

WORLD HEALTH DAY – 7th April 2010

Theme -- “1000 cities”-“1000 lives”

---“Be part of a global movement to make cities healthier”.

It was in 1948 that WHO held the First World Health Assembly and declared 7th April of each year as the “World Health Day” with the objective of creating awareness of a specific health theme to highlight a priority area of concern for the WHO.

WHO holds that the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.

World Health Day 2010, to be observed on April 7th (Wednesday), will focus on **urbanisation and health**.

The Organization’s theme of the health campaign this year is '1000 cities - 1000 lives'

According to WHO, *events will be organised worldwide calling on cities to open up streets for health activities.* **THIS GLOBAL** initiative aims at engaging **1000 cities** across the world in a *set of activities intended to create physical, mental and environmental health benefits. 1000 Stories of urban health champions will be gathered to illustrate what people are doing to improve health in their cities*

A report from the Department of Health said that the focus on **"urbanization and health"** was selected for World Health Day *in recognition of the effect urbanization has on the collective health globally and individually.*

In India, **we need to stress the right life style for adolescents and their reproductive health.** *Urbanization, the report added, is associated with many health challenges related to water, environment, violence and injury, non-communicable diseases and their risk factors like tobacco use, unhealthy diets, physical inactivity, harmful use of alcohol as well as the risks associated with disease outbreaks*

As WHO pointed sometime ago, "Adolescents – young people between the ages of 10 and 19 years – are often thought of as a healthy group. Nevertheless, **many adolescents do die prematurely due to accidents, suicide, violence, pregnancy related complications and other illnesses that are either preventable or treatable.** Many more suffer chronic ill-health and disability. *In addition, many serious diseases in adulthood have their*

roots in adolescence. For example, **tobacco use, sexually transmitted infections including HIV, poor eating and exercise habits, lead to illness or premature death later in life."**

W.H.O urges the member states to organise planned activities to match with the local context, including the traditional culture, capacities and potentials, available resources, local needs and gaps in each city to raise awareness and public understanding of the global and local health consequences of urban policy.

Urban Migration Risks-- WHO

- Swelling numbers of residents in the country's cities are putting more and more people at risk of disease and traffic accidents.
- High population density would place a heavy burden on urban resources that were already overstretched today in many of the nation's cities.
- The main concerns of urban development were poverty, environment, industrialization, sociocultural and transportation.
- Problems afflicting the health sector include poor distribution of supplies and poor quality and access to healthcare for the poor.
- Many degenerative diseases common among city dwellers are malnutrition ,stress , including stroke, hypertension and diabetes
- Unhealthy food, or junk food, includes anything produced by major fast-food chains, as well as fried food [sold on streets]
- motorcyclists in city areas is putting pedestrians, cyclists and motorcyclists themselves at greater risk.

“ Public Health week” will be observed from April 7th, to April 11th 2010 in J&K.

Activities proposed:

- The Department of Health will provide the public with information on how to live healthier lives through Print and Electronic Media.
- "Get Fit on Front Street and the grounds" – the public will be invited for fitness activities including 1-2 Miles walk, Yoga etc
- Medical camps for Screening of Blood Sugar and Blood Pressure.
- Health Assessment /Medical Camps.
- Arranging Seminars /Lectures where the public is invited to attend and to get information on a range of issues like chronic illnesses, substance abuse, oral health & healthy lifestyles etc;
- Visits by team of doctors to Homes for elderly and disabled people to inspect their social, health and psychological well-being and meet their needs.
- Mutli-facet campaign including running of mobile clinic for screening chronic diseases and motivation for quitting the smoking, training in first Aid etc.

Some quotes” to raise your awareness about you own health on this day:

- Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.
- The greatest wealth is health.
- A good laugh and a long sleep are the best cures in the doctor's book.
- Be careful about reading health books. You may die of a misprint.
- Diseases of the soul are more dangerous and more numerous than those of the body.
- Eat right, exercise regularly, die anyway.
- Fresh air impoverishes the doctor.
- In order to change we must be sick and tired of being sick and tired.
- People who are always taking care of their health are like misers who are hoarding a treasure which they have never spirit enough to enjoy.
- There are lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it.
- Water, air, and cleanliness are the chief articles in my pharmacopoeia.