

Healthy Society

**Perspectives
on
Impact of COVID, Healthy Ageing and Health Equity**

Edited by
**Hari S Bisht
Anamika Bisht**



Healthy Society: Perspectives on Impact of COVID, Healthy Ageing & Health Equity

First Edition

Editors

Hari S Bisht
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Editors:

Hari S Bisht & Anamika Bisht

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Foreword

The present monograph is a timely contribution to the realm of impact of pandemics globally followed by healthy ageing & health equity. As an edited volume, it has put together meaningful papers presented during the International Webinar entitled “Social Determinants of Health towards Health Equity: with Special Reference to the Elderly People of Mountain Regions” held on 29-30 November 2021 under the aegis of Uttarakhand Open University & Him-SHRI Foundation from Haldwani, Uttarakhand, India.

This book takes forward the discourse on concern for ageing- both as a process and its outcome, and the need for a health equity lens to understand it.

The concerns of the elderly population have been woven together through the thematic areas of healthy ageing, social determinants of health, health-seeking behaviour, socioeconomic and psychological issues, and the impact of COVID-19. These issues have been covered from global to local context. The relevance of religion and international politics in addressing COVID-19 has been captured in the backdrop of the challenges posed by demographic transition and lifestyle changes.

The monograph also engages with the issue of elderly abuse, emotional stress and perception of healthy ageing. In this context, the importance of naturopathy in global health care has been reasoned effectively. Local healing systems and the traditional medicinal substances of Uttarakhand mark the connection of the elderly with the care available outside the regime of western medicines. Some of the papers included in the book also deal with the relevance of local food traditions in disease control and health promotion.

The present edited monograph book takes on the challenge of collating a wide range of issues which affect the health of the elderly in mountain regions. It not only engages with geriatric nutrition and indigenous food systems, it also highlights the relevance of local healing practices and naturopathy, thus underlining the relevance of extended family norms and challenges for healthcare provisioning, especially in times of health emergencies such as COVID.

Overall, it contributes to the existing knowledge on the health of the elderly population, identifying the issues and challenges, and the means to address them.

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Preface

The concept of healthy society is all routed in social values. All people among society should be valued equally. What is healthy society? The society, in which individuals and communities are able to live, works, and plays in a way that promotes physical, mental, and social well-being. In a healthy society, all people have access to resources and services that support healthy lifestyles, including nutritious food, safe and affordable housing, quality healthcare, and opportunities for physical activity and recreation etc.

In a healthy society, there is a shared commitment to promoting health and well-being, and individuals and communities are empowered to take an active role in their own health and well-being. This includes having access to accurate and reliable health information, being able to make informed choices about their health, and being supported in their efforts to maintain or improve their health.

A healthy society also values and prioritizes the health and well-being of all its members, and works to address the underlying social, economic, and environmental factors that are responsible in contribute to poor health outcomes. This includes addressing issues like poverty, inequality, discrimination and environmental degradation, which can have a significant impact on the health of its individuals and communities.

Overall, a healthy society is one that prioritizes health and well-being as a fundamental aspect of a sustainable good life, and works to create the conditions necessary for all individuals and communities to thrive.

The present volume ‘Healthy Society: Perspectives on Impacts of COVID, Healthy Ageing & Health Equity’, is an outcome of an International Webinar “Social Determinants of Health towards Health Equity; with Special reference of Elderly People in Mountain Regions” held during November 29-30, 2021, sponsored by Indian Council of Social Science Research (ICSSR), Ministry of Education, Government of India, New Delhi and organized by HIM-SHRI Foundation & Uttarakhand Open University, Haldwani, Nainital, Uttarakhand, India.

The Editors are very thankful to Professor (Dr.) Sanghmitra S. Acharya, Chair, Centre for Community Health & Social Medicine, School of Social Sciences, Jawahar Lal Nehru University, New Delhi for writing the forward for the book.

The most interesting feature of the present volume is that the contributing authors are varied from various disciplines of social sciences & humanities, public health, home science, Jyotish & Karmkand, pharmaceutical science, Journalism & mass communication. The monograph articles will be beneficial for the faculty & researchers, having relevant interdisciplinary approach as well as for policy makers.

The Editors are very grateful to Indian Council of Social Science Research (ICSSR), Ministry of Education, Government of India, New Delhi for approving the webinar for the sponsorship. Some selected research papers presented during the webinar were considered for the publication through this edited volume.

We are extremely thankful for all the authors for their valuable contributions despite having their engagement in academic persuites. I hope that their expertise and insights will be helpful to the readers of this volume to promote their interests in the health of people towards healthy societies around the world.

Hari S. Bisht
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Introduction

-Hari S. Bisht & Anamika Bisht

Health is one of the most vital issues to be discussed with the human right as “health for all” is the best way to enhance the productivity as well as life expectancy of the world population. Internationally, it was first articulated in the 1946 Constitution of the World Health Organization whose preamble defined health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” There is an urgent requirement for the implementation of this right into the fundamental right around the world.

A healthy society is crucial for the general well-being of a community and the economic success of any country. Healthy Societies can be described as; firstly, if all the people in society are in the state of completely physical, mental and social well being, then the society is sad to be healthy society. Secondly, to be in a healthy society, everyone in the society should take care of their own personal hygiene, cleanliness of the surrounding. And thirdly, avoiding child marriages, unprotected sex, creating awareness among the people regarding adverse effect of these are very essential to form a healthy society.

After two years of the pandemic, we know better than ever that health is our most important asset. This is true in the private context as well as in the context of society as a whole. In order to maintain and promote satisfaction and well-being in the personal context on the one hand and smoothly functioning health, education and economic systems on the other, health-conscious behaviour is a central factor.

United Nations declared the current decade (2021-2030) for ‘Healthy Ageing’ and further World Health Organization dedicated World Health Day during 2021 with a theme ‘towards a Fairer and Healthier World’. These developments at international level show their respective commitment towards addressing the healthy ageing, social determinants of health, health equity and minimizing the health disparities among all the people of the world. This phenomenon again remembers us the declaration of WHO mandated for ‘Health for All by 2000’, by World Health Assembly on Primary Health Care at Alma-Ata, then USSR in 1978.

In the General Assembly, while appreciating the contribution that older persons make to their societies, the United Nations;

Recognizing that, in the Charter of the United Nations, the peoples of the United Nations declare, *inter alia*, their determination to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small and to promote social progress and better standards of life in larger freedom. Noting the elaboration of those rights in the Universal Declaration of Human Rights, the International Covenant on Economic,

Social and Cultural Rights and the International Covenant on Civil and Political Rights and other declarations to ensure the application of universal standards to particular groups.

In pursuance of the International Plan of Action on Ageing, adopted by the World Assembly on Ageing and endorsed by the General Assembly in its resolution 37/51 of 3 December 1982,

Appreciating the tremendous diversity in the situation of older persons, not only between countries but within countries and between individuals, which requires a variety of policy responses;

Aware that in all countries, individuals are reaching an advanced age in greater numbers and in better health than ever before,

Aware of the scientific research disproving many stereotypes about inevitable and irreversible declines with age,

Convinced that in a world characterized by an increasing number and proportion of older persons, opportunities must be provided for willing and capable older persons to participate in and contribute to the ongoing activities of society,

Mindful that the strains on family life in both developed and developing countries require support for those providing care to frail older persons,

Bearing in mind the standards already set by the International Plan of Action on Ageing and the conventions, recommendations and resolutions of the International Labour Organization, the World Health Organization and other United Nations entities,

Encourages Governments to incorporate the following principles into their national programmes whenever possible.

Independence

1. Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
2. Older persons should have the opportunity to work or to have access to other income-generating opportunities.
3. Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.
4. Older persons should have access to appropriate educational and training programmes.
5. Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
6. Older persons should be able to reside at home for as long as possible.

Participation

1. Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
2. Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
3. Older persons should be able to form movements or associations of older persons.

Care

1. Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.
2. Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.
3. Older persons should have access to social and legal services to enhance their autonomy, protection and care.
4. Older persons should be able to utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.
5. Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

Self-fulfillment

1. Older persons should be able to pursue opportunities for the full development of their potential.
2. Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

Dignity

1. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.
2. Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

In the above context the present volume contains fourteen chapters with various perspectives on impact of pandemics, healthy ageing & health equity. I Hope the book will add value to our existing understanding about the core health issues reflected their insights through the papers authored by various scholars.

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HEALTHY SOCIETY

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About the Book

The present volume contains selected research articles resulted from an International Webinar entitled "Social Determinants of Health towards Health Equity: with Special reference of Elderly People in Mountain Regions" held during November, 2021, sponsored by ICSSR, Ministry of Education, Government of India, New Delhi and organized by Uttarakhand Open University (www.uou.ac.in), Haldwani, Nainital, Uttarakhand, India. The most interesting feature of the present volume is that the contributing authors are varied from the disciplines of social sciences, public health, home science, *jyotish & karmkand*, pharmaceutical science, journalism & mass communication etc. The articles may be beneficial for the faculty & researchers, having relevant interdisciplinary approach as well as for policy makers, working for social sectors.

About Editors



Dr. Hari S Bisht, currently is an Executive Director, Himalayan Social Sciences and Health Research Institute (HIM-SHRI) at Haldwani, Nainital, Uttarakhand, India. He has been associated with World Health Organization (WHO), United Nations Children's Fund (UNICEF), University of Liverpool, United Kingdom, Mahidol University, Thailand & Indian Council of Social Science Research (ICSSR), Government of India, New Delhi with reference to research studies and trainings programmes. Dr. Bisht earned his Ph.D. in medical sociology from Kumaun University, Nainital and he obtained masters in political science, sociology & public health beside post-graduate diplomas in public health management from National Institute of Health & Family Welfare (NIHFW) & in distance education from Indira Gandhi National Open University (IGNOU), New Delhi. He has been a WHO Fellow and ICSSR's Senior Fellow. He has been awarded a 'Global Ambassador of Medical Excellence Award by IIEM, New Delhi.



Ms. Anamika Bisht is a Public Health Specialist with more than five years of experience in diverse field of community eye health. She started her doctoral program at Jackson State University in Epidemiology. She obtained her master's degree in Public Health from Louisiana State University at Shreveport, LA, USA. Her research interests are community eye health and vision sciences. She completed her internship at the Visual Impaired Foundation of Georgia, Atlanta, GA, USA; where she was trained in professional development, grant writing, and fund-raising activities.



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