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Health problems of khanderayanahalli in Haveri District of Karnataka

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INTRODUCTION

WHO definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This fact file highlights the important aspects of mental health and disorders. The characteristics of a healthy person include a high level of high-density lipoprotein cholesterol, a low resting heart rate, balanced muscular strength, a high level of cardiovascular fitness and being happy in work and home life. The Division of Health Care Services provides access and oversight to the full range of appropriate Medicaid health care services to all eligible Alaskans in need. These services include but are not limited to hospitals, physicians, pharmacy, dental, vision, durable medical equipment, and transportation. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. The detailed study of people in Khanderayanahalli, Haveri district is explained below.

TABLE– 1 RESPONDENTS OCCUPATIONAL ATTAINMENT OF ENTIRE GENERATION

Sl.no	Family members	OTHER	AGRICLTURE	COOLIE	LABOR	SERVICE
1	Grand father	01	25	13	03	00
2	Grand mother	04	19	16	03	01
3	Father	01	19	20	02	00
4	Mother	00	12	22	02	07
5	Children	00	05	19	01	01

Respondent's family background (entire family data)

The above data clearly shows that there were 124 male members in the family and 115 female members in the family which was interviered among them married male members were 61 female were 55 and un- married male were 66 female were 54

Education level in respondent's family

The data shows that there were illiterate 48 members and who studied primary were 87. The members who finished SSLC were 59 and graduate were 11 and Post graduation degree holders were 3 members and professional courses persuers were 8 of them.

Occupations performed in respondent's family

The data show that there were 3 members who had no job to do. 50 members did coolie work. Electrical work was done by 1 and agriculture work was done by 22 members lastly, house wife were 24 and job holders were 24.

GRAND FATHER

The above data shows that 25 (51.00%) respondent's grandfather worked as agriculturist and 13 (27.00%) respondents grandfather worked as coolie and 3 respondent's grandfather (6.00%) worked as labor 1 respondent's grandfather (2.00%) and as the other rest 7 respondents (14.00%) data was unavailable.

GRAND MOTHER

As far as grandmother are concerned 19 respondents (39.00%) worked as agriculturists and 16 respondents (33.00%) as coolie, 3 respondents (6.00%) as labour 1 respondent (2.00 %) as service 4 respondents (8.00 %) worked other professions. As far as left 6

14 respondents (28.57%) said scarecity of water.

Conclusion

The people of khanderayanahalli suffered from common ailments like fever, headache, cold and cough, skin diseases like scabies, eczema, eye disease diarrhoea and dysentery, jaundice, pain in abdomen, were also found in the village. Apart from these the major health problem was heart related problems which is caused by Alcohol consumption and food habits. Some of the reasons are given below.

The Latrine facility in the village is needed to improve as only 45 percent of the families have the latrine facility in the house and 55 percent of the families go field defecation. In order to improve health and hygiene villagers need to build toilet facilities and political institutions need to build community toilet system for the usage of those who do not have toilets. Nearly 50 percent of the respondents and their families do not wash their hands with soap after field defecation they wash with plain water and ash. The same response was obtained when they were asked whether they wash their hands with soap before having their food. It was mainly due to their ignorance and economic condition of their families.

The people of Khanderayanahalli take both vegetarian and Non-vegetarian. The source of Non-vegetarian is mainly Mutton, chicken and fish. They prepare the food at home only. Nearly 90 percent of the respondents take Non-vegetarian twice in a week. The people of Khanderayanahalli (especially elders) need to be careful in the consumption of both liquor non vegetarian as the study shows that nearly 53 percent of people are suffering from heart related problems, blood pressure and sugar etc. and rest are suffering from minor ailments.

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