

# World Health Day

**7<sup>TH</sup> APRIL  
2024**

*Theme: "My health, my right"*

## About World Health Day

World Health Day, observed annually on April 7<sup>th</sup>, marks the founding of the World Health Organization (WHO) in 1948. The idea for World Health Day originated at the First Health Assembly in 1948, where it was proposed that a day should be set aside to raise awareness about global health issues and to commemorate the establishment of the WHO. The first World Health Day was celebrated on April 7<sup>th</sup>, 1950.

Each year, World Health Day focuses on a specific theme or priority area of global public health concern. These themes have ranged from promoting healthy lifestyles to addressing pressing health challenges such as infectious diseases, non-communicable diseases, mental health, maternal and child health, and environmental health issues.

## Essence of World Health Day

This day serves as a pivotal moment to create awareness about the importance of health and also to reflect on the health challenges that persist globally. It moves towards improving health outcomes. It provides an invaluable opportunity for stakeholders at all levels to come together and advocate for effective, sustainable health policies and practices.

## Theme

This year theme, "*My health, my right*" was chosen to champion the right of everyone, everywhere to have access to quality health services, education and information as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions and freedom from discrimination.



## Objectives of World Health Day, 2024

- **Advocate for Universal Health Coverage:** Emphasize the necessity of ensuring accessible, affordable, and quality healthcare services for all individuals, regardless of their socio-economic status or geographical location.
- **Promote Health Equity:** Address disparities in health access and outcomes, particularly among vulnerable and marginalized communities, to ensure that everyone has equal opportunities to attain good health.
- **Encourage Healthy Behaviors:** Promote awareness and initiatives aimed at fostering healthy lifestyles, preventive healthcare practices, and disease prevention strategies to enhance overall well-being.
- **Strengthen Health Systems:** Support efforts to build robust and resilient health systems capable of responding effectively to global health challenges and emergencies, while prioritizing the needs of all individuals and communities.

## Interesting facts about health around the World

- **Cardiovascular disease is a leading cause of death:** Globally, it has been estimated that 30% of all deaths are related to cardiovascular disease and that majority of these deaths (about 80%) could be prevented by eating healthy diet, exercising regularly and by avoiding tobacco products.

**Did You Know?**

**Weak health systems contribute to the deaths of 6.6 million children around the world every year.**



- **Ten percent of global disease could be prevented by improved sanitation:** It's been estimated that 10% of all diseases in the world could be prevented if people had access to a proper water supply, could engage in personal hygiene, and had access to proper sanitation. Approximately, 6% of the deaths from diseases around the world are also caused by systemic issues of little access to clean water and poor sanitation and waste disposal.

## **Health Programme/Schemes in India**

### ***a) Reproductive, Maternal, Neonatal, Child and Adolescent health***

- **Janani Shishu Suraksha Karyakaram (JSSK):**  
The new initiative of JSSK would provide completely free and cashless services to pregnant women including normal deliveries and caesarean operation and new sick born (up to 30 days after birth) in Government health institutions in both rural and urban areas.
- **Navjaat Shishu Suraksha Karyakram (NSSK):**  
The primary goal of NSSK is to reduce infant mortality rates and improve the health outcomes of newborns and infants in India. The program aims to achieve this goal through various interventions and initiatives focused on ensuring the well-being of newborns and infants, especially those from marginalised and disadvantaged backgrounds.

**Did You Know?**

**Health costs have pushed 100 million people into poverty.**



## **b) Communicable Diseases**

- **Revised National Tuberculosis Control Programme (RNTCP):** The Revised National Tuberculosis Control Programme (RNTCP) objective is to reduce the incidence of and mortality due to TB. Under the programme, diagnosis and treatment facilities are provided free of cost to all TB patients.
- **National Leprosy Eradication Programme (NLEP):** The National Leprosy Eradication Programme (NLEP) is a Centrally Sponsored Health Scheme and it has been implemented with the major objective of reducing the disease burden, prevention of disability and to improve awareness among the mass about Leprosy and its curability.

## **c) Non- Communicable Diseases**

- **National Tobacco Control Programme (NTCP):** This programme was launched in the year 2007-08. Its aim is to create awareness about the harmful effects of tobacco consumption and to reduce the production and supply of tobacco products. It is also to ensure the effective implementation of the provision under “The Cigarettes and Other Tobacco Products Act, 2003” and facilitate implementation of strategies for prevention and control of tobacco advocated by WHO Framework Convention of Tobacco Control.
- **National Mental Health Programme (NMHP):** The Government of India has launched the National Mental Health Programme (NMHP) in 1982 with an objective to ensure the availability and accessibility of minimum mental healthcare for all, particularly to the most vulnerable and underprivileged section of the population.

