

A black and white photograph of a person walking on a stone path through a dense forest. The path is made of large, flat stones and is surrounded by thick, gnarled tree roots that hang down from the trees. The person is wearing a light-colored, long-sleeved shirt and a dark skirt, and is carrying a bag on their shoulder. The background is filled with more trees and foliage, creating a sense of a deep, natural setting.

Universal Health Coverage

*Experience from
Meghalaya*

Sampath Kumar
September 25, 2022

We have been using the **State Capability Enhancement Project (SCEP)** approach that aims to build state capability by solving critical development challenges in Meghalaya.

Mission Trajectory

We started by mapping common

Technical Challenges

- Deficient Health Infrastructure
- Lack of Trained Human Resources
- Geographical challenges and Transportation Issues
- Default explanations like vaccine hesitancy / low levels of health seeking behaviour

District reviews (PDIA) and analysis revealed deeper **Socioeconomic Issues**

Gender Issues:

- Matrilineal Society but low women's agency
- Low Birth Spacing
 - Teenage Pregnancy
 - Anaemia

Poverty & low trust:

Causing low demand for healthcare

We brought **State Health Policy**

But policy is not enough:

- Low implementation capability
- Lack of sense of purpose in our systems
- Poor coordination among functionaries

We brought **State Capability Enhancement** approach

- Bring **clarity of purpose** at all levels, including political
- **PDIA**: iterative, problem-solving
- **Data & feedback** loops for learning
- **Collaboration** between depts & across hierarchies

Adaptive Challenges

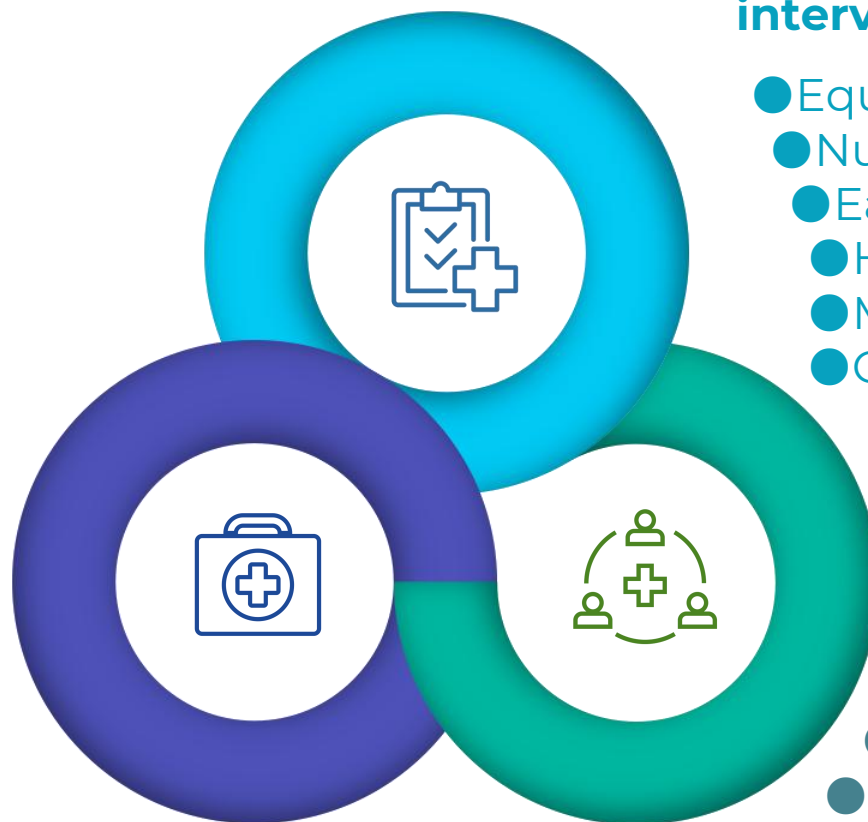
Meghalaya Health Policy 2021

provides the guiding framework (3-dimensional) for UHC in the state

CURATIVE

Health Institutions

- Primary, Secondary and Tertiary Care
- MHIS / PM-JAY
- Telemedicine
- CHCs as FRUs



PREVENTIVE

Demand + Supply side interventions

- Equitable access
- Nutrition and Fitness
- Early diagnosis - PPHM
- Health Education
- MHIS
- CPHC

ENABLING

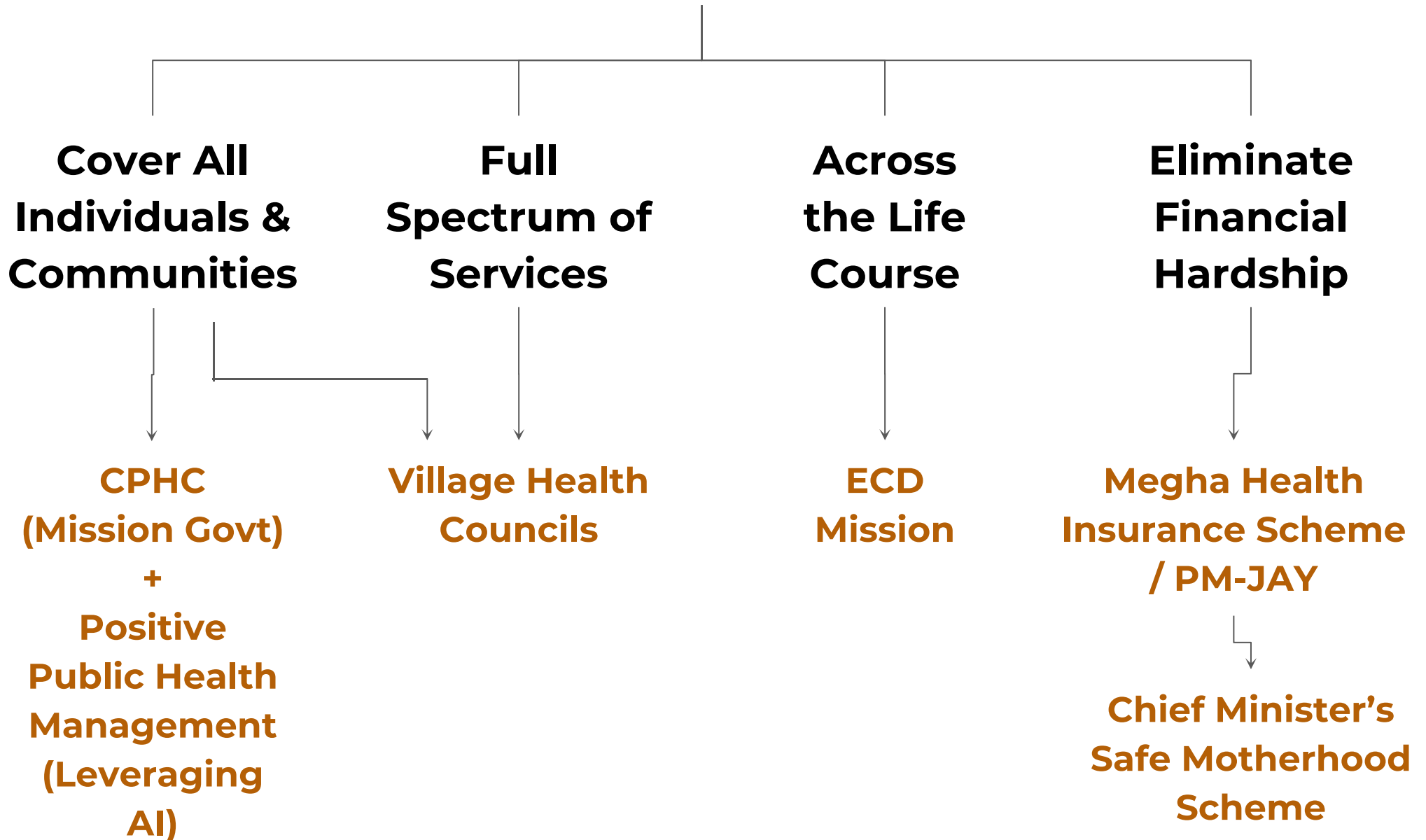
Policy + Measures

- Village Health Councils
- Capability building
- Gender Equality - VEC
- Social Audit
- ECD Mission
- CM-SMS

UHC as Defined by World Health Organization

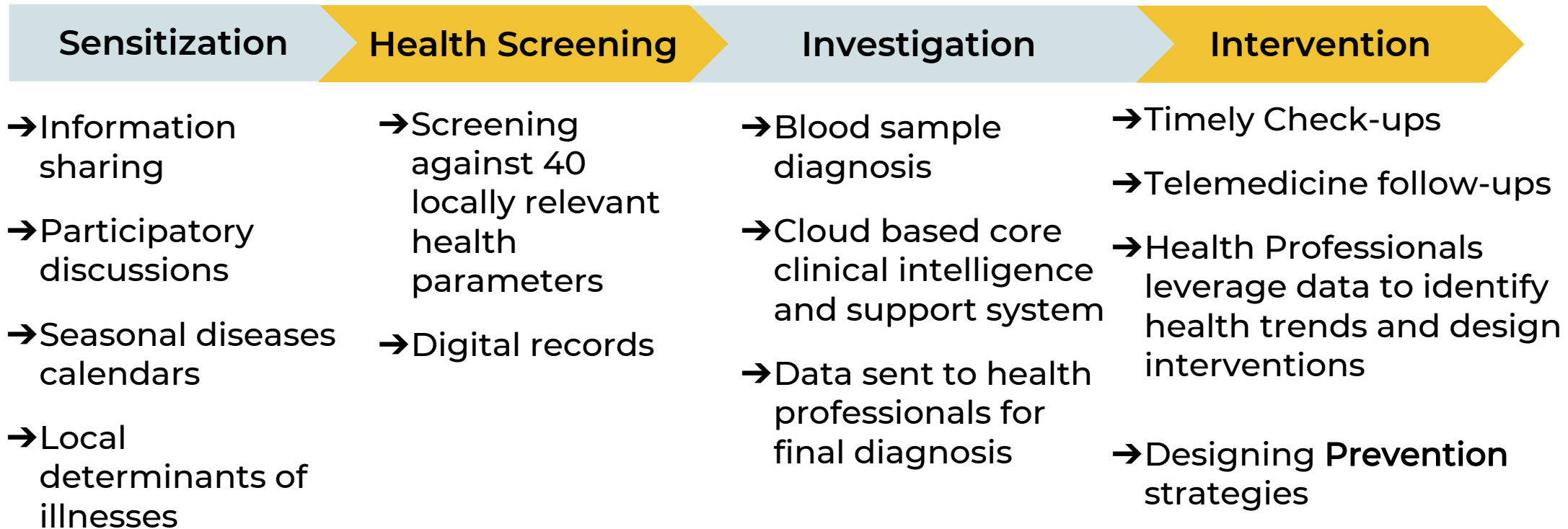
UHC means that **all individuals and communities** receive the health services they need **without suffering financial hardship**. It includes the **full spectrum of essential, quality health services**, from health promotion to prevention, treatment, rehabilitation, and palliative care **across the life course**.

Translating Principles to Practice



Positive Public Health Management

Driving a paradigm shift from disease management to Disease Prevention through community mobilisation and by leveraging digital technology and AI



Tests are suggested as per age group and gender, and span **across common NCDs** such as *Hypertension, Diabetes, Thyroid, Cholesterol, Prostate cancer screening, Vitamin A, D, and B12 deficiencies.*

Pilot Experiment under Smart Village Movement Project in collaboration with UC Berkeley and Maya MD App



Village Health Councils

- Building strong **community institution** for community **action and ownership** on health and nutrition.
- **Discuss common health challenges** and facilitate local problem solving and action.
- **Hold state systems accountable** for delivery of services by highlighting gaps and needs
- **Implement health infrastructure projects** based on the need of the community

ECD Mission

Challenges

- Our current systems have a narrow focus on nutrition and cognitive development aspect is sidelined
- We are providing supplementary nutrition (SNP), but it is not locally sensitive
- There is limited community ownership of Anganwadi Centres (AWC)
- We don't have any robust practice of home visits to coach parents on early childhood development

Approach

1 Health & Nutrition

- Egg and hot-cooked meals for children and pregnant and lactating women
- PLA for improving health outcomes

2 Mental Stimulation

- AWCs to provide early childhood education activities
- Children to spend one fourth of their time at AWC in a stimulating environment

3 Coaching Parents

Regular home visits and fortnightly VHC / VO meetings to:

- Sensitize parents on the importance of early childhood period
- Coach parents on positive parenting and healthy diets



Megha Health Insurance Scheme – PM-JAY

universal health insurance scheme that provides health insurance to all residents of the state.

Innovations to Address Local Challenges

Take up preventive health is low in the state	OPD Coverage of INR 30,000 for maternity and childcare care, antenatal care, etc.
Low registration, particularly in remote areas	Facilitate easy registration at the point of care
Low awareness about the scheme	SHG network and VHCs being used to spread awareness

CM Safe Motherhood Scheme

People and frontline workers face issues with transportation



MOs can hire vehicles (even 4x4 if needed) for both frontline workers and women

Women don't come early for delivery as they worry about cost and logistics



Sector Teams can start transit homes where women and their partners can stay for up to 10 days before EDD

Women prefer to deliver at home because they are concerned about their other children



Women can bring their children to the transit home where they will be given proper care and nutrition

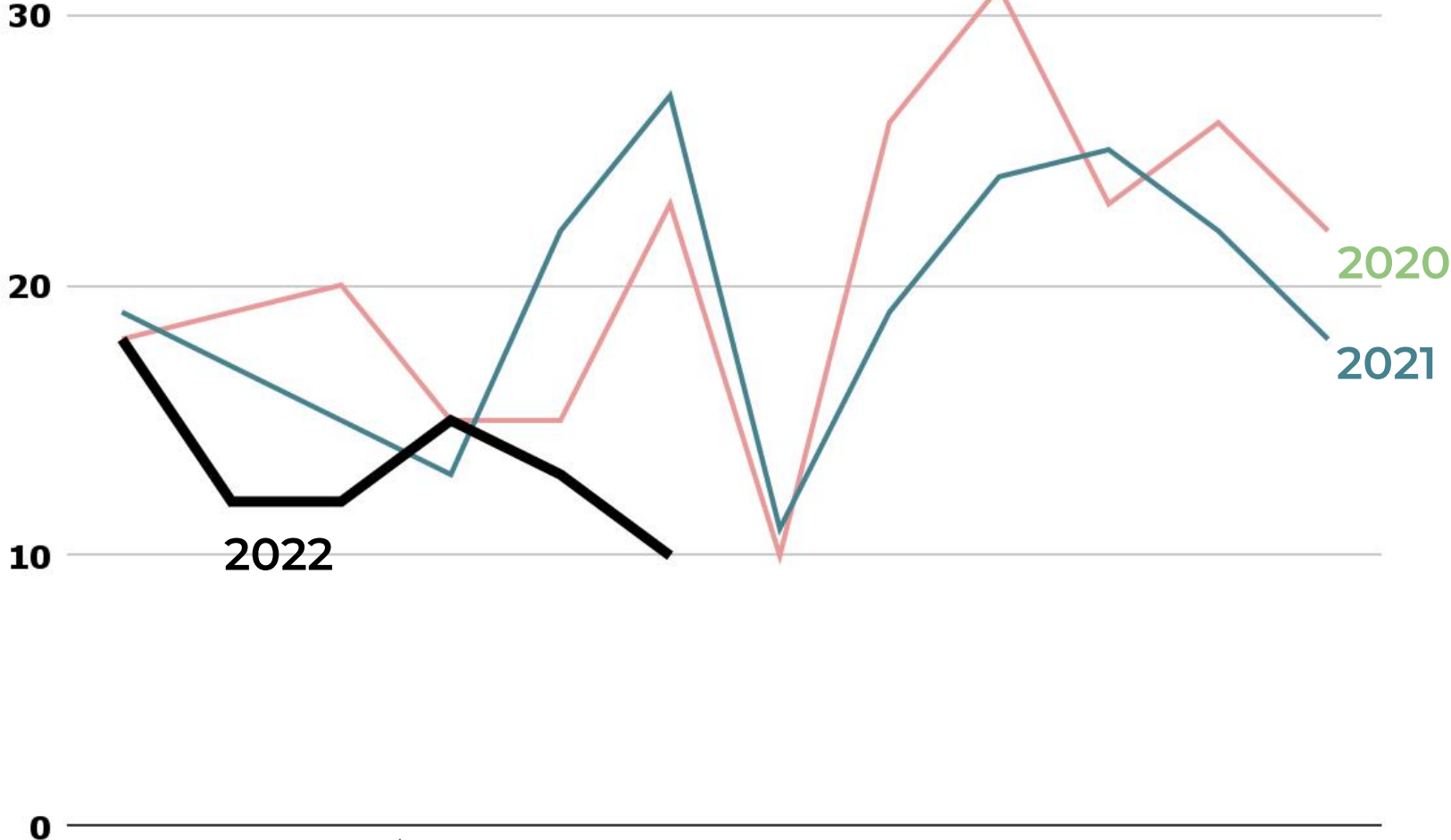
Many women trust TBAs and are more comfortable working with them



Women can bring their TBAs along with them to the transit home and for delivery

Data Trends

Maternal Deaths



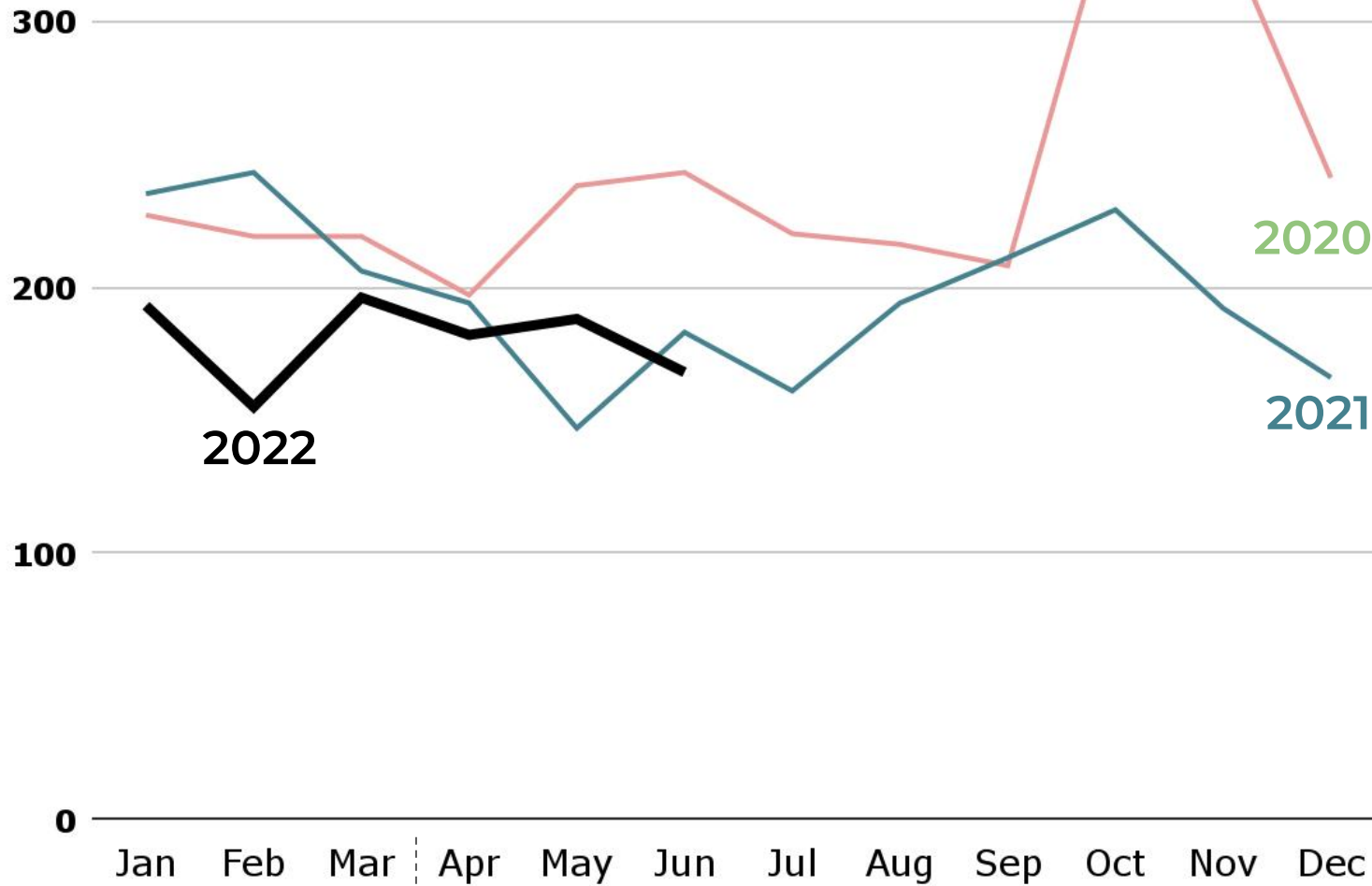
18% Reduction
(from 2021 to 2022)

<i>Jan to Mar</i>	
2020	57
2021	51
2022	42

<i>Apr to Jun</i>	
2020	55
2021	64
2022	38

40% Reduction
(from 2021 to 2022)

Infant Deaths

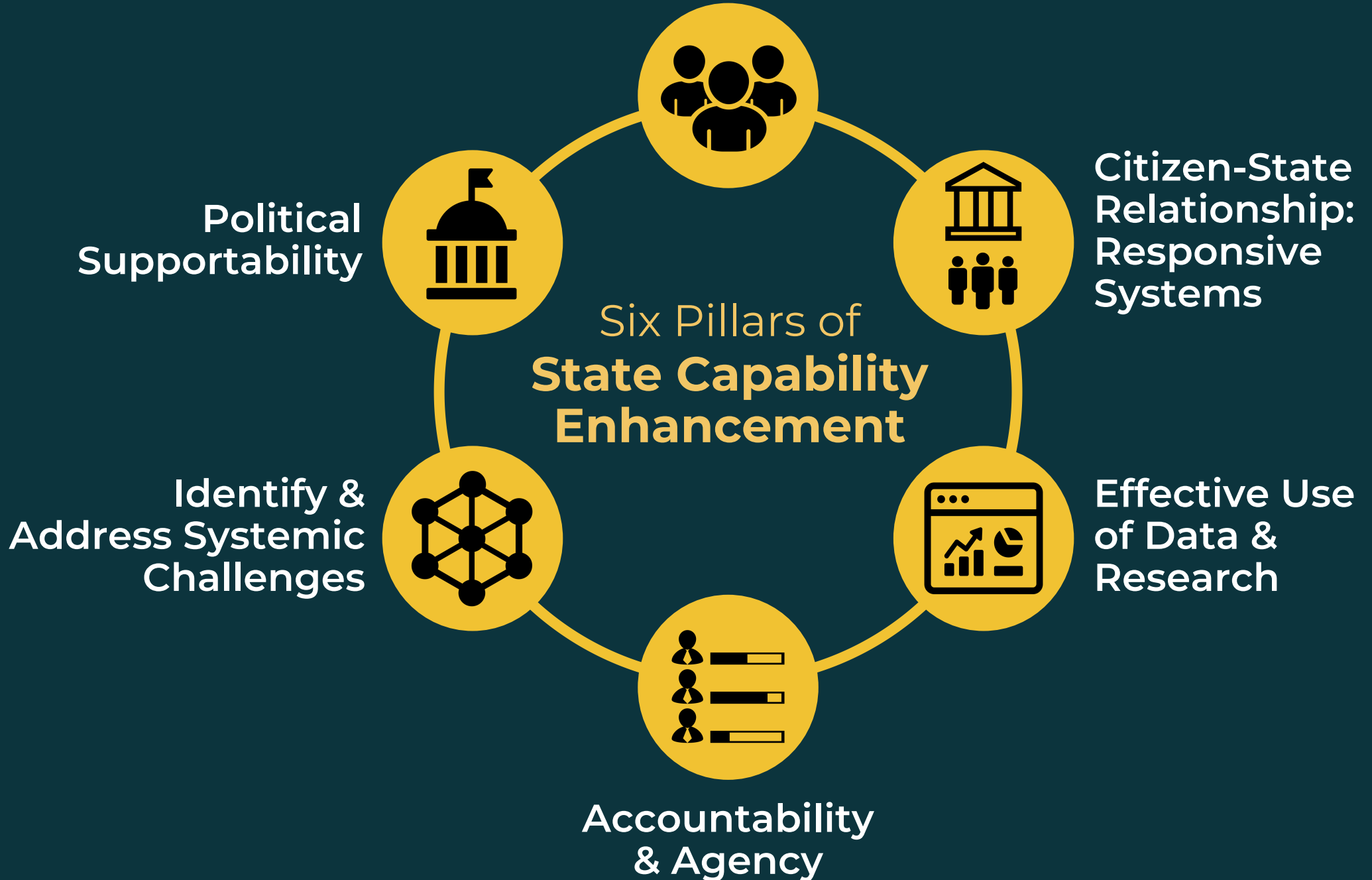


**20%
Reduction**
(from 2021 to 2022)

<i>Jan to Mar</i>		<i>Apr to Jun</i>	
2020	665	2020	678
2021	684	2021	524
2022	544	2022	538

Appendix

Local leadership through Problem-Solving



Thank you!

“The size of your dreams must always exceed your current capacity to achieve them. If your dreams do not scare you, they are not big enough”

- Ellen Johnson Sirleaf 2011