



## Community Health

In many remote, rural regions of India, people have limited access to health care due to geographic distance and the high cost of service. We are committed to improving health care and people's wellbeing at the grassroots level. We conduct educational and awareness campaigns about diseases and health problems, personal hygiene, and nutrition. We also provide primary healthcare and follow-up checks through rural clinics and a network of health workers. Our community health workers and health organizers are the contact persons for people in remote villages. They ensure that the sick receive adequate medical care and that groups affected by malnutrition are supported by the nutrition program.

The main areas of our work are:

### 1. Awareness building

The lack of awareness aggravates the health problems in rural communities, which tend to rely on home remedies and believe in superstitions. With adequate knowledge, communities are better equipped to tackle illnesses and diseases in a timely manner.

- **Community Health Workers (CHW)**, trained by our partner organization RDT, are the volunteers who visit homes in villages, manage the nutrition program and educate people on health-related topics.
- CHWs are managed by **Health Organizers (HO)** who are better equipped to provide immediate care and are responsible for follow-up of chronic patients in villages.
- They also provide knowledge on how to access government benefits related to health.

### 2. HIV and TB

India has one of the highest number of HIV and TB cases in the world, aggravated by widespread stigma and a lack of adequate knowledge. We implement programs at the grassroot and institutional level to support those affected by these diseases, especially women and children.

- **Awareness of prevention, symptoms and treatment on HIV and TB** is provided by CHWs and medical professionals at the screening camps in the villages.
- **Support *sanghams* (support groups) for widows** are organized monthly for infected or affected women to help them access resources from RDT or the Government. They also aim at tackling the social stigma and provide the widows with access to loans and microcredit to start income-generating activities.
- We run **two orphanages for vulnerable children** and provide them with healthcare, education and sociopsychological support to improve their quality of life.
- Our health workers follow up with patients suffering from HIV and TB to ensure they continue their medication and care.



### 3. Women's health

Adolescent girls and women, especially in rural areas, lack awareness of health issues and are at a greater risk of malnutrition and chronic illnesses.

- **Awareness workshops with adolescent girls** cover important topics, such as personal hygiene, menstruation, healthy dietary practices and the consequences of early marriage.
- The workshops also aim at tackling **anemia, which is widespread in local communities**. Those suffering from high anemia are provided with iron supplements, while patients with more serious cases are referred to hospitals.
- Our health workers provide awareness to women on **family planning and reproductive healthcare**. They also provide antenatal care to pregnant women to promote hospital deliveries and refer women with high-risk pregnancies to hospitals for diagnosis and care.
- **Screening camps** for cervical and breast cancer are conducted every week in different villages.

### 4. Supplementary nutrition

Due to lack of knowledge and resources, many families have poor dietary habits which put them at a higher risk of undernutrition and chronic illnesses, especially women and children.

- This program mainly supports children under the age of five, pregnant women and nursing mothers, the elderly lacking family support and those suffering from chronic health problems.
- Our health workers run the program, and also record the weights of children and mothers once a month to measure improvements in their health.

### 5. Rural and mobile clinics

Our mobile clinics provide critical support to people living in remote villages and tribal areas located far from any medical centers.

- **Mobile clinics** are equipped ambulances that travel to the different villages to provide basic care and checkups, mainly in the tribal areas like the Srisailam region. Those requiring advanced medical care are referred to hospitals for treatment.
- Doctors at the rural clinics visit general patients during the mornings, and in the afternoons they visit schools or government hostels to do checkups for children.

### 6. Referral and follow-up care

Those requiring specialized care are referred to local or higher institutions for further treatment. We provide follow-up care for patients with chronic illnesses to ensure they take their medications.