



Societal Values that shape the Health of our Children



Child health its dimensions and its influence on a young learner



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Goals of this Presentation



- Present the Ecosystem in which our children grow (with Data)
- Define Health and discuss its Dimensions
- Explore deeper Physical & Mental and its impact on a young learner
- Societal Values that shape the Health of our Children



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Ecosystem in which our children grow



Data that helps us visualize the Ecosystem



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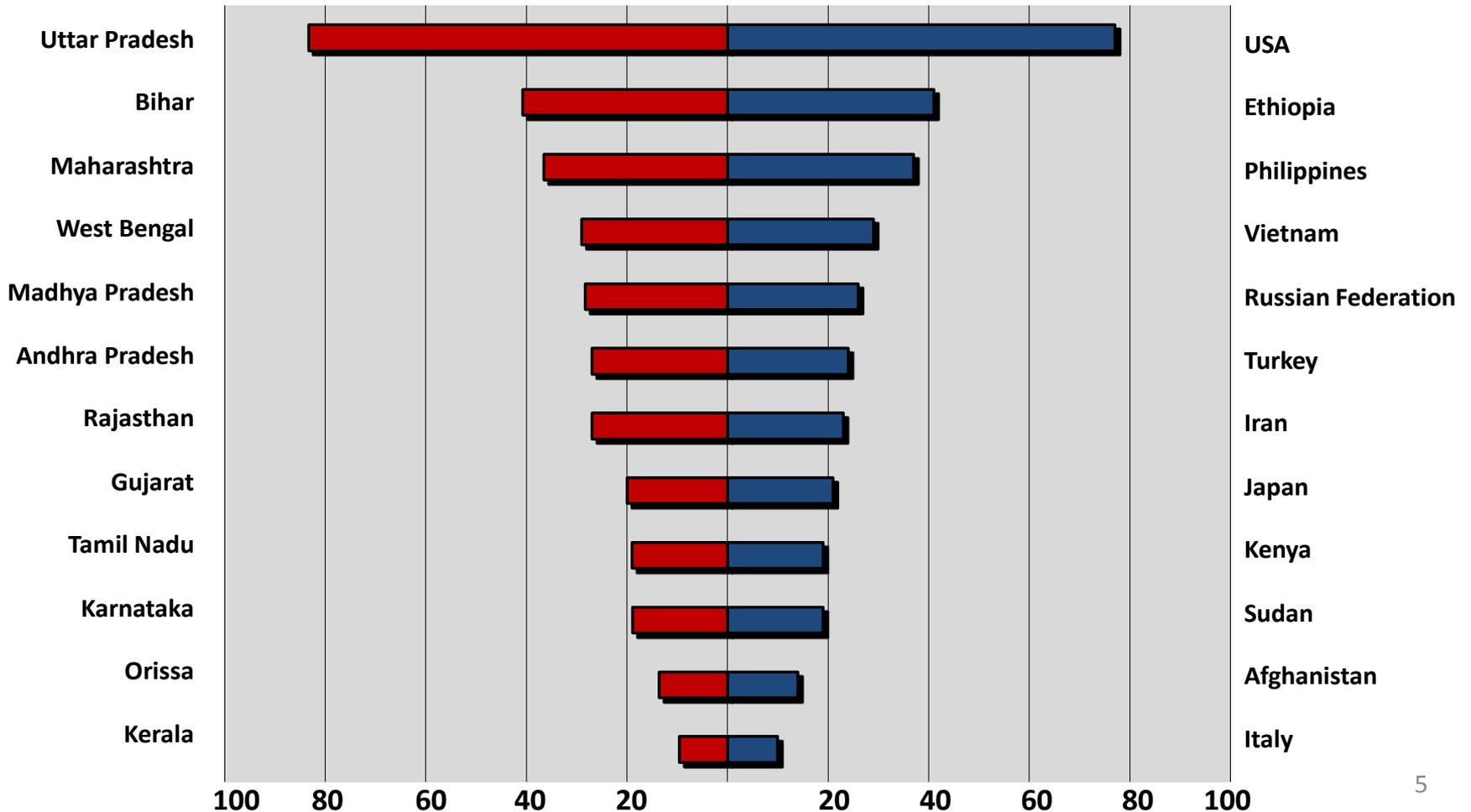
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India: The scale of things

Population: 1,156 million (under 18 years): 424 million (37%)
Population: 1210 million (census 2011 P)

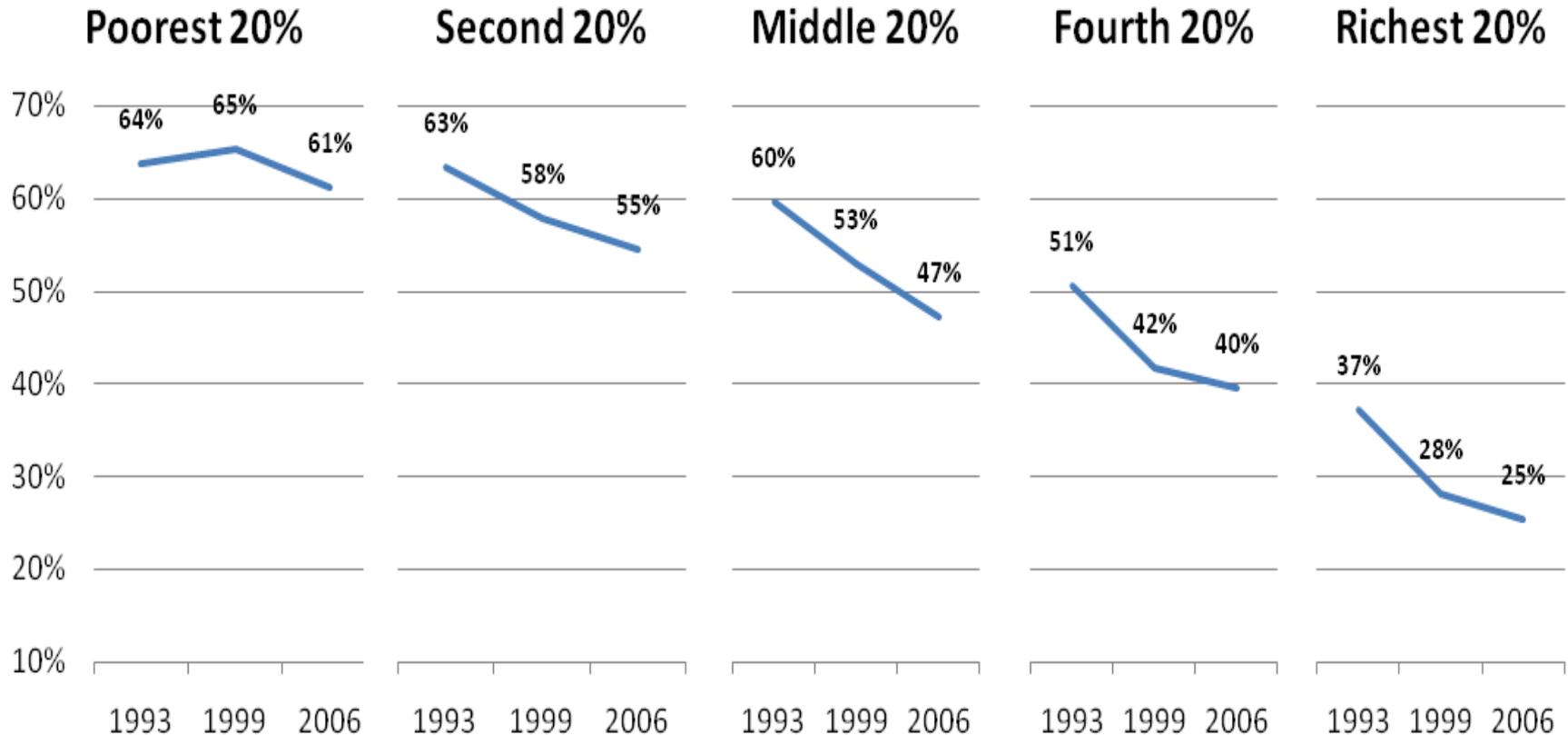
2008 (SOWC)

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



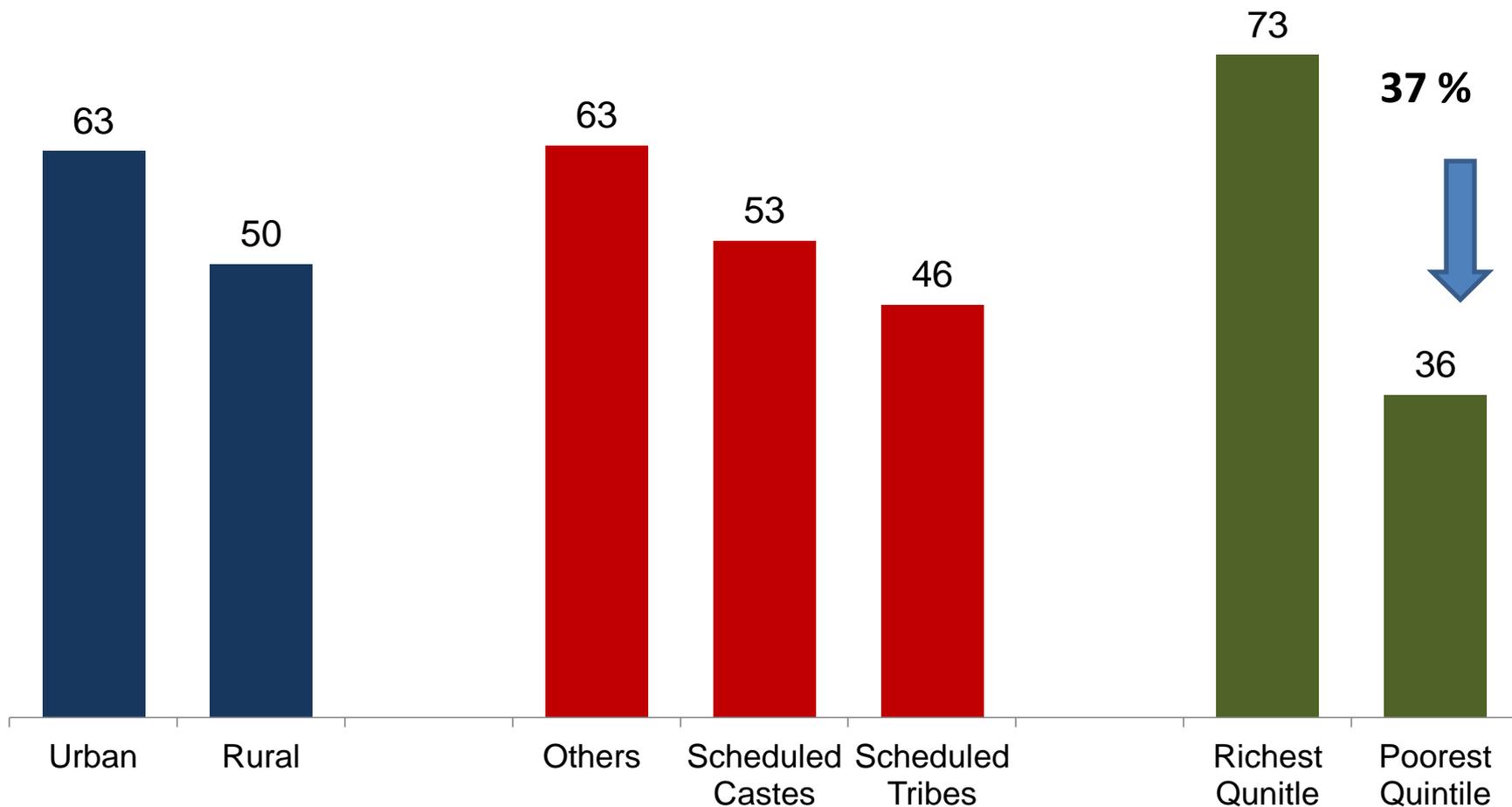
Level of under-nutrition in children belonging to the poorest households has remained stagnant in more than a decade

Proportion of children under 5 years who are underweight, by household wealth quintile

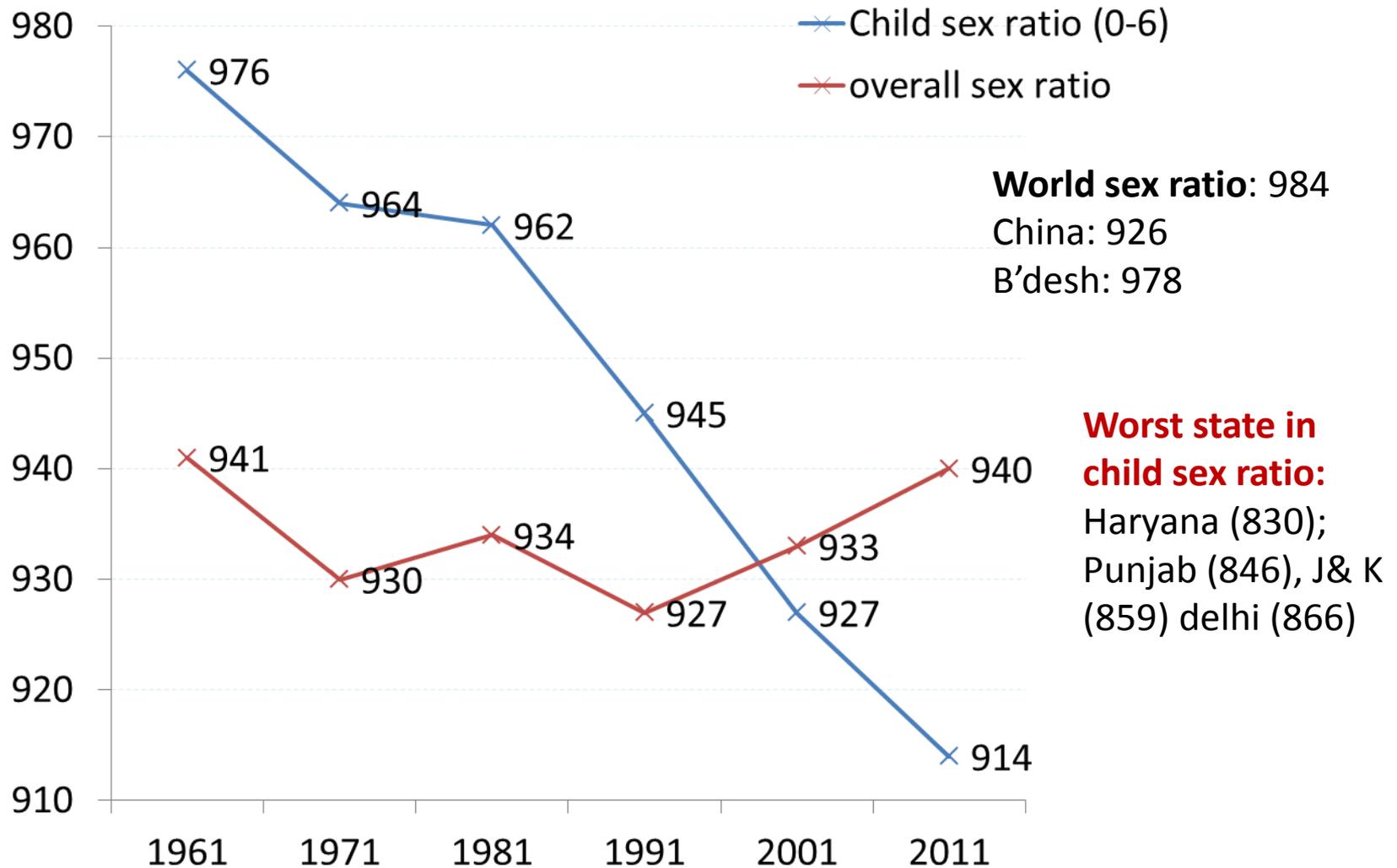


Immunization coverage varies significantly among different population categories

Percentage of children age 12-23 fully immunized : 54 %



Alarming declining trend in Child Sex Ratio – Gender imbalance



Source: Census of India 201, paper 1 of 2011

Does COVID -19 offer us a window?



39,542,520 People have tested COVID -19 positive in India
351, 411,142 People have tested COVID -19 positive in worldwide

24th January 2022
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

Defining Health



Understanding the Dimensions of Health



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WHAT IS HEALTH?



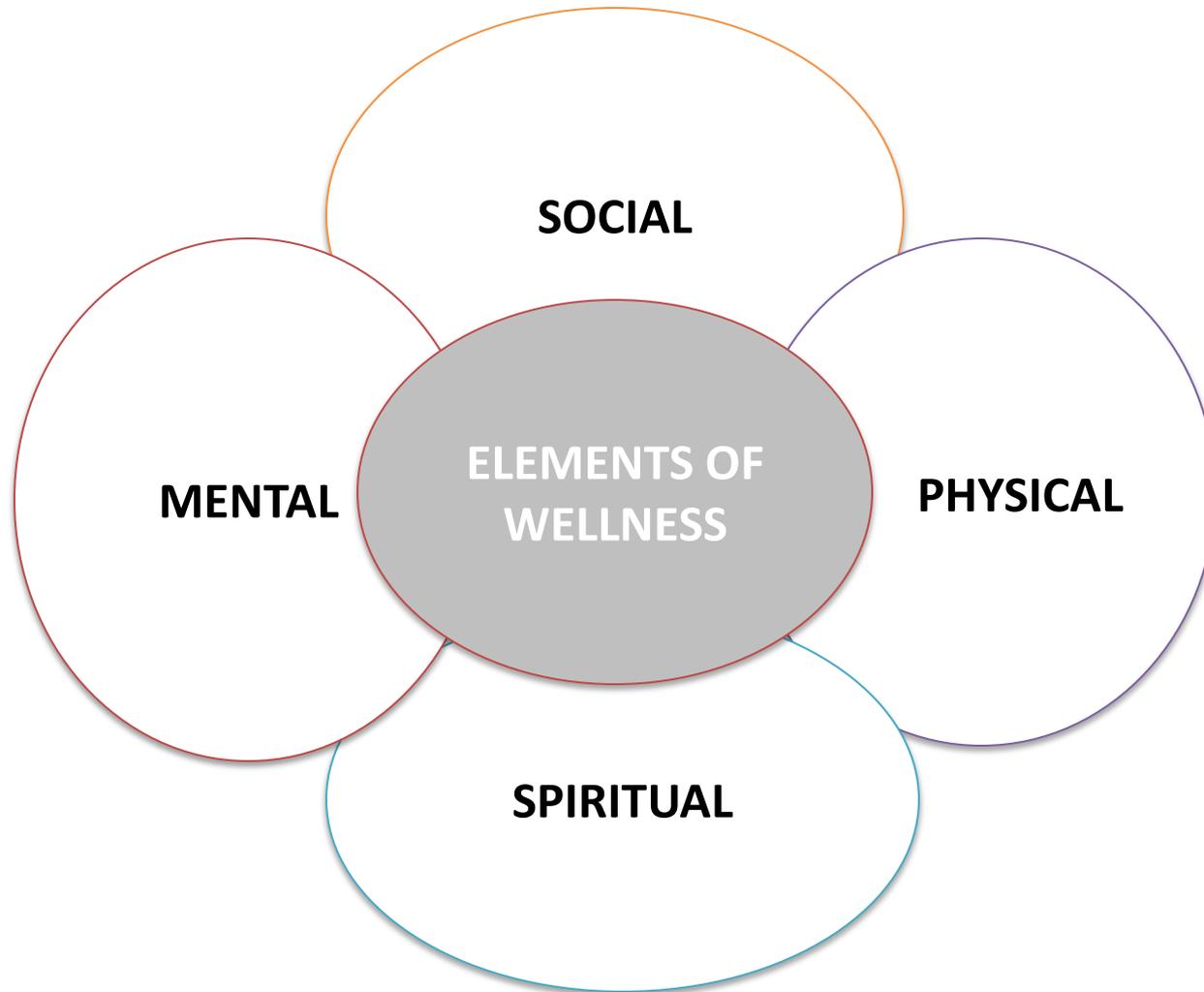
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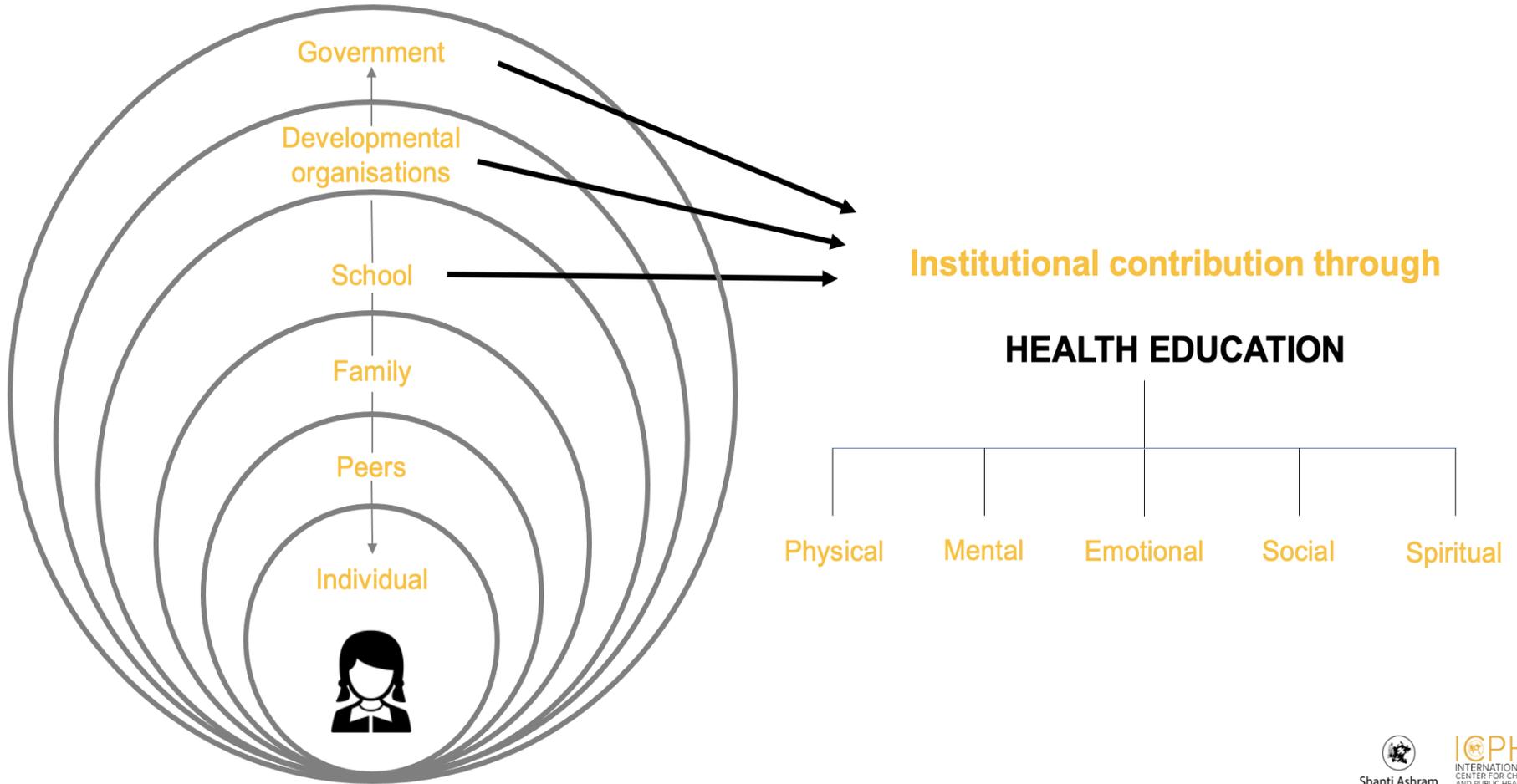
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According to WHO health is “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

How can we contribute to advancing child health?





Causality Analysis



Problem Analysis

1. Lifecycle approach as per three age groups
 - Under fives & mothers
 - Young child
 - Adolescents
2. Four drivers of inequity
3. Lenses
 - Social inclusion & gender
 - Urbanization
 - Poverty



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HOLISTIC HEALTH

- Holistic health can be defined as an approach to life.
- It considers the whole person and his/her interaction with the environment.
- It emphasizes the connection of body, mind and spirit.
- Each component of holistic health enhances, supports and affects the others.



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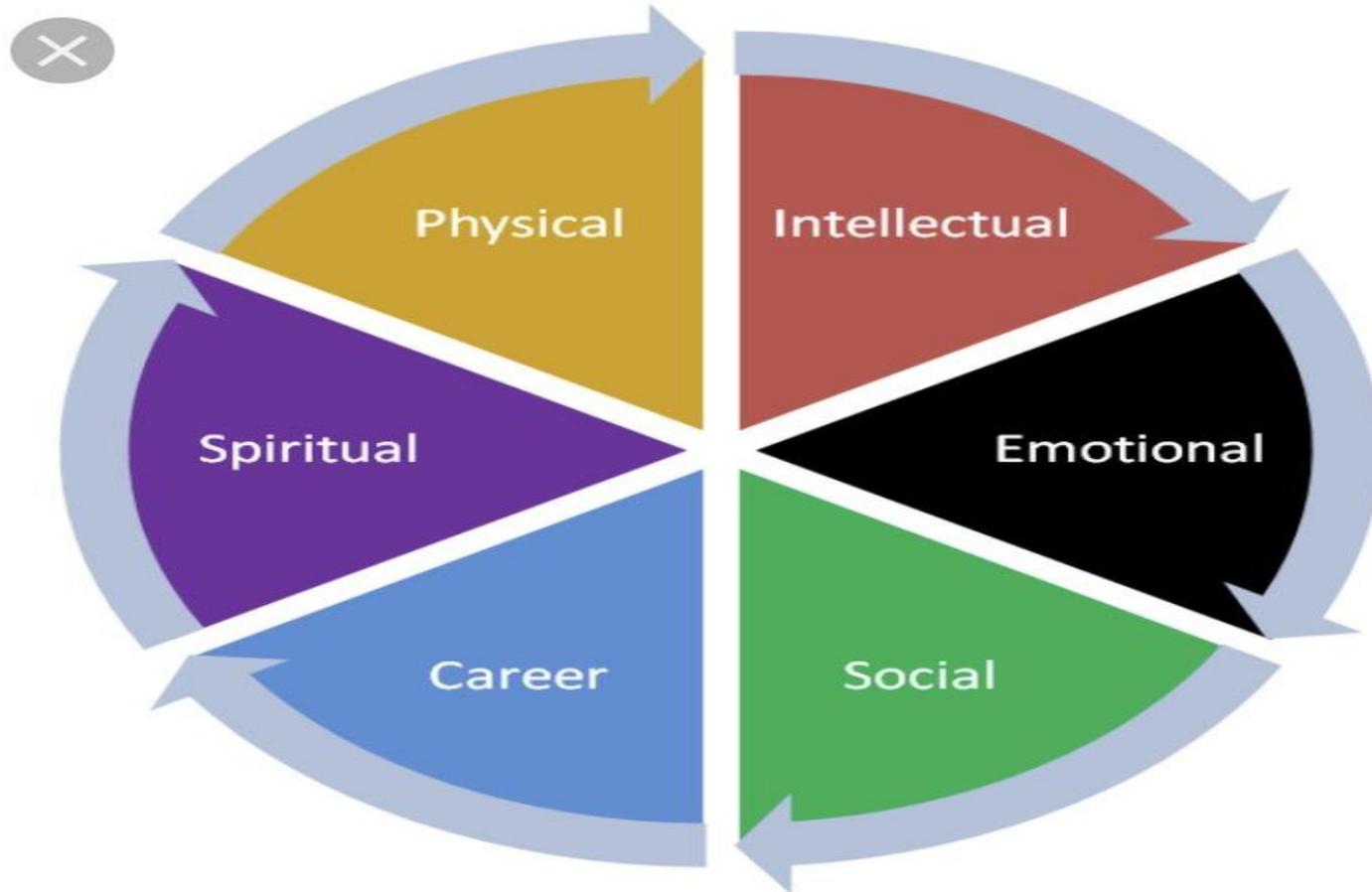
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COMPONENTS OF HOLISTIC HEALTH



WHY IS IT IMPORTANT?

- When the body, mind and spirit of a child are fed and nourished properly, then the child will thrive well.
- Education, health, social status, access to stimulating and conducive early learning environments, adequate nutrition, clean water and a secured and nurturing parent-child relationship contribute immensely to a child's overall brain development.



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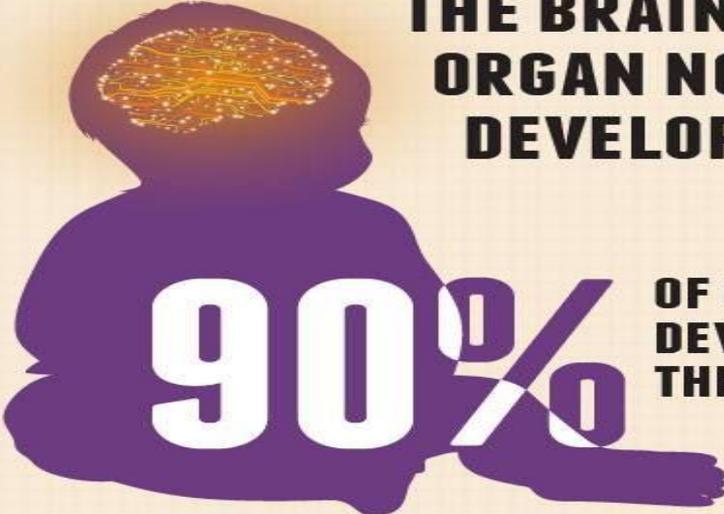
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THE BRAIN AND ITS DEVELOPMENT



THE BRAIN IS THE ONLY ORGAN NOT FULLY DEVELOPED AT BIRTH.

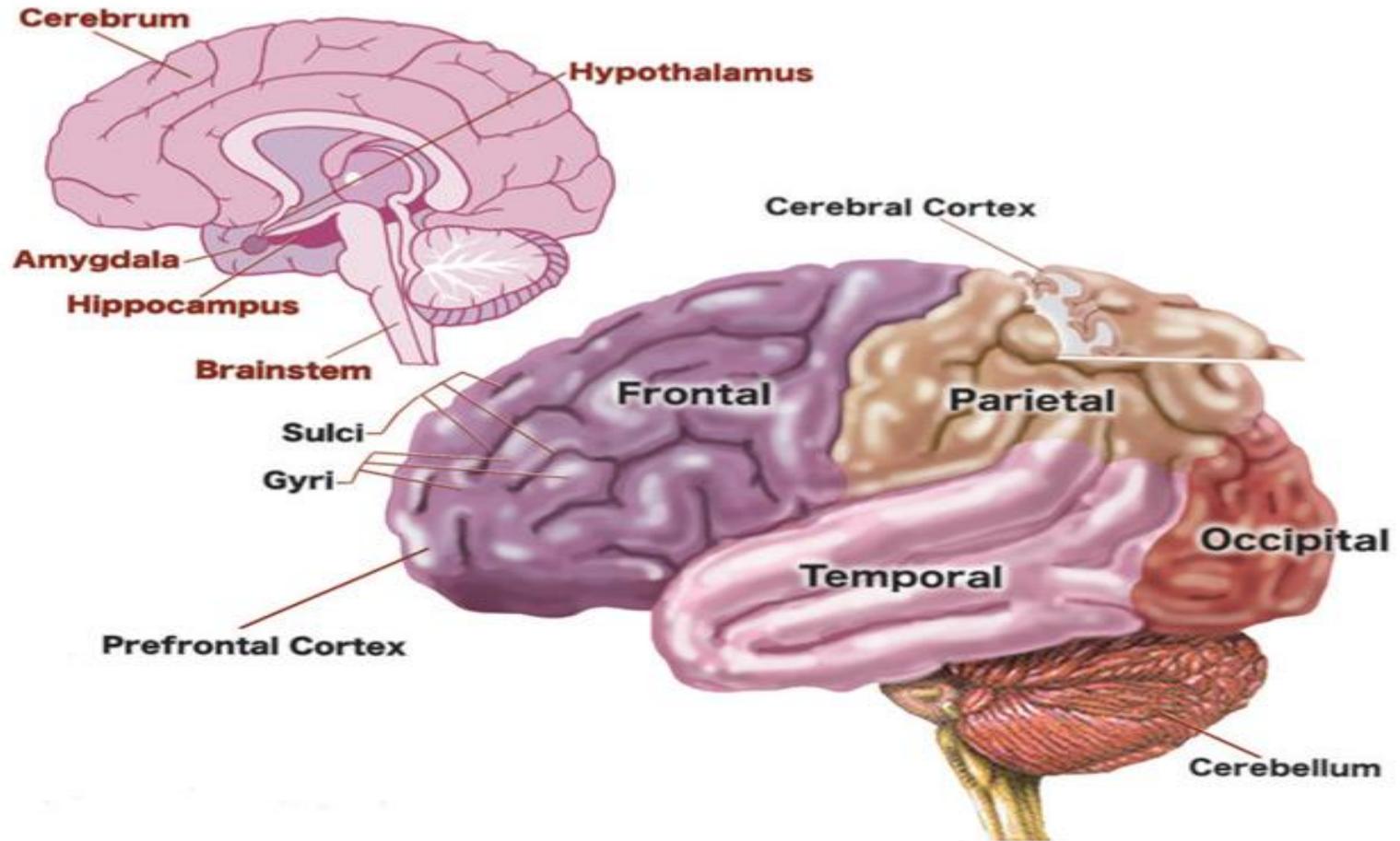
90% OF CRITICAL BRAIN DEVELOPMENT HAPPENS IN THE FIRST FIVE YEARS OF LIFE.

First 2000 DAYS
Early Investment A LIFETIME OF RESULTS

There are only 2,000 days from the time a child is born to when that child begins kindergarten. Learn more at www.first2000days.org



PARTS OF THE BRAIN



Source:

Dr.Devashish Dutta, UNICEF

Dr.Lakshmi Shanthi, IAP



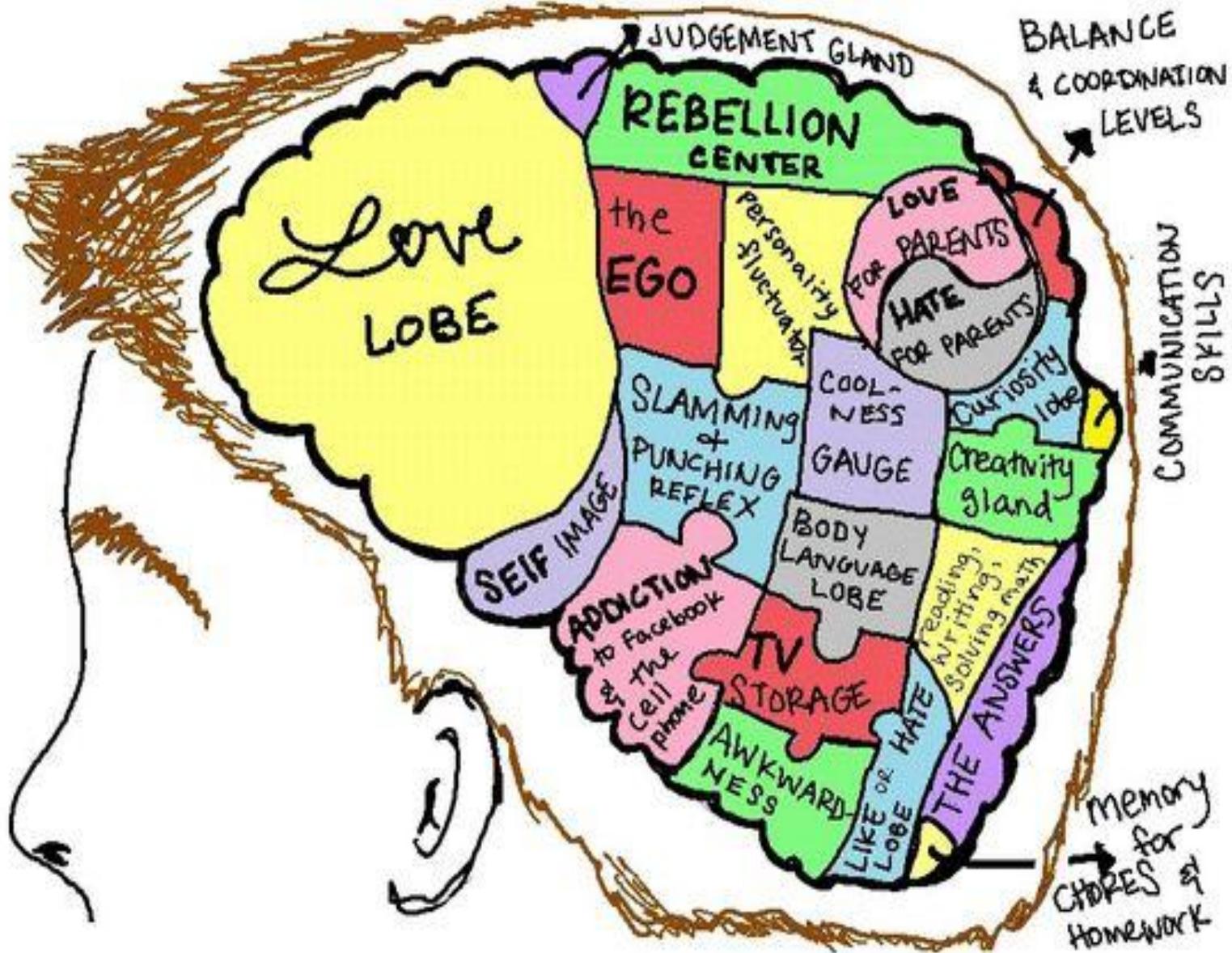
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Explore deeper Physical & Mental Health



Impact on a young learner



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BRAIN DEVELOPMENT FACTORS INFLUENCING A CHILD

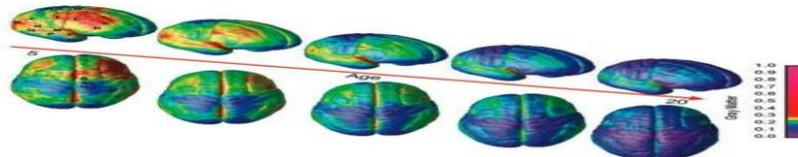


- The brain starts developing a few weeks after conception from the neural tube, the neurons and glia are formed and start migrating to form the cerebral cortex which is complete by the end of second trimester. Later the cells differentiate to form axons and dendrites, synapses or the connections between neurons develop that later undergoes myelination.
- **Nature** : In utero the brain development is mostly influenced by genes and neurotoxins if any.
- **Nurture** : After birth it's the various experiences that influence brain growth and maturation by way of a process called pruning.
- **Epigenetics** : Nature & Nurture combined and transferred from

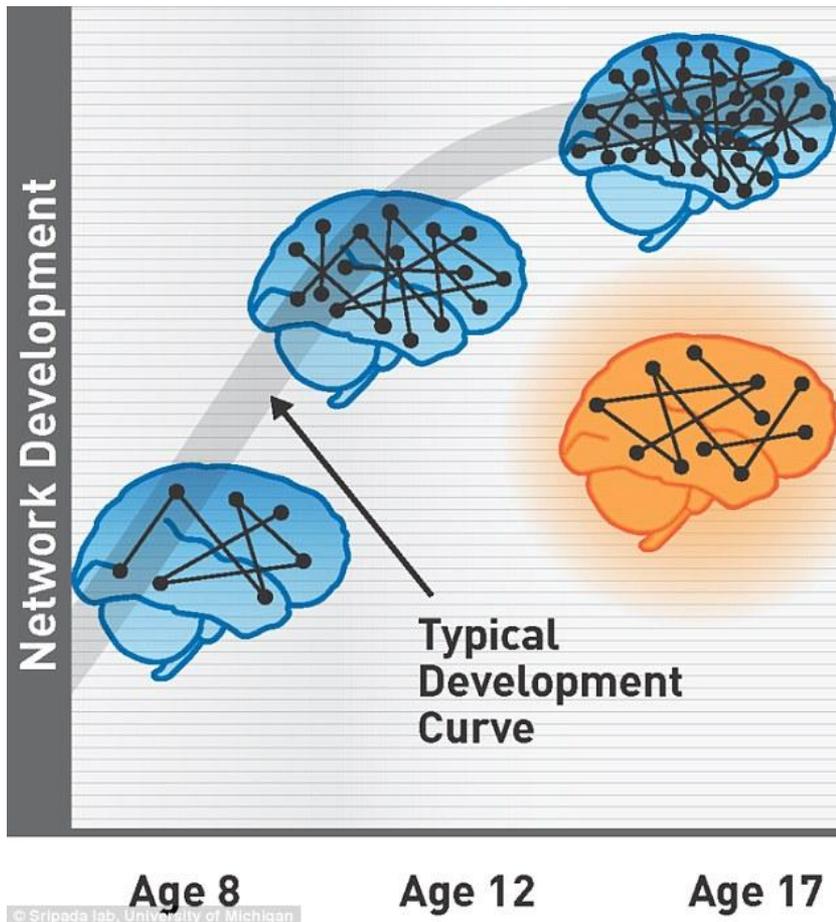


THE BRAIN IN EARLY CHILDHOOD

- During **early and middle childhood** the brain forms and **refines a complex network of connections** through synaptogenesis, pruning and myelination.
- The process of forming connections is **biologically driven** but **experiences also promote synapse formation**.
- The brain produces more synapses than it will ultimately use-synaptic overproduction. This continues throughout childhood.
- The process of myelination also continues during early childhood and is the major cause of increase in brain's size which reaches 90% of the adult brain weight of 1200-1500gm.

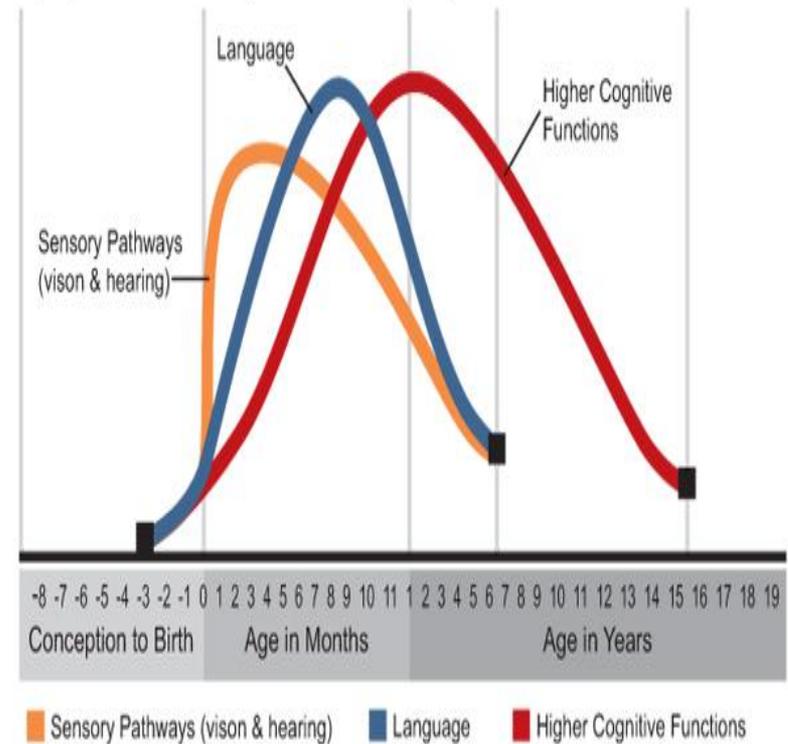


THE SYNAPSES



Human Brain Development

Synapse formation dependent on early experiences



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PRUNING

Can Teachers, a teacher affect a Young Learner?

- Pruning is a key process that shapes the brains of young children. The process involves refining the synaptic connections based on experience.
- Connections used regularly become stronger and more complex whereas those not used are shed off.
- For example acquisition of mother tongue or language development.



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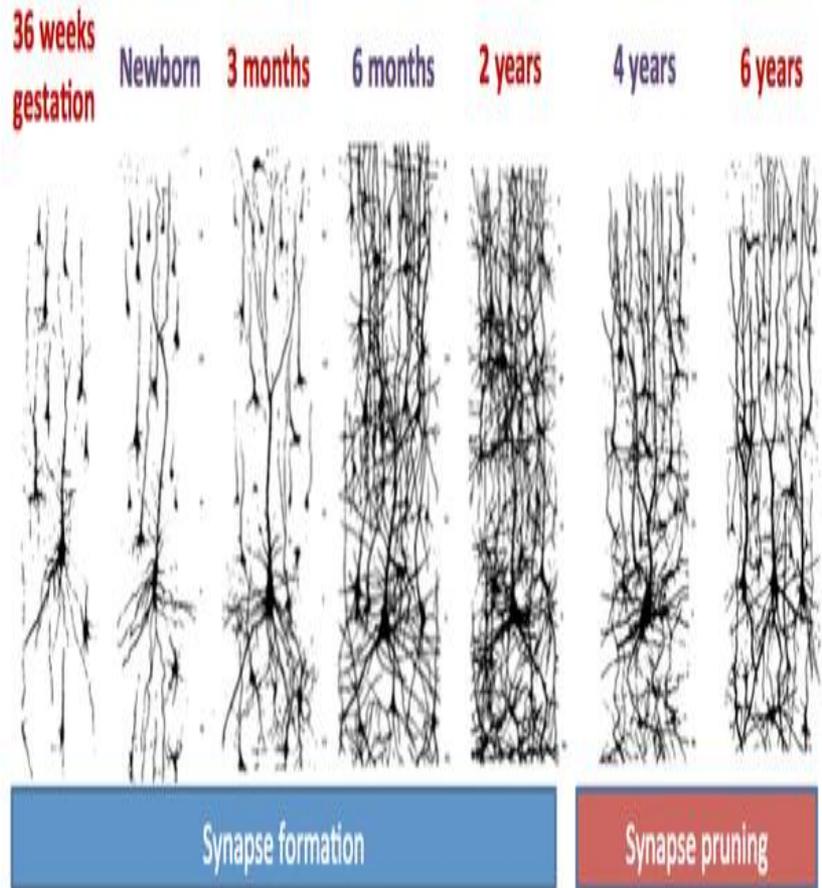
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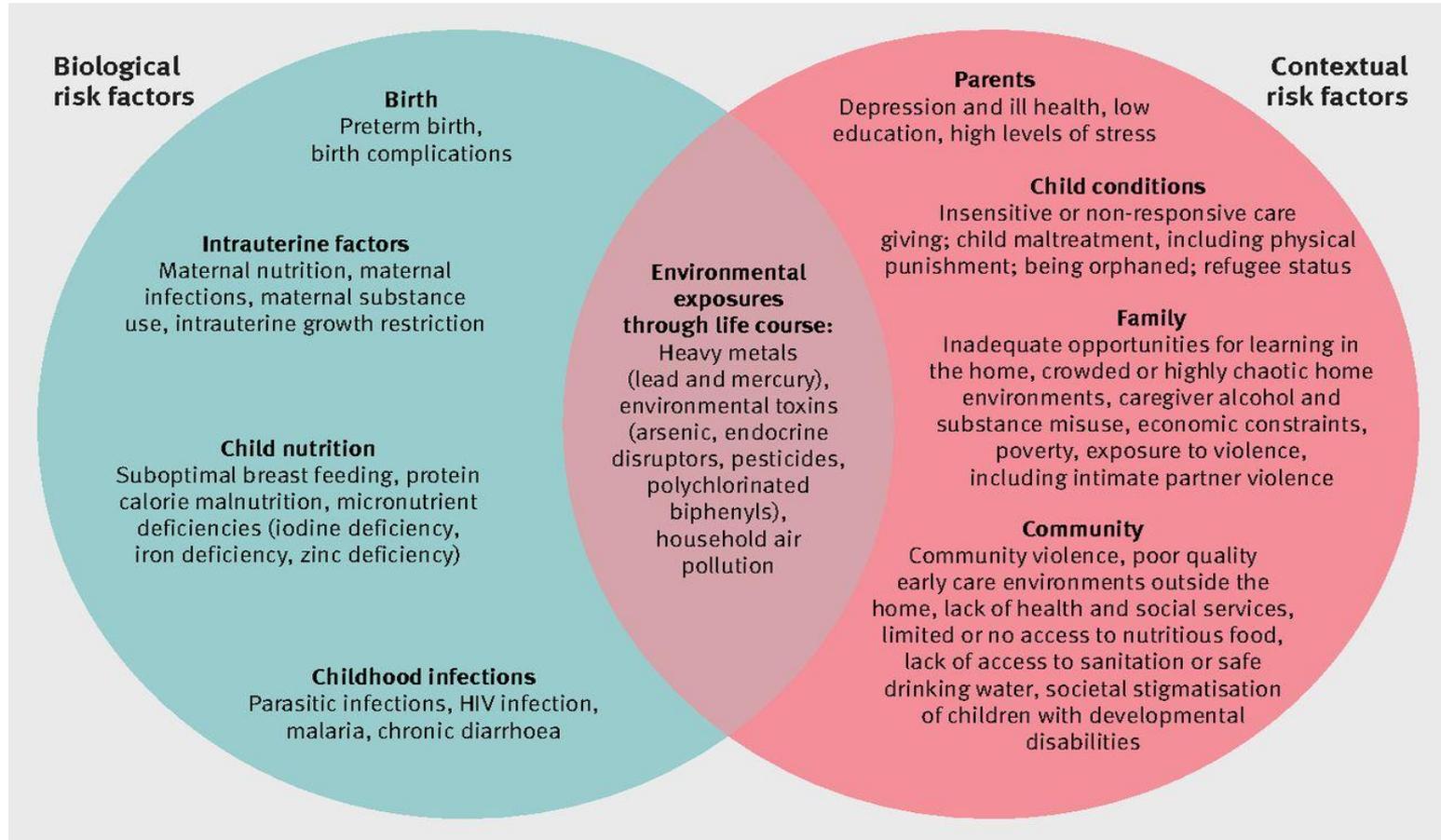
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PRUNING-TRIMMING!!!



RISK FACTORS FOR CHILD DEVELOPMENT



CHILD ABUSE & NEGLECT

- Abuse and neglect are defined as “injury, sexual abuse, sexual exploitation, negligent treatment or maltreatment of a child”.
- According to WHO abuse can be of several kinds-physical, mental, emotional, psychological or in the form of neglect or exploitation.
- Abuse and neglect represent the absence of adequate input[neglect] or the presence of threatening input[abuse] either of which can compromise development.

TYPES OF CHILD ABUSE

- Physical abuse
- Neglect-nutritional, emotional, educational, health related and avoidant behaviour
- Sexual abuse
- Child sexual exploitation
- Emotional abuse
- Domestic abuse
- Bullying and cyberbullying
- Child trafficking
- Female genital mutilation



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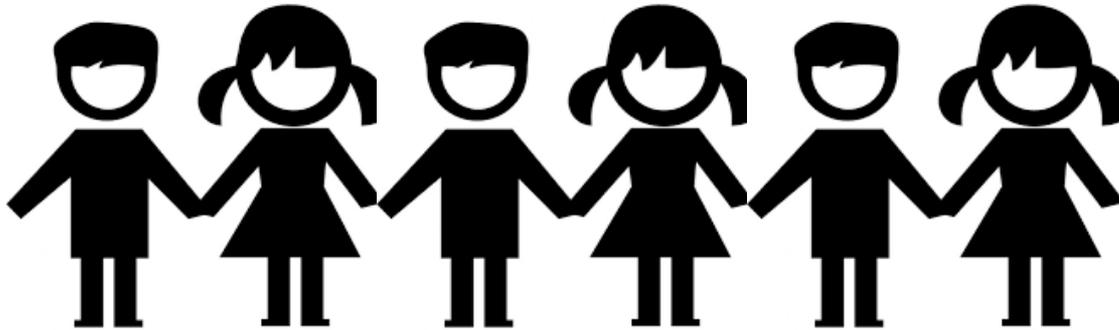
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Can a teacher make the learning environment safer for a child?



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SIGNS TO LOOK FOR

- Showing a fear for a particular place/people
- Regular flinching in response to sudden action
- Knowledge of adult issues-alcohol/drugs/sex
- Aggressive behaviour/angry outbursts
- Withdrawn/clingy/depressed
- Self-harming/suicidal attempts
- Eating disorders
- Nightmares/sleep problems
- Bedwetting
- Risky behaviour in older children
- Running away from home/foster care



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CONSEQUENCES OF CHILD ABUSE & NEGLECT

- Key concepts :
 - Positive and negative influences found among individual predict outcomes.
 - Child abuse and neglect in the context of child's brain development.
 - Multiple stressors.
 - **A compassionate and an informed teacher can make a difference!**
 - **So can the learning Environment!**



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Societal Values that shape the Health of our Children



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Understanding Self and Others



Transforming the World



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Societal Factors

Positive changes:

- Age at marriage, education, delayed pregnancy
- Child labour

Drivers for change:

- Legislation
- Local self-governments
- Reservation for gender
- Tribal plans
- Citizens' movements, participation, civil society
- Access to information



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Services & Systems

Good examples:

- Right To Information
- Anaemia control for in-school and out-of-school girls
- Mid Day Meal
- School WASH Education
- Janani Suraksha Yojana
- Mahatma Gandhi National Rural Employment Guarantee Act



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Every child is a promise, a sacred gift, a living sign of the future.

The challenge before us is therefore how to empower children and enhance their innate ability for hopeful and positive living.



Source: Learning to Live Together Manual



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Source : www.icphheath.org

- ICPH archives
- Multi-dimensional Problem Analysis, Children & Women in India by DrDevashish Dutta, UNICEF
- Holistic Health Impact of Violence on Child Development by Dr.Lakshmi Shanthi, Consultant Paediatrician, Member, IAP



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