

HEALTH DIGEST

Fortnightly E-Publication

EXCLUSIVE NEWS

When women eat last

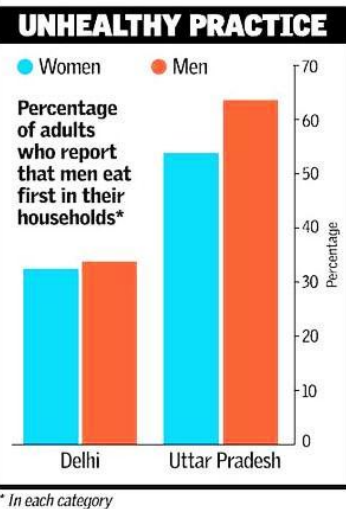
- *The Hindu*, January 03, 2017. Diane Coffey

In households with a limited food budget, or where there is no refrigerator to store leftover food, the person who eats last very often gets less or lower quality food.

India has a major child malnutrition problem. The Rapid Survey on Children (2012-13) has found that about 4 in 10 children are stunted. There are many causes for child stunting, researches have shown that poor sanitation spreads diseases that sap children's energy and stunts their growth. Also the health of mother matters critically whether or not the child is stunted.

As children depend heavily on mothers for nutrition during and post pregnancy. Unfortunately, research shows that many Indian women start pregnancy underweight which leads to low weight, under weight and high rates of neonatal mortality.

"Making a woman eat last has great implications for her child's health." A woman and her daughter eating in Pipari village in Uttar Pradesh.



Women's undernourishment contributes to high rates of child stunting.

<http://www.thehindu.com/opinion/op-ed/When-women-eat-last/article16978948.ece>

This issue of **Health Round-Up** brings together latest articles that all seem to focus on the bane of an over-medicalised health care system, model and approach and seeks to urge readers to question such a model while considering the healthier alternative. The articles here discuss how corporate structured health care packages can cause more harm than good, with these picking up as a modern healthcare trend. Two articles draw attention to the growing problem of microbial drug resistance in India and two other articles focus on the limitations that still exist in the country's public health system despite the efforts being made towards improvement. Other issues discussed include healthcare politics, corruption and inequity in health care and development.

COMMUNITY HEALTH LIBRARY AND INFORMATION CENTRE [CLIC]

[SOCIETY FOR COMMUNITY HEALTH AWARENESS RESEARCH AND ACTION](http://www.sochara.org)

No. 359, 1st Main, 1st Block, Koramangala, Bengaluru – 560 034, Karnataka, India

Email : clic@sochara.org Phone : +91-80-25531518, 25525372



The year of personal genomics



– The Hindu, 1st January 2017. Jacob Koshy
2016 may have been the year of personal genomics came of age in India. While tests to check for mutations that make one more vulnerable to breast cancer have been available in India since 2010, companies have expanded the repertoire this year. There is a growing market for online tests that can tell your propensity to diabetes, autism, spondylitis and coronary heart disease. Many companies have developed a gene tests that will help us to see into 100-

The conversation around personal genomics amplified in 2016, as did the range of diagnostic options

odd underlying conditions. Companies like Genome patri, a product marketed by Hyderabad-based Mapmygenome offers a peep into a 100-odd conditions. Whereas Medgenome in Bengaluru offers diagnostic services Strand Life Sciences, Bangalore-based Company has developed a 152-gene that is available to physicians across India for profiling tumors. Vinod Scaria and his colleague Sridhar at the Delhi – based CSIR-institute of Genomics and Inigrative biology have over the years organised a network of doctors across the country- called guardian - to help map individuals and families afflicted with rare diseases that may have genetic component.

<http://www.thehindu.com/sci-tech/health/The-year-of-personal-genomics/article16970748.ece>

At NICU in Vani Vilas Hospital, 7 nurses look after 45 newborns

child care government-run hospitals fare better, though they fall short of the internationally accepted nurse patient ratio in NICUs of 1:1.

– The Hindu, 31st December 2016. Cinthya Anand.

Neonatal intensive care is compromised as there is a severe shortage of nurses in The Neonatal intensive care unit (NICU) at the government run hospitals. Vani Vilas Hospital run by the government which handles extremely premature babies with congenial birth defect has 22 nurses on contract basis working on three shifts. The internationally accepted nurse patient ratio in NICU’s of 1:1. Most of the governments run hospitals like Vani Vilas Hospital, Jayanagar General Hospital, Indira Gandhi Institute of Child Health, Bowring and Lady Curzon Hospitals fall short of the nurse patient ratio. Naveen Benkappa, Medical Superintendent, Indira



Gandhi Institute of Child Health, Bengaluru says that “Since 1:1 ration may be difficult to achieve in India, at least 1:2 is recommended. Having a ratio higher than 1:4 definitely compromises care.”

<http://www.thehindu.com/news/national/karnataka/At-NICU-in-Vani-Vilas-Hospital-7-nurses-look-after-45->

Busting drug dealers: Police on a high

– The Hindu, 1st January 2017. Special Correspondent
The year 2016 has seen the highest number of arrests of drug peddlers. The police arrested 289 persons for peddling drugs ranging from marijuana to LSD. Of those arrested 269 were Indians. This was a more than 100 percent increase from the previous year, which saw 141 persons booked on charge of either possessing or selling narcotic substances. While police attribute the rise in arrests to increased vigilance.

<http://www.thehindu.com/news/cities/bangalore/Busting-drug-dealers-Police-on-a-high/article16970392.ece>

SEIZURES & ARRESTS				
YEAR	NO. OF CASES	QTY. (KG)	INDIANS	FOREIGNERS
2014	42	412.14	76	7
2015	69	184.132	132	9
2016	121	269.124	269	20

YEAR	NARCOTIC	SEIZURE
2014	Garja	409.791
2015	Garja	168.217
2016	Garja	254.035

TOP FIVE DRUGS IN 2016				
GANJA 254.035 kg	CANNABIS 3.700 kg	HEROIN 3.280 kg	METHAQUALONE 1.990 kg	COCAINE 1.151 KG

Government re-examining ban on chewing tobacco

– The Hindu, 31st December 2016. Afshan Yasmeen.
Government’s re-examining ban on tobacco has left tobacco activist worried. The health department is also exploring legal possibilities to amend the November 24 circular, which can weaken the ban. The latest re-examining on the ban follows lobbying by manufacturers, who have convinced government authorities that chewing tobacco per se could not be banned under law. It could be banned only if it is mixed with gutkha or pan masala. The health minister K.R. Ramesh Kumar, has confirmed to Hindu that the ban was being re-examined.
<http://www.thehindu.com/todays-paper/Govt.-re-examining-ban-on-chewing-tobacco/article16967005.ece> and <http://www.thehindu.com/news/national/karnataka/Chewing-tobacco-Karnataka-govt.-likely-to-correct-clauses-in-circular/article16966000.ece>

Work, walk, work

– The Hindu, 1st January 2017. Gretchen Reynolds
Frequent, brief walking breaks are more effective than a single, longer walk before work. Standing up and walking for five minutes of every hours work will uplift you mood and combat lethargy without reducing focus and attention according to new instructive study. The study found that frequent, brief walking breaks were more effective at improving well-being than a single longer walk. There is growing evidence, that long hours of uninterrupted sitting can have undesirable physical and emotional consequences. Studies have shown that sitting motionlessly reduces blood flow to the legs, increasing the risk for atherosclerosis, the build up of dangerous plaques in the arteries.
<http://www.thehindu.com/todays-paper/tp-opinion/Work-walk-work/article16971973.ece>

The opportunities and challenges in delivering oral cholera vaccines

– Indian Journal of Medical Research, 144, August 2016. Pp149-150. Jacqueline Deen & David A. Sack.
Globally, an estimated 1.3 million people (14% of the world’s population) are at risk for cholera. Together with timely treatment, access to potable water, food hygiene, adequate sanitation and community engagement, the World Health Organisation (WHO) recommends oral cholera vaccination may be considered in areas where the disease is endemic, as part of the response to outbreaks, or in a humanitarian crisis where there is a high risk of cholera. There are three internationally available WHO-pre qualified Oral cholera vaccines: Dukoral Shancol and Euvichol. There is increasing experience with mass oral cholera vaccinations under diverse and difficult conditions.
<http://www.icmr.nic.in/ijmr/2016/August/Editorial.pdf>

The 70-Yr-Old Doctor Who Left Her Job In The U.K. To Help The Poorest In India

– The Logocal Indian, 26 Dec 2016, Md Imtiaz
The district of Kalahandi has nature’s gifts in abundance, but it is also one of the most backwards districts in the state, where people are living in utter poverty and dejection. This is a region where people are mostly deprived of education, engulfed in a blanket of superstition, with minimum support of the government, where even telephone signals are a distant dream. To add to their woes, Naxal activities have spread in many parts of the region. Amidst such adversities, 70-year-old Dr Aquinas Edasserry is working relentlessly to give a ray of hope to the locals.
<http://thelogocalindian.com/story-feed/get-inspired/dr-aquinas-edasserry/>



BACK ISSUES

UNSUBSCRIBE

If you want to unsubscribe this Health Digest, please send a blank mail to: socharacommunications@gmail.com with the subject "unsubscribe"

SOCHARA
SILVER JUBILEE
EVENTS | ARCHIVES