20. Preventive Health Checkups

20.1 Overview

Preventive health checkups involve regular assessments to detect diseases early and maintain wellness.
 According to the **CDC** and **WHO**, early detection and lifestyle interventions significantly reduce the burden of chronic diseases like diabetes, hypertension, and cancer.
 In India, the **Ayushman Bharat Health and Wellness Centres** program encourages periodic screening for adults over 30 years. (MoHFW, 2024)

20.2 Causes / Risk Factors for Missed Screening

- Lack of awareness and access to healthcare.

- Socioeconomic barriers and stigma.

- Fear of diagnosis or procedures.

- Overburdened healthcare infrastructure.

20.3 Symptoms / Indicators

Preventive screening targets asymptomatic individuals—those without symptoms—to identify silent diseases like hypertension or early-stage cancer.

20.4 Prevention / Lifestyle

WHO and Harvard Health emphasize:

- **Regular checkups** (annually or biannually).

- Healthy lifestyle: nutrition, physical activity, stress control.

- Vaccinations and health education.

- Maintaining personal health records and digital health IDs.

20.5 Screening / Diagnosis

Recommended tests by age group:

- **Blood pressure** and **cholesterol** every 1–2 years after 30.

- **Blood sugar** (fasting/HbA1c) every 3 years after 35.

- **Cancer screenings** (cervical, breast, colorectal).

- **Dental, eye, and mental health** checkups. ([CDC, 2024](#))

20.6 Management / Public Health Perspective

Preventive health programs are central to Universal Health Coverage (UHC).
WHO advocates the **"Life-course approach"**, promoting wellness from early childhood to old age.
India's NPCDCS and Ayushman Bharat initiatives integrate free population-based screening for NCDs.
Digital health platforms and telemedicine now allow routine preventive checkups even in remote areas.

Summary Points

- Preventive care identifies diseases early and improves outcomes.

- Regular screenings are cost-effective and life-saving.

- Universal access and public awareness are essential for success.