

ABSTRACT

The present study is conducted to investigate India's Health status, its progress and constraints, comparing with the health status of twenty three countries having the highest Gross Domestic Product (GDP > 5 lacks US\$) in the World in 2021. Twenty four countries considered for this study are USA, China, Japan, Germany, UK, India, France, Italy, Canada, Korea Republic, Russian Federation, Brazil, Australia, Spain, Mexico, Indonesia, Netherlands, Saudi Arabia, Turkey, Switzerland, Poland, Sweden, Belgium and Thailand.

Health and health related indicators selected for the study are prevalence of insufficient physical activity, number of deaths from Non-Communicable Diseases (NCDs), children and adult mortality rate, healthy Life Expectancy (HALE), stunting, wasting, underweight and overweight prevalence, health expenditures, Out of Pocket expenditure and Sustainable Development Goal Score. Qualitative indicators are different health policies for promoting physical activities. All the data used for the study are from secondary sources with a time span 2010 to 2021 based on data availability. Most of the data is collected from open website of the WHO as well as the World Bank. Arithmetic annual average, Growth rate, Reduction rate, Average Annual Growth Rate, Average Annual Rate of Reduction and Predicted values based on AAGR and AARR of selected indicators are computed.

In India, the status of the most of the health indicators selected for the study is observed as very poor, concerning other countries. Annual average of Child Mortality, average prevalence of stunting children, prevalence of wasting children, average prevalence of underweight children and underweight adults are highest. HALE at birth and at 60 Yrs. is lowest. India also ranks as the 2nd highest country in average number of deaths from NCDs. The prevalence of insufficient physical activity in adult is also considerably higher. Despite higher initial values, India made little beat progress in Average Annual Rate of Reduction (AARR) in under five Children Mortality, stunting (U-5), children mortality (5-14Yrs.), adult mortality rate in female (15-60 yrs.), rate of Growth in Healthy life expectancy at birth and at 60 Yrs..

By the present trends, India will be far away from the global targets such as 15% relative reduction in the prevalence of insufficient physical activity, to reduce one third of the Premature Deaths from NCDs (SDG target 3.4.1) by 2030, to end Preventable Deaths of Children Under 5 Years of Age (SDG 3.2.1) by 2030 and to end all forms of Malnutrition by 2030 (SDG 2.2).

Average Per Capita Health expenditure and Average Domestic General Government Health expenditure are lowest in India. In addition, Out of Pocket expenditure for health is highest. A Positive association exists between HALE and Domestic General Government Health expenditure. India's direct health care cost attributable to NCD and mental health associated with Insufficient Physical Activity is approx. 322 crore US\$ per year (Ranks as 4th highest country). To Create Active People, WHO emphasizes many policies along with the enhancement of Physical Education and school based programme and incorporation of Physical activity in health and social service.

Immediate bold steps to hike Per capita health expenditure and Domestic General Government Health Expenditure prioritizing intensive and life-course programme, action plans and awareness regarding active life style may change the scenario of India's health status in future.

Keywords: NCDs, Mortality, Insufficient Physical Activity, HALE, Health expenditure, SDGs.