/04/2013 Male विश्व का नाम liberati पिता का लाम अस्म स्थान moti bagh gandhi assram संपना दाता का माम माता के लिएस स्थान murali devi moti bagh gandhi assram जगर या गाँव सगर गाँध वर माम गाँव है या सराव जिसे का साम Agra शाउप का लाम परिकार का धर्म Hindu पिता का शंक्षप्रिक स्तर ill/perate माता का रोशरिक उसर illiterate विसा कर रशासमाय विवाद के समय साला की माना का रक्षतमान शिक्ष के अपने के समय 21 वर्ष माता के जीवित जस्में माता की आय शिक्षाओं की संद्राया प्रसार पद्धति। Natural Birth जनम के समय भार ਸਮਾਂ ਰਹਦਾ ਕੀ ਮਰਚਿ (सञ्जाहरं मे) Auth. Signature



Approach # 7 Efforts towards Translating Mandate into Reality: Food Subsidy Cards and Social Benefit Schemes

Below Poverty Line Food Subsidy Card





Above Poverty Line Food Subsidy Card





During 2012-2013: applications of 88 families were facilitated. 51 received APL cards

Kanya Vidhaya Dhan Yojna, Uttar Pradesh (Incentive for Girl Child Education)



Ladili Laxmi Yojna, Indore, M.P (Incentive for Girl Child Education)

कार्यालयं परियोजना अधिकारी एक्नेकृत बाल विकास परियोजना इन्दौर शहरी क-3 10 / 3 मुराई नाहरूला छावनी इन्बार राजकीय बॉल मेरेक्समें आश्रम परिवर दूरमाप / 2707 197 लाडली लक्ष्मी योजना के पान आवेदन की पापित रसिद १.बालिका का नाम -2, माता पिता का नाम - 91(मानाला) / वा 3, निवास का पता -4,वालिका की जनम दिनांक -4,बालका का जन्म दिनाक - 25/12) 2011 5,संलञ्ज दस्तावेजों की सूची -* निर्धारित प्रपत्र में आवेदन * वालिका का जन्म प्रमाण प्र * मुलिवासी प्रमाण पत्र/राशन कार्ड/परिचय, पत्र # आर वा प्रमाण पत्र * टी.टा.आपरेशन प्रमाण पत्र " वालिका का पर्शायन कं...... a facilies..... * उपस्थित पंजी में दर्ग क..... अथवा सर्वे पंजी का कं..... 6, 311 de villa tante. 1916.10/2 7, अंशिनवाडी केन्द्र का नाम माधीयमा वार्ड मारियासमा न पालक के हस्ताक्षर औं.वा. कार्यकर्ता के हस्ताक्षर center of

8: Multi-dimensional Efforts to Improve Health and Related Services:

Through Coordination & Linkage Building

Health Dept
ANC, Immunization
JSY,
Other services

Politicians Voice, support for applications

Labour Dept Domestic worker registration Federation of Women's Groups

UHRC
Indore/
Agra

Dept. WCD ICDS, Girl Child Benefit, Others

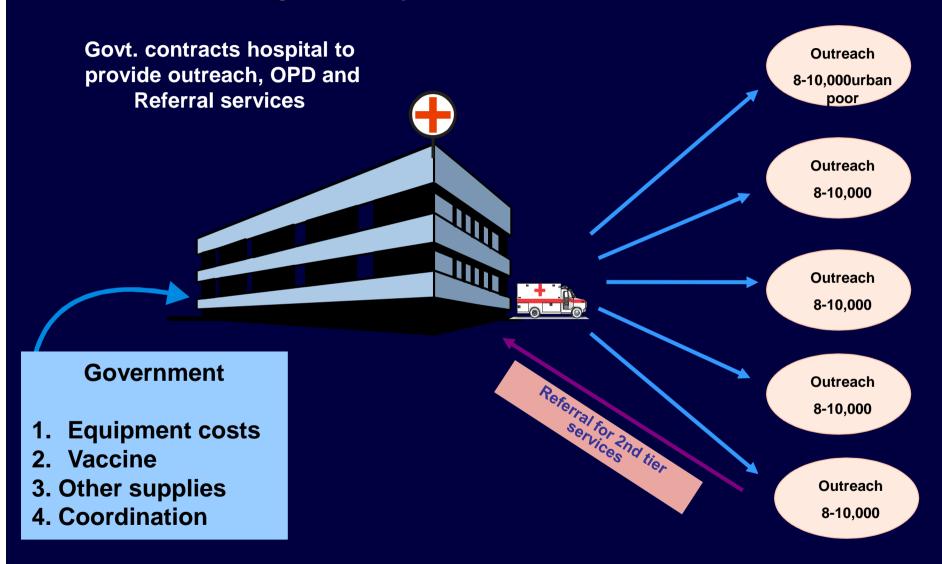
> Municipal Corprn/ JNNUR-Roads, drains, water., toilet, tenure, housing

Dist. Magistrate's Office Social Assistance Programs Old Age & Widow Pension

Food Subsidy BPL, APL Cards

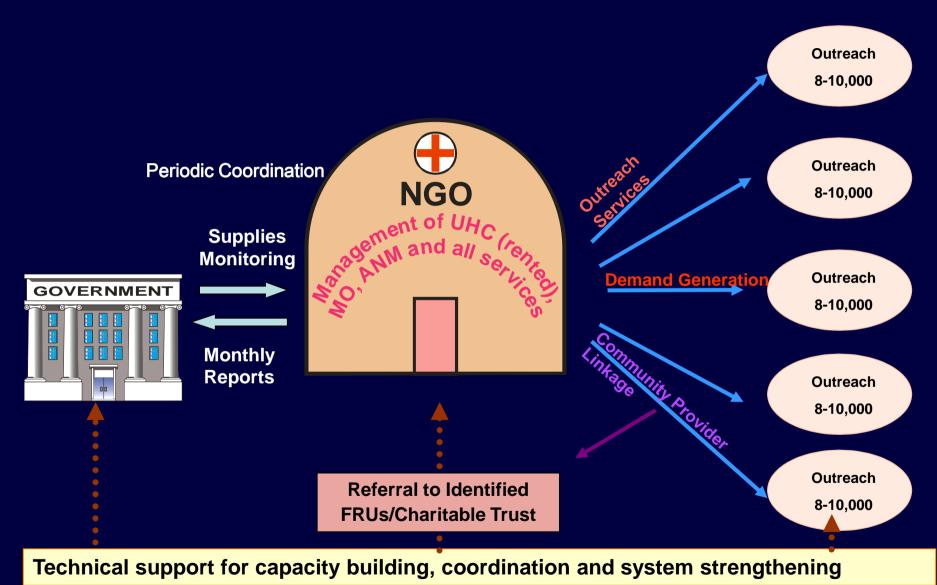
Others
Voter ID, Adhar,
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Certificate,
caste
Certificate

Approach 9:Public-Private Partnership Approach (a) NGOs Providing Primary and Second tier Health Services



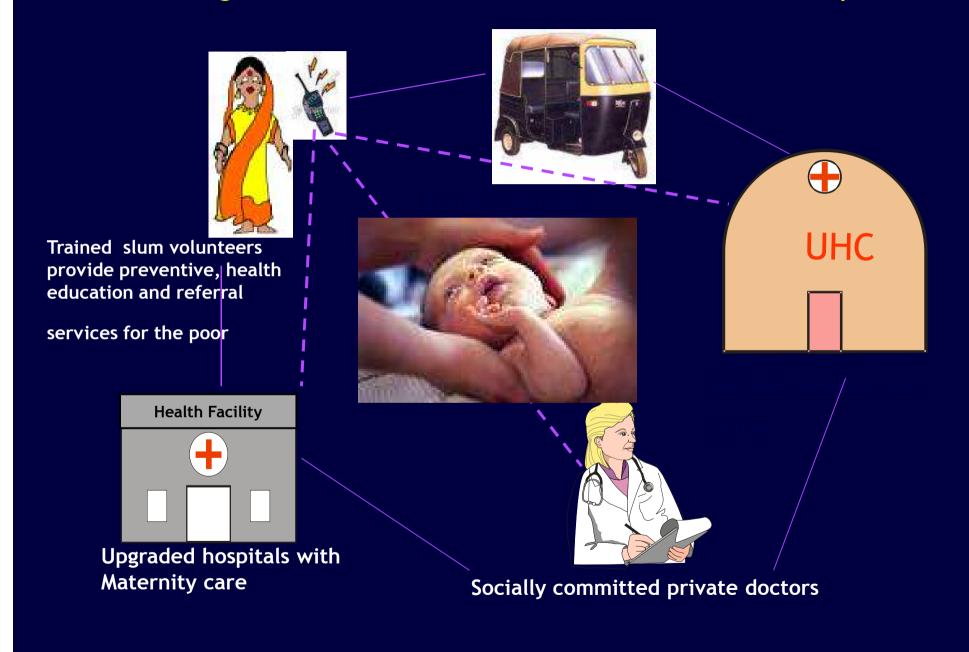
e.g., Govt. of Assam's partnership with Marwari Maternity Hospital (Guwahati), Govt. of Tamil Nadu's & Chennai Corporation's partnership with Voluntary Health Services

Public-Private Partnership Approach (b) NGOs rent Private Building & provide Urban Health Centre Services



Six NGOs run 21 UHCs in 4 cities in Uttrakhand, India

10: Using Telecommunication, available services, options



Key Policy Documents Issues by the Government



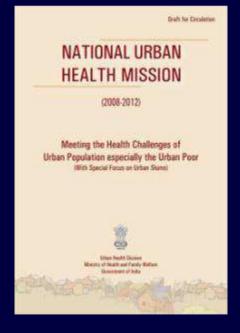


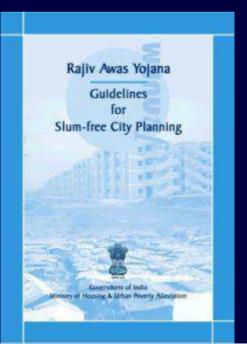
Assa Projects Oversion: Department of Family Welfare Ministry of Health & Family Welfare Sciencement of India

February 2004

(Technical Supported by USAID-ESF Urban Bealth Progress)







Positive Policy Environment towards Urban Services and Inclusion of Urban Poor

- Circular from Health Ministry to States to prepare city maps with listed and unlisted poverty clusters, 2008
- Mandate for including unlisted poverty clusters for Govt. of India's urban poor housing initiative (Rajiv Awas Yojana, Dec. 2010)
- National Urban Health Mission included in 11the Five Yr plan and re-launched in 12th Five Yr Plan (2012) mandates inclusion of unlisted slums
- Ministry of Women and Child Development directive in March 2012 states extension of ICDS services to unlisted slums

Policy Frameworks developed, Resources Allocated

- Policy frameworks are in place, resources have been announced: 12th Five Yr Plan, NUHM, Rajiv Awas Yojana, Revamped ICDS
- Let us not forget the realities:
 - Urban poor constitute the fastest growing segment of India's population
 - Approx 2.3 million births take place among the urban poor every year in India
- Are we missing something?

Urgent need to Translate Words into Real Action

Recall the face of the poorest and the weakest man/woman whom you may have seen and ask yourself, if the step you contemplate is going to be of any use to her/him.

Will s/he gain anything by it?

Will it restore him/her to a control over his/her own life and destiny?

In other words,

will it lead to Swaraj (freedom) for the hungry and starving millions?

-- Gandhi ji, 1947

With Hope and Confidence

Functioning, Accountable **Program for** Urban Health, Nutrition and Well-being



- Complementary skills, Knowledge, Experience
- Commitment, Motivation
- Understanding of problems
- Accountability, responsibility



Public Health Professionals, Govt. Managers, Public & Private Sectors, slum CBOs,

Civil Society

"A small body of determined spirits fired by an unquenchable faith in their mission, can alter the course of history" - Mohandas Karamchand Gandhi



www.uhrc.in; admin@uhrc.in