

Part – VII: Women & Health

Health, in all respect, physical and mental, is a fundamental human right. It is the basis for well-being and participation in many aspects of life.

Biology influences health, but so do social norms, political choices and levels of economic advancement—all of which contain patterns of gender discrimination. This means that full health eludes most women in the world today.

Discrimination bars some from accessing the health care services they need, or renders them more susceptible to illness. It might come in the form of the man in the family who sleeps alone under the house's only mosquito net, or refuses to use condoms despite a high risk of transmitting HIV.

Gender based violence, a persistent epidemic in all societies, destroys women's physical and mental health, and at times takes their lives.

For any society to prosper, health of all members of the society need to taken care of. No one can imagine a society with almost half of member being deprive of proper health care, being developing sustainably.

Government's Initiative to ensure women's health:

- ICDS – Integrated Child Development Scheme: to address problem of maternal and child under nutrition.

- Promotion of institutional deliveries through Janani Suraksha Yojana.
- Mother and Child Protection Card: to monitor service delivery for mother and child along with immunization.
- Maternal death reviews to take corrective actions at appropriate levels and to improve the quality of obstetric care.

Way Ahead:

- Develop and implement a transformative gender health policy and strategy.
- Screening of nutritional status of women.
- Improve prenatal and neonatal care and work to curb malnutrition in children.
- Adolescent girls programmes should focus on protecting girls from early and unwanted child bearing.
- Encourage young women to delay marriage age by promoting education and skill development.
- Encourage young couples to practice family planning.
- Situate women's issues and mental health problems in the centre-stage.

(For Women in Power and Decision Making visit Part - VIII)