

SDG 3 Good Health And Well Being

Introduction:

Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress, as healthy populations are more productive, save more and live longer.

For a healthy life cycle, you need a healthy and balanced diet, good hygiene habits, staying in a proper shelter and getting enough sleep. So we thought to analyze health and literacy conditions in telangana among following categories.

Anaemia among Women and Children

Anaemia impairs health and well-being in women and increases the risk of maternal and neonatal adverse outcomes. Anaemia and iron deficiency reduce individuals' well-being, cause fatigue and lethargy, and impair physical capacity and work performance. Some policy recommendations for prevention and control of anemia are:

- Fortification of wheat and maize flours with iron, folic acid and other micronutrients is advised in settings where these foods are major staples as we came to know from visualization that mostly rural area population are suffering from anemia.
- Exclusive breastfeeding of infants for up to 6 months of age should be protected, promoted and supported instead of bottle feeding milk. Because women suffering from anemia were increasing year to year i.e., from 2015 to 2019 from piechart and Bottle feeding is most common reason nowadays.
- A programme of weekly iron-folic acid supplementation for adolescent girls is recommended because it proved reduction of anemia from 74.2% to 53.5% within one year in gujarat.

Successful reduction in the prevalence of anaemia in women of reproductive age will improve children's school performance and women's work productivity, and improve pregnancy outcomes for mothers and infants, resulting in intergenerational benefits for individual health, well-being and economic potential and community development.

Blood Sugar Level among Adults (age 15 years and above) Women

Now a days the most common problem seen in almost all the age of people is blood sugar levels are not in the range as they were. If the blood sugar levels are chronically higher than normal, then it is referred as HyperGlycaemia. And If the blood sugars levels are too low then it is referred as HypoGlycaemia.

In Telangana, most of urban areas people face the problem with imbalance of blood sugar levels than rural area people. Doctors often prefer the patients to follow a diet plan and replace their daily habitual foods to healthy and nutritious meals.

There are a number of lifestyle factors that must be taken into account, and changes to these made where necessary, in order to regulate and maintain a healthy blood sugar level. It is advised that you adopt a habit of making healthy food choices in order to maintain a healthy weight (as per the range recommended to you by your doctor or dietician), on top of this, you will also need to get regular exercise.

Hypertension among Adults (age 15 years and above) Women

High blood pressure (hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Complications due to hypertension include - heart attack, aneurysm, heart failure, weakend blood vessels in kidney, metabolic syndrome, dementia etc.,

We can observe that in the recent years the hypertension in urban areas is increasing rapidly compared to the past data or rural areas.

Hence, the change in one's lifestyle and habits can impact their health and total well being. Even in today's world if one practices the balanced way of living s(he) can ensure their good health.

Characteristics of Women (age 15-49 years)

The literacy rate in urban is more when compare to rural areas around all over Telangana districts. This is due to poor health conditions and improper hygiene conditions portraited in rural areas.

The awareness among rural woman regarding literacy might me also a major reason . Providing necessary requirements and giving awareness about proper health and hygiene conditions are mandatory.

Government should also provides free sanitary napkins to school and college students in rural areas, so that there might be an increase in literacy rate
Providing certain amount of merit scholarships may motive women to educate .