

Guest Editorial

World Health Day 2024 – My Health, My Right

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INTRODUCTION

Hot climates are a significant issue we face daily, exacerbated by global warming, which is a major factor in rising temperatures, particularly during summer. Climate change is driven by human activities including deforestation, urbanisation and burning fossil fuels, all of which contribute to air pollution and damage the ozone layer. These actions cause temperature increases and sea levels to rise due to melting glaciers, affecting coastal areas.

THEME OF THIS YEAR 2024: MY HEALTH, MY RIGHT

Air pollution also deteriorates the quality of air we breathe. In our union territory, air quality is moderate, with pollution levels at 15.5 µg per cubic meter, primarily due to urbanisation. This not only impacts air quality but also contributes to water scarcity, a critical issue as clean air and safe drinking water are fundamental human rights.

Urbanisation affects housing quality as well. The increasing need for space leads to deforestation and reduced living space. Alongside this, there is a need for better education, especially on environmental risks. Improving education can guide younger generations to protect the environment and reduce pollution.¹

Nutrition is another crucial factor that needs attention. According to the 2023 Hunger Index, India ranks 111th out of 125 countries, highlighting on-going poverty and malnutrition. Despite various government schemes, there is

insufficient knowledge about proper nutrition – what to eat, when and how much.

To reduce mortality and morbidity, we must address persistent gender-based discrimination in healthcare and raise awareness, crucial for achieving health equity and effective healthcare system.

Improving environmental awareness will lead to better health outcomes for individuals and communities. It is crucial to understand that ‘my health, my right’ is a fundamental principle. Educating young people about their right to health and empowering them with knowledge is essential for building a healthier and more equitable India. By fostering this awareness, we can create a better future for all.²

CONCLUSION

Everyone should recognise that access to healthcare is their fundamental right, and it must be provided without any form of discrimination.

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