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## CLASS NOTES-ANSWERS

- 1) In this chapter, you have read that health is a wider concept than illness. Observe this quote from the Constitution and explain the terms 'living standard' and 'public health' in your own words. ***An important aspect of the Constitution says it is the "duty of the state to raise the level of nutrition and the standard of living and to improve public health".***

**Answer:** Living standard is defined as an individual's level of living with regard to wealth, comfort, material goods and, in this context, health. Living in excellent hygienic conditions is a good indicator of how high the living standard of an individual or the nation in general is. On the contrary, the lower the hygiene standards, the lower the living standards. An example of a low living standard is staying in dirty surroundings and consuming unhygienic food.

Public health is defined as the science of protecting and improving the general health of the general population through education, policymaking and research on disease and injury prevention. Indicators such as mortality rate, birth rate, nutrition index, etc., measure how good or bad public health is for a given population.

- 2) What are the different ways through which the government can take steps to provide healthcare for all? Discuss.

**Answer:** The government can take steps to provide healthcare for all by:

- Increasing the number of hospitals, healthcare centres, and family welfare centres.
- Organizing free camps for the check-up of the general public.
- Organizing Pulse Polio campaigns.
- Spreading health awareness among common people through different means. Workshops, seminars, and training camps can also prove to be effective ways.



- 3) What differences do you find between private and public healthcare services in your area? Use the following table to compare and contrast these.

Facility	Cost of Services	Availability of Service
<b>Private</b>		
<b>Public</b>		

Answer:

Facility	Cost of services	Availability of service
<b>Private</b>	High, very expensive	Everything is available but at a high cost
<b>Public</b>	Either free or at a subsidized cost	There is always a rush at public hospitals. Even though basic services are available, they are inadequate for the large number of patients visiting such hospitals

- 4) Improvement in water and sanitation can control many diseases.' Explain with the help of examples.

**Answer:** Yes, improvement in water and sanitation can easily control many diseases as they are the prime source of the spread of diseases. Many diseases, like cholera, dysentery, diarrhea, etc., are caused by contaminated water and poor sanitation. The diseases that the vast majority of people suffer from are due to the food they eat or drink and due to the nature of the environment they live in. Since clean water and sanitation facilities can help check these conditions, spreading diseases can be easily stopped.