



Solutions Provided By REAN HealthGuru to Nurture Health Behaviours At Young Age

*Using technology to create greater opportunities
for children to adopt a healthy lifestyle.*

India has around **89 million** children with anaemia and is the highest contributor of childhood anaemia. Iron deficiency anaemia is the most common cause of anaemia that could occur due to nutritional deficiencies, chronic conditions, such as inflammatory disorders; and parasitic infestations. It can result in impaired physical growth, motor development, and cognitive development among children. Educational interventions is one of the public health preventive strategies recommended by WHO and UNICEF.

Overview

Youth is the critical phase of life, characterised by major changes in physical, physiological, psychological, and behavioural aspects as well as social interactions and relationships. Habits acquired during youth set the stage for a healthy and productive adulthood. Most school going children are presumed to be healthy but, as per WHO, an estimated 2.6 million young people aged 10 to 24 years die each year and a much greater number of young people suffer from illnesses that hinder their ability to grow and develop to their full potential.

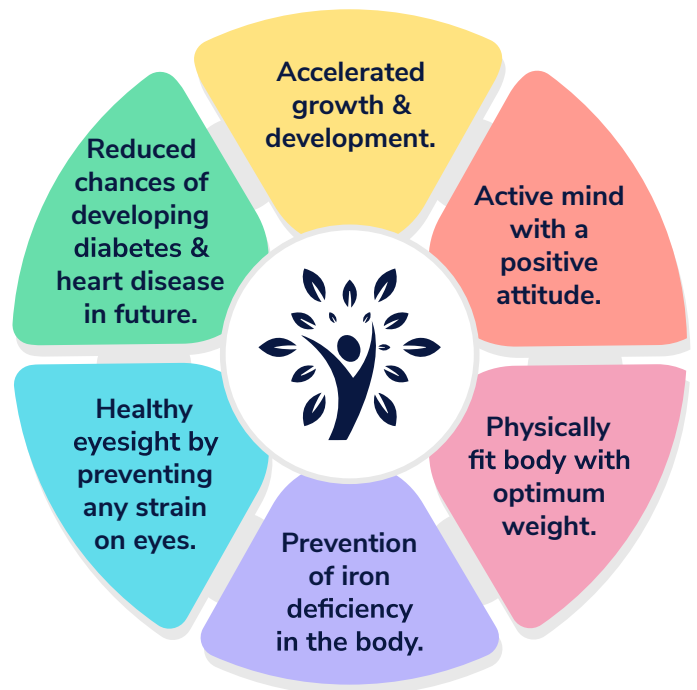


Nearly two-thirds of premature deaths and one-third of the total disease burden in adults are associated with conditions or behaviours initiated in their youth that include tobacco use, physical inactivity, high risk sexual behaviours, injury and violence and others.

50% reduction in diarrhea can be achieved by sharing simple tips around hand hygiene. This raises an urgent need of developing a model for health promotion at schools that is replicable, sustainable, and can be modified to the local needs as well. School Health Promotion is an international need with programmes implementing across continents due to numerous documented benefits, to not just the individuals but to the community and country as a whole.

Motivating children and youngsters to develop lifestyle habits helps them support their good health for years to come. Our emphasis is to work with parents, children and educational institutions to promote health & wellness resources beyond disease & injury prevention. It is important to form a daily routine that focuses on eating nutritious foods, doing regular physical activity, and getting adequate sleep.

These healthy habits form behaviours that contribute in:





What are the key health challenges faced by children and young adults?

Challenges Faced by Students

- Nutrition deficiency including protein and carbohydrate deficiencies and Vitamin A deficiency
- Anaemia
- Poor eyesight
- Fungal infections like Angular Cheilitis
- Lack of dental hygiene leading to cavities and Gingivitis
- Mental stress & anxiety
- Digital addiction
- Non-existent health habits & behaviour

REAN HealthGuru Solution

- Chat with [REAN HealthGuru](#) bot to Gget all information about food nutrition to prevent anemia, poor vision, fungal infections, tooth decay etc. and maintain a healthy body.
- Easily [detect anaemia](#) using a non-invasive application by REAN Foundation.
- Join the community to understand the symptoms of digital addiction and get help to get rid of it.
- Benefit from expert [insights and guidance](#) to develop habits that foster good health with nutritious diet, exercise and less mental stress.

52% children aged 6 to 8 years have had a cavity in their primary teeth whereas **57%** children aged 12 to 19 have had a cavity in their permanent teeth according to CDC (Centers for Disease Control and Prevention). Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. They can also lead to severe infection under the gums which can spread to other parts of the body and have serious, and in rare cases fatal, results.

Poor personal hygiene and inadequate sanitation practices among young children leads to communicable diseases. Technology can play an important role in terms of enhancing hygiene knowledge and practices among school children and mothers, alongside exploration of mothers and teachers' insights into whether or not the intervention has been effective in improving hygiene practices among children.

Key difficulties faced by parents and educational institutions in providing better health and wellness support:

Challenges Faced by Parents	REAN HealthGuru Value
<ul style="list-style-type: none"> • Lack of knowledge about children's health issues & risks associated with unhealthy food habits. • Shortage of time and money to visit doctors and therapists. • Lack of awareness about immunization and medication. 	<ul style="list-style-type: none"> • Use easy resources through VoiceBots (WhatsApp/Telegram) to understand physical and mental issues in children, appropriate diet and learn how to prevent and manage them. • Become a part of REAN HealthGuru an online community to share your problems and get help from counsellors and doctors. • Monitor immunization like Tetanus vaccine every 5 years.

Challenges/Opportunities for Schools/Educational Institutions	Solutions
<ul style="list-style-type: none"> • Shortage of medical resources to work with educational institutions. • Lack of skills and expertise to develop unique healthcare technological applications to be used by children and parent communities. 	<ul style="list-style-type: none"> • Use REAN HealthGuru application and health chatbot to provide health and wellness assistance to students. • Empower students and parents community by creating a mobile health and wellness platform in partnership with REAN Foundation.

About REAN Foundation

REAN Foundation works as your digital health partner. We create technology solutions that empower users to prevent & self-manage their health condition in the comfort of home. Our team is committed to create technology solutions that help individuals to take ownership, be informed and make smarter choices for long-term health.

Visit our website to learn more:
<https://www.reanfoundation.org/>

References

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