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## Research Article

### NATIONAL HEALTH POLICY OF INDIA

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#### ABSTRACT

Health Policy defines a vision for the future which in turn helps to establish targets and points of reference for the short and medium term. It outlines priorities and the expected roles of different groups; and it builds consensus and informs people. The Government has formulated and brought out National Health Policy, 2017, which aims at attainment of the highest possible level of good health and well-being, through a preventive and promotive health care orientation in all developmental policies and universal access to good quality health care services without anyone having to face financial hardship as a consequence.

##### Key Words:

National, Health, Policy, India

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#### INTRODUCTION

The National Health Policy of 1983 and the National Health Policy of 2002 have served well in guiding the approach for the health sector in the Five-Year Plans. The current context has however changed in four major ways. First, the health priorities are changing. Although maternal and child mortality have rapidly declined, there is growing burden on account of non-communicable diseases and some infectious diseases. The second important change is the emergence of a robust health care industry estimated to be growing at double digit. The third change is the growing incidences of catastrophic expenditure due to health care costs, which are presently estimated to be one of the major contributors to poverty. Fourth, a rising economic growth enables enhanced fiscal capacity. Therefore, a new health policy responsive to these contextual changes is required. The National Health Policy, 2017 seeks to reach everyone in a comprehensive integrated way to move towards wellness. It aims at achieving universal health coverage and delivering quality health care services to all at affordable cost.

##### Definition

According to World Health Organization, HEALTH POLICY refers to decisions, plans, and actions that are undertaken to achieve specific health care goals within a society<sup>1</sup>.

#### Key Elements

- Creation of greater awareness of health problems & means to solve the problems by the community
- Supply of safe drinking water and basic sanitation using technologies that people can afford.
- Reduction of existing imbalance in health services by concentrating more on the rural health infrastructure
- Establishing of dynamic health management information system to support health planning and health programme implementation
- Provision of legislative support to health protection and promotion
- Concerned actions to combat widespread malnutrition
- Research in alternative methods of healthcare delivery and low cost technologies
- Greater coordination of different systems of medicine

#### National Health Policy 1983

The Ministry of Health & Family Welfare, Government of India, evolved a National Health Policy in 1983 keeping in view the national commitment to attain the goal of Health for all by the year 2000<sup>1</sup>.

#### Indicators to Achieve Health for All

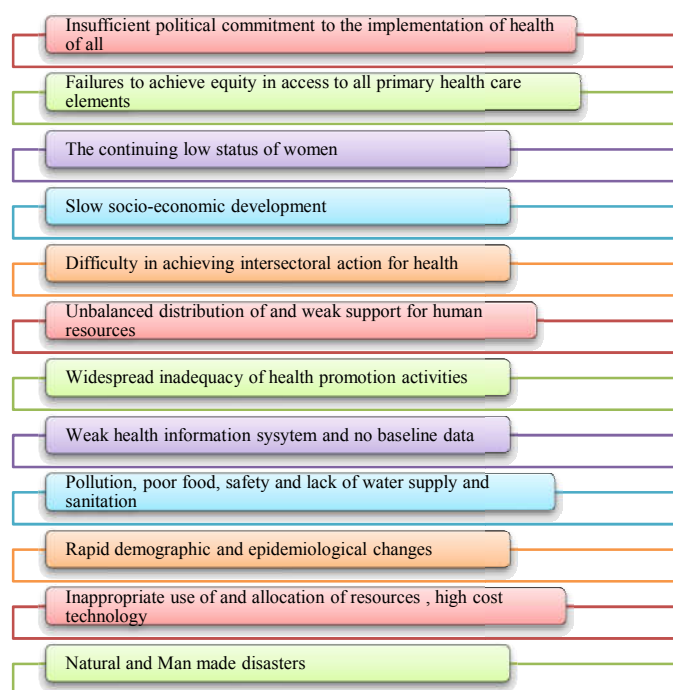
Indicators-by The Year To Be Achieved

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1. Reduction of Infant Mortality Rate from 125 to below 60 2000
2. Reduction of Maternal Mortality Rate from 4.5 to below 2 2000
3. To raise life expectancy at birth from 52.6 to 64 2000
4. To reduce Crude Death Rate from 14 to 9 2000
5. To reduce Crude Birth Rate from 35 to 21 2000
6. To achieve a Net Reproductive Rate of 1 2000
7. To provide portable water to the entire rural population 2000

- Reduce prevalence of blindness to 0.5% -2010
- Reduce IMR to 30/1000 and MMR to 100/1 Lakh-2010
- Increase utilization of public health facilities from current level of <20 % to > 75 %-2010
- Increase health expenditure by government as a % of GDP from the existing 0.9 % to 2 %-2010
- Increase share of central grants to constitute at least 25% of total health spending-2010
- Further increase to 8 % of the budget-2010
- Achieve zero level growth of HIV/ AIDS-2007
- Eradicate Polio & Yaws-2005
- Eliminate Leprosy-2005
- Establish an integrated system of surveillance, National health accounts & Health statistics-2005
- Increase state sector health spending from 5.5 % to 7 % of the budget-2005

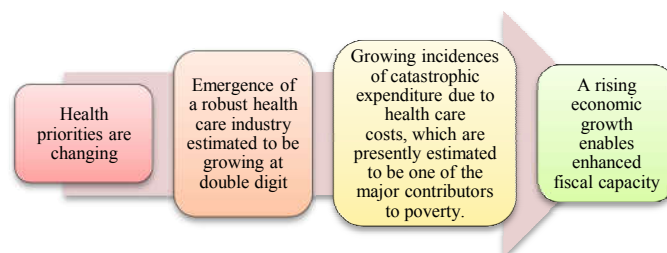
**Factors interfering with the progress towards Health for All**



**National Health Policy 2017**

NHP 2017 builds on the progress made since the last NHP 2002. The developments have been captured in the document “Backdrop to National Health Policy 2017 – Situation Analyses”, Ministry of Health and Family Welfare, Government of India<sup>3</sup>.

**Reasons for Emergence of New Health Policy**



**National Health Policy 2002<sup>2</sup>**

**Main Objectives**

1. To achieve and acceptable standard of good health among the general population of the country
2. The approach would be increase access to decentralize public health system by establishing new infrastructure in the existing institutes
3. Ensure equitable access to health services across the social and geographical expanse of the country
4. Primacy will be given to preventive and first line curative initiatives at primary health level
5. Focus on those diseases which are principally contributing to disease burden such as TB, HIV/AIDS, Malaria, Blindness etc
6. Emphasis will be laid on rational use of drugs within the allopathic system

**Goals**

By The Year to Be Achieved

- Eliminate Lymphatic Filariasis -2015
- Eliminate Kala – Azar-2010
- Eliminate malaria and vector and water borne diseases-2010

**Primary Aim**

To inform, clarify, strengthen and prioritize the role of Government in shaping health systems an all its dimensions- investments in health, organization of health care services, prevention of diseases and promotion of good health through cross sectoral actions, access to technologies, developing human resources, encouraging medical pluralism, building knowledge base, developing better financial protection strategies, strengthening regulation and health assurance.

**Goal**

Attainment of the highest possible level of health and wellbeing for all at all ages, through a preventive and promotive health care orientation in all developmental policies, and universal access to good quality health care services without anyone having to face financial hardship as a consequence. This would be achieved through increasing access, improving quality and lowering the cost of healthcare delivery. The policy recognizes the pivotal importance of Sustainable Development Goals (SDGs)<sup>3</sup>.

### Key Policy Principles



### Objectives

Improve health status through concerted policy action in all sectors and expand preventive, promotive, curative, palliative and rehabilitative services provided through the public health sector with focus on quality.

#### Goals-By The Year to Be Achieved

- Life Expectancy And Healthy Life

  1. Increase Life Expectancy at birth from 67.5 to 70-2025
  2. Establish regular tracking of Disability Adjusted Life Years (DALY)

Index as a measure of burden of disease and its trends by major categories -2022

3. Reduction of TFR to 2.1 at national and sub-national level-2025

#### Mortality by Age And/ Or Cause

1. Reduce Under Five Mortality to 23-2025
2. MMR from current levels to 100-2020
3. Reduce infant mortality rate to 28-2019
4. Reduce neo-natal mortality to 16 and still birth rate to "single digit"-2025

#### Reduction of Disease Prevalence/ Incidence

- Achieve global target of 2020 which is also termed as target of 90:90:90, for HIV/AIDS i.e.
- 90% of all people living with HIV know their HIV status
- 90% of all people diagnosed with HIV infection receive sustained antiretroviral therapy
- 90% of all people receiving antiretroviral therapy will have viral suppression
- Achieve and maintain elimination status of Leprosy - 2018
- Achieve and maintain elimination status of Kala -Azar and Lymphatic Filariasis in endemic pockets-2017
- To achieve and maintain a cure rate of >85% in new sputum positive patients for TB and reduce incidence of new cases, to reach elimination status -2025
- To reduce the prevalence of blindness to 0.25/ 1000 and disease burden by one third from current level-2025
- To reduce premature mortality from cardiovascular diseases, cancer, diabetes or chronic respiratory diseases by 25%-2025

### Coverage of Health Services

- Increase utilization of public health facilities by 50% from current levels 2025
- Antenatal care coverage to be sustained above 90% and skilled attendance at birth above 90%-2025
- More than 90% of the newborn are fully immunized by one year of age-2025
- Meet need of family planning above 90% at national and sub national level-2025
- 80% of known hypertensive and diabetic individuals at household level maintain, controlled disease status-2025

### Cross Sectoral Goals Related To Health

- Relative reduction in prevalence of current tobacco use by 15% by 2020 and 30%-2025
- Reduction of 40% in prevalence of stunting of under-five children -2025
- Access to safe water and sanitation to all (Swachh Bharat Mission)-2020
- Reduction of occupational injury by half from current levels of 334 per lakh agricultural workers -2020
- National/ State level tracking of selected health behavior

### Health Finance

- Increase health expenditure by Government as a percentage of GDP from the existing 1.15% to 2.5 %-2025
- Increase State sector health spending to > 8% of their budget-2020
- Decrease in proportion of households facing catastrophic health expenditure from the current levels by 25%]-2025

### Health Infrastructure and Human Resource

- Ensure availability of paramedics and doctors as per Indian Public Health Standard (IPHS) norm in high priority districts-2020
- Increase community health volunteers to population ratio as per IPHS norm, in high priority districts-2025
- Establish primary and secondary care facility as per norms in high priority districts (population as well as time to reach norms)-2025

### Health Management Information

- Ensure district-level electronic database of information on health system components-2020
- Strengthen the health surveillance system and establish registries for diseases of public health importance-2020
- Establish federated integrated health information architecture, Health Information Exchanges and National Health Information Network-2025

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3. Available from: <https://mohfw.gov.in/documents/policy>