



SUMMER TRAINING PRESENTATION

**LOCKDOWN IMPACT
ON HEALTH
SEEKING BEHAVIOR
OF INDIVIDUALS IN
INDIA AGED 15-75
YEARS**



RESEARCH QUESTION – What is the effect of lockdown on the health-related behaviors of individuals in India of age group 15-75 years?

GENERAL OBJECTIVE – To study the change in lifestyle related health parameter among people during lockdown.





SPECIFIC OBJECTIVE -

- To study the change in smoking, alcohol consumption, physical activity and eating habits of people.
- To evaluate the difference in the health-related behaviors of men and women.

METHODOLOGY

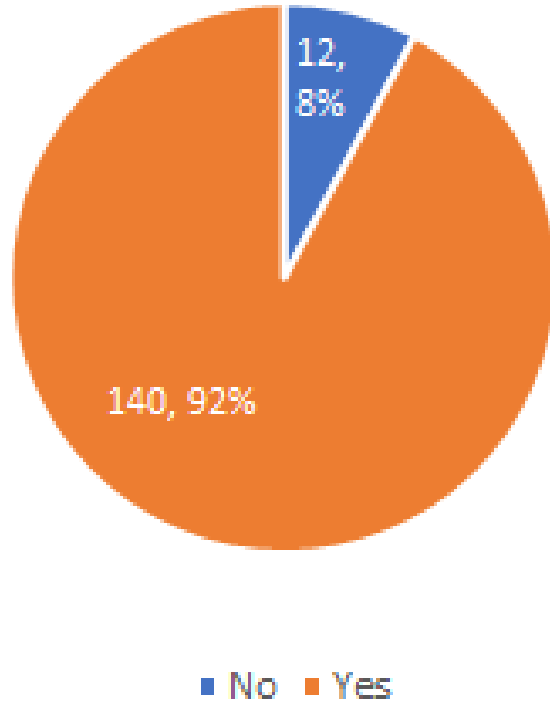
Study Design –

- Descriptive Case Report (Cross-sectional Survey)
- Qualitative Study

Sample Size - 152 responses were collected. 88 (58%) were females, and 64 (42%) were males.

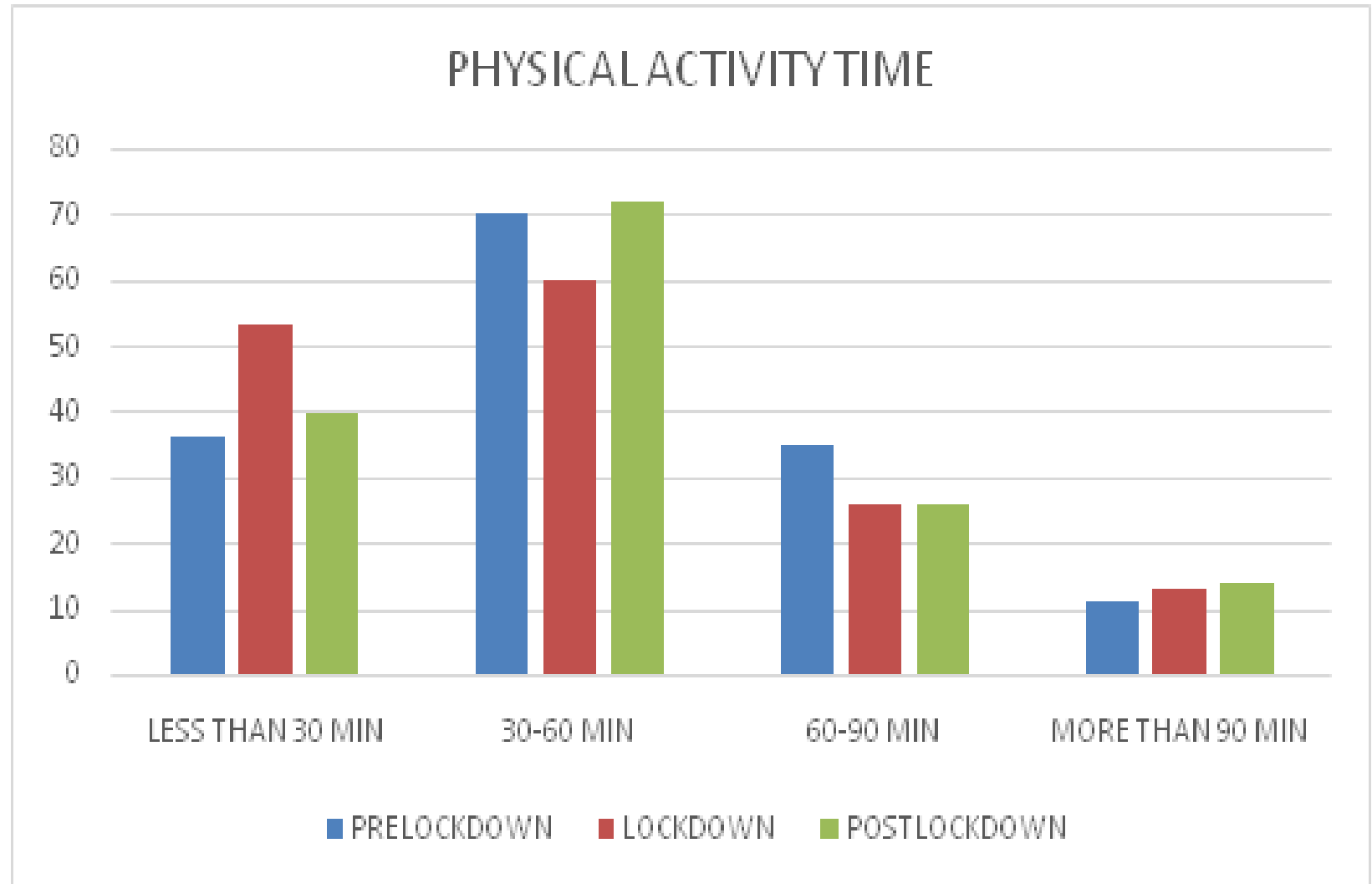
Primary data was collected in the form of a questionnaire survey, by the creation of Google form.

PHYSICAL ACTIVITY



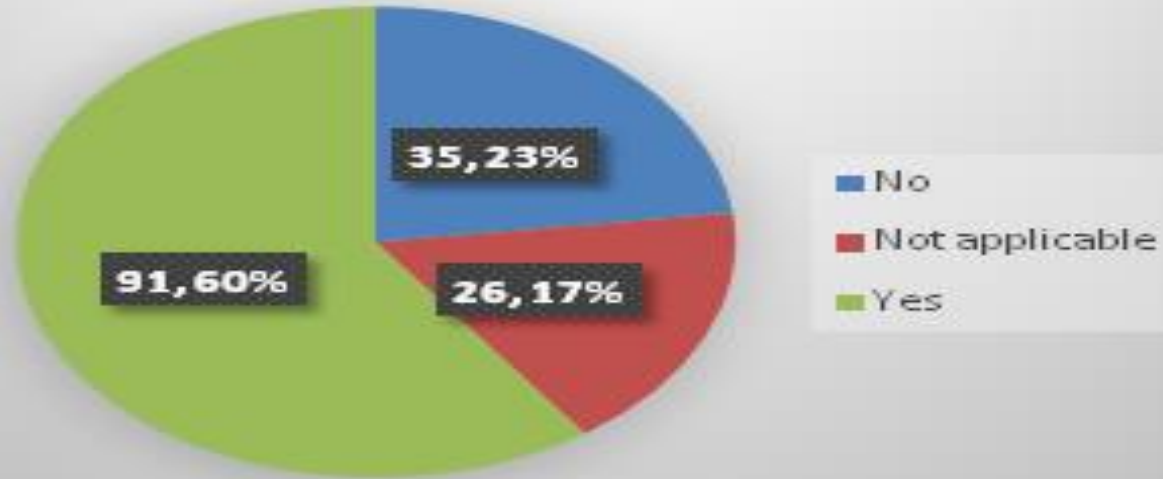
**Lockdown imposed a change
on physical activity**





Duration of physical activity performed by people per day Pre, During and Post lockdown

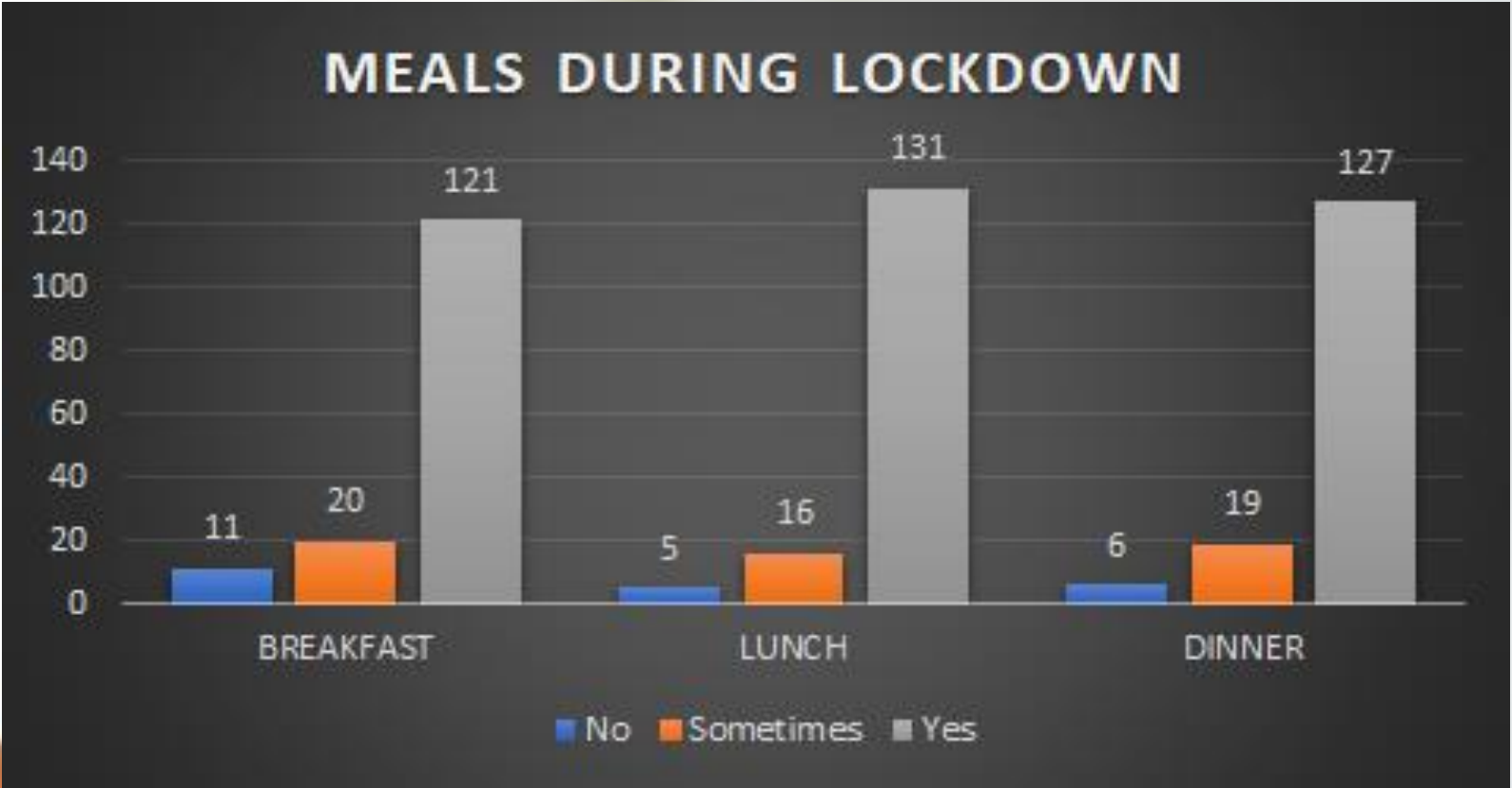
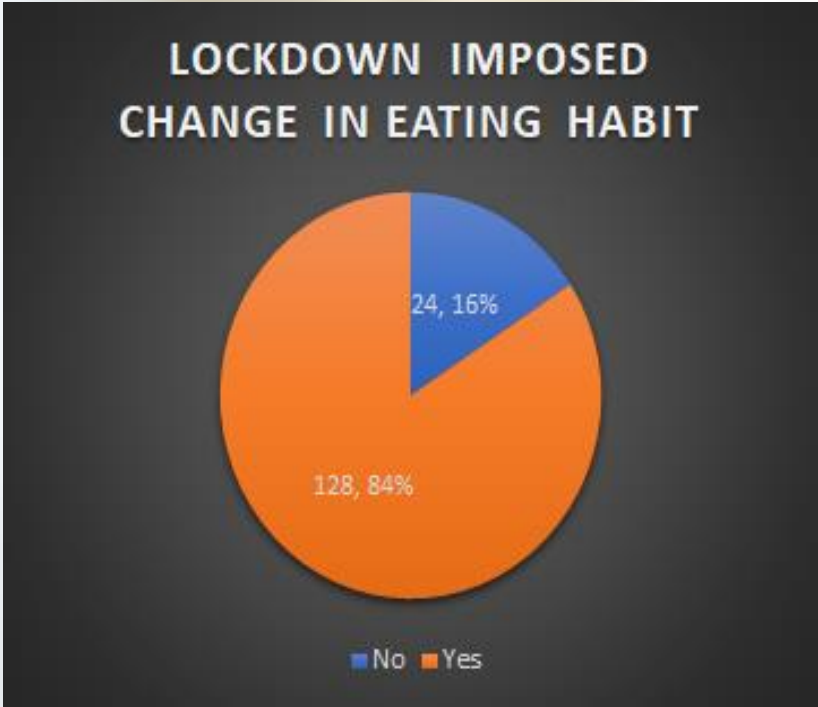
IMPACT ON PHYSICAL ACTIVITY

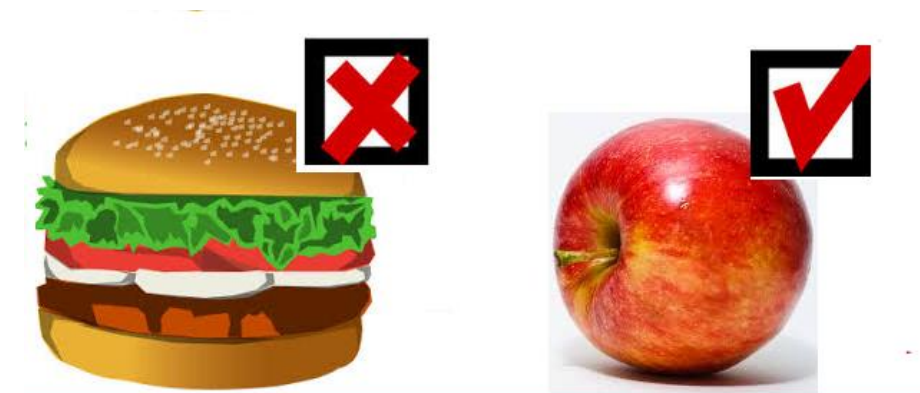
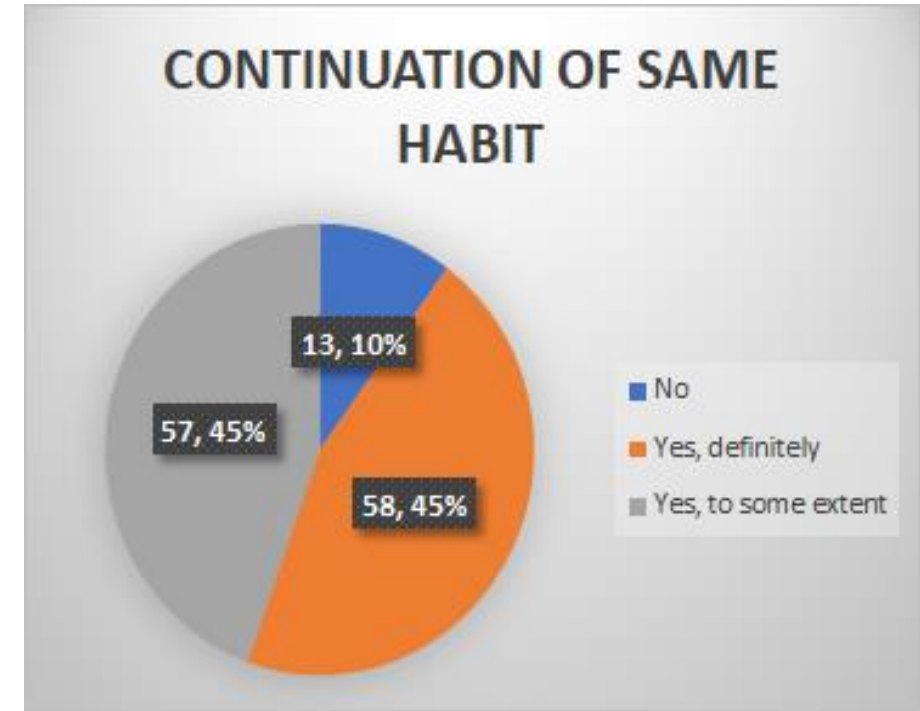
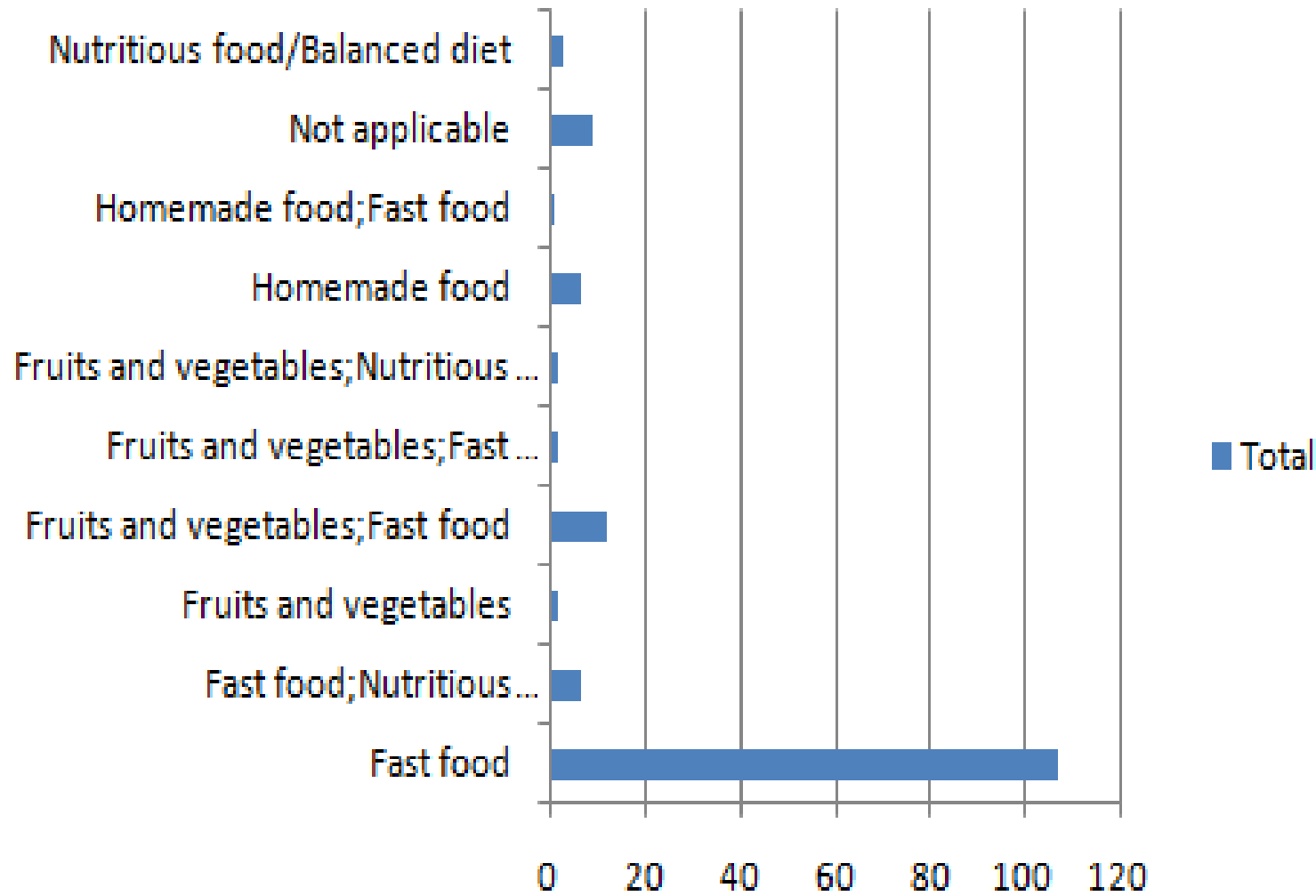


Whether people would like to continue with their improved physical activity in future also

This indicates that majority of the respondents are willing to improve their physical activity health related behavior in future, as compared to pre lockdown conditions.

FOOD CONSUMPTION

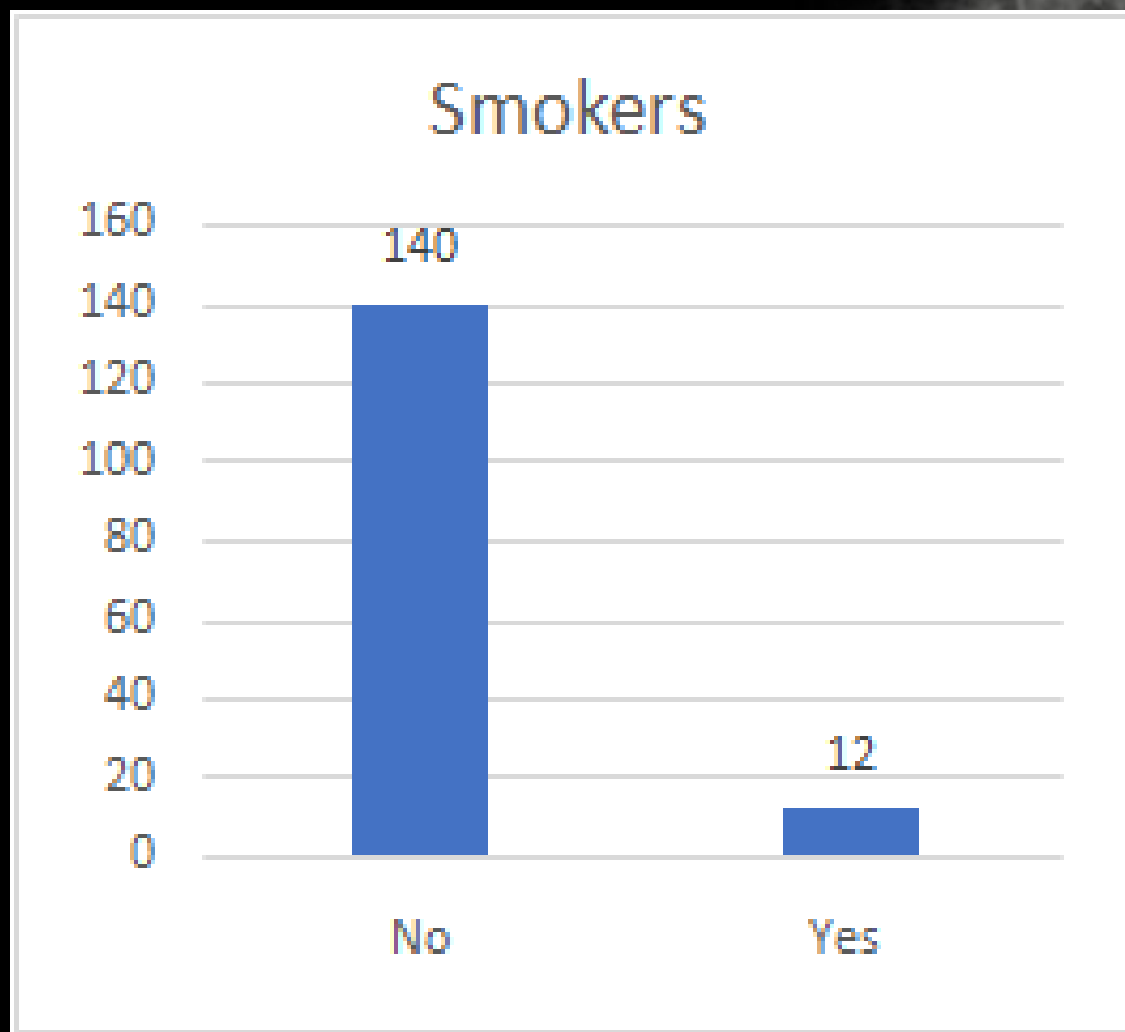




Say NO to JUNK Food

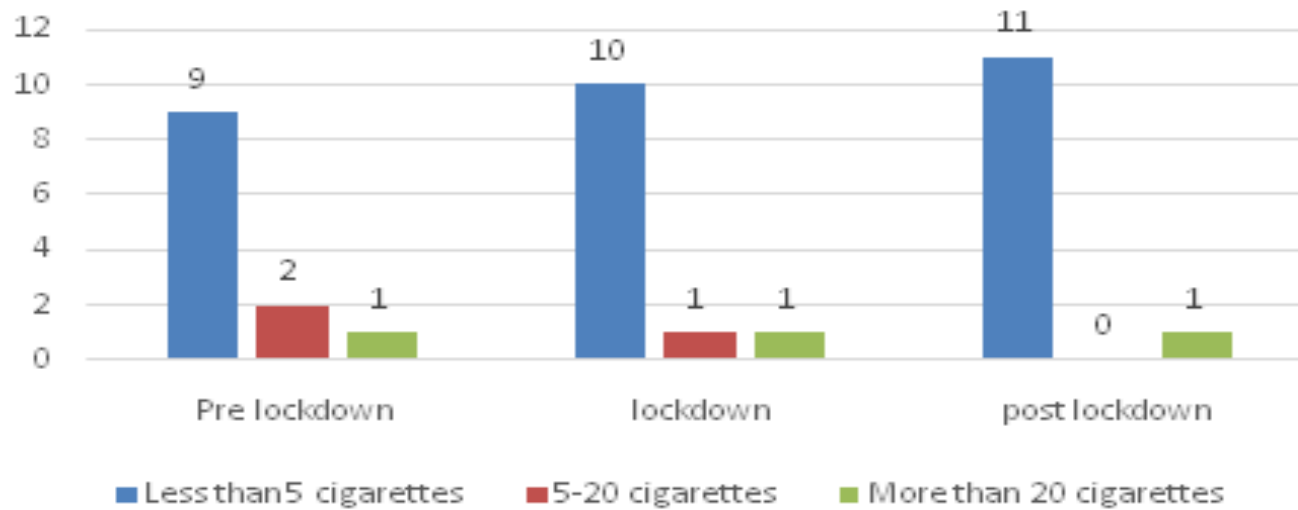
Majority of the respondents reported that their fast food consumption has been reduced during the lockdown

SMOKING



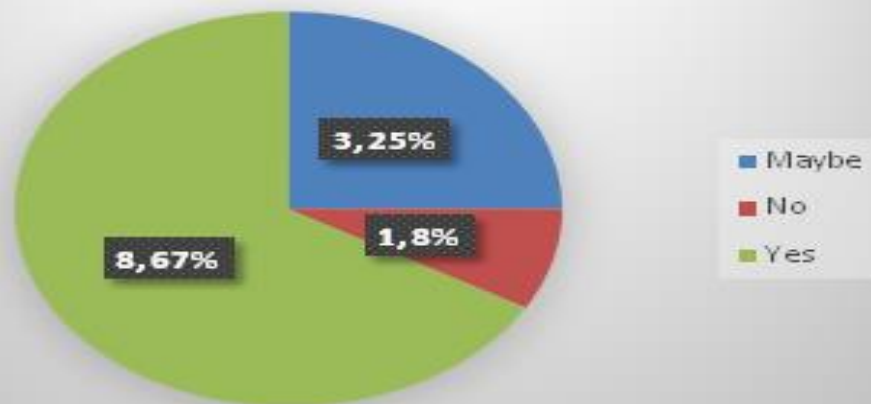
Out of the 12 smokers, 10 are male and 2 are female.

Smokers Pattern



Cigarette/bidi
consumption Pre,
During and Post
Lockdown

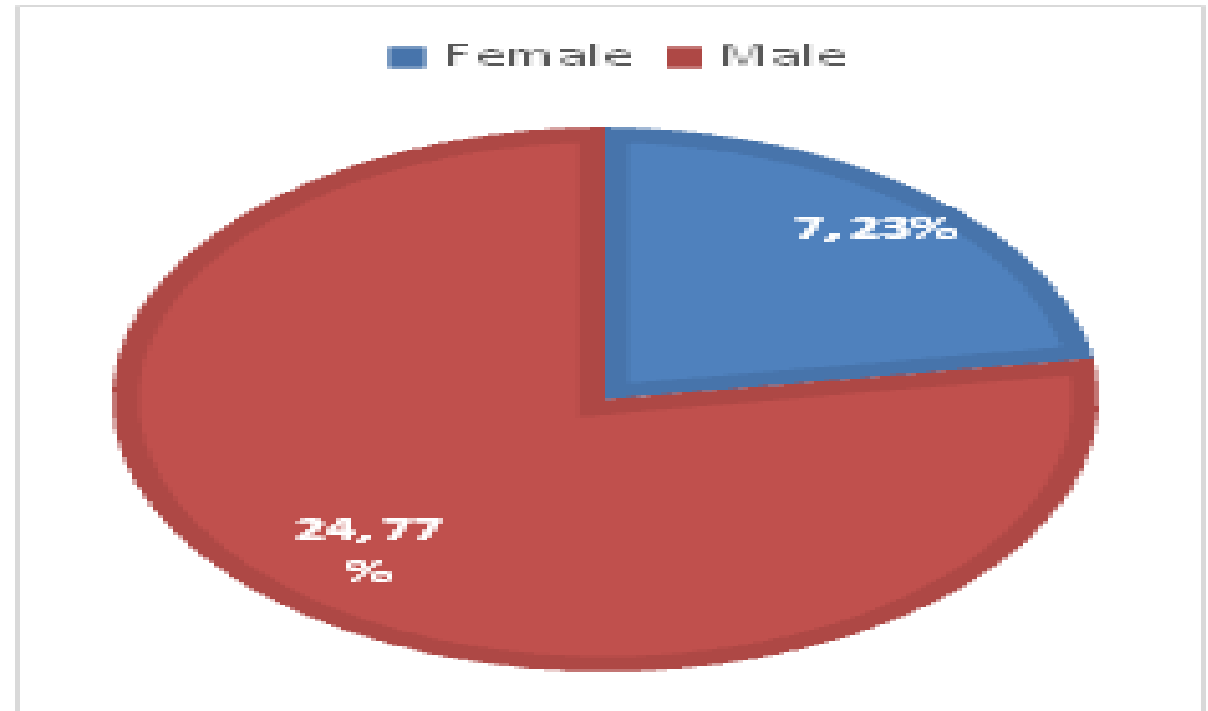
Willing to change behavior



This indicates that majority
of people are willing to
change their smoking
pattern health related
behavior and inclined
towards less smoking.



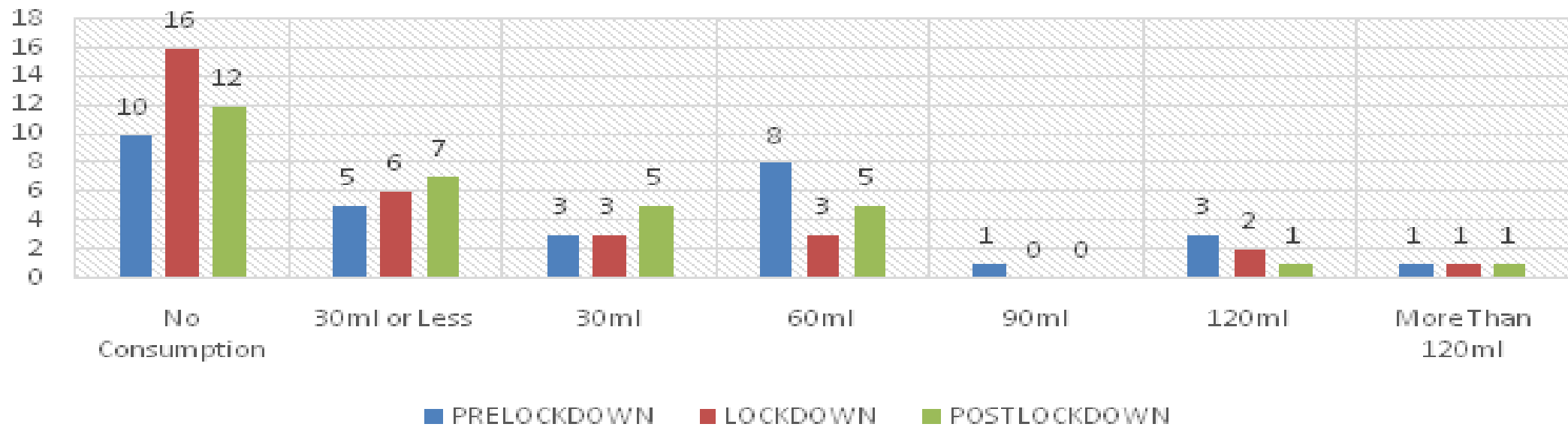
Of the total 152 responses, only 31 respondents are alcohol consumers



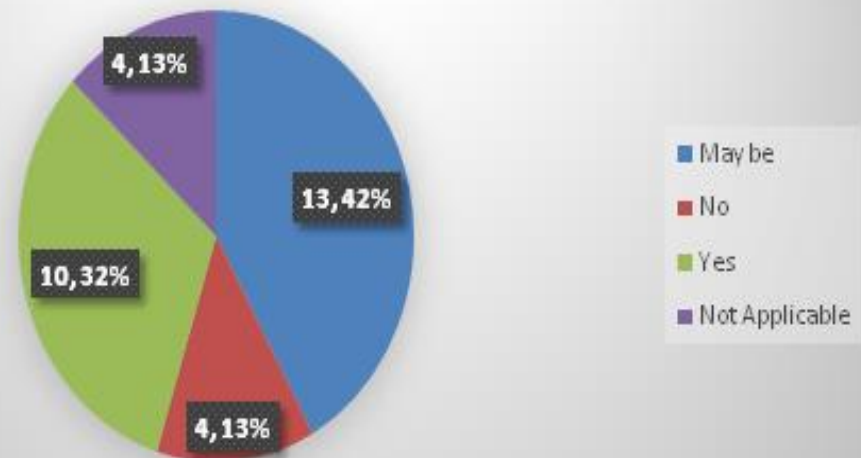
Proportion of male and female alcohol consumers

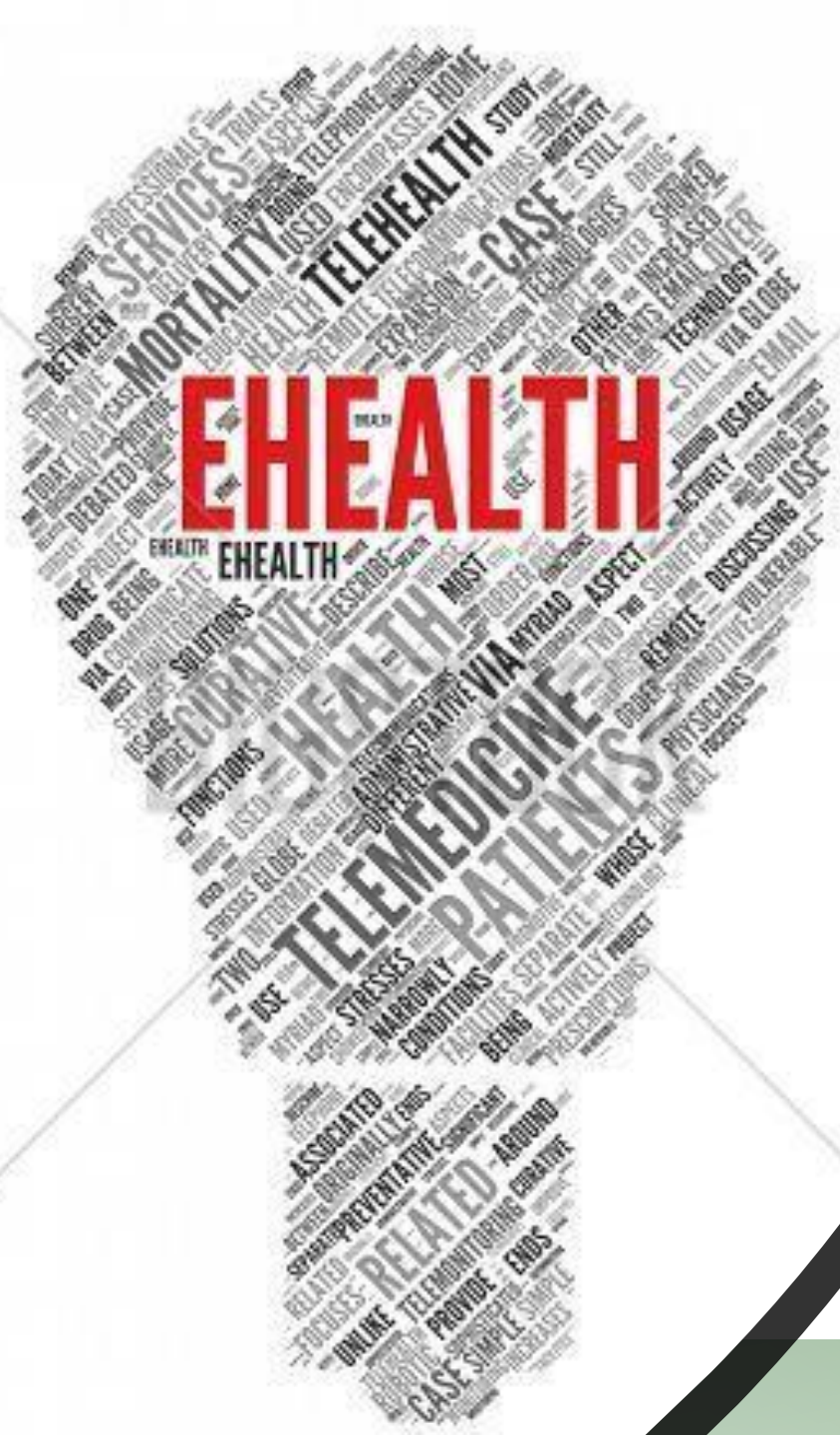
ALCOHOL CONSUMPTION

Alcohol Consumption Pattern



Drinker willing to Consume less alcohol





eHealth: More than just an electronic record

Objectives of the Course

- To study the basics of ehealth and where it is heading.
- To understand what kind of health data we are collecting at present and how it will transform healthcare in future.
- To analyze new technologies helping the health consumers to participate in their own healthcare.
- To assess the impact of ehealth on improving the co-ordination and efficiency of healthcare and to find the barriers in implementing ehealth.



Learning Methodology

- ☐ Video lectures
- ☐ Readings
- ☐ Case studies
- ☐ Assignments
- ☐ Discussion with
Various
Healthcare
experts



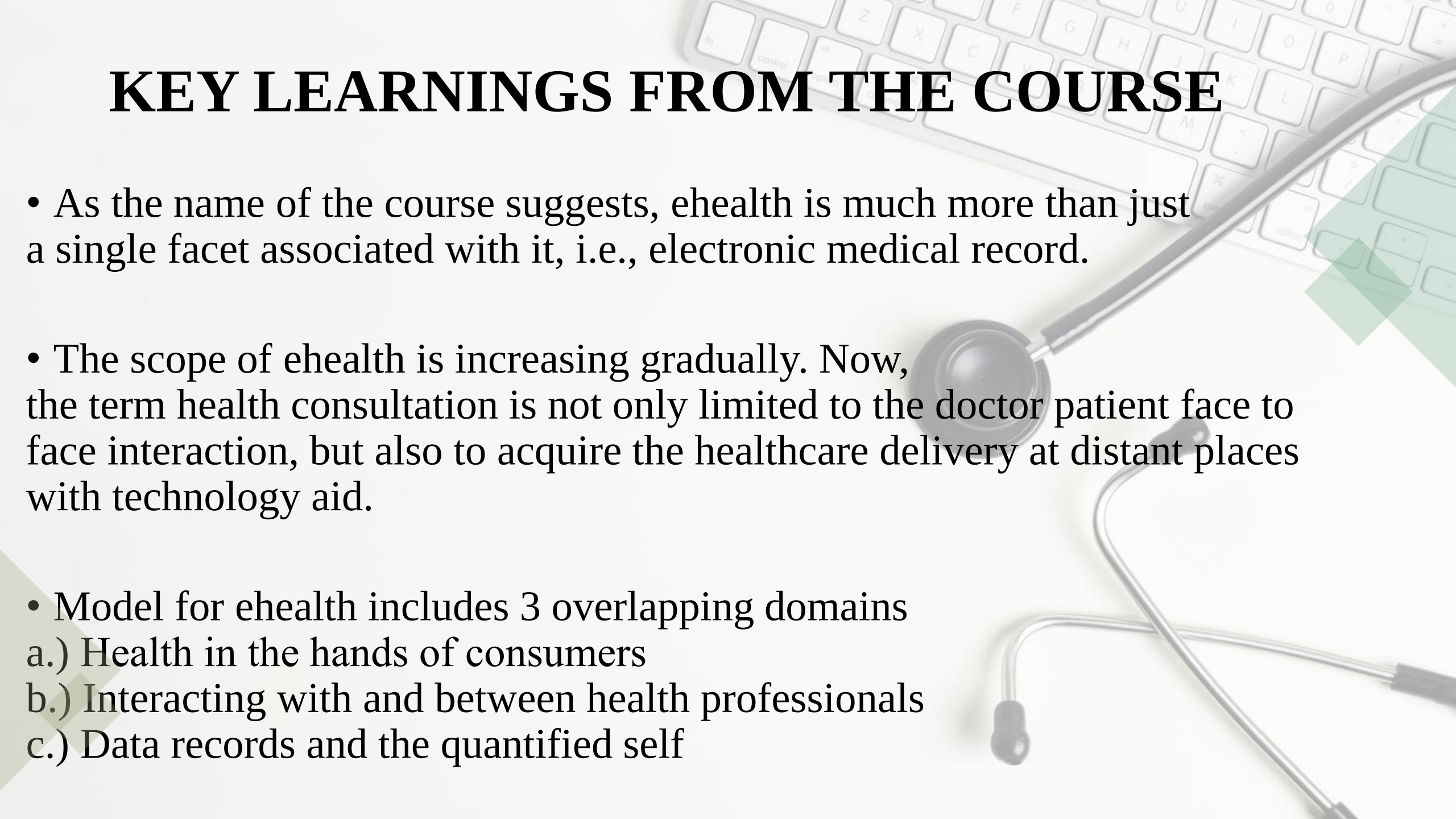


COURSE CONTENTS

5 MODULES

- I. What is ehealth?
- II. Health in our hands
- III. Data and the “Quantified Self”
- IV. Interacting with health professionals using New Technologies
- V. ehealth in professional practice

KEY LEARNINGS FROM THE COURSE



- As the name of the course suggests, ehealth is much more than just a single facet associated with it, i.e., electronic medical record.
- The scope of ehealth is increasing gradually. Now, the term health consultation is not only limited to the doctor patient face to face interaction, but also to acquire the healthcare delivery at distant places with technology aid.
- Model for ehealth includes 3 overlapping domains
 - a.) Health in the hands of consumers
 - b.) Interacting with and between health professionals
 - c.) Data records and the quantified self

- All the use of mobile apps, devices, sensors etc by the healthcare consumers is commonly known as **mhealth** or **mobile health**.
- MARS (Mobile Application Rating Scale) can be used to determine the quality of m-health apps.
- Two emerging fields in ehealth are Predictive and Precision medicine.
- There are many advantages and disadvantages associated with ehealth.
- At present, telehealth has majorly become a routine for healthcare delivery by means of telecommunication technology.

Thank You

BY

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2019-21

