

Resolve the identified and unidentified causes- Promote healthy living and well-being among all ages

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Abstract: "The Brundtland Report (1987) states" development that meets the needs of the present generation without compromising the ability of future generations to meet their own needs is sustainable development." Considering the deteriorating lifestyle, well-being, and destruction caused to the earth, after careful attention to detail and existing discrepancies, gaps, and irregularities, the United Nations prepared Agenda 2030 for a global transformation that can heal the world and improve its place to live. Sustainable Development Goal 3 aims to improve the health and well-being of individuals from all walks of life and all age groups in both developed and developing countries with a special emphasis laid on the following: Mortality, Rising Population, Climate Change, Disease Outbreaks, Unhealthy and Sedentary Lifestyle, Social Inequalities, Urbanization and Communicable and Non-Communicable Chronic Diseases. These burdens not only impact mankind but also the flora, fauna, and environment as a whole. Our research concentrates on identifying and uncovering the causes behind the prevalence of drug abuse among decadent and broken youngsters, the rising mortality rates, the unknown sources of STDs, the incidence of maternal deaths, the unavailability of global healthcare facilities, and rapid environmental contamination that affect the living beings. As a result, there lies a need to address these burdens at the earliest to avoid further degradation and deterioration that can turn the earth into a massive graveyard. The study aims to not only identify the causes but also lay forward measures that can be implemented to tackle the rising problems that deprive mankind of leading complete life.

Key Word: Sustainable Development. Healthy Well-Being, Healthy Living, Burdens, Resolve Issues, Heal Earth and Mankind

1. Introduction

Sustainable development is an analytical initiative that focuses on the past, present, and future of the earth and studies the challenges/threats being faced due to the inevitable existing circumstances and provides potential solutions to mitigate the problems in order to safeguard the environment, promote healthy living, uplift society through co-existence, and generate economy through global development. The formulated goals meant for sustainable living seek to provide a better and happy life to every human for a just cause by creating a system that makes it possible to meet all human-essential resources- Improved living conditions without destroying the planet Earth by chalking out the most requisite **programs, initiatives and actions in four distinct areas- human, social, economic, and environmental.** In 2015, the United Nations General Assembly, Rio de Janeiro laid out 17 goals that have to be achieved by 2030. Each of these goals is indivisible and interconnected to control and eradicate the following problems- Poverty, Inequality, Climate Change,

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Environment degradation, Peace, and Justice especially for the poor. The topic of our research aims to propose modern ideas and actions that can be helpful to attain the target areas mentioned in sustainable development goal 3 of Agenda 2030- “Ensure healthy lives and promote well-being for all at all ages”.

2. Materials and Methods

The researchers have resorted to observation and interviews across all age groups to study the causes in order to provide effective strategies that can be useful to promote healthy living among all age groups. The study has listed the causes of Maternal mortality, Neonatal and Child Mortality, Infectious, and Non- Communicable Diseases, Universal Health Access, and Substance Abuse. Strategies have also been provided based on the current requirements studied through observation and interviews. Men, women, and, children are included in the study.

3. Causes for the Problems and Strategies to be implemented

Maternal Mortality- Complications that lead to the death of a pregnant woman during pregnancy and childbirth are defined as maternal mortality. Studies have shown that approximately 2,80,000-3,00,000 women die every year due to pregnancy and childbirth even after rapid advancement in the modern age. Pregnant women die every two to five minutes, leaving one million children motherless. This clearly indicates maternal mortality is a lingering problem that requires to be addressed worldwide. Although prevalent in cities, maternal mortality occurs in developing and lower-income countries and among the working-class population. The reasons can be attributed to the lack of financial stability and skilled healthcare providers. Maternal mortality has been highly prevalent in Southern Asia, sub-Saharan Africa, Nigeria, India, Ethiopia, Tanzania, Congo, Sierra Leone, Central African Republic, Chad, and South Sudan MMR rates in lower-income countries can be improved by improving economic activity as it provides better nutrition and healthcare facilities. Well-trained medical staff should assist in the birth and delivery. Mortality and morbidity have a direct or indirect relationship with each other.

Causes of Maternal Mortality: Maternal morbidity can be linked to a variety of factors such as poor lifestyle and eating habits, gestational complications, bodily imbalances, poor living conditions, poverty, malnutrition, anemia, stress, inaccessibility of adequate facilities, etc., Ailing women may experience symptoms in their first trimester while others experience symptoms in their third trimester. Some conditions remain even after the birth of the child. The pregnant mother may suffer from heart disease, diabetes, hypertension, vaginal bleeding, sepsis, morning sickness, depression, anxiety, ectopic pregnancy, abdominal pregnancy, miscarriage if she suffers from endometriosis or adenomyosis, Obesity, pelvic floor disorders, stroke, breathlessness, and HIV/AIDS, heart failure, amniotic fluid embolism, also affect the health of the mother during pregnancy. Maternal mortality is also linked due to complications of labor and delivery and unsafe abortions, bleeding, cardiomyopathy, amniotic fluid embolism, pulmonary embolism, obstructed labor, and drug reactions. When some of the problems affect the mother, full-term pregnancy is highly risky or complicated pushing the doctors to resort to abortion to save the mother. Immediate intervention of these complications should be tackled otherwise it can lead to maternal mortality.

In the past few years, advanced sonogram facilities and diagnostic labs, the availability of medicines, and increased awareness have been helpful to reduce mortality rates in women suffering from these problems. In rural areas, poverty, inadequate medical facilities, and transport facilities have made it difficult for pregnant women to utilize these facilities which have indirectly contributed to maternal mortality. Our target is to tackle these problems by establishing adequate medical, and transport facilities in rural areas to enjoy the benefits of modern facilities available for pregnant women which otherwise could lead to ultimately death.

The ratio of healthcare workers and patients is 1: 100 in India which is very concerning. This should also be addressed. The Prime Minister of India is taking giant leaps to reduce maternal mortality through many schemes and initiatives for maternal health to reduce MMR to less than 70 lakhs of live birth by 2030. In India, the MM ratio has improved in Kerala, Maharashtra, Telangana, Andhra Pradesh, Tamil Nadu, Jharkhand, Gujarat, and Karnataka. There needs to be laid out more strategies in form of policies and welfare measures introduced for women's health and well-being.

Strategies to reduce maternal mortality

- Provide timed and targeted Counseling for pregnancy spacing by Community Health Committees through Infant and Maternal Health Programmes.
- Prevent postpartum hemorrhage by trained midwives, and provide emergency care and postnatal care.
- Strict implementation of family planning in all countries as multiple pregnancies affect the health of the mother.
- Encourage blood donations at blood banks to provide blood in case of emergency.
- Minimal fees at maternity hospitals with adequate care. Beds should be increased in these hospitals.
- Availability of maternity hospitals within a radius of 3km in all villages, districts, states, and countries.
- Hiring trained and skilled medical staff, developing the infrastructure, purchasing the latest equipment, drugs, and supplies, and providing more ambulances and referral transport services.
- Conduct frequent surveys on causes of maternal mortality by ANMs and Asha Workers.
- Nutritious diet at Anganwadi Centres, PHCs, sub-centers, community health centers, and hospitals.
- Free treatment, checkups, monitoring services, obstetric care, and postnatal care for poor women

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- Regular training and up gradation of medical staff, midwives, and healthcare workers to provide complete prenatal, postnatal, and antenatal care and emergencies.
- Availability of Immunization at a cheaper price for pregnant women and new mothers.
- Introduce robots for quick management of complications during birth and labor.
- Identification and Management of maternal comorbidities during gestation.
- Reduce the ratio between patients and health workers for careful attention at birth.
- Financial benefits to women through community fundraising programs for emergency maternal care and complicated pregnancies in high-risk pregnancies.

Neonatal Mortality: Neonatal mortality is defined as the death of a newborn before the completion of 28 days after birth. Child Mortality is defined as the mortality of children under five years. It is estimated that approximately 13,800-15000 children under five and roughly 1.5-2 million babies succumb to death after birth. Many steps have been taken to reduce mortality rates. Although, Neonatal and child mortality is declining every year at a rapid pace by 03-06%. It is highly prevalent in Southern Asia and sub-Saharan Africa due to lack of hygiene, inadequate water, and sanitation, nutrition, poor housing, unavailability of clean drinking water, pollution, overpopulation, and unhygienic and unsterile delivery practices by unskilled staff. Admission of male and female sick babies should be given without any bias.

The causes of these deaths are pneumonia, preterm births, AIDS, neonatal disorders, lower respiratory illnesses, diarrheal diseases, congenital diseases, infectious diseases, measles, drowning, syphilis, meningitis, intrapartum complications, birth asphyxia, and trauma. If a newborn is sick immediate intervention is necessary to provide adequate care to prevent mortality. Babies should always be monitored till they complete 28 days at home to avoid sickness or health risks.

Reduce mortality rates by:

1. Screening during the prenatal and postnatal period
2. Hire well trained Midwives
3. Vaccination or Immunization
4. Breast Feeding
5. Nutrition
6. Maintaining a Healthy Environment
7. Medicines
8. Efficient Healthcare Services
9. Comfortable sleep environment for babies
10. Improve food supplies for mothers and children for better nutrition.
11. Practice hygiene during pregnancy and after birth.
12. Avoid drugs, alcohol, and tobacco during pregnancy.

New born Care:

- Provide a warm and cozy environment
- Sterile umbilical cord and body care
- Breastfeeding
- Immunization
- Pediatric assessment and supervision

Preterm Births and Sick Newborns

- Low birth weight and preterm babies should be allowed immediate doctor consultation without following a queue.
- They should be put in an incubator.
- Mother's milk should be given in a bottle under sterilized conditions.
- Care should be taken to maintain hygiene and provide extra baby care.
- NICUs should be available to accommodate every baby at an affordable rate.
- If the baby belongs to AIDS affected mother, an HIV test and antiretroviral treatment should be given.
- Counselling sessions should be given to mothers.
- Provide equitable healthcare access to baby boys and baby girls.
- Many NGOs and Health organizations should collaboratively work to reduce mortality by investing to improve the quality of newborn and child care by extending regular services to mothers with children.
- Efficient medical care and the provision of medicines can contribute to safer births and raise healthy children.
- Babies should be given vaccines and health services should be made accessible to all children.
- Special New Born Care Units should be established all over the world.
- Staff should be given training on Integrated Management of Neonatal and Childhood Illnesses based on principles of universal health.

Infectious Diseases: Illnesses caused by harmful pathogens like viruses, bacteria, fungi, and parasites in our body are called infectious diseases. They transmit from the infected person or through contaminated water, air, or food. Over the years, through improved research, the death rate has declined. There is still a long road to curb and end these epidemics

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because every year 10- 13 million people die from infectious diseases all over the world. Again, it is sub-Saharan Africa and Southern Asia that is widely affected and 1/3rd of the global death rate is localized to these regions. In today's time, the mortality rate for infectious respiratory diseases is higher than for other diseases. Another problem that needs to be addressed is the reemergence of infectious diseases. Some diseases like Lyme disease, E. coli, SARS, Hantavirus, West Nile virus, and Zika virus are emerging after a decline. This is because of the violation of disease protocols, drug resistance, the emergence of new strains, or previously unknown outbreaks. Even these diseases should be eradicated. Below is given the list of infectious diseases which ought to be curbed by 2030.

- **Viral Infections-** Common Cold, Influenza, Rabies, Meningitis Yellow Fever, Norovirus, West Nile Virus, Hantavirus, Lassa Fever, Marburg Virus Haemorrhagic Fever, MERS-CoV German Measles, Colorado Tick Fever, COVID-19, Gastroenteritis, Polio, Hepatitis, Respiratory Syncytial Virus, Monkeypox, Mumps, Ebola, Chickenpox, Dengue Zika, and AIDS/HIV.
- **Bacterial Infections-** Glanders, Meningitis Rocky Mountain Fever, Yersiniosis, Haemophilus Infections, Ehrlichiosis Campylobacter infection, Whooping Cough, Cholera, Chlamydia, Plague, Brucellosis, Psittacosis, Legionellosis, Leprosy, Leptospirosis, Listeriosis, Lymphogranuloma Venereum, Meliodiosis, Botulism, Tularemia, Typhus, Typhoid, Tetanus, Strep Throat, Chancroid, Anthrax, Salmonella, Tuberculosis, Whooping Cough, Diphtheria, Sexually Transmitted Diseases, Salmonellosis, Shigellosis, Pneumonia, E. Coli, UTIs, Meningococcal disease, and Clostridioides difficile.
- **Fungal Infections -** Coccidioidomycosis, Ringworm, Fungal Nail infections, Yeast Infections, and Thrush.
- **Parasitic Infections -** Giardiasis, Trichinosis, Toxoplasmosis, Amebiasis, Babesiosis, Toxoplasmosis, Hookworms, Cryptosporidiosis, Malaria, Cysticercosis, and Pink worms.

Causes: The modern generation follows a sedentary lifestyle, spends more time in front of the screen, and lives in a polluted environment that is crowded and unclean. People consume unhealthy foods that weaken their immune systems and quickly get infected. Infectious diseases spread through contaminated air, water, unclean surroundings, infected humans, birds, animals, air pollutants, and heavy metals. The common symptoms are fever, fatigue, cough, diarrhea, and body pains. The symptoms range from mild to moderate to severe and may need hospitalization. In severe cases, it can be life-threatening. The mortality rate for infectious diseases is higher due to fear of being stigmatized or discriminated against after diagnosis. Inaccurate or late diagnosis, poverty, ignorance, use of outdated diagnostic procedures, and shortage of health clinics and health workers are other reasons for quick spread and mortality.

Strategies: To attain healthy living and well-being among all ages, it is essential to end these epidemics and ultimately eradicate them. This is only possible through hygiene, caution, increased immunization, and the consumption of a healthy diet. Although scientists have developed many Antiviral drugs and antibiotics, they come with adverse side effects and alter the immune system to be antibiotic dependent. They can also cause drug reactions. Many infections that are untreatable or incurable are treated with steroids. Although prevention has proved beneficial through immunization and safe health practices, curative treatment methods should be strengthened to treat the root cause. It is important to collaboratively work with ancient knowledge systems like Ayurveda, and naturopathy that depends on natural plant extracts and herbal oils to treat bodily ailments. Consumption of supplements and organic foods strengthens the immunity of individuals.

- Maintain better sanitation and cleanliness in cities, towns, and villages.
- Maintain social distancing in public places to avoid overcrowding.
- Slums should be well maintained by the government.
- Spread awareness on the importance and need to practice hygiene, and consume clean boiled water.
- Avoid touching animals or birds without gloves or a mask.
- Keep the surroundings clean without stagnant water or open drains.
- Vaccinate pet birds and animals.
- Sex Education to avoid AIDS and STDs.
- Hospitals should follow stringent infection control methods and use sterile products.
- Hand washing after eating, cleaning, and going to the toilet should be encouraged.
- Discourage open littering, defecation, and unclean public toilets.
- New disease control and disease intervention strategies be implemented through collaborative research with all medical sciences and WHO.
- Develop drugs and vaccines that cure the disease by finding the root cause.
- Invent sprays and drugs that can be sprayed in air, water, land, and unclean surrounding to kill harmful pathogens without harming man.
- Education on Health and Hygiene through awareness programs.
- Regular home visits by health workers to monitor health status.

Non- Communicable Diseases (NCD): Non-Communicable Diseases affect people of all age groups. They are transmitted genetically, through mutation or side effects of medicines. They are also caused due to physiological, environmental, and behavioral factors but do not spread from person to person. They can also be autoimmune. The death rate from non-Communicable diseases is higher than from infectious diseases. On average, 40 million people die from these diseases both old and young population. Premature deaths (80%-90%) are more in third-world countries. NCDs include Cardiovascular diseases, Chronic Respiratory diseases, Cancer, Diabetes, Kidney ailments, Mental Disorders, Arthritis, Alzheimer's Disease, Sleep Disorders, Dermatitis, Chromosomal Disorders, Organ Dysfunction, Anemia, Poisoning, Stress, Body

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Impairment, Blood Disorders, etc., are some of the categories of Non-Communicable Diseases.

Causes: Smoking, drinking, stress, late detection, unhealthy lifestyle, screen time, radiation, poor metabolism, urbanization, industrialization, pollution, carelessness, and poor food habits have been major markers for premature deaths apart from aging. It is essential to speed up the treatment process so that many lives can be saved because the affected belong to economically weaker sections and countries. Death rates are high because of limited health services in densely populated regions, unaffordable treatment charges, poverty, illiteracy, superstition, insufficient income, and over population.

Strategies

- Consume a balanced diet and develop an active lifestyle with adequate sleep
- Laws concerning alcohol and tobacco should be strictly implemented.
- Counselling at the workplace and educational institutions
- Popularise the benefits of Physiotherapy and Panchakarma sessions.
- Weight management
- Limit salt/sugar intake and maintain lipids
- Home sample collection facilities
- Effective diagnostic services at affordable prices. Produce lab reports within a few hours
- Political commitment to providing health and welfare schemes to the poor without financial restrictions.
- Monitor health through regular health checkups
- More research to eliminate the X factor causing the disease.
- Government funds to scientists and laboratories to discover effective curative vaccines and medicines.
- Awareness of the latest advancements in NCDs to a literate and illiterate population.
- Uniform distribution of the latest equipment to all nations by the government.

Universal Health Access: Universal Health Access (UHA) is a critical goal for the world's health systems. It involves ensuring that every individual has access to quality health services when and where they need them, without facing financial hardship. Non-communicable diseases (NCDs) are a leading cause of mortality globally, and their burden is projected to continue increasing in the coming decades. In this paper, we will explore the challenges and opportunities for achieving UHA and addressing NCDs globally.

Challenges to Universal Health Access: Achieving UHA is not an easy task, and there are numerous challenges to overcome. The first and most significant challenge is the lack of financial resources in many countries. According to the World Health Organization (WHO), low-income countries spend less than \$100 per capita on health services, compared to high-income countries that spend over \$5,000 per capita. The second challenge is the shortage of health workers. The WHO estimates that there is a global shortage of 7.2 million health workers, with the largest gaps found in low- and middle-income countries. This shortage of health workers leads to poor quality of care, long wait times, and inadequate coverage, particularly in rural and remote areas. The third challenge is the lack of infrastructure and medical supplies. Many countries lack basic healthcare infrastructure such as clinics, hospitals, and medical equipment. This lack of infrastructure also affects the availability and affordability of essential medicines, vaccines, and other medical supplies.

Opportunities for Universal Health Access: Despite these challenges, there are also opportunities for achieving UHA. The first opportunity is the increasing focus on primary healthcare. Primary healthcare focuses on delivering essential health services, including prevention, treatment, and management of common illnesses and chronic conditions, at the community level. This approach is cost-effective and can improve access to care, particularly in rural and remote areas. The second opportunity is the use of technology to improve healthcare delivery. Digital health technologies, including telemedicine, mobile health (Health), and electronic health records (EHRs), can improve access to care, reduce costs, and enhance the quality of care. The third opportunity is the growing recognition of the importance of health financing. Universal health coverage (UHC) is a key element of UHA and involves ensuring that everyone has access to the health services they need without financial hardship. This can be achieved through various financing mechanisms, including tax-funded healthcare systems, social health insurance, and community-based health insurance.

Substance Abuse: Substance abuse is the excessive consumption of illegal drugs that are detrimental to a being or others. Some of the drugs consumed are alcohol, hallucinogens, heroin, cocaine, marijuana, opioids, morphine, etc. They have a negative effect on the body. Teenagers start consuming at 15 years. Every year around 2 million people die due to substance abuse. One of the reasons for increasing diseases and premature deaths is substance abuse. About fifteen million people suffer from substance abuse disorders like liver failure, tachycardia, hypertension, kidney stones, septicemia, hepatitis, mental disorders, suicidal tendencies, etc. Substance-abused individuals neglect their personal grooming and have problems with everything. It decreases mental sharpness, makes one anxious, and deteriorates physical health. It affects learning, decision-making, memory, etc.

Causes: Unhappy family atmosphere, mental disorder, curiosity, rebelliousness, painful and traumatic pasts, and societal pressures, to ease stress, to relieve anxiety and depression, or for pleasure, relationship issues, pain, financial crisis, or death of a loved one and emotional distress.

Strategies:

- Youth and family-based programs to alter behavior and stop drug intake
- Mentoring youth and teens from taking drugs
- Motivational Talks to inspire the affected.
- Seek help for any problem
- Ban liquor and spurious alcohol for juveniles
- Socialize more with people and not social media
- Build harmonious relationships at home, in society, workplace
- Avoid triggers and seek counseling and therapies
- Hefty fines if caught drugged in educational institutions and offices.

4. Result Obtained

The major causes of the problems have been identified and counseling, therapies awareness, and awareness Talks were missing and need to be promoted more in open spaces. 50% of the world's poor do not have access to healthcare services and facilities from the government due to poverty, ignorance, financial constraints, and distance. The government also neglects certain groups of people and slum dwellers without creating benefits for them. Bribing and rich are well treated unlike the poor which is causing higher mortality rates and morbidities. Healthy living and well-being can be promoted only by providing urban amenities even in rural areas. There is a need to develop the economic grid and healthcare grid through advanced technology and facilities in countries with low economic resources.

5. Conclusion

Change can be created by 2030 and mortality rates can be reduced for preventable diseases and factors if humanity is conscious about their life and the lives of others. Everyone should follow the revised health standards given in each country and consume a healthy diet with an active lifestyle to keep diseases at bay to promote healthy living for all ages. Peer pressure and stress, and negative influence should be discouraged through films, speeches, talks, and counseling.

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