

INTRODUCTION

Tobacco use in adolescent is reaching pandemic levels. The World Bank has reported that nearly 82,000 to 99,000 children and adolescents all over the world begin smoking every day. Tobacco use usually begins in early adolescence; typically by age 16. Tobacco use in India is more than what it is in most of the other countries. Only 20% of total tobacco consumption is in the form of cigarettes. In India an estimated 65% of all men and 33% of all women use some form of tobacco, snuff (inhaled powdered tobacco), Khaini (mixture of tobacco and slaked lime) and Creamy snuff and Mishri (burnt tobacco for cleaning teeth).

The prevention of tobacco use in young people appears to be the single greatest opportunity for preventing non-communicable diseases in the world today. If current trends continue tobacco will kill nearly 250 million of today's children. There are 25 tobacco related diseases known today. These include cancers of the lung, oral cavity, pharynx, oesophagus, pancreas, bladder, cervix and leukaemia. Nicotine increases blood pressure, exacerbates asthma, causes impotence, infertility, heart attack and stroke. As health care providers in primary care, school-based clinics and diverse care environments, the discipline of nursing has the professional and ethical obligation to play pivotal role in tobacco use interventions. Given the alarming statistics and the increasing prediction of death and disability the investigator carried out a baseline survey study on tobacco use, its initiating factors and knowledge of adverse effects and attitude towards tobacco use amongst college students. This will help to plan and arrange various methods of awareness programmes in the colleges to save the young boys from the clutches of this evil addiction.

Substance use has been a topic of interest to many professionals in the area of health, particularly mental health. An area with enormous implications for public health, it has generated a substantial amount of research. In this paper we examine research in India in substance use and related disorders. Substance use includes the use of licit substances such as alcohol, tobacco, diversion of prescription drugs, as well as illicit substances

Analysis of NFHS Data

☒ On analyzing the data provided by NFHS, we can conclude that.

☒ Tobacco usage and alcohol consumption is relatively greater among people in rural areas to that of in Urban areas.

Major reasons for this are:

☒ Illiteracy and lack of proper awareness

☒ It's observed that in rural areas, people consume alcohol and narcotic substances mostly in the open .Hence such habits are more likely to be practiced by children.

☒ Parents in rural areas are unable to give proper care , guidance and education to their children.

☒ Farmers and labourers forms the lion part of village population. So they consume such products for rapid stress relief without being concerned about its ill-effects.

☒ In rural areas ,health hazardous cheap wines(desi wines) are made and easily available.

Remedial measures

☒ Proper guidance and awareness must be given to children. This can be

implemented by including this topic as a part of curriculum in high school.

☒ Seminars and sessions should be conducted at rural level so as to give proper insights on the ill-effects of alcohol /drug consumption .

☒ In rural areas, 'desi' wine shops and local vendors should be strictly prohibited.

☒ Shop owners should be instructed not to sell gutkhas / cigarettes and similar substances to adults below 20 years of age .

☒ Reducing the negative consequences of drinking and alcohol intoxication.

SURVEY REPORTS

☒ I also performed a small survey on own. priorities of my survey, you have seen above.

Sample

space of the survey is random adults from different institutes of india. As you can see also from the

data majority of people are from 18-20 age group.

☒ From the data we can easily conclude that most of them doesn't consume any kind of intoxicants.

CONCLUSION

I finally conclude that if people are educated or aware enough, then they can decide clearly

what's good for them.

Child

Vaccination and

Vitamin A

Supplementation

INTRODUCTION

India, the largest democracy of the world and densely populated with over 136.64 crores people in which 35.3% of the population of country belongs to the age group 8-14 years is the home to highest number of unvaccinated Children. The condition is however improving with the mission Indra-dhanush.

Vaccines play a key role in defending the most vulnerable: children & infants. However, one in every five children

remains Un-immunized in the world. As a result over 3-million children die every year due to diseases like measles, polio, mumps and whooping cough which can easily be prevented by proper Vaccination. Vaccines are very safe and effective and is released for children only after a long and careful review by scientists, doctors and health care professionals. Vaccines may carry a little discomfort at the site of injection but compared to this. It can save a child from life threatening diseases.

Along with vaccination, Vitamin A supplements are extremely important to children to maintain

the healthy vision and to ensure the normal function of immune system. The national programme

for prophylaxis against Blindness in child to due to Vitamin A Deficiency, of the gov of India has a

provision for administering mega doses of Vitamin A. It recommends for at least 9 doses of

Vitamin A to all children aged 9 to 59 months.

ANALYSIS OF NFHS DATA

☒ According to the data provided by NFHS we can infer that:

☒ Vaccination was more effectively provided for children in rural areas than in urban areas.

The main reasons for this are:

☒ In the past, immunization programmes were focused primarily on rural areas.

☒ Lack of proper coordination and management could be reason for less number of vaccination in urban areas.

☒ Increasing number of urban poor or urban slums where health care services do not reach effectively.

☒ Community health workers and public health centers might have focused more on rural areas.

REMEDIAL MEASURES

☒ Vitamin A can be safely provided to children in a large dose, rather than more frequent smaller doses, as it can be stored by the body and released over time as needed.

☒ country should have successfully integrated strategies to deliver vitamin A supplements to infants and children in their national health policies, including delivery during routine health visits and immunizations.

Vitamin A supplementation (VAS) acts as an adjuvant to vaccines, and VAS has been shown to

enhance both cellular and humoral immune responses in animals and in humans.

Routine

childhood vaccinations have recently been shown to have important non-targeted effects on

mortality, i.e. effects that cannot be explained merely by the prevention of the targeted disease. We have hypothesized that the improved survival after VAS may depend not only on

the prevention of vitamin A deficiency, but also on vitamin A amplifying the non-specific immune modulation induced by routine vaccinations.

Hypertension

among Adults

Women

Introduction

Hypertension is emerging as one of the major health concerns in the modern world.

High blood pressure or hypertension is defined as the condition where the force of blood hitting the arteries is so excessively high that it causes health problems like heart diseases and even death. It is technically defined as the condition in which the systolic pressure is 140 mm Hg or higher and diastolic pressure is 90

mm Hg or higher. According to WHO, 1 IN 5 women suffer from hypertension, globally. Hypertension is a leading cause of cardiovascular morbidity and deaths nationally as well as globally.

ANALYSIS OF NFHS DATA

☒ After analyzing the data provided by NFHS, we can conclude the following fact that:

☒ People in urban areas suffer more from hypertension when compared to that of rural areas.

☒ Major reasons and risk factors for high blood pressure among women are:

☒ Age : It's observed that women above 65 years of age are highly affected by hypertension. But nowadays teenagers and youth also face this.

☒ Lack of exercise : It's a major factor that leads to hypertension. Inactivity can increase heart rate and this makes the heart to work with greater force creating a lot of pressure.

☒ Consumption of fast foods/Unhealthy diet :Consuming food with high amount of fat and Oils can reduce the thickness of arterial wall due to fat deposition which in turn results in hypertension.

☒ Stress - It's observed that women under the age group of 15 and above are highly prone to various kinds of stresses like work/academic stress, menstrual stress etc.

☒ Excessive Alcohol/drug consumption : Drinking alcohol in excessive amounts can certainly affect your blood pressure. Chewing tobacco can damage the lining of arteries leading to severe hypertension.

☒ Too much of sodium or too less of potassium in your diet: Excess amount of sodium can cause the retainment of body fluid resulting in blood pressure. Potassium helps in balancing the amount of sodium in cells. So a reduced potassium level can help in building up sodium levels .

☒ My inferences are the following:

☒

Generally people in urban areas consume fast food in a larger quantity when compared to that of rural areas and studies report that women in urban areas especially who work in companies spending many hours in front of the computer are highly prone to stress. Apart from office works, menstrual stress and other familial problems also add to this.

REMEDIAL MEASURES

☒ Following a balanced diet is the best way to reduce hypertension. Food items like citrus fruits, pumpkin seeds, tomato, pistachios, amaranth, carrot, celery etc in your diet can greatly help to reduce it.

☒ Quit smoking :The nicotine content in cigarette can lead to thinning of arteries . By quitting smoking you can certainly avoid the danger of hypertension in your life. By seeking help and by constant efforts this could be done.

☒ Limit alcohol consumption: De addiction centres can play an important role in this.

☒ Cut the usage of excessive salty food: Try to avoid excessive consumption of salted food items in your life.

☒ Deal with your stress: Practice meditation or yoga , maintain healthy relationships and meet therapists or psychologists if required. Do things that make you happy. Take breaks in life.

Survey Report

☒ My conclusion:

☒

Healthy lifestyle is the key to fight against hypertension. Women , who generally have a tendency to take up stress and overwork should make sure that they take good care of themselves. Including healthy habits and eliminating the negative ones can reduce the chances of hypertension.

Nutritional Status

of Women

INTRODUCTION

Nutritional status has been defined as an individual's health condition as it's influenced by the intake and utilization of nutrients. Nutrition is essential for growth and development health and well being. Eating a healthy diet contributes to preventing future illness and improving quality and length of life. Your nutritional status is the state of of your health as determined by what you eat.

Your body mass index BMI is a good indicator of your nutritional status. It takes into account your weight it and height it and correlates well with total body fat expressed as a a percentage of body weight. The correlation depends on age with highest correlation seen in ages 26 to 55 years and the lowest in the young and elderly.

Dietary factors are are associated with some leading causes of death such as:

- 1)coronary heart diseases
- 2) Diabetes mellitus

Nutrients can be described as chemical components of food and can be classified into 6 broad

groups : carbohydrates ,proteins ,vitamins, fats ,minerals and water. Nutrients perform various

functions in our bodies including energy provision and maintaining vital processes such as digestion,

breathing growth and development. Nutritional status of an individual is generally dependent on

two factors external factors such as food safety, cultural, social, economical factors and internal

factors which include age , sex nutrition ,behaviour and diseases of the person.

ANALYSIS OF NFHS DATA

☒ A Survey based on nutritional status of women was conducted and here is the report :

☒ Mostly the women who participated in

the survey are from 15-23 age group

☒ As they are teenager they prefer mostly food which is rich in carbohydrates and high calorie food.

☒ So, as per the survey girls from this age group are suffering from obesity, gastric problems and thyroid.

☒ Next, the women from 24-31 age group prefer food which is rich in protein, iron.

☒ The women from age group 32 to 40 preferred to take food which is rich in calcium.

☒ This age group people are mostly suffering from loss in bone density and muscle pains.

REMEDIAL MEASURES

☒ The obstacles faced by girls are are obesity gastric trouble , so so by avoiding the junk food and carbohydrates in the diet they can overcome there gastric trouble. By doing exercises and yoga they can overcome their obesity and thyroid problem.

☒ Muscle , knee pain can be overcome by eating food rich in calcium.

CONCLUSION

As per the survey conclusion is that no person is stronger enough and no one is taking rich diet.

We know that women are the the backbone of family. So their health is the the family health

and wealth. So by improving the nutrient intake and maintaining proper diet they can lead a

happy and healthy life.