



UNIVERSAL HEALTH COVERAGE- A GLOBAL GOAL FOR HEALTH AND WELL BEING

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ABSTRACT

Universal health coverage (UHC) means that all people have access to the full range of quality health services they need, when and where they need them, without financial hardship. It covers the full continuum of essential health services, from health promotion to prevention, treatment, rehabilitation and palliative care. Primary health care (PHC) is the most effective and cost-efficient way to get there. Every country has a different path to achieving UHC and to decide what to cover based on the needs of their populations and the resources at hand. Investing in PHC ensures that all those needs are identified, prioritized and addressed in an integrated way; that there is a robust and equipped health and care workforce; and that all sectors of society contribute to confronting the environmental and socio-economic factors that affect health and well-being, including preparing for, responding to and recovering from emergencies.

KEYWORDS: Well -being, Universal health coverage, Primary health care.

INTRODUCTION

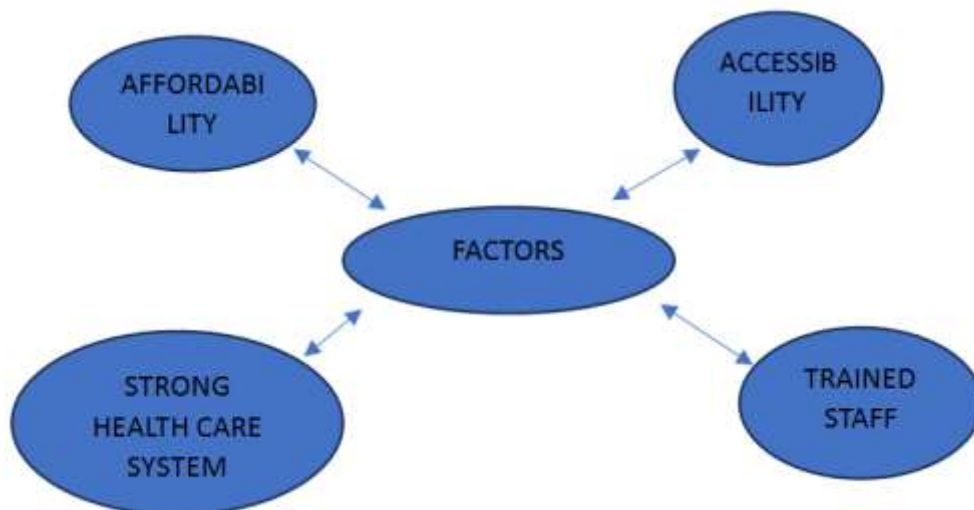
Universal coverage is firmly based on the WHO constitution of 1948 declaring health a fundamental human right and on the Health for All agenda set by the Alma-Ata declaration in 1978. Equity is paramount. This means that countries need to track progress not just across the national population but within different groups (e.g. by income level, sex, age, place of residence, migrant status and ethnic origin). The goal of universal health coverage is to ensure that all people obtain the health services they need without suffering financial hardship when paying for them.

Factors contributing in achieving the goals Universal health coverage

For a community or country to achieve universal health coverage, several factors must be in place, including.

- A strong, efficient, well-run health system that meets priority health needs through people-centred integrated care (including services for HIV, tuberculosis, malaria, noncommunicable diseases, maternal and child health) by.
 - informing and encouraging people to stay healthy and prevent illness;
 - detecting health conditions early;
 - having the capacity to treat disease; and
 - helping patients with rehabilitation.

- Affordability – a system for financing health services so people do not suffer financial hardship when using them. This can be achieved in a variety of ways.
- Access to essential medicines and technologies to diagnose and treat medical problems.
- A sufficient capacity of well-trained, motivated health workers to provide the services to meet patients' needs based on the best available evidence.



Universal health coverage has 3 key dimensions.

- 1) Access to health services: everyone who needs services should get them, not only those who can pay for them.
- 2) Financial risk protection: people should not fall into debt paying for treatment and care.
- 3) Quality of services: services should be adequate and effective

UHC: PROMOTING WELLNESS THROUGH MULTI-SECTORAL CONVERGENCE

- 1) Preventive and Promotive Healthcare Services involving - Behaviour change communication through Self Help Groups, youth and other organized groups, VHSNCs, PRIs, ULBs, etc.
- 2) Regular Yoga Sessions for the community at HWCs.
 - a) Partnering with Fit India Movement
 - b) Wellness through regular physical activities
 - c) Eat Right India campaign
 - d) Wellness through healthy diet •
 - e) Eat Healthy – Balanced Diet; Less salt, Less sugar •
 - f) Eat Safe - Food adulteration detection kits at PHCs
 - g) Ayushman Bharat Health and Wellness Ambassadors
 - h) Making teachers and children as Health and Wellness Ambassadors through a standard curriculum
 - i) Regular conduct of Health promotion activities at AB-HWCs as per the flexible Health Calendar. • Reducing Indoor and Outdoor Air Pollution
 - j) Prime Minister's Ujjwala Yojana: Cooking Gas Coverage increased from 55% to 94% in five years, bringing down particulate matter 2.5 level.

3) Swachh Bharat Abhiyan / Clean India Campaign

The Swachh Bharat Mission was launched on 2nd October 2014 with a goal of achieving universal safe sanitation and improving the health and well-being of all Indians by 2nd October 2019.

4) UHC: Increasing access to medicines

- a) AMRIT (Affordable Medicines and Reliable Implants for Treatment) Pharmacies: provides

Reliable Implants and Affordable Medicines for cancer and cardiovascular diseases.

- b) Prime Minister's Bhartiya Janaushadhi Pariyojana: Making quality medicines available at affordable prices for all, particularly the poor and disadvantaged, through 5000 Stores for Quality generic medicines.

CONCLUSION

Universal health coverage has a direct impact on a population's health. Access to health services enables people to be more productive and active contributors to their families and communities. It also ensures that children can go to school and learn. At the same time, financial risk protection prevents people from being pushed into poverty when they have to pay for health services out of their own pockets. Universal health coverage is thus a critical component of sustainable development and poverty reduction, and a key element of any effort to reduce social inequities. Universal coverage is the hallmark of a government's commitment to improve the wellbeing of all its citizens.

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