



**Dr. Manohar Agnani, IAS**

Joint Secretary

Telefax : 23061723

E-mail : js.policy-mohfw@gov.in

भारत सरकार  
स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
निर्माण भवन, नई दिल्ली - 110011  
Government of India  
Ministry of Health & Family Welfare  
Nirman Bhavan, New Delhi - 110011

D.O. No Z-28015/5/2019-NHM I  
Dated 18<sup>th</sup> July, 2019

*Dear All,*

As you are aware, at present, more than 19000 AB-HWCs are functional in the country delivering comprehensive primary health care.

2. The strategy for CPHC services envisages development of health promotion material and facilitation of health promotive behaviours through engagement of community level collectives such as – VHSNCs, MAS and SHGs. In addition to this, enabling behaviour change communication to address life style related risk factors and undertaking collective action for improved care seeking and effective utilization of primary health care services is also an integral part of health promotion. To facilitate propagation of public health messages in the community, some important messages as annexed, could be displayed at AB-HWCs as IEC material for health promotion.

3. It is kindly requested to use selected messages, as deemed fit, in vernacular languages through wall painting or other suitable methods around the premises of all functional AB-HWCs, so as to sensitize communities to lead a healthy life and make the dream of Long Live India a reality.

*with kind regards,*

Yours sincerely

*18/07/2019*

(Dr. Manohar Agnani)

Additional Chief Secretary/ Principle Secretary/ Secretary (Health and FW) – All States/ UTs

Copy to:

1. Mission Director, NHM- All States/ UTs
2. Executive Director, NHSRC

## **MESSAGES ON HEALTH AND WELLNESS**

### **Public Health Nutrition**

- Use earthen pots to store and cool water. Prefer earthen pots over plastic bottles. Replace disposable plastic bottles, bags, plates and cutlery with utensils.
- High temperature cooking leads to formation of unhealthy acrylamide especially carbohydrates. Low flame cooking saves fuel and is healthier.
- Heating refrigerated food immediately causes loss of nutrients and risk of food poisoning.
- Seasonal fruits and vegetables are always healthier. Locally available fruits and veggies are more fresh and high in nutrition.
- Fruits and veggies lose flavor and nutrients, if stored for a longer period.
- Organic foods have more nutrients than conventionally grown food. Organically grown food is healthy for humans and is good for the ecosystem as a whole.
- Don't remove skin of fruits and veggies as they are full of nutrients.
- Pumpkin seeds are full of healthy nutrients and omega 3 fatty acids, which are beneficial for a healthy heart. Roast them instead of throwing.
- Sunlight keeps us healthy and gives us Vitamin D. Natural light lifts our mood.

### **Yoga, Health & Wellness**

- Cycling uses no fossil fuels and is a pollution free mode of transport. Cycling will reduce greenhouse gas emissions. This will also keep you healthy and fit.
- Walk when you need to go short distances. Save fuel, decongest traffic and stay healthy by regular walking.
- Exercise is necessary to keep the body and mind healthy and fit. Take up exercises like yoga, jogging, skipping, walking to save energy. Avoid frequent use of tread mill to prevent damage to your knee joints.
- Home heating and cooling systems do not bring in fresh air. Indoor air pollutants can lead to serious health issues as these can have more severe concentration than the pollution outside. Keep the windows open to allow fresh air and sunshine.
- Keep indoor plants like Money Plant and Bamboo palm to purify the air. Indoor plants are beneficial for us and the environment. Indoor plants can scrub cancer causing volatile organic compounds like formaldehyde and

*Source: Public health messages collected from "Green Good Deeds" Diary published by Ministry of Environment, Forest and Climate Change, Govt. of India.*



benzene in the air. Plants maintain humidity at optimum level and increase oxygen.

### **Environmental health**

- Vehicle driven at slow speed increase pollution. Low speed results in increased carbon dioxide and nitrogen dioxide emissions which impact lung.
- Carpets are avoidable as they trap pollutants which can be harmful for humans. Pollutants like dust mites, cockroach, allergens, particle pollution, lead, mould, spores, pesticides, dirt and dust can be trapped in carpets. Coming in contact with a polluted carpet can lead to various health issues.
- Lack of ventilation in the kitchen leads to combustion without oxygen which leads to emission of carbon monoxide, a serious threat to health.
- Burning garbage releases smoke and particles that can affect health and cause climate change. Millions of tons of carbon dioxide gets released from fires in dump sites.
- A large quantum of hazardous waste is generated annually, dispose off such waste properly. Such waste can cause cancer, lung infection, heart diseases. It can seep through drainage system to affect drinking water.
- Litter on streets is a threat to public health. Litter can be a fire hazard and also attracts flies/ mosquitoes causing disease.
- Carry cloth bags to collect trash/ waste during commuting.
- Keep trash well covered as it becomes a breeding ground for mosquitoes, flies and mice. Domestic trash besides giving out foul odour breeds germs leading to diseases. Ensure trash bins are cleaned and disinfected regularly.
- Contaminated water is hazardous to human health. If you observe a change in colour or obnoxious odour in water, alert the authorities immediately. Do not use this water till the issue is resolved.
- Irrational use of horns is a major pollutant, besides being an irritant. Negative impact of higher noise levels are noise-induced hearing loss, increased stress and annoyance. It can also hamper cognitive development in children.
- Air fresheners like room spray, plug-in deodorizers, air sanitizers and aroma therapy candles do not eliminate smell but mask them. Fresheners include chemicals like formaldehyde, camphor, ethanol, Phenol petroleum based artificial fragrances and benzyl alcohol. Volatile organic compounds in them can result in serious health problems.
- Home-made air fresheners do not use toxins like synthetic air fresheners which can be harmful to humans and pets. Natural and home-made air fresheners are safe for the environment and human beings.
- Cigarette smoke is more injurious to health than diesel exhaust. Smoking can cause cancer and many other diseases.

*Source: Public health messages collected from "Green Good Deeds" Diary published by Ministry of Environment, Forest and Climate Change, Govt. of India.*

- A smoker makes his family and friends passive smokers. Passive smoking is more dangerous.
- Kitchen can be polluted because of gases and residues of oil from cooking. When frying spices in oil, the fumes can mix with oxygen to form burnt gases that are hazardous to health. Ventilate your kitchen to ensure that the burnt gases and smoke are released outside.

### **Infection prevention**

- Use door mats to wipe shoes and slippers as these are covered with bacteria, which are transferred to the floor.
- Wherever possible, footwear worn outside should be taken off before entering a room.
- A mattress usually has dust full of micro-organism, fungal spores and skin cells, which could affect one's health
- Bedding and bedsheets should be washed every week to remove dirt, debris, dust, mites and moulds.
- Mop the floors to ensure that dust and other particles are cleaned.

### **Water sanitation**

- Proper sewage management is essential for good human health and for the environment. If sewage mixes with drinking water it is severe health hazard and can be fatal.
- Keep the septic tank and soil absorption well at least 100 ft away from any water bodies.
- Water should be stored in clean tank/ utensils. Ensure water tank is cleaned periodically. It may be boiled or treated with RO or any other suitable method.
- Improper disposal of organic and inorganic wastes alike is bad for human health and environment. This can cause diseases in humans and animals.
- Clean your garden and yard at regular intervals. It keeps you fit and healthy.

*Source: Public health messages collected from "Green Good Deeds" Diary published by Ministry of Environment, Forest and Climate Change, Govt. of India.*