

WORLD HEALTH DAY 2024

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Abstract: World Health Day is celebrated every year on April 7th. The theme of this year (2024) is "My health, my right", which aims to address the air pollution, water pollution and discrimination of health services. The theme of this year was framed to address everyone, everywhere has the right to quality health services, education, and information, as well as clean air, safe drinking water, a healthy diet, and decent housing.

Background

Previously health has been viewed as an "absence of disease" which changed after the "germ theory of disease" in 20th century. According to WHO, "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity. Now the concept of spiritual well-being is also included. Health affects every aspect of life, from enjoyment to lifespan. It has taken on more importance in the current period, particularly in the wake of the epidemic, as several facets of human wellbeing are now in the spotlight. Health has become a major priority worldwide as a result of growing awareness of various diseases, mental health issues, and the need of preventive care. Every year on April 7, we observe World Health Day as a step in the same direction.

Reason for choosing the theme: Millions of people's rights to health are increasingly in jeopardy throughout the world. The leading causes of mortality and disability are illnesses and natural disasters. Conflicts ruin lives by bringing about starvation, agony, death, and mental anguish. With one person dying from indoor and outdoor air pollution every five seconds, the burning of fossil fuels is both the primary cause of the climate crisis and the infringement on our right to breathe clean air. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social

condition. However, nations are not enacting and implementing legislation to guarantee their citizens' access to healthcare. This supports the estimate that in 2021, at least 4.5 billion people, or more than half of the global population, lacked complete access to basic healthcare services. "My health, my right" is the topic for World Health Day in 2024, which aims to address these kinds of issues. The focus for this year is to support everyone's right to high-quality health care, education, and information, as well as their right to clean, safe water to drink, healthy food, adequate housing, respectable working and environmental circumstances, and freedom from discrimination.

Theme for this year 2024: My health, my right

For the year 2024, the theme is: "My health, my right". The WHO Council on the Economics of Health for All has found that at least 140 countries recognize health as a human right in their constitution. Yet, there is no law to avail health care as a right. It is every human's right to avail a health care irrespective of caste, colour, occupation or religion, most importantly without any extra financial burden.

It is utmost important to make people realize that it is their RIGHT to have a good physical and mental health. This can be achieved by providing health education to the targeted audience, mass media awareness using televisions, radio, theatres, and social media. By providing awareness, we can make people understand that it is their right. Once

we achieve that, we should also let them know the various health care availability for them. Lack of awareness is one major reason that a person is not utilizing a health care service. For example, an old age man, having profound hearing loss could be treated to some extent using a hearing aid. There can be two reasons why this person has not received a hearing aid. 1. Financial restriction (high cost of the product). 2. Lack of awareness. The role of Government plays a major role here in order to issue a free hearing aid for the old in need and also to improve his awareness on that he is eligible to get one. Of course, the Government has to provide it free of cost.

It is every person's responsibility to get their health checked on regular basis. For example, a woman over 30 years has to get her mammary gland examined (Mammogram). Due to lack of awareness and non-availability of free service, most of the women do not take a mammogram. This does not help in early recognition of a disease and early treatment. If women are aware of it and if it is provided free of cost, then this could be achieved.

We have the right to:

- Safe and quality care, without any discrimination.
- Privacy and confidentiality of health information.
- Right to informed consent.
- Bodily autonomy and integrity.

Everyone should have access to the health services whenever they need them, without facing financial hardship. So, if we cannot access healthcare, that's not right. Here are some ways to take action which can be done by appealing to political leaders, join health communities demanding action, participate in petitions and discussions and by organizing our community at work, social gatherings to agree what needs to change and how. Respecting our right to health means respecting our rights to access safe drinking water, clean air, good nutrition, quality housing, decent working conditions, and freedom from violence and discrimination. Every ministry can and should legislate to realize the right to health across the full range of sectors:

Finance: levy taxes on alcohol, sugar, and tobacco. **Agriculture:** by 2030, get rid of trans fats and cut back on antibiotic use in the agri-food chain by 30–50%. **Environment:** cease supporting fossil fuels and support or exempt from taxation clean energy and fuels, such as electricity generated by solar, hydropower, and wind.

Justice: forbid discrimination in any form such as rural or urban and gender. **Transportation:** promote pedestrianization and improve the infrastructure for cyclists. **Labour:** Provide fair, equal, and gender-responsive working conditions for health and care workers; provide decent work and worker rights and safeguards. **Social affairs and social development:** Make sure that households have access to social protection (such as health insurance, pensions, and unemployment benefits) in order to lessen their vulnerability to poverty and mitigate the detrimental effects of unforeseen life events on their wealth, income, or health. Reorient health systems around primary health care and make health services available, acceptable, accessible, and of high quality for all people, everywhere. Through public involvement in health decision-making: "Social participation" refers to the process through which people and communities are actively involved in health-related decision-making, such as through town hall meetings, citizen assemblies, focus groups, consultations, health councils, and representation on steering committees and review boards. By being aware of population health requirements and taking appropriate action, one can: gather, evaluate, use, and track data; break it down by demographics such as age, sex, income level, education level, location of residence, race, etc. It will be useful for the Government by knowing the health needs of population and act on them.

Conclusion

To conclude, each and every person should realize that it is their right to get their health care and this has to receive without any discrimination.

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