



## Module 2: Chapter 5

# INTRODUCTION TO HEALTH PROGRAMS



---

---

Indian Association of Preventive and Social Medicine  
Gujarat Chapter

## INTRODUCTION TO HEALTH PROGRAMS

Learning Objectives:

At the end of this module participants will be able to:

1. Understand some program related terminologies
2. Know how a program is formed
3. Able to device a new program on their own

### Introduction:

After independence several measures undertaken by the Central Government to improve the health of citizen of India. Prominent among these measures were **National Health Programme**. Health programme were focusing communicable disease, nutrition, environmental issues, population control, rural health and non communicable diseases introduced recently. Many of the programmes were revised as per need of time. WHO, UNICEF, World Bank, UNFPA and many other agencies have been providing technical and material assistance in the implementation of these programmes.

The First Health Programme in India was on Family Planning which was started in 1952; in fact India was the first country in the World to start programme on Family Planning. There was no Health Policy for 36 years after independence. Health was left to Committees and Commissions. Each Committee addressed to a single specific issue. Comprehension was missing in decisions. Majority of recommendations of every committee were reiterations of Bhore Committee. Individual "Health" Programs were developed in isolation based on situational exigency. Uni-purpose workers were later baptized as Multi-purpose. Some Programs worked in complete isolation till 1980 (e.g. NTCP). There was fragmented approach to Health. For comprehensive need based development there was gradual development of various programs.

## Launch of various programs in India:

1. National Family Planning Program NFPP – 1952
2. National Malaria Eradication Program NMEP-1953
3. National Leprosy Control Program NLCP-1955
4. National Filarial Control Program NFPC-1955
5. National Tuberculosis Control Program NTCP-1962 → RNTCP-1993
6. National Cancer Control Program NCCP-75-76
7. National Family Welfare Program -1977
8. Universal Immunisation Program UIP-1985
9. National AIDS Control Program NACP-1987
10. National Goitre Control Program NGCP-1962 →NIDDCP-1992
11. Child Survival and Safe Motherhood Program CSSM-1992
12. Reproductive and Child Health Program RCH-1996
13. National Surveillance Program for Communicable Disease -1997→IDSP-2004
14. National Population PolicyNPP-2000
15. National Health Policy NHP-2002
16. NVBDCP-2004
17. NRHM-2005

A program has the following **main components**:

1. **Need** – Need of masses(felt need) or government(demand generated)
2. **Goals & Objectives** – milestones to be reached
3. **Strategy** – the policy
4. **Approach** – from the multiple ways to achieve the same goal the most effective & efficient way chosen
5. **Activity** – the actions taken or work done to achieve the goal
6. **Indicators** – a measure to indicate how much work is done
7. **Monitoring & Evaluation** – to rectify the loop-holes
8. **Financing** - Budget

Here are definitions of terms commonly used in relation to Programs:

### **Goal:**

Goal is the result or achievement toward which efforts are directed.

The proposed long-range benefits of the program for a specified area, defined in general terms. A goal is the ultimate objective; for example, “reducing the incidence of HIV in (a country).”

**Purpose:**

Purpose: The overall objective (also called strategic objective) of the program, for example, “to increase the accessibility to and use of palliative care facilities in (a particular geographic area).”

It is the ultimate measure of the program’s effectiveness.

**Objectives:**

Objectives: The anticipated outcomes or benefits that are the expected results of implementing a strategy. They are described in measurable terms and indicate a specific period of time during which these results will be achieved.

For objectives to be relevant they should be **SMART**→ specific, measurable, appropriate, realistic, and time-bound.

**Program:**

A Program is “a strategy with defined Objectives”

**Policy:**

A Policy is “a written statement of objectives and expected outcomes”

**Planning:**

Planning “a process of choosing between alternatives to accomplish the desired”

Plan- a Blue print for action

**Strategy:**

Strategy is “Alignment of your resources, Processes and organizational structure to maximize benefits”.

A strategy is a plan (to choose) to achieve a particular goal or result; and reveals the logic of your choices.

**Strategic Planning:**

Strategic planning is a process for making informed, evidence-based decisions about how to, most efficiently and effectively, achieves a measurable change toward a defined and specific goal. More specifically, it involves identifying clearly

articulated goals, objectives, targets, and the strategies and broad-based activities that will be required to achieve them over time.

**Approach:**

Approach: A statement that describes how the program will achieve its objective.

That is, activities that will help the program achieve its objectives most effectively and feasibly.

**Program Design:**

Process that identifies the interventions and determines how to manage them.

A good design Interventions are ethically sound, technically up-to-date, Relevant to the program setting, and Acceptable to or endorsed by the beneficiary populations.

**Program Designing:**

Program Designing Ensure that programs contains:

- a) Focused data collection and analysis
- b) Scale of action that suits the objectives and resources
- c) The right mix of activities or interventions
- d) An appropriate monitoring and evaluation system
- e) A clear and feasible implementation plan
- f) Supportive and sustainable management systems

Here is a list of some of the major as well as minor programs in operation:

### **Major Programs**

1. National AIDS Control Program
2. National Cancer Control Program
3. National Diarrheal Disease Control Program
4. National Filaria Control Program\*
5. National Family Welfare Program
6. National Iodine Deficiency Disorders Control Program
7. National Leprosy Eradication Program
8. National Malaria Eradication Program\*
9. National Program for Control of Blindness & Visual Impairment
10. National Reproductive and Child Health Program
11. National Program for surveillance Program for Communicable diseases
12. National Tuberculosis Control Program (Revised)

(\* Programs are merged into National Vector Borne Disease Control Program since 2003-04)

### **Minor Programs**

1. National Mental Health Program
2. National Japanese Encephalitis Control Program\*
3. National Diabetes Control Program
4. National Kala-azar Control Program\*
5. National Water Supply and Sanitation Program

(\* Programs are merged into National Vector Borne Disease Control Program since 2003-04)