



National Health Mission and its Influence Over Maternal, Newborn and Adolescent Health Care

Ashok Alexander.
P

PhD Research Scholar, Department of Social Work, School of Social Sciences & International Studies, Pondicherry University, Puducherry – 605014.

Elwina Khakhlari

District Community Mobilizer, National Health Mission (NHM) Office of JDHS, Nagaon, DPMU, NHM, Nagaon, A.T.Road, Near Head Post Office, Nagaon – 782001, Assam.

ABSTRACT

Since its emergence from 2005, National Health Mission is playing an important role in enhancing the health of people especially who are in poor infrastructure and poor public health. Currently it focuses on 36 states of India in various health aspects. Newborn and adolescent health care are the major and important areas to be concentrated for the well-being of whole life. The well-being of whole life starts with the health of the mother during her maternal period. The health condition of a newborn is always determined by the health condition of its mother's maternal health. National Health Mission makes a valid attempt to protect, safeguard and develop the health of women who are in maternal period, the health of newborn children and adolescents. The current research paper focuses on the influence of National Health Mission over maternal, newborn and adolescent health care.

KEYWORDS : National Health Mission, Maternal, Newborn and Adolescent Health.

Introduction

National Health Mission includes National Rural Health Mission and National Urban Health Mission. The aim of rural health mission is to improve the health standards of underprivileged rural population and the aim of urban health mission is to improve the health standards of vulnerable urban population.

Major aims of National Health Mission

National Health Mission aims to provide complete community health care both in rural and urban areas. It aims to reduce the mortality rate of newborn and women who are in maternal period; it aims to stabilize the population and prevents non-communicable and communicable diseases and promotes Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy for healthy lifestyle.

Initiatives of National Health Mission

The National Health Mission has initiated various welfare activities for enhancing the health of rural and urban population. The following are the major initiatives propelled to strengthen the health status.

1	Accredited Social Health Activists	9	Patient Welfare Committee
2	Untied Grants to Sub-Centres	10	Village Health Sanitation and Nutrition Committee
3	Janani Suraksha Yojana	11	Janani Shishu Suraksha Karyakarm
4	National Mobile Medical Units	12	National Ambulance Services
5	Mainstreaming of AYUSH	13	Mother and Child Tracking System
6	Rashtriya Bal Swasthya Karyakaram	14	Rashtriya Kishor Swasthya Karyakaram
7	Mother and Child Health Wings	15	Free Drugs and Free Diagnostic Service
8	Delivery Points	16	Universal Health Coverage

(Source: Ministry of Health and Family Welfare annual report, 2013-14)

High focus states of National Health Mission

National Health mission focuses on the basis of public health status of each state. The focus becomes high when the health status is in the state of poor.

The following are the states which are in high focus under National Health Mission.

1	Jammu & Kashmir	10	Himachal Pradesh
2	Assam	11	Uttarakhand
3	Chhattisgarh	12	Odisha
4	Manipur	13	Uttar Pradesh
5	Jharkhand	14	Madhya Pradesh
6	Meghalaya	15	Tripura
7	Rajasthan	16	Mizoram
8	Nagaland	17	Arunachal Pradesh
9	Sikkim		

(Source: National Health Mission, <http://www.nrhm.gov.in>)

The above mentioned states are under high focus of National Health Mission. This is based on health report on high level of maternal mortality rate, infant mortality rate and the prevalence of other communicable and non-communicable diseases, etc.

Health professionals in National Health Mission

The National Health Mission has a great number of health professionals such as doctors, paramedics, AYUSH doctors, AYUSH paramedics, specialists, staff nurses and ANMs. These professionals play a vital role in improving the health standards.

(Source: Ministry of Health and Family Welfare annual report, 2013-14)

Objectives of the study

To study the influence of National Health Mission over maternal, newborn and adolescent health.

To study the health initiatives of National Health Mission.

To study about the high focus areas of National Health Mission.

Review of literature

Boerma, JT., Bryce, J., Kinfu, Y., Axelson, H., and Victora, CG (2008) conducted a household survey in fifty four countries. The study covered four intervention areas such as maternal and newborn, treatment of sick children, family planning and immunization. The

coverage gap was found more in Peru with seventy percentage and Tajikistan with lesser percentage of twenty. Chad and Ethiopia had forty three percentages. Around twenty nine percentage of coverage gap was found among the rich and fifty four percent for poor. The research also states that the difference between the rich and the poor is less in immunization and more in health of maternal and newborn children. **Goodman, E (1999)** conducted a study on the role of socio-economic status gradients in explaining the differences among the United States adolescents health. The issue such as sexually transmitted disease, asthma, obesity, depression, self rated health and suicide attempt were considered in the study. The study states that there is a significant association with socioeconomic status indicators and disease status among adolescents. Obesity and depression are less associated with socioeconomic status indicators. **Rautava, P and Sillanpaa, M (1989)** conducted a study on the knowledge on pregnancy among the Nulliparous pregnant women of Finland. Stratified random cluster sampling was used to collect data from 1443 pregnant women. The respondents were not particularly aware about the intake of certain nutritional supplements to be taken during the pregnancy period and to avoid alcohol intake. The study concludes that the less advantaged pregnant women require more guidance to take care of them during pregnancy and to ensure delivering healthy children.

National Health Mission's influence over maternal health

The term maternal health refers to the health of women during the natal, prenatal and post natal periods. Women require good nutrition and medical care during this period. The lack of nutrition and medical care may lead to maternal morbidity and mortality, infection and hemorrhage. The National Health Mission's role in enhancing maternal health of women is commendable. The scheme Janani Suraksha Yojna aims to reduce the maternal mortality. Another scheme named Janani Shishu Suraksha Karyakaram, ensures free of cost delivery at public health institutions even including caesarean (Ministry of Health and Family Welfare annual report, 2013-14).

National Health Mission's influence over newborn health

Newborn are the most sensitive and vulnerable to health issues. The newborns immune system is very weaker and it is most vulnerable to get affect with various diseases. The infant mortality rate has a chance to get increase when there is unavailability of adequate health support. In India, the National Health Mission plays a stellar role in enhancing the health of newborn. Through the Mother and Child Tracking System, the technology is used to track mother and child with (0-5 years). This tracking system ensures absolute health care for mother and the child. Another scheme named Rashtriya Kishor Swasthya Karyakaram ensures child health screening and early intervention services for children (Ministry of Health and Family Welfare annual report, 2013-14).

National Health Mission's influence over adolescent health

Health condition in adolescents' depends on their lifestyle, eating habits and healthy practices. Most of the adolescents' compromise their health by following certain health compromising behaviors. This lifestyle would cause their life in a greater disaster. The National Health Mission plays an important role in enhancing adolescents' health through Rashtriya Kishor Swasthya Karyakaram. This initiative of National Health Mission ensures the peer led intervention at community level for adolescents. It also enhances self health, nutrition; action against substance abuse, gender based violence and promotes mental health (Ministry of Health and Family Welfare annual report, 2013-14).

Conclusion

National Health Mission serves as a prominent mission which enhances health throughout the national level. It works as a multifaceted mission by serving all the age groups from maternal care, newborn care, adolescent care and whole community health care. Various statistical report states that, after the launch and effective implementation of National Health Mission, the health status of the nation has improved tremendously. It stays as a role model in health care for several underdeveloped and developing countries. The study concludes with a notion that National Health Mission is a successful initiative which is effective in the maternal health care, newborn health care, adolescent health care and health care of community as a whole.

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