

## Health Status and Access to Health Care Services in Jammu and Kashmir State

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**Abstract** - Human capital, as characterized by good education and good health is an important determinant of economic growth. Health finds a predominant place in three of the eight goals, eight of the sixteen targets and eighteen of the forty-eight indicators of the “Millennium Development Goals of the United Nation”. Health is the most important social service sector having direct correlation with the welfare of the human being. This sector assumes focus for reaping the demographic dividend having healthy productive workforce and general welfare of a State. The State of Jammu and Kashmir has performed relatively well in providing health and medical facilities to the people, but the level is still beneath the satisfaction. The progress of health infrastructure in the State can be judged by the health infrastructure i.e., the availability of hospitals, dispensaries and doctors. There are 4433 Govt. Health institutions at primary, secondary and tertiary levels with 6674 doctors in-position. The doctor patient ratio in our State is 1:1880 as against the recommendations of World Health Organization (WHO) of 1:1000. The doctor patient ratio at the National level is 1:2000. Besides, 826 sub-centers, 371 New Type Primary Health Centers (NTPHCs) and 87 ISM dispensaries have been sanctioned recently. Further, 1443 Specialists, MBBS/AYUSH doctors and 5494 paramedics have been hired on contract basis under National Health Mission (NHM) respectively. The Bed Capacity of different hospital under GMC Srinagar /Jammu and its associate hospitals in the State is 12965 comprising of 6967 in Kashmir and 5998 in Jammu regions. Most of the health indices of the Jammu and Kashmir are far better as compared to all India level. This is especially a case with life expectancy, Crude Birth Rate, Crude Death Rate, Infant Mortality Rate and Institutional Births.  
**Keywords**- Health, Sex Ratio, Nutrition, Water Supply, Sanitation.

### I. INTRODUCTION

Health is an essential input for the development of humans. The health status of the population reflects a crucial aspect of human development i.e. physical and mental capacity which combined with appropriate skill and competence, forms valuable human capital of a nation. Human being, the essence of all development strategies, health constitutes an integral and essential component of the overall social and economic development strategy. As development cannot be measured in economic terms alone, the ultimate goal of development is the improvement in quality of life and the best feasible satisfaction of human needs through basic health care, safe drinking water, sufficient food, sanitation etc. In order to determine the health status in a society, the relevant variables would be the expectation of life at birth,

the mortality rates particularly the infant mortality rate (IMR) and the prevalence of various health facilities particularly the number of doctors and paramedical staff, the health institutions like hospitals, health centers and the public health facilities.

### II. HEALTH CARE SERVICES AND HEALTH INDICES IN JAMMU AND KASHMIR

In Jammu and Kashmir State, “Health Care Services” is important not only for human resource development, but also for restoring the faith of the people in the institutions of governance. The main thrust of these services includes; delivery in the areas of preventive, promotive and rehabilitative health care services at primary, secondary and tertiary level. Primitive health care system inherited from the independence period has undergone enormous changes in establishing advanced network of health delivery system of the State.

Initially it was seen that the health status of the people in the State was poor due to prevalence of diseases of various kinds resulting in morbidity and mortality. This was specially so with respect to women and children. The constraints in the improvement of health status of the people included lack of financial resources, dearth of technical staff, and inadequate health infrastructure. Therefore, in order to improve the health status and to achieve the objectives of “Health for All”, the Government of India enunciated the National Health Policy in 1983. In response to this, the State government initiated a number of programmes and activities through which health and medical services could flow to the needy and gradually achieve the aims and objectives set under the national policy. As a result, some improvement was seen in the health status of the people.

The Jammu and Kashmir State has performed relatively well in providing health and medical facilities to the people, but the level is still beneath the satisfaction. The progress of health infrastructure in the state can be judged by the health infrastructure i.e, the availability of hospitals, dispensaries and doctors. There are 3972 health institutions consisting of 115 District/sub district hospitals, 259 Allopathic and 457 Unani dispensaries and Ayurvedic dispensaries, 412 public health centers, 460 medical AIDS and mobile units, 11 TB centers, 2081 family planning centers and sub centers and 55 leprosy sub centers and leprosy control units in 2010-11.

