



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## A STUDY ON MATERNAL HEALTH IN TELANGANA

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### Abstract :

It is believed that Health Evicts and is in turn effected, by many socio-economic and environmental determinations to address the multisectoral nature of health determinates requires the political will to engage the whole of Government in Health. The health centre should promoted “**Health in all Polices**”, an approach to public polices across sectors that systematically takes into account the health implications of decisions, seeks synergies and avoids harmful health impacts in order to improve population health and health equity and address the social determinates on health within the health sector India’s priority concerns are maternal new born and child health related issues maternal and infant deaths are still critical concerns. Under nourishment among children is another major issue across all the states in the country. The high birth rate and low death rate indicate the demographic transaction India is going through.

In India the demographic transaction is being accompanied by an epidemiological transition. Where non communicable diseases mental health disorders and injuries become much more prominent as a cause of death and disability.

This articles attempts to assess the major health indicators on maternal and child health with special reference to southern states of India and Telangana State in particular article as laid special emphases on important of institutional deliveries in bringing down the maternal mortality ratio and at the same time highlights the unwarranted profligate C- section rates in Telangana. Status on public health infrastructure in Telangana State is presented to understand the requirements needed to improve the public health services in the State.

## 1. Health Indicators :

Major health statistics on maternal mortality ratio (MMR) Infant mortality rate (IMR), Sex ratio, birth rate and death rates of Telangana 2011-2013 among the bigger states Assam as the highest 300 and Kerala the lowest (61) MMR in Hindi country, Telangana (92) is in 4<sup>th</sup> position after Kerala (61), Maharastra (68) and Tamilnadu (79) which are the top performing states in maternal health. Although MMR in Telangana is much below the National average of (167), MMR gap between the top 3 states and Telangana is wide.

## 2. Health Indicators among District in Telangana State :

Albeit Telangana is forming considerably well in all major health indicators Vis-à-vis other states in India it needs to need a significant improvements in bringing down the differences in the districts of the states. Observation of Telangana State MMR in Adilabad is very high at (152), where as in Hyderabad MMR is (71), much lower than the state average of (92) (SEO, 2017).

In Telangana as per the NFHS – IV, 2015 – 16 report the infant mortality rate (IMR) as come down to 28 from 39 (SRS 2013 combined Andhra Pradesh) under-5 mortality rate has come down to 32 from 63 (NFHS-III combined Andhra Pradesh). High Fertility as multiple consequences on health and health related issues. Telangana State successfully limited its fatality rate to 1.8 while the all India average is 2.4 the state average to fatality rate (TFR) is 1.8, with Hyderabad (2.0), Rangareddy (2.0), Mahaboob Nagar (2.0) having the highest TFRs and Nalgonda 1.6 with the lowest TFRs. Adult sex ratio ASR is highest in Nizamabad at 1040 and lowest in Hyderabad at 954 (SEO 2017).

## 3. Anaemia among children and women in Telangana :

Anaemia is major problem with which woman and children are effected in the state as per NFHS – IV, 61% of the children aged 6-59 months in the State are anemic also 56.9 percent of the non pregnant woman and 49.9 percent of pregnant woman are anemic that is more than woman and child population of the state are anemic (SEO 2017).

## 4. C-Section Rates among Districts in Telangana State :

District level analysis on C-section in Telangana as shown information, indicates that Karimnagar has the highest C-section rates at 81.1%, Warangal, Khammam, Nalgonda, Rangareddy and Hyderabad Districts have higher C-section rates than the state average.

## 5. Impact of C-sections on mother and child health :

WHO has category stated that C-sections can cause significant and sometimes permanent complications, disability or death, particularly in settings that lack of the facilities and capacity to properly under safe surgery and treat surgical complications and the new medical evidence is also emerging that an un necessary C-section also depridus the new born of protective maternal gift to child health care.

### Conclusion :

Chemical studies emphasize that maternal deaths can be prevented by improving health care facilities. All maternal deliveries including normal as then as high risk pregnancies can be planned to improve the maternal deliveries at public health facilities Telangana state government as declared in 2017 budget, an amount of 12,000/- for each delivery to woman who delivers at public health facility. This decision as multiple benefits like deliveries at public health facilities will improve, there by bringing down the economic burden on families in Telangana State.

