Health Issues and Challenges among Indian Urban Poor

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Abstract
In the last 60 years since independence, India had achieved considerable improvements in the health of its population as reflected in their life expectancies which have doubled within this period. This article aims at explaining pertinent health-care issues and challenges based on some health indicators in India by using the literature review method that involved collection of material from the online sources, which included government documents, articles and publications related to healthcare, healthcare indicators, poverty, financial burden and coping strategies. To avoid premature deaths among adults, children and maternal mortalities, greater attention should be given to prevention and treatment of non-communicable diseases, and women and other social determinants of health. More attention should also be given to the reduction of births among teenage girls in order to avoid premature morbidity and mortality. To protect the vulnerable and poor, the government should provide more resources since financial burden of curative care is higher among lower income groups. However, in poorer states, the government tends to have relatively low ability to raise their own resources and the people in these states have a lower ability to pay for private insurance. Therefore, it is worthwhile and pertinent that the government initiates social insurance.

Keywords
Health, challenges, mortality, morbidity, access, barriers

Introduction
Illness can affect a human’s life by decreasing the duration of life leading to premature death. However, it has more effect on quality of life caused by functional and structural limitations (Saxena, Chandiramani & Bhargava, 1998). Seeking professional healthcare and treating or preventing health problems by using

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girls in order to avoid premature morbidity and mortality (Bhaumik, 2013; Dubey & Mohanty, 2014). To achieve the objective of universal healthcare, India has to ensure the availability and quality of health services to all Indians and reduce the financial burden of healthcare on individuals. It has to empower individuals to take care of their health and hold the healthcare system accountable. In addition, the entire population should have an entitlement package of healthcare with financing from a combination of private, employer and public sources and the proportion of out-of-pocket expenditure should be reduced (Reddy et al., 2011). To protect the vulnerable and poor, the government should provide more resources since the financial burden of curative care is higher among lower income groups. However, in poorer states, the government tends to have relatively low ability to raise their own resources and the people in these states have a lower ability to pay for private insurance. Therefore, it is worthwhile and pertinent that the government initiates social insurance (Purohit, 2004).

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References