



WELLNESS SCIENCE BULLETIN



FIRST ISSUE

PUBLIC HEALTH UPDATE

WHO World Malaria Report 2020: India continues to make Impressive Gains in reduction of Malaria Burden

- India is the only high endemic country which has reported a decline of 17.6% in 2019 as compared to 2018.
- The Annual Parasitic Incidence (API) reduced by 27.6% in 2018 compared to 2017 and by 18.4% in 2019 as compared to 2018.
- India has sustained API less than one since year 2012.

WHO launches year-long campaign to help 100 million people quit tobacco

- WHO launched a year-long global campaign for World No Tobacco Day 2021 - "Commit to Quit."
- "Commit to Quit" will help create healthier environments for quitting tobacco by advocating for strong tobacco cessation policies; increasing access to cessation services; raising awareness of tobacco industry tactics, and empowering tobacco users to make successful quit attempts through "quit & win" initiatives.

High prevalence of vitamin B₁₂ deficiency in pregnancy in rural India

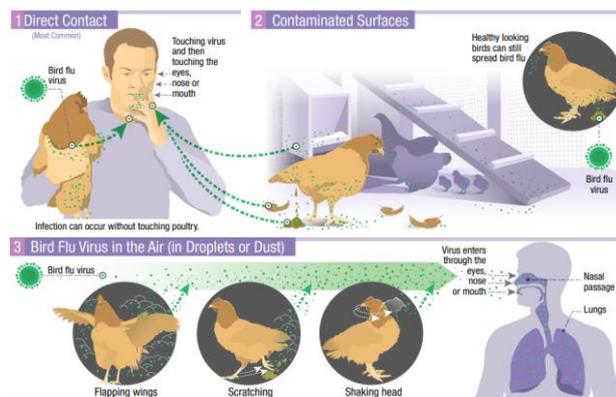
- A study conducted in Vellore, Tamil Nadu showed a high prevalence of Vitamin B₁₂ deficiency (55%) among pregnant mothers despite majority being non vegetarians.
- Pregnant ladies with obesity, past history of at least one abortion and gestational age were found associated with Vit B₁₂ deficiency.

Intermittent fasting new fad among millennial, young adults in India

- The concept of fasting in India isn't new and has been practised for centuries. It is one of the preferred ways to rid the body of all toxins and now, more and more millennials and young adults are joining the league looking for a fit lifestyle.
- Intermittent fasting is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods you should eat but rather when you should eat them. It generally falls into two categories—daily time-restricted feeding, which narrows eating times to 6-8 hours per day, and so-called 5:2 intermittent fasting, in which people limit themselves to one moderate-sized meal two days each week.

Bird flu: 12 epicentres identified in four states

- Avian influenza refers to the disease caused by infection with avian (bird) influenza (flu) Type A viruses.
- After the confirmation of positive reports of H5N8 virus (a variant of avian influenza) from the National Institute of High Security Animal Diseases (NIHSAD) of Indian Council of Agricultural Research, the 12 epicentres have been identified in Rajasthan, Madhya Pradesh, Himachal Pradesh and Kerala.



- As a general precaution, people should avoid wild birds and observe them only from a distance. Avoid contact with domestic birds (poultry) that appear ill or have died. Avoid contact with surfaces that appear to be contaminated with faeces from wild or domestic birds.

NITI Aayog releases 'Vision 2035: Public Health Surveillance in India'

NITI Aayog released 'Vision 2035: Public Health Surveillance in India' with the vision:

- To make India's public health surveillance system more responsive and predictive to enhance preparedness for action at all levels.
- Citizen-friendly public health surveillance system will ensure individual privacy and confidentiality, enabled with a client feedback mechanism.
- Improved data-sharing mechanism between Centre and states for better disease detection, prevention, and control.

National Family Health Survey-5: District level factsheets constituting 342 districts of Phase I States/UTs released

- The Total Fertility Rates (TFR) has declined in almost all the States and UTs. Only 3 states viz. Manipur (2.2), Meghalaya (2.9) and Bihar (3.0) have TFR above replacement levels now.
- Overall Contraceptive Prevalence Rate (CPR) has increased substantially in most States/UTs. Use of modern methods of contraception has also increased in almost all States/UTs.
- Full immunization drive among children aged 12-23 months has recorded substantial improvement across states.

Indigenous Fermented Foods as a Potential Source of Probiotic Foods

- Food fermentation has been used traditionally since long back to preserve and improve the nutrition value.
- Fermented foods provide health promoting benefits owing to the presence of functional properties that have been produced during the fermentation process.
- These fermented foods can be exploited as a probiotic carrier due to the presence of lactic acid bacteria.

Mental health and its correlates among children and adolescents during COVID-19 school closure: The importance of parent-child discussion

- A cross-sectional online survey of 4-342 primary and secondary school students from Shanghai, China was conducted during March 13-23, 2020.
- The three most prevalent symptoms were: anxiety (24.9%), depression (19.7%), and stress (15.2%). Participants were generally satisfied with life and 21.4% became more satisfied with life during school closures. Senior grades were positively correlated with psychopathological symptoms and negatively associated with life satisfaction, whereas the perceived benefit from home quarantine and parent-child discussions on COVID-19 were negatively correlated with psychopathological symptoms and positively correlated with life satisfaction. Among participants who perceived no benefit from home quarantine, those who had discussions with their parents about COVID-19 experienced less depression, anxiety, and stress.
- Mental health problems and resilience co-existed in children and adolescents during the COVID-19 outbreak. Given the important role of parent-child discussions, open communication between parents and children about the pandemic should be encouraged to help children and adolescents cope with mental health problems in public health crisis.

Serum Institute of India launches India's first fully indigenously developed pneumococcal vaccine, 'PNEUMOSIL'



Dr Harsh Vardhan, Union Minister for Health and Family Welfare inaugurated India's first pneumococcal vaccine.

- Pneumonia is the single largest infectious cause of death among children under five years of age worldwide, accounting for nearly 10 lakhs deaths globally.
- The vaccine "Pneumosil" has been developed by the Serum Institute of India Private Limited (SIPL) in collaboration with partners like the Bill and Melinda Gates Foundation.
- PNEUMOSIL® is similar as the paediatric pneumococcal vaccine already on the market, but more affordable than the existing PCVs and provide comparable protection by targeting the most prevalent serotypes 1, 5, 6A, 6B, 7F, 9V, 14, 19A, 19F & 23F.