

A praxis repository for young physicians

Ethics, Professional Practice & Altruism



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In 2022 we counted **8** billion people across the world of whom **2** billion + were children

1.5 billion children were affected by the COVID 19 Pandemic

1.4 billion people : India became the most populous country in the world in 2023



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Siranjeevi.....



What I hope to share with you today

- That data reveals it's a changing India : **a healthier India?**
 - How has 'health' as a sector positioned itself in this growth story?
-
- Valuation of health in individual lives and societal progress
 - Who have been the key contributors?
-
- Does Ethics & Altruism have a role to play in advancing health?
 - Altruism : **Theory - Practice - Praxis**
 - Repository of examples
-
- Sarvodaya – the happy balance of the 'I' & the 'We'



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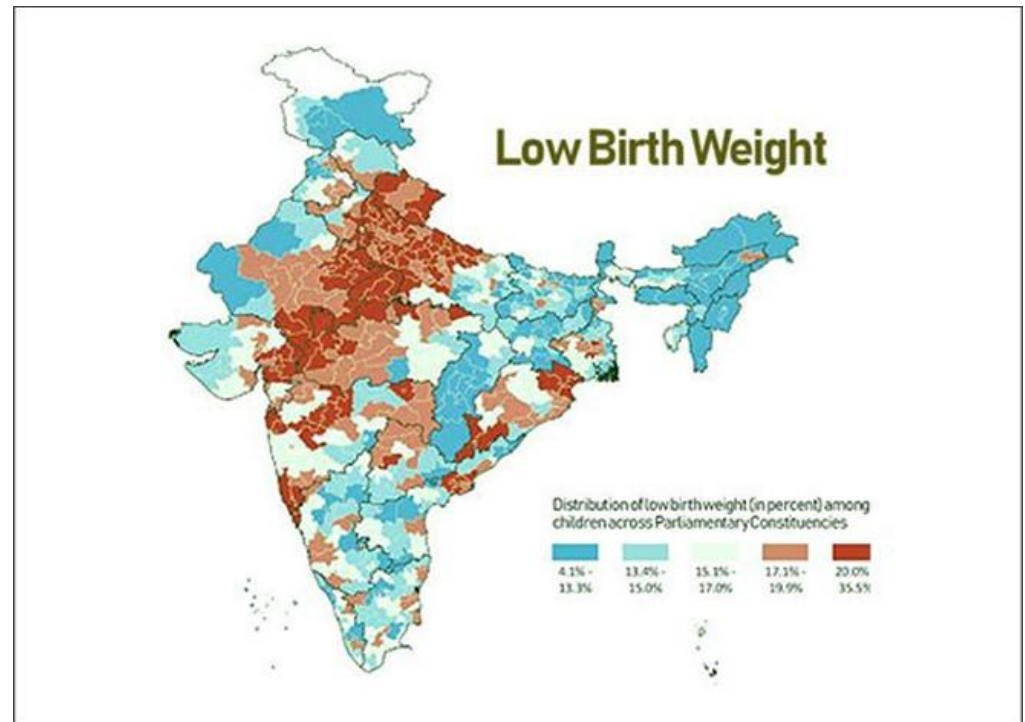
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That data reveals it's a changing **INDIA**

- Mortality
- Epidemiological Transition
- Double Burden of Disease



India's population stands at 1.36 billion with 22% below the poverty line

Source: NITI Aayog
Experts group of estimation of poverty

47,20,00,000

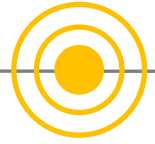
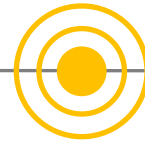
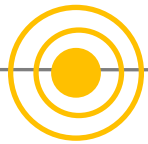
children in India

2,50,00,000

908

18%

62%



Total number of births a year

0-18 years sex ratio

% of children with low birth weight

Immunization coverage for 12-23 month olds



vs

943

Overall sex ratio (2011 census)



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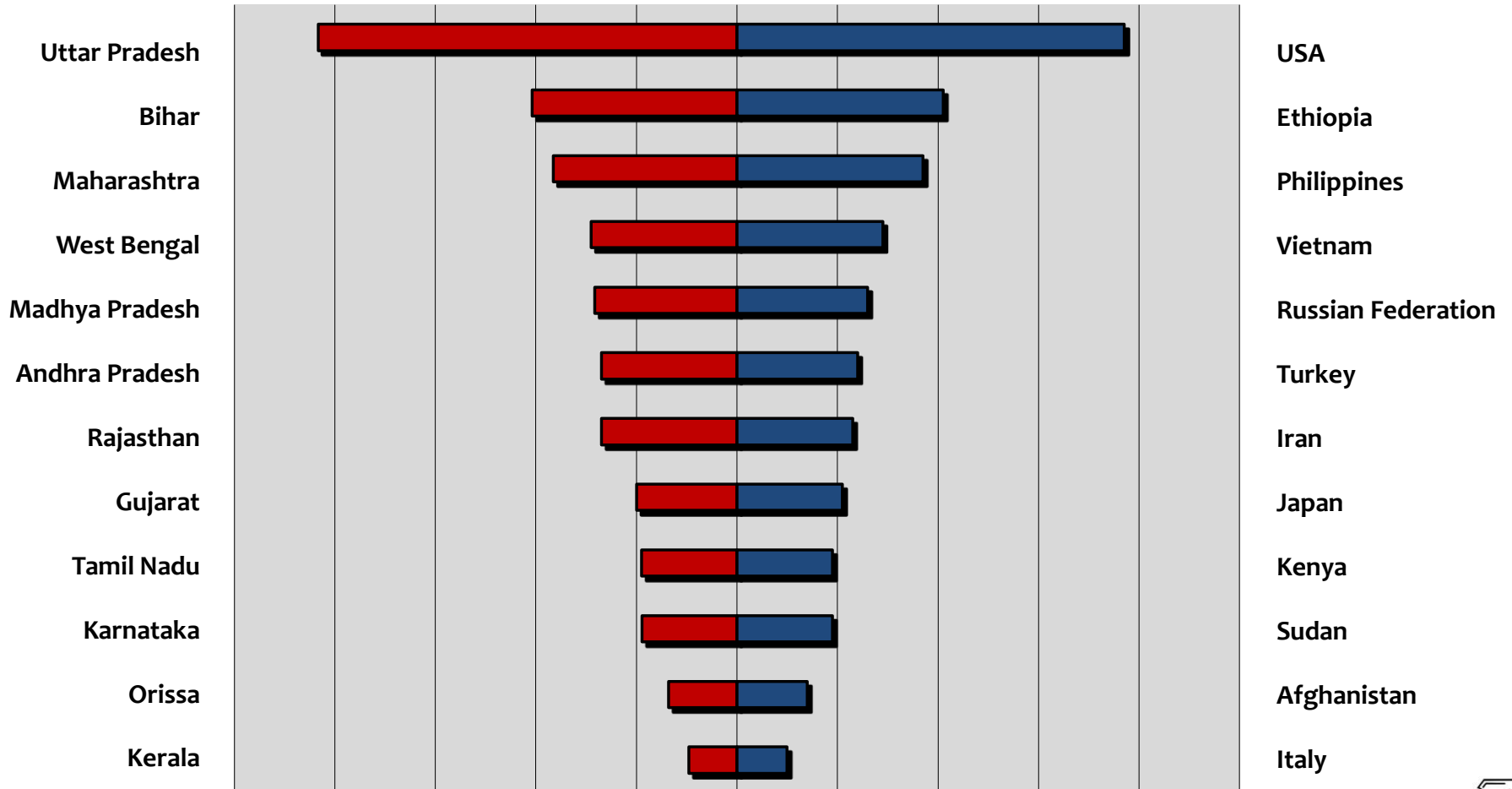


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India: The scale of things

Many states have child populations similar to the child population of large countries



Positive disruptors



Vaccines

- The measles vaccine alone saved an estimated 1.7 crore lives between 2000 and 2015
- Immunisation currently prevents 45-55 lakh deaths every year



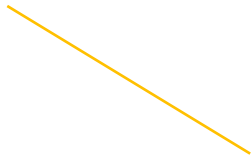
Education

- Social determinant of health
- Increased accessibility of public health interventions and challenged social norms against child marriage and teenage pregnancy

The cumulative cost of ill-health



Compromised health



Compromised education



Compromised agency and autonomy to live fulfilled and fuller lives



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How has 'health' as a sector positioned itself in this growth story?



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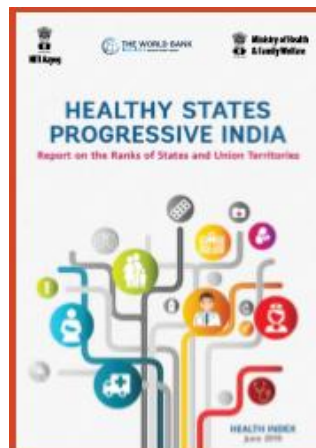


TABLE 2.2 Health Index Summary

Domain	Sub-domain	Larger States		Smaller States		Union Territories	
		Number of Indicators	Weight	Number of Indicators	Weight	Number of Indicators	Weight
Health Outcomes	Key Outcomes	5	500	1	100	1	100
	Intermediate Outcomes	5	250	5	250	4	200
Governance and Information	Health Monitoring and Data Integrity	1	70	1	70	1	70
	Governance	2	60	2	60	2	60
Key Inputs/ Processes	Health Systems/ Service Delivery	10	200	10	200	10	200
TOTAL		23	1,080	19	680	18	630



Causality Analysis



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Health :

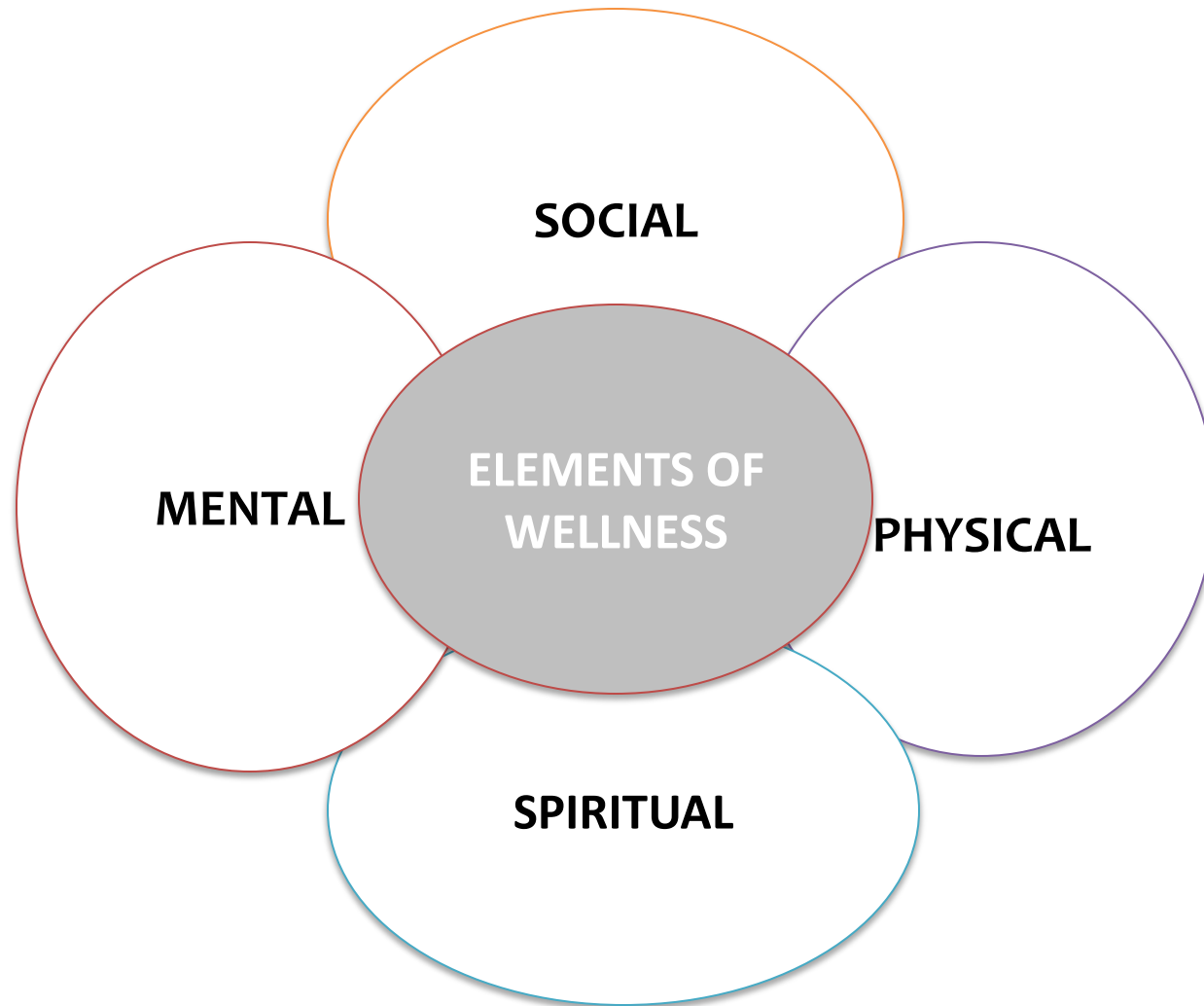
the components and the growing understanding



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Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s.

Healthcare Allocation as a Percentage of GDP



11%

Germany



4%

India



17%

US



4%

Malaysia



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Current Health Expenditure per Capita



Germany

US\$ - 5,472
PPP - 6,098



India

US\$ - 73
PPP - 275



US

US\$ - 10,625
PPP - 10,624



Malaysia

US\$ - 427
PPP - 1,194



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PSG
HOSPITALS
HEALTH HAPPINESS

Valuation of Health in individual lives and collective productivity



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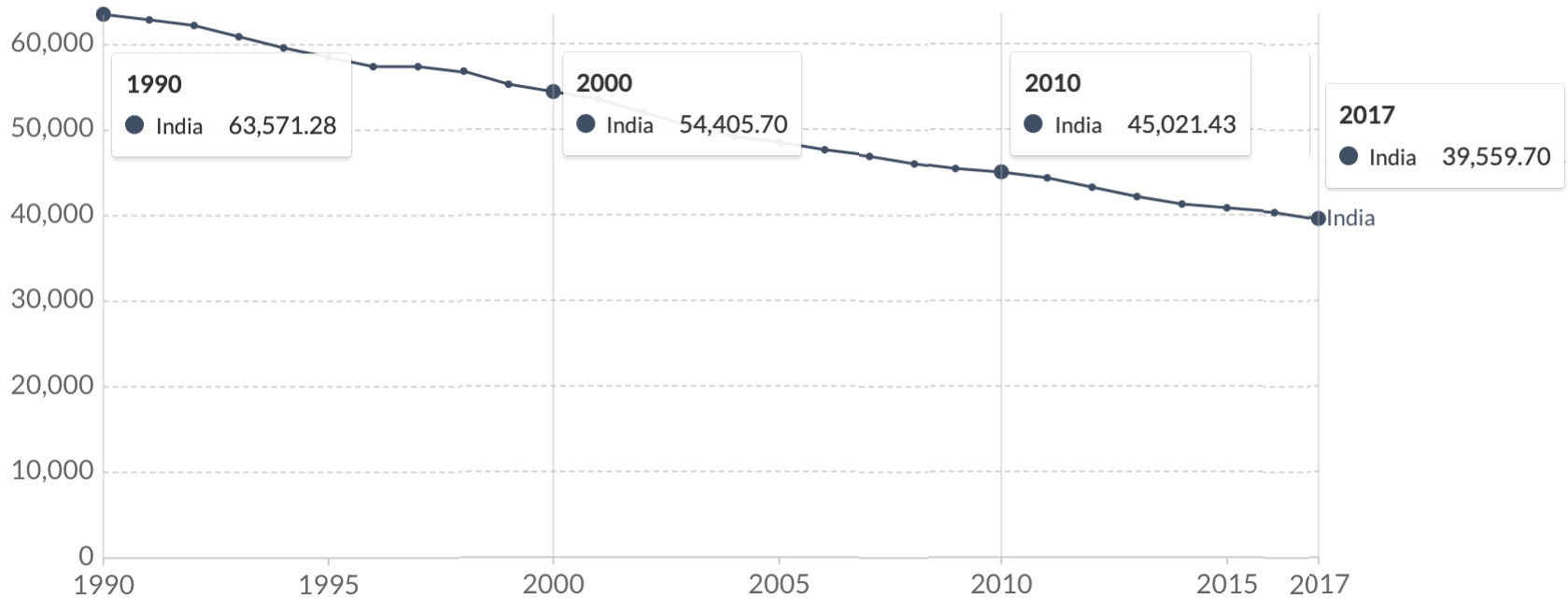
Valuation of Health in Collective Productivity

Burden of disease, 1990 to 2017

Our World
in Data

Disability-Adjusted Life Years (DALYs) per 100,000 individuals from all causes.

DALYs measure the total burden of disease – both from years of life lost due to premature death and years lived with a disability. One DALY equals one lost year of healthy life.



Source: IHME, Global Burden of Disease

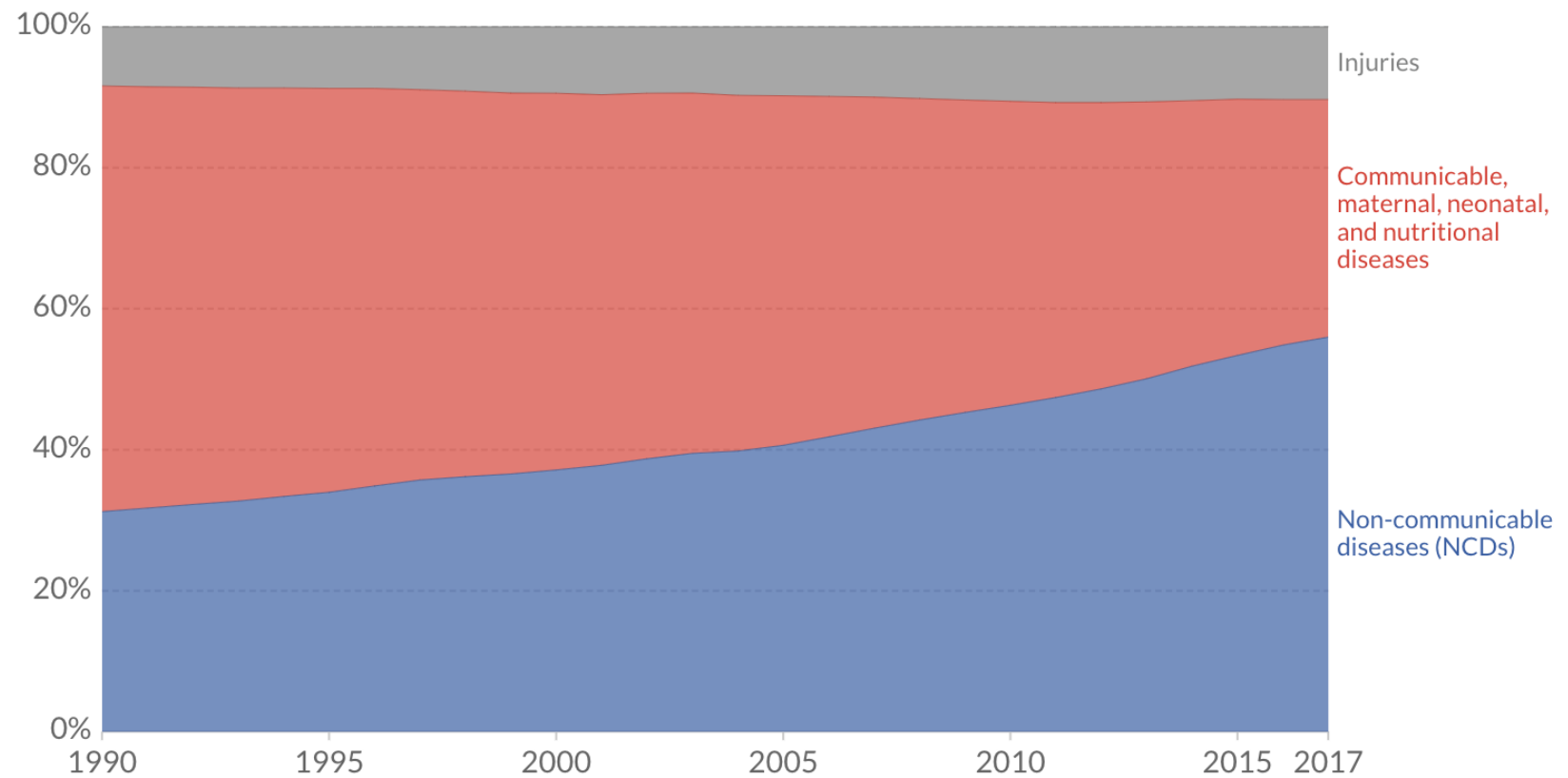
Note: To allow comparisons between countries and over time this metric is age-standardized.

OurWorldInData.org/burden-of-disease • CC BY

Total disease burden by cause, India, 1990 to 2017

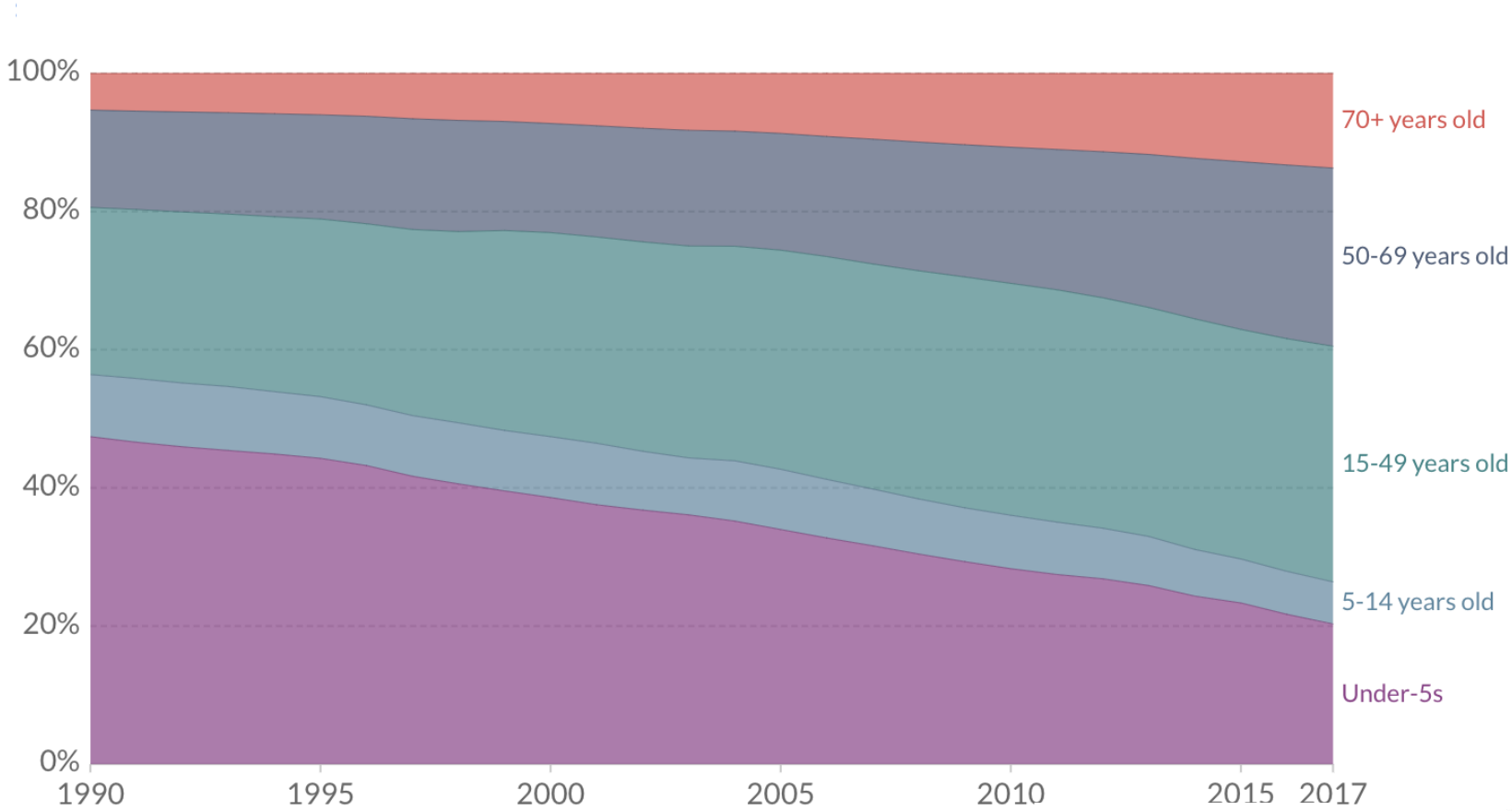
Total disease burden measured as Disability-Adjusted Life Years (DALYs) per year.

DALYs measure the total burden of disease – both from years of life lost due to premature death and years lived with a disability. One DALY equals one lost year of healthy life.



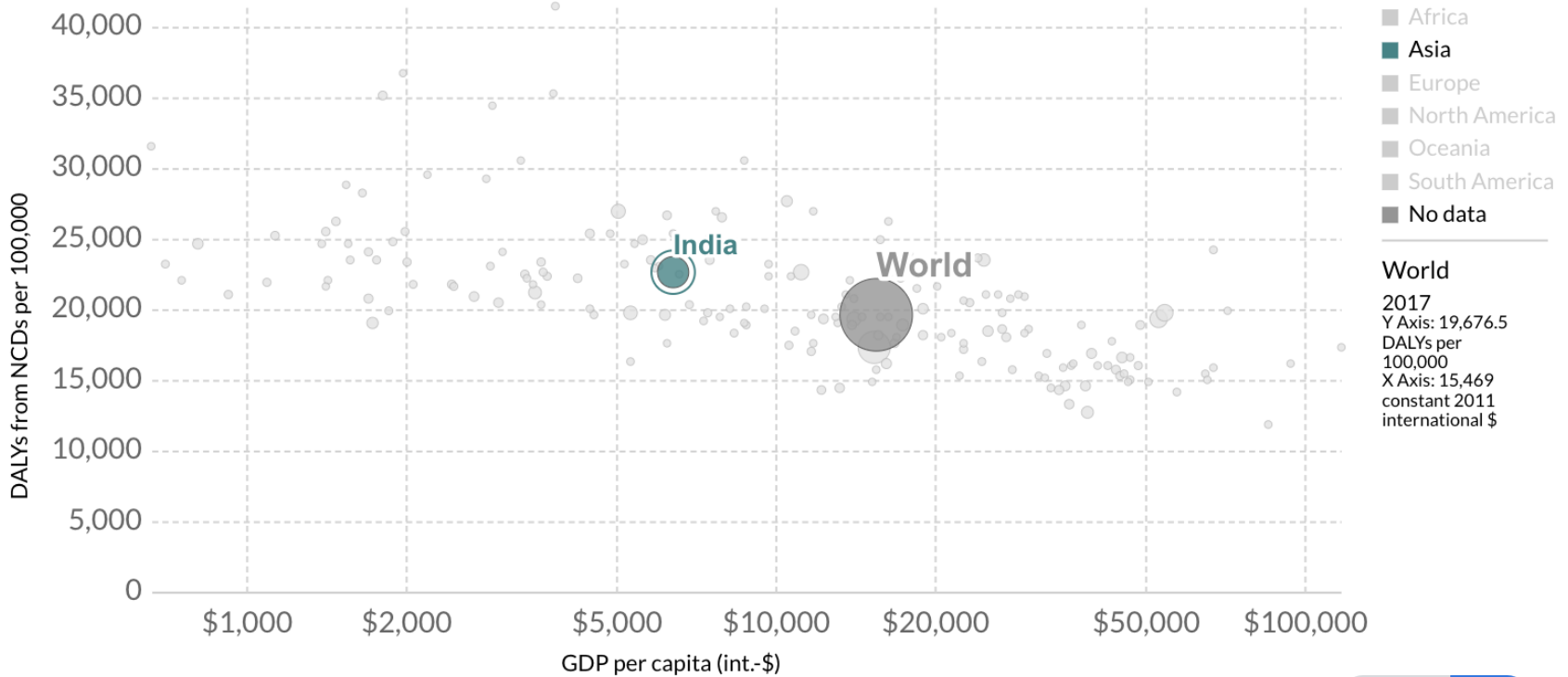
Disease burden by age, India, 1990 to 2017

Total disease burden by age, measured in Disability-Adjusted Life Years (DALYs) from all causes. DALYs measure the total burden of disease – both from years of life lost due to premature death and years lived with a disability. One DALY equals one lost year of healthy life.

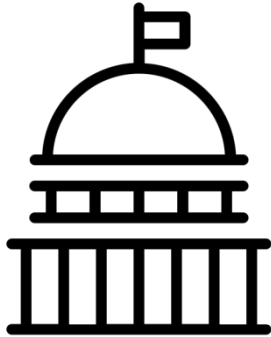


Disease burden from non-communicable diseases vs. GDP per capita, 2017

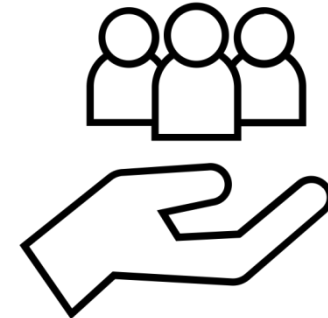
Disease burden to non-communicable diseases (NCDs), measured in DALYs (Disability-Adjusted LifeYears) per 100,000 individuals versus gross domestic product (GDP) per capita, measured in 2011 international-\$.



Who have been the **key contributors?**



Governmental agencies



Non-governmental agencies



Intrinsically Indian ideals of



Daana (giving)



Seva (service)

Does Altruism have a role to play in advancing health?

- Altruism : Theory - Practice - Praxis
- Repository of examples



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What is effective altruism?

- Effective altruism is the initiative of using evidence and reason to figure out how to best contribute to helping others, and taking action on that basis.

Effective Altruism is about doing good better

Maximising the good you can do in your career, social projects, personal choices and other life-decisions.

- Altruism is the principle and moral practice of concern for happiness of other human beings resulting in a quality of life both material and spiritual. It is a traditional virtue in many cultures and a core aspect of various religious and secular worldviews.

Lessons to take forward

Composite Solutions Work

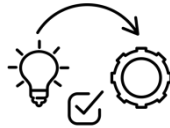
Altruism works!



Policy



Research & Academia



Practice



Private sector contribution



Citizens Engagement



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HEALTH FOR ALL



Hanna Barczyk



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Did COVID -19 offer us a window?



44,690,738 People have tested COVID -19 positive in India

676, 609,955 People have tested COVID -19 positive in worldwide

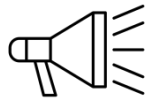
19th September 2023
John Hopkins Global Dashboard

The burden of disease, deprivation and powerlessness is placed disproportionately on our girls

We must reimagine public health to impact the future of our girls together

Lessons to take forward

Window of Opportunity to



Speak about HEALTH



Build Partnerships



Strengthen Health Systems



Increase Health Investments



Focus on behaviour modific



‘In a gentle way, we can shake the world’

M.K. Gandhi