



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20190117

Right to Education Act

Rural students can't do basic arithmetic: Report (The Tribune: 20190117)

<https://www.tribuneindia.com/news/haryana/rural-students-can-t-do-basic-arithmetic-report/714971.html>

The Right to Education Act, introduced in 2009, may have guaranteed inclusive education up to the elementary level, but it has failed to assure basic learning level among children. This has been brought out in the Annual Status of Education Report (ASER) released recently.

NGO Pratham carries out a survey every year across the country to assess the level of learning among schoolchildren.

Children of rural Haryana were found lagging behind in basic arithmetic as only 34.7 per cent of them aged between 8 and 10 years can perform division. Among children in Class III, 2.7 per cent of them cannot even recognise numbers 1 to 9, 12.8 per cent can recognise numbers up to 9 but cannot recognise numbers up to 99 or higher, 30.8 per cent can recognise numbers up to 99, but cannot do subtraction, 34.3 per cent can do subtraction but cannot do division, and 19.4 per cent can do division.

Of the children studying in Class III to V, only 58.7 per cent of them can read Class II text and only 65.8 per cent can at least do subtraction. Learning takes a hit in higher grades as in Class VIII, only 19 per cent of students can do subtraction, but they cannot do division.

In Class I, 23 per cent of students cannot read a letter and 29 per cent can read a letter, but not a word.

There is little improvement in Class II as the percentage of students who cannot read a letter drops to 8.2. However, 20.9 per cent of students in Class II cannot read a word.

In Class VIII, 11.1 per cent of students cannot read Class II texts. This shows no attention is given to basic learning.

The report also brings forth the shoddy learning environment for primary classes. A whopping 40.9 per cent of schools had merged Class II with other classes.

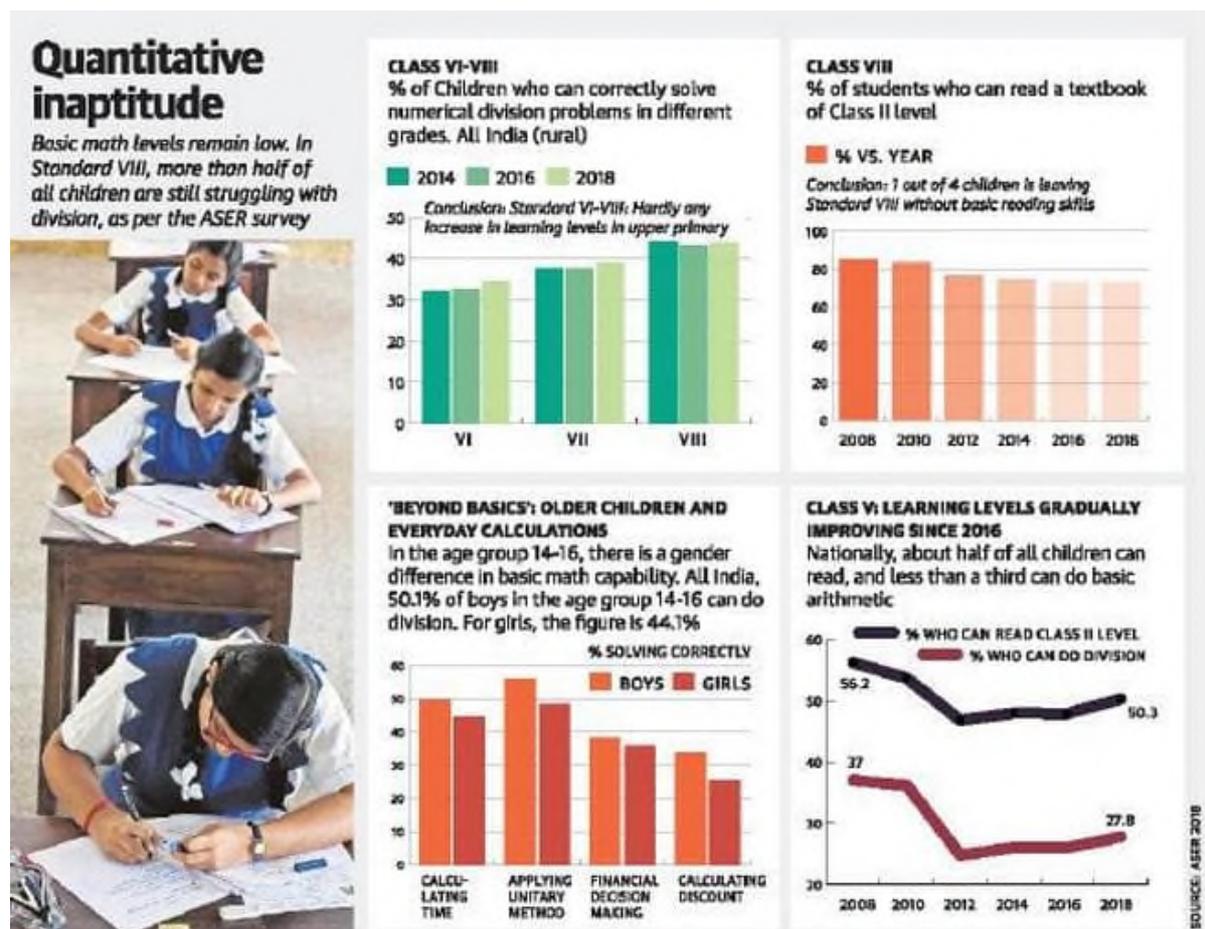
Schools in the state have not been maintaining the pupil-teacher ratio as per the RTE Act, which stipulates 30:1 ratio till Class VIII. The findings reveal that 23.7 per cent of schools are not complying with the pupil-teacher ratio and 20 per cent of schools not complying with the classroom-teacher ratio.

As for the amenities in schools, 11.6 per cent of them don't have drinking water facility and 4.8 per cent have no provision for girls' toilets.

Numeracy skills of rural Class VIII students'

Slump in numeracy skills of rural Class VIII students' (The Hindu: 20190117)

<https://www.thehindu.com/todays-paper/tp-national/slump-in-numeracy-skills-of-rural-class-viii-students/article26008931.ece>



What is $919/6$? More than half of Class VIII rural students do not know, according to 'The Annual Status of Education Report (ASER) 2018'

While there has been some improvement in the reading and arithmetic skills of lower primary students in rural India over the last decade, the skills of Class VIII students have actually seen a decline.

The Annual Status of Education Report (ASER) 2018, the results of a yearly survey that NGO Pratham has been carrying out since 2006, shows that more than half of Class VIII students cannot correctly solve a numerical division problem and more than a quarter of them cannot read a primary level text.

Those figures are worse than they were a decade ago. In 2008, 84.8% of Class VIII students could read a text meant for Class II; by 2014, only 74.6% could do so, and by 2018, that percentage had fallen further to 72.8%.

Four years ago, 44.1% of students in Class VIII could correctly divide a three digit number by a single digit number; in 2018, that figure had fallen slightly to 43.9%.

Noting that the “additional value added in terms of math skills for each year of schooling is low,” Pratham researchers concluded that “without strong foundational skills, it is difficult for children to cope with what is expected of them in the upper primary grades.”

The picture is slightly more encouraging at the Class III level, where there has been gradual improvement since 2014. However, even in 2018, less than 30% of students in Class III are actually at their grade level, that is, able to read a Class II text and do double digit subtraction. “This means that a majority of children need immediate help in acquiring foundational skills in literacy and numeracy,” said Pratham

These overall percentages also camouflage wide differences in skill level between States, or even between students in a single classroom.

For example, Pratham found that almost half of Class III students in government schools in Himachal Pradesh can read a Class II level text, while another quarter can read a Class I level text. This allows the teacher to use grade level textbooks for most of the class, although the rest will need ongoing support for basic skills.

In government schools in Uttar Pradesh, however, a quarter of students cannot recognise letters yet, while another 37% can recognise letters, but not read words. Urgent and immediate help is needed if these students are not to be left behind.

The ASER survey covered almost 5.5 lakh children between the ages of 3 and 16 in 596 rural districts across the country. In an encouraging trend, it found that enrolment is increasing and the percentage of children under 14 who are out of school is less than 4%.

The gender gap is also shrinking, even within the older cohort of 15-and-16-year-olds. Only 13.6% of girls of that age are out of school, the first time that the figure has dropped below the 15% mark.

Lancet's diet plan for the world

Cut red meat, sugar by 50%: Lancet's diet plan for the world (The Hindu: 20190117)

<https://www.thehindu.com/sci-tech/health/cut-red-meat-sugar-by-50-lancets-diet-plan-for-the-world/article26006994.ece>

Food	Macronutrient intake (gm/day)	Caloric intake (kcal/day)
Whole grains	232	811
Tubers	50	39
All vegetables	300	78
Fruits	200	126
Dairy foods	250	153
Beef, lamb, pork	14	30
Chicken	29	62
Eggs	13	19
Fish	28	40
Legumes	75	284
All sugars	31	120

The new diet could avert around 11 million premature deaths a year.

With the ideal diet, your life would be less sweet but your lifespan would be longer. Cut consumption of sugar and red meat by 50%, and increase the intake of fruits, vegetables, and nuts — that is the top recommendation of a worldwide diet plan according to a special report released on Thursday by the journal Lancet. Such a diet would not only be healthier but also more environment-friendly.

The EAT-Lancet Commission, an independent non-profit consisting of 19 scientists and 18 co-authors from 16 countries, was tasked with developing global scientific targets for a healthy diet and sustainable food production.

The experts on this panel from India included Srinath Reddy of the Public Health Foundation of India and Sunita Narain of the Centre for Science and Environment.

The Commission recommended that the average adult, whose daily requirement is about 2,500 calories, must strive to source around 800 calories from whole grain (rice, wheat or corn), 204 calories from fruits and vegetables, and not more than 30 calories from red meat (beef, lamb or pork). It also suggested that the ideal diet should have no “added sugar” or “added fat”.

Unhealthy diets are the leading cause of ill-health worldwide, and following this healthy diet could avoid approximately 11 million premature deaths a year, the report said.

UN goal

“These global targets define a safe operating space for food systems that allow us to assess which diets and food production practices will help ensure that the UN Sustainable Development Goals (SDGs) and the Paris Agreement [on Climate Change] are achieved,” said a press statement accompanying the report.

Though the Commission’s recommendations for a healthy diet do include red meat, it emphasises that “global targets” ought to be applied “locally” and must keep in mind “cultural sensitivities”. That means the protein requirement from meat can be substituted, with, say, legumes or equivalent substitutes.

Cut red meat, sugar by 50%: Lancet’s diet plan for the world

People in North American countries eat almost 6.5 times the recommended amount of red meat, while those in South Asia eat only half the recommended amount. All countries are eating more starchy vegetables (potatoes and cassava) than recommended, with intakes ranging from between 1.5 times above the recommendation in South Asia to 7.5 times the optimum level in sub-Saharan Africa.

Dramatic change

“The world’s diets must change dramatically. More than 800 million people have insufficient food, while many more consume an unhealthy diet that contributes to premature death and disease,” said co-lead Commissioner Dr. Walter Willett of Harvard University. “To be healthy, diets must have an appropriate calorie intake and consist of a variety of plant-based foods, low amounts of animal-based foods, unsaturated rather than saturated fats, and few refined grains, highly processed foods, and added sugars.”

The researchers also modelled the effects of a global adoption of such a diet on deaths from diet-related diseases.

Three models each showed major health benefits, suggesting that the new diet could globally avert 10.9-11.6 million premature deaths a year.

The report shared a road map to help global populations move towards such a diet by 2050. These include re-orienting the focus of agriculture from large-scale production of a few crops to “a diverse range of nutritious foods from biodiversity-enhancing food production systems”.

Sleeping

Less than six hours of night sleep May up heart disease risk: Study (The Tribune: 20190117)

<https://www.tribuneindia.com/news/health/less-than-six-hours-of-night-sleep-may-up-heart-disease-risk-study/714195.html>

People who sleep less than six hours a night may be at an increased risk of cardiovascular diseases compared to those who sleep for seven to eight hours, according to a study.

The study, published in the Journal of the American College of Cardiology, found that poor quality sleep increases the risk of atherosclerosis—plaque buildup in the arteries throughout the body.

"Cardiovascular disease is a major global problem, and we are preventing and treating it using several approaches, including pharmaceuticals, physical activity and diet," said Jose M Ordovas from the Centro Nacional de Investigaciones Cardiovasculares Carlos III (CNIC) in Spain.

"But this study emphasises we have to include sleep as one of the weapons we use to fight heart disease—a factor we are compromising every day," said Ordovas, who is also associated with Tufts University in the US.

This is the first study to show that objectively measured sleep is independently associated with atherosclerosis throughout the body, not just in the heart, researchers said.

Previous studies have shown that lack of sleep raises the risk of cardiovascular disease by increasing heart disease risk factors such as glucose levels, blood pressure, inflammation and obesity, they said.

The new study included 3,974 bank employees in Spain and used imaging techniques to detect the prevalence and rate of progression of subclinical vascular lesions in a population with an average age of 46 years.

All participants were without known heart disease and two-thirds were men. All participants wore an actigraph, a small device that continuously measures activity or movement, for seven days to measure their sleep.

They were divided into four groups: those who slept less than six hours, those who slept six to seven hours, those who slept seven to eight hours and those who slept more than eight hours.

The participants underwent 3D heart ultrasound and cardiac CT scans to look for heart disease.

The study found that when traditional risk factors for heart disease were considered, participants who slept less than six hours were 27 per cent more likely to have atherosclerosis throughout the body compared with those who slept seven to eight hours.

Similarly, those who had a poor quality of sleep were 34 per cent more likely to have atherosclerosis compared with those who had a good quality of sleep.

Quality of sleep was defined by how often a person woke during the night, and the frequency of movements during the sleep which reflect the sleep phases.

"It is important to realise that shorter sleep duration that is of good quality can overcome the detrimental effects of the shorter length," Fuster said.

The study also suggested sleeping more than eight hours a night may be associated with an increase in atherosclerosis.

While the number of participants who slept more than eight hours was small, the study found women who slept more than eight hours a night had an increased risk of atherosclerosis.

Alcohol and caffeine consumption were higher in participants with short and disrupted sleep, the study found.

"Many people think alcohol is a good inducer of sleep, but there's a rebound effect," Ordovas said.

"If you drink alcohol, you may wake up after a short period of sleep and have a hard time getting back to sleep. And if you do get back to sleep, it's often a poor-quality sleep," Ordovas said.

While some studies show drinking coffee can have positive effects on the heart, Ordovas said it can depend on how quickly a person metabolises the coffee.

"Depending on your genetics, if you metabolise coffee faster, it won't affect your sleep, but if you metabolise it slowly, caffeine can affect your sleep and increase the odds of cardiovascular disease," he said. — PTI

Contraceptives

Contraceptives may soon be administered via pain-free patch'(The Tribune: 20190117)

<https://www.tribuneindia.com/news/health/-contraceptives-may-soon-be-administered-via-pain-free-patch/714168.html>

Scientists have designed a novel long-acting contraceptive that can be self-administered by women using a painless microneedle skin patch.

The research, published in the journal Nature Biomedical Engineering, may pave the way for a new family planning option, particularly in developing nations where access to healthcare can be limited.

Long-acting contraceptives now available provide the highest level of effectiveness, but usually require a healthcare professional to inject a drug or implant a device.

Short-acting techniques, on the other hand, require frequent compliance by users and therefore are often not as effective.

In animal testing, an experimental microneedle contraceptive patch provided a therapeutic level of contraceptive hormone for more than a month with a single application to the skin.

When the patch is applied for several seconds, the microscopic needles break off and remain under the surface of the skin, where biodegradable polymers slowly release the contraceptive drug levonorgestrel over time.

Originally designed for use in areas of the world with limited access to health care, the microneedle contraceptive could potentially provide a new family planning alternative to a broader population.

"There is a lot of interest in providing more options for long-acting contraceptives," said Mark Prausnitz, a professor at the Georgia Institute of Technology in the US.

"Our goal is for women to be able to self-administer long-acting contraceptives with the microneedle patch that would be applied to the skin for five seconds just once a month," Prausnitz said.

Long-acting contraceptives are now available in formats such as patches that must be worn continuously, intrauterine devices (IUDs) that must be placed by trained healthcare professionals, and drugs injected with hypodermic needles.

If the microneedle contraceptive patch is ultimately approved for use, it could become the first self-administered, long-acting contraceptive that does not involve a conventional needle injection, researchers said.

Like other long-acting contraceptive techniques, the microneedle contraceptive patch would disrupt the menstrual cycles of women using it.

Testing with rats evaluated only the blood levels of the hormone and did not attempt to determine whether it could prevent pregnancy.

"The goal was to show that we could enable the concentration of the levonorgestrel to stay above levels that are known to cause contraception in humans," Prausnitz said.

"We do not yet know how the contraceptive microneedle patches would work in humans," Prausnitz said.

"Because we are using a well-established contraceptive hormone, we are optimistic that the patch will be an effective contraceptive," he said.

"We also expect that possible skin irritation at the site of patch application will be minimal, but these expectations need to be verified in clinical trials," he added.

The researchers aim to develop a patch that could be applied once every six months. — PTI

Cannabis

Even small amount of cannabis can alter brain: Study (The Tribune: 20190117)

<https://www.tribuneindia.com/news/health/even-small-amount-of-cannabis-can-alter-brain-study/714157.html>

Using even a small amount of cannabis may cause changes in the brain volume of teenagers, according to a study.

The study, published in *The Journal of Neuroscience*, is the first to find evidence that an increase in grey matter volume in certain parts of the adolescent brain is a likely consequence of low-level marijuana use.

Few studies have looked at the effects of the first few uses of a drug, said Hugh Garavan, a professor at the University of Vermont (UVM) in the US.

Most researchers focus on heavy marijuana users later in life and compare them against non-users. These new findings identify an important new area of focus.

"Consuming just one or two joints seems to change grey matter volumes in these young adolescents," Garavan said.

The study included 46 children who reported having used cannabis once or twice by age 14.

Their brains showed more grey matter volume in areas where cannabis binds, known as cannabinoid receptors, compared to the children who did not use the drug.

The biggest differences in grey matter were in the amygdala, which is involved in fear and other emotion-related processes, and in the hippocampus, involved in memory development and spatial abilities.

The researchers ruled out the likelihood that the cannabis-using kids had pre-existing differences in grey matter thickness or that they had specific personality traits that might correlate with the difference in brain makeup.

"The implication is that this is potentially a consequence of cannabis use," Garavan said.

"You are changing your brain with just one or two joints. Most people would likely assume that one or two joints would have no impact on the brain," he said.

However, the researchers said that what the increased brain matter volume means is unclear.

Typically at that age, Garavan said, the adolescent brain undergoes a "pruning" process, where it gets thinner, rather than thicker as it refines its synaptic connections.

"One possibility is they have actually disrupted that pruning process," Garavan added. — PTI

Vitamin D pills

Vitamin D pills may help prevent deadly lung attacks (The Tribune: 20190117)

<https://www.tribuneindia.com/news/health/vitamin-d-pills-may-help-prevent-deadly-lung-attacks/713620.html>

Vitamin D supplements can reduce the risk of potentially fatal lung attacks in chronic obstructive pulmonary disease (COPD) patients, a study has found.

The findings, led by Queen Mary University of London in the UK, add to a growing list of health benefits for the 'sunshine vitamin'.

While vitamin D is best known for its effects on bone health, previous studies have revealed its role in protecting against colds, flu and asthma attacks, and even helping with weight gain and brain development in malnourished children.

The research, published in the journal *Thorax*, found that the use of vitamin D supplements led to a 45 per cent reduction in lung attacks among COPD patients who were deficient in vitamin D.

No benefit was seen for patients with higher vitamin D levels.

COPD describes a number of lung conditions, including emphysema and chronic bronchitis, where a person's airways become inflamed, making it harder to breathe.

Almost all COPD deaths are due to lung attacks (termed 'exacerbations') in which symptoms worsen acutely. These are often triggered by viral upper respiratory infections--the type that causes the common cold.

The disease affects more than 170 million people worldwide, and caused an estimated 3.2 million deaths in 2015.

"New treatments are urgently needed to prevent COPD attacks. Our study shows that giving supplements to vitamin D-deficient COPD patients nearly halves their rate of potentially fatal attacks," said Adrian Martineau from Queen Mary University of London.

"Vitamin D supplementation is safe, and it costs just a few pence to supplement a person for a year--so this is a potentially highly cost-effective treatment that could be targeted at those who have low vitamin D levels following routine testing," said Martineau.

The study is based on a new analysis of data from 469 patients across three clinical trials in the UK, Belgium and the Netherlands.

Clinical trials investigating effects of vitamin D supplementation on COPD have shown conflicting results. By pooling all the individual patient data from different clinical trials, the team set out to determine whether vitamin D might have a protective effect on certain groups of COPD patients.

The analysis found that oral vitamin D supplements reduced the rate of moderate/severe COPD exacerbations in patients with low vitamin D levels.

Supplementation did not influence the proportion of participants experiencing serious adverse events, indicating that it was safe.

Giving supplements to patients who did not have such low levels of vitamin D did not reduce their risk of COPD attacks.

The researchers, therefore, highlight that this would need to be a targeted therapy, with doctors first testing vitamin D levels in COPD patients who experience frequent attacks, and then giving vitamin D supplements to those who are deficient. PTI

Happiness (The Asian Age: 20190117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12275656>

One expression for disgust, but 17 to convey happiness

Washington, Jan. 16: Happiness can be conveyed using 17 different facial configurations, according to scientists who found that out of over 16,000 expressions only 35 can be recognised across cultures around the world.

While human beings can configure their faces in thousands and thousands of ways to convey emotion — from anger to sadness to riotous joy — the number of ways our faces can convey different emotions varies.

Disgust, for example, needs just one facial expression to get its point across throughout the world. Happiness, on the other hand, has 17 — a testament to the many varied forms of cheer, delight and contentedness, researchers said.

"This was delightful to discover, because it speaks to the complex nature of happiness," said Aleix Martinez, a professor at The Ohio State University in the US.

The differences in how

FACE IS THE INDEX OF HAPPINESS



Disgust needs just one facial expression to get its point across throughout the world. Happiness has 17 — a testament to the varied forms of delight

- ▶ While human beings can configure their faces in thousands and thousands of ways to convey emotion — from anger to sadness to riotous joy — the number of ways our faces can convey different emotions varies
- ▶ The differences in how our faces convey happiness can be as simple as the size of our smiles or the crinkles near our eyes, according to the study

our faces convey happiness can be as simple as the size of our smiles or the crinkles near our eyes, the study found.

The study, published in the journal *IEEE Transactions on Affective Computing*, also found

that humans use three expressions to convey fear, four to convey surprise, and five each to convey sadness and anger.

"Happiness acts as a social glue and needs the complexity of different facial expressions; dis-

gust is just that: disgust," Martinez said.

The findings build on Martinez's previous work on facial expressions, which found that people can correctly identify other people's emotions about 75 per cent of the time based solely on subtle shifts in how blood flow colours a person's nose, eyebrows, cheeks or chin.

Researchers hoped to identify the facial configurations that convey emotion across cultures. Based on computer algorithms, they found that the human face is capable of configuring itself in 16,384 unique ways, combining different muscles in different ways.

They took the 7.2 million images their searches yielded and sorted them into categories, looking for those that expressed emotion across cultures.

Martinez figured they would find at least a few hundred. They found only 35. The study did not include countries from the African continent.

— PTI

Smoking (The Asian Age: 20190117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12275654>

Quit smoking before surgery to get better faster

Smokers who'll be having surgery for lung cancer should quit smoking before the operation, and the sooner the better, a new study shows.

Among patients who had surgery for lung cancer, nonsmokers had fewer complications than smokers. But quitting even just a few months before surgery reduced patients' risks of complications.

"Even a short period of four weeks of preoperative cessation may contribute to a major risk reduction," said Dr. David Lindstrom of Uppsala Academic Hospital in Sweden, who wasn't involved with the new study.

Nearly 230,000 new cases of lung cancer will be diagnosed in the U.S. in 2019, the American Cancer Society estimates.

Previous studies indicate that about a third of patients are current smokers at the time of diagnosis, and 20 percent are current smokers at the time of surgery, Mariko Fukui and colleagues at the Juntendo University School of Medicine in Tokyo wrote in their report of the study in *Annals of Thoracic Surgery*.

The researchers studied 666 patients who had surgery for lung cancer between 2012-2016, including 256 never-smokers and 410 current or previous smokers.

During the three months following the operations, about 32 percent of current smokers had respiratory complications, as compared to 22 percent of previous smokers and 3.5 percent



▶ **The more time that elapsed since smokers had quit, the lower their risk of postoperative problems**

▶ **Complication rates were 13 per cent for current smokers and 10 per cent for patients who stopped smoking less than a month before surgery**

surgery, 8.5 per cent for people who quit one to three months before surgery, 6.3 per cent for three to six months, six percent for six months to a year, and five percent for former smokers who had quit more than a year before their surgery.

"Lung surgery outcomes are not only linked to long-term survival but to quality of life, and lung resection and lung cancer tend to decrease both of them," said Dr. Maria Rodriguez Perez of Clinica Universidad de Navarra in Madrid, Spain, who researches lung cancer and surgery outcomes but wasn't involved in this study.

Alzheimer's (The Asian Age: 20190117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12275664>

Study finds stroke drug prevents Alzheimer's

Washington, Jan. 16: Researchers have found that a drug which could treat stroke may also prevent Alzheimer's disease.

The University of Southern California findings have been published in the *Journal of Experimental Medicine*.

The study shows that the genetically engineered protein 3K3A-APC protects the brains of mice with Alzheimer's-like symptoms, reducing the buildup of toxic peptides and preventing memory loss.

3K3A-APC is a genetically modified version of a human blood protein called activated protein C, which reduces inflammation and protects both neurons and the cells that line the walls of blood vessels from death and degeneration. 3K3A-APC has beneficial effects in various mouse models of disease, including traumatic brain injury and multiple sclerosis.

It is currently being developed to treat stroke in humans, where it has been shown to be safe.

"Because of its neuroprotective, vasculoprotective, and anti-inflammatory activities in multiple models of disorders, we investigated whether it can also protect the brain from the toxic effects of amyloid- β toxin in a mouse model of Alzheimer's disease," said Berislav V. Zlokovic. — *Agencies*

Age Related Diseases (The Asian Age: 20190117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12275660>

Fasting helps keep age-related diseases at bay

Washington, Jan. 16: Fasting can boost the body's metabolism and help protect against age-related diseases, a study has found.

The circadian clock operates within the body and its organs as intrinsic time-keeping machinery to preserve homeostasis in response to the changing environment.

While food is known to influence clocks in peripheral tissues, it was unclear, until now, how the lack of food influences clock function and ultimately affects the body.

"We discovered fasting influences the circadian clock and fasting-driven cellular responses, which together work to achieve fasting-specific temporal gene regulation," said Paolo Sassone-Corsi, a professor at University of California, Irvine in the US.

"Skeletal muscle, for example, appears to be twice as responsive to fasting as the liver," said Sassone-Corsi.

The research, published in the journal *Cell Reports*, was conducted using mice, which were subjected to 24-hour periods of fasting.

While fasting, researchers noted the mice exhibited a reduction in oxygen consumption (VO₂), respiratory exchange ratio (RER), and energy expenditure, all of which were completely



► **Optimal fasting would be strategic to positively affect cellular functions and ultimately benefiting health and protecting against ageing-associated diseases**

abolished by refeeding, which parallels results observed in humans.

"The reorganisation of gene regulation by fasting could prime the genome to a more permissive state to anticipate upcoming food intake and thereby drive a new rhythmic cycle of gene expression," he said.

"In other words, fasting is able to essentially reprogram a variety of cellular responses. Therefore, optimal fasting in a timed manner would be strategic to positively affect cellular functions and ultimately benefiting health and protecting against ageing-associated diseases," said Sassone-Corsi. —PTI

Sexual and Reproductive Health (The Asian Age: 20190117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12275661>

What's the right age to lose your virginity?

Having sex too soon is the biggest regret of young people losing their virginity, a survey of British sexual behaviour suggests, according to a BBC report.

More than a third of women and a quarter of men in their teens and early 20s admitted it had not been "the right time" when they first had sex.

People must be 16 or over to legally consent to sex.

The latest National Survey of Sexual Attitudes and Lifestyles poll says many people may not be ready at that age.

The Natsal survey, carried out every decade or so, gives a detailed picture of sexual behaviour in the UK.

For this latest work, published in *BMJ Sexual & Reproductive Health*, researchers at the London School of Hygiene and

THE MIRAGE OF RIGHT TIME

▶ The responses showed that nearly 40% of young women and 26% of young men did not feel that their first experience had happened "at the right time"

▶ One in 5 women and one in 10 men said they and their partner had not been willing to have sex at the time, suggesting some felt pressured to have intercourse

Tropical Medicine looked at the responses of nearly 3,000 young people who had completed the survey between 2010 and 2012.

The responses showed that nearly 40% of young women and 26% of young men did not feel that their first sexual experience had happened "at the right time".

When asked in more depth, most said they wished they had waited longer to lose their virginity. A few said they should

have done it sooner.

Nearly a third had sex before turning 16.

The survey also looked at sexual competence or readiness — whether a person could reasonably make an informed decision about whether to have sex for the first time. For example, they had to be sober enough to have consented and should not have been acting on peer pressure.

Around half of the young women and four in

10 of the young men who responded failed this measure.

And almost one in five women and one in 10 men said they and their partner had not been equally willing to have sex at the time, suggesting some felt pressured to have intercourse.

Founder of the Natsal survey, Prof Kaye Wellings, said the age of consent was not an indicator that someone might be ready to become sexually active. "Every young person is different — some 15-year-olds may be ready while some 18-year-olds are not."

Co-researcher Dr Melissa Palmer said: "Our findings support the idea that young women are more likely than young men to be under pressure from their partners to have sex." — *Agencies*

Heart Health Guidelines ((The Asian Age: 20190117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=12275662>

'HEART HEALTH GUIDELINES REDUCE DIABETES RISK'

Washington, Jan. 16: According to a new study published in *Diabetologia*, a journal of the European Association for the Study of Diabetes, researchers from The Ohio State University College of Medicine say that lifestyle and health factors that are good for the heart can also prevent diabetes.

According to the Centers for Disease Control diabetes is a growing

problem in the US.

Dr. Joshua J. Joseph's latest work looked at how cardiovascular health can impact diabetes risk.

The Life's Simple 7 health factors and lifestyle behaviours that are associated with cardiovascular health are physical activity, diet, weight, cholesterol, blood pressure, blood glucose and tobacco use.

— Agencies

Tobacco companies

Tobacco companies targeting children: Study (The Hindu: 20190117)

<https://www.thehindu.com/sci-tech/health/tobacco-companies-targeting-children-study/article26006514.ece>

A report released on Wednesday finds that tobacco companies in India are systematically targeting children as young as eight by selling tobacco products and placing tobacco advertisements near schools.

These tactics, happening all over the country, is a clear violation of Section 5 and 6 of Cigarettes & Other Tobacco Products Act, it said.

To gather evidence regarding tobacco products being sold around educational institutions in violation of the law, two groups working in the area of tobacco control -- Consumer Voice and Voluntary Health Association of India -- undertook a study in 20 cities across six states in India.

Titled *Tiny Targets*, the study was conducted to determine the extent of tobacco products being marketed and sold around schools in India. A sample of 243 schools and 487 points of sale were closely surveyed during this study.

“Despite the prohibition on sales of tobacco products near educational institutions, numerous shops/vendors/points of sale sell and advertise tobacco products around schools,” found the study.

“Vendors display tobacco products in ways that are appealing to children and youth. Investigators documented that in 225 tobacco points of sale observed, 91% of displays were at 1 metre – child’s eye level, 54% had no visible health warning; and 90 per cent of displays were, beside candies, sweets and toys, items marketed to children,” noted the study.

This is not the first time the tobacco industry has been found targeting children, nor is it unique to India. However, the data is alarming because it documents a very systematic and widespread pattern of activity by tobacco companies to get young people addicted to tobacco.

“The tobacco industry must be held accountable for their aggressive advertising efforts around our children’s schools,” Bhavna B Mukhopadhyay, Voluntary Health Association of India said.

“Our schools are not safe so long as the tobacco industry continues to try and lure our children into buying their deadly products.”

Tobacco ads, shops common near schools, colleges: Survey

Tobacco ads, shops common near schools, colleges: Survey (Hindustan Times: 20190117)

<http://paper.hindustantimes.com/epaper/viewer.aspx>

Despite prohibition on sale of tobacco and related products near educational institutions, its sale and advertisement is still common, found a survey done by activist groups across Delhi, Gujarat, MP, Assam, Tamil Nadu and Telangana.

As high as 225 (about 40%) of the 487 points of sale surveyed around 243 schools by Voluntary Health Association of India (VHAI) and Consumer Voice as part of the study — ‘Tiny Targets’ — were found flouting the 100-yard guidelines. Under section 6(b) of Cigarettes and Other Tobacco Products Act (COTPA), the sale of tobacco is prohibited within a radius of 100 yards of any educational institutions.

Street vendors were the most common form of sellers at 56.6% of the 225 tobacco points. Also, 91% of displays were at as low as one metre — a child’s eye level; 90% of displays were beside candy, sweets and other items for children; and 54% of the points of sale had no visible health warning. Around 32.5% sellers offered free tobacco products to children, and 37.5% offered discounts on these tobacco items.

“The industry is trying to catch their clients young as they need people who would be regular users later on in life. Early teens are impressionable minds and their brains get addicted to tobacco use very early, so what better way than to make tobacco products accessible closer to school and also advertise to build curiosity,” said Bhavna Mukhopadhyay, chief executive, VHAI.

“The tobacco industry must be held accountable. There is enough proof in the survey data. We will approach the authorities concerned to take action.”

Malaria

Mosquito that transmits malaria detected in Ethiopia Malaria (New Kerala: 20190117)

<https://www.newkerala.com/news/read/90292/mosquito-that-transmits-malaria-detected-in-ethiopia-for-first-time.html>

Mosquito that transmits malaria has been detected for the first time in Ethiopia. The study led by a Baylor University researcher says that the discovery points towards more people being put at risk for malaria in new regions. The mosquito, *Anopheles stephensi*, is normally found in the Middle East, Indian Subcontinent and China. Earlier research had shown that more than 68 per cent of Ethiopia's population is at risk for malaria with an average of 2.5 million cases reported annually, according to the World Malaria Report of 2017. Speaking about it, lead researcher Tamar Carter, Ph.D said, "From a public health standpoint, or that mosquito populations are increasing where they were once were scarce." She further added, "If these mosquitoes carry malaria, we may see an emergence of malaria in new regions." The study, 'First detection of *Anopheles stephensi* Liston, 1901 (Diptera: culicidae) in Ethiopia using molecular and morphological approaches' -- published in *Acta Tropica*, an international journal on infectious diseases added that more studies are needed to determine how effective *Anopheles stephensi* is in delivering a single-celled parasite that can trigger different forms of malaria. Speaking about it, Carter said, "We also need to investigate how the *Anopheles stephensi* got to Ethiopia and other parts of the Horn of Africa. The question I am particularly interested in is if *Anopheles stephensi* is a relatively recent introduction or something that has been flying under the radar in Ethiopia for a long time." She further added that clarifying it will help guide better mosquito control efforts in Ethiopia. Carter said, "We plan to use genomic techniques to study the history of *Anopheles stephensi* in Ethiopia. More research is needed on the feeding and breeding behaviour of the Ethiopian *Anopheles stephensi*, and how well it responds to insecticides, to determine best ways to control the mosquito population." The study says if *Anopheles stephensi*'s propensity for feeding indoors is observed in Ethiopia, different malaria control strategies may need to be implemented, such as insecticide-treated bed nets and indoor residual insecticide spraying. The study saw researchers from Jigjiga University in Ethiopia, led by co-first-author Solomon Yared of Jigjiga collect mosquito larvae and pupae from water reservoirs in Kabri Dehar, an eastern Ethiopian city with a population of 1.3 million throughout November and December. These larvae were reared to adulthood and subsequent review of the morphological data confirmed findings from the genetic analysis. The highest levels of malaria transmission are observed in the north, west and eastern lowland of Ethiopia, according to the research article. Malaria transmission exhibits a seasonal and unstable pattern there, varying with altitude and rainfall. To date, 44 species and subspecies of anopheline mosquitoes have been documented in Ethiopia, with the predominant malaria type being *Anopheles arabiensis*. According to Carter, to gain better insight into the geographic range of *Anopheles stephensi*, the next step is to conduct mosquito surveys in multiple locations throughout Ethiopia. Researchers believe the effort should centre on the eastern portion, where they said information on malaria vectors in general is scarce. They said both rural and urban surveys are needed, particularly to investigate the role that livestock presence plays in *Anopheles stephensi* abundance.

Pregnancy

Does counseling help obese pregnant women manage extra kilos? (New Kerala: 20190117)

Excessive weight gain during pregnancy is a cause of worry for both mother and child. A study was conducted to find if regular counseling appointments help pregnant women shed those extra kilos. The findings appear in the journal BMC Medicine. Based on results with 2,286 women, a team from the Technical University of Munich (TUM) has now shown that although counseling appointments as part of routine prenatal care, can encourage a healthier lifestyle, it does not reduce weight gain. If a woman gains excessive weight during pregnancy, it could lead to gestational diabetes, an increased risk of cesarean section or excessive birth weight of the newborn. The goal of the Bavarian Healthy Living in Pregnancy Study (GeliS) was to make pregnant women aware of the problem and to improve their dietary behaviour and physical activity. More than 70 medical and midwife practices in Bavaria participated in the study. Women in the study group received three counseling sessions (30-45 minutes each) from week 12 of pregnancy, followed by another consultation several weeks after childbirth as part of their preventive check-ups. They also received additional information material as well as forms that allowed them to independently record and monitor their weight gain and physical activity. The control group only received the information material. -Slight reduction in newborn weight Hans Hauner explained the initial findings: "Unfortunately, the counseling concept proved unsuccessful and had no measurable effect on maternal weight gain." Despite the counseling, over 45 per cent of the participants gained more weight than recommended by the international standard of the Institute of Medicine (IOM) over 14 kilograms on average. Furthermore, the counseling did not lead to a reduction in complications such as gestational diabetes, hypertension or premature labour. Nevertheless, his research team did find some positive effects: An initial look at the extended data shows that many pregnant women did in fact pay close attention to their diet and exercised regularly. In addition, more than 85 per cent of women continued the program to the end and readily took the advice they received to heart. "Evidently, that was not enough to reduce their weight gain. What we saw, however, was a reduction in the size and weight of the babies of the women who participated in the program. That, too, is a small but important achievement," Hauner said. The study team also recommended that counseling sessions be started before the 12th week of pregnancy.

B-group vitamins

B-group vitamins beneficial for psychotic patients: Study (New Kerala: 20190117)

<https://www.newkerala.com/news/read/90081/b-group-vitamins-beneficial-for-psychotic-patients-study.html>

Intake of B-group vitamin supplements may be beneficial for maintaining concentration skills among people experiencing a first episode of psychosis -- a precursor to developing schizophrenia, finds a study. The findings showed that patients with psychosis who took vitamins B12, B6, and folic acid (vitamin B9) for over 12 weeks saw improvement in their cognitive functioning such as memory, attention, language, and learning abilities. "This indicates the B-vitamins could have a neuroprotective effect," said Kelly Allott from Orygen - an Australia-based research centre for youth mental health. They may also protect these skills from declining, Allott said. The study stems from previous studies in people with schizophrenia

which revealed that increased intake of vitamins B12, B6, and folic acid (vitamin B9) could decrease patients' levels of an amino acid called homocysteine and improve their symptoms. Allott said elevated levels of homocysteine in people living with schizophrenia had been associated with more severe symptoms. In the new study, reported in the journal *Biological Psychiatry*, 100 young people were randomly assigned to receive either B-vitamin supplements or a placebo tablet once per day over 12 weeks. During this period, patients' homocysteine levels, symptoms and cognitive functioning were assessed. Participants who received the B-vitamin supplements performed better in completing concentration and attention tasks over the 12 weeks than the participants who received placebo. Interestingly, participants who had abnormally high homocysteine levels at baseline were most responsive to the B-vitamin supplements, in terms of improvement in attention. "The results support a more personalised approach to vitamin supplementation in first episode of psychosis, suggesting those with elevated homocysteine are likely to benefit most," Allott said.

Medicines (Deink Bhaskar: 20190117)

<https://epaper.bhaskar.com/detail/238770/01170306050576/mpcg/17012019/129/image/>

पेटदर्द-बुखार जैसी बीमारियों की 80 दवाएं 15 साल से बिना मंजूरी बिक रही थीं, अब बैन

कंपनियों ने केंद्र से नहीं, राज्यों से लाइसेंस लिए थे बैन करने का नोटिफिकेशन छपने को भेजा गया है, 11 जनवरी से लागू हुआ आदेश

पवन कुमार | नई दिल्ली

बाजार में करीब 15 साल से पेटदर्द, बुखार, ब्लड प्रेशर और अनिद्रा जैसी कई बीमारियों की 80 दवाएं ऐसी हैं, जिन्हें बनाने या बेचने की अनुमति केंद्र सरकार से नहीं ली गई थी। इन दवाओं को बनाने के लिए कंपनियों ने राज्य सरकारों से लाइसेंस के लिए आवेदन किया था और राज्यों ने मंजूरी दे दी थी। अब ये दवाएं बैन होने जा रही हैं। केंद्रीय स्वास्थ्य मंत्रालय ने दवाएं बैन करने का गजट नोटिफिकेशन 11 जनवरी को छपने के लिए भेज दिया था। मंत्रालय के सूत्रों के अनुसार, इन दवाओं पर बैन उसी दिन से प्रभावी माना जाएगा। दरअसल, ये दवाएं दूसरी बीमारियों के इलाज में भी उपयोग की जाती हैं।

बिना मंजूरी की प्रमुख दवाएं, इन्हें घातक बताया गया है

एंटीबायोटिक्स

- सेफ्टैक्लेव
- सेफग्लोब ओजेड
- वानको प्लस

ब्लड प्रेशर

- लोरैम-एच
- सारटेक
- टेराम-एच

दर्द/बुखार

- निसिप कोल्ड
- ऑन्डम पी
- ल्यूपिस्ट्रोन प्लस

एंटीफंगल

- ऑरफ्लेज किट
- वैगिनोवेकट

मंत्रालय ने इन दवाओं में मिलाए जा रहे सॉल्ट को गैरजरूरी बताया है। इन दवाओं को खाने से सेहत को गंभीर खतरा है। इन्हें लगातार खाने से मरीजों पर इनका असर खत्म हो जाता है।

ये कंपनियां, जो इन दवाओं को बना और बेच रही हैं

इंटास, एबॉट, एरिस्टो, एल्केम, मिडिया, गैरजर्नल जैसी कई

Swine Flu

फरीदाबाद में 15 दिन में स्वाइन फ्लू के 16 मामले मिले (Dainik Jagran: 20190117)

https://epaper.jagran.com/epaper/article-17-Jan-2019-edition-delhi-city-page_4-5833-3865-4.html

जागरण संवाददाता, फरीदाबाद : सर्दी में स्वाइन फ्लू के मरीजों की संख्या लगातार बढ़ती जा रही है, जिससे संदिग्ध मामलों में इजाफा हो रहा है। बीते 15 दिन में आए स्वाइन फ्लू के मामलों ने पिछले वर्ष का रिकार्ड तोड़ दिया है।

वर्ष 2018 में स्वाइन फ्लू के सात मामलों की पुष्टि की गई थी, स्वाइन फ्लू संदिग्ध 16 मामले आए थे। जबकि इस महीने में अब तक 16 मामलों की पुष्टि की गई है और 65 संदिग्ध मामले आए हैं। बुधवार को स्वाइन फ्लू संदिग्ध सात मामले आए हैं। अब तक आने वाले अधिकांश मामले निजी अस्पतालों के हैं।

निजी अस्पताल स्वास्थ्य विभाग को मामलों की केस हिस्ट्री भेज रहे हैं। इसके बाद ही सरकारी लैब में स्वाइन फ्लू संदिग्ध मरीजों के गले की लार के नमूनों की जांच की जा रही है। मामले को गंभीरता से लेते हुए बादशाह खान अस्पताल में स्वाइन फ्लू के लिए अलग वार्ड पहले से ही बनाया गया है। ऐसे ही सरकारी लैब में गले की लार के नमूने लिए जा रहे हैं। इन नमूनों को जांच के लिए एनसीडीसी लैब, दिल्ली भेजा जाता है। जिला मलेरिया अधिकारी डॉ. रामभगत ने बताया कि स्वाइन फ्लू के मामले में अगर कोई आशंका हो तो सरकारी लैब में जांच करवा लें। अपनी मर्जी से दवा न लें। इससे बचने के लिए स्वास्थ्य विभाग के निर्देशों का पालन करें।

Pollution

दो दिन की राहत के बाद प्रदूषण की मार (Dainik Jagran:20190117)

https://epaper.jagran.com/epaper/article-17-Jan-2019-edition-delhi-city-page_5-7712-3905-4.html

राज्य ब्यूरो, नई दिल्ली : दो दिन तक खराब श्रेणी में रहने के बाद बुधवार को दिल्ली की हवा फिर से बेहद खराब हो गई। हवा की गति मंद पड़ते ही एयर इंडेक्स वापस 300 के पार चला गया। अगले तीन दिनों तक प्रदूषण के स्तर में सुधार के आसार नहीं हैं। सीपीसीबी के एयर बुलेटिन के अनुसार दिल्ली का एयर इंडेक्स बुधवार को 371 रहा। एनसीआर में सबसे खराब हालात गाजियाबाद के रहे, जहां एयर इंडेक्स 384 दर्ज हुआ। शाम 7 बजे दिल्ली में 15 से अधिक जगहों पर एयर इंडेक्स गंभीर श्रेणी में दर्ज किया गया। मौसम विभाग के अनुसार बृहस्पतिवार और शुक्रवार को प्रदूषण स्तर 350 के ऊपर ही बना रहेगा। हवा की गति कम होने की वजह से प्रदूषण में तेजी से इजाफा हुआ है। मंगलवार को प्रदूषण महज 237 दर्ज किया गया था। उधर सफर इंडिया के मुताबिक दो दिनों से दिल्ली में हवा की गति 5.3 से कम होकर 2.5 किलोमीटर प्रति घंटे रह गई है। इसी वजह से प्रदूषण बढ़ गया है। अगले तीन दिनों तक यही स्थिति रहेंगी, लेकिन इसके खतरनाक स्थिति तक पहुंचने की संभावनाएं नहीं हैं।

Health Care Services

हर 12 सेकेंड में हो रहा है एक गरीब का मुफ्त इलाज (Dainik Jagran:20190117)

https://epaper.jagran.com/epaper/article-17-Jan-2019-edition-delhi-city-page_11-8192-3858-4.html

आयुष्मान भारत योजना को लांच हुए अभी चार महीने भी पूरे नहीं हुए हैं, लेकिन इसके तहत देश में हर 12 सेकेंड में एक गरीब का मुफ्त और कैशलेस इलाज हो रहा है। यही नहीं, हर दो सेकेंड में एक गरीब का आयुष्मान भारत का गोल्डन कार्ड बन रहा है। इस योजना के तहत अभी तक साढ़े आठ लाख से अधिक लोगों का इलाज हो चुका है। स्वास्थ्य मंत्री जेपी नड्डा ने कहा कि 'किसी गरीब को इलाज से वंचित नहीं रहने दिया जाएगा।'

स्वास्थ्य मंत्रालय के एक वरिष्ठ अधिकारी के अनुसार प्रधानमंत्री की ओर से गरीब परिवारों को भेजा जा रहा गोल्डन पत्र इस योजना को लोकप्रिय बनाने में अहम भूमिका निभा रहा है। अभी तक प्रधानमंत्री को ओर लगभग 7.5 करोड़ गरीब परिवारों को पत्र भेजा जा चुका है। पत्र मिलने के बाद इनका आयुष्मान भारत का गोल्डन कार्ड भी तत्काल बन जा रहा है। अभी तक छह करोड़ से अधिक गोल्डन कार्ड जारी हो चुके हैं। पिछले 24 घंटे में एक लाख 35 हजार से अधिक गोल्डन कार्ड जारी किए गए हैं।

प्रत्येक गरीब के इलाज पर औसतन 13 हजार का खर्च : इसके तहत अस्पतालों को 15 दिन के भीतर पूरा भुगतान किया जा रहा है। अभी तक गरीबों के इलाज पर कुल 1132 करोड़ रुपये का खर्च आया है, जिसमें से 675 करोड़ रुपये अस्पतालों को दिए जा चुके हैं। अभी तक इस योजना के तहत जो गरीब अस्पताल में भर्ती हुए हैं, उनके इलाज पर औसतन लगभग 13 हजार रुपये का खर्च आया है।

इस योजना के तहत के तहत कुल 10.74 करोड़ परिवार को मुफ्त इलाज की सुविधा दी जानी है, लेकिन तेलंगाना, ओडिशा और दिल्ली पहले से ही इससे बाहर हैं। पिछले दिनों पश्चिम बंगाल भी योजना से अलग हो गया था, जिससे वहां के 1.10 करोड़ गरीब परिवार इसके लाभ वंचित हो जाएंगे। छत्तीसगढ़ भी योजना से बाहर होने का एलान कर चुका है। पूवरेत्तर और पहाड़ी राज्यों में इस योजना पर आने वाले खर्च का 90 फीसद केंद्र सरकार वहन करती है, जबकि बाकी राज्यों में 60 फीसद योगदान केंद्र सरकार का होता है।

Fasting

उपवास से दूर रहेंगी उम्र संबंधी बीमारियां (Dainik Jagran:20190117)

https://epaper.jagran.com/epaper/article-17-Jan-2019-edition-delhi-city-page_22-9049-3903-4.html

यदि आप उम्र संबंधी बीमारियों से बचना चाहते हैं तो उपवास के बारे में सोच सकते हैं। एक नए अध्ययन का दावा है कि उपवास से ना सिर्फ शरीर के मेटाबोलिज्म को दुरुस्त रखा सकता है, बल्कि इससे उम्र संबंधी बीमारियों से बचाव में मदद भी मिल सकती है। शोधकर्ताओं के अनुसार, जैविक घड़ी यानी सर्केडियन क्लॉक के जरिये शरीर की तमाम जैविक प्रक्रियाएं संचालित होती हैं। इस क्लॉक पर खान-पान का असर पड़ता है। यह हालांकि अभी साफ नहीं है कि खाना नहीं खाने से इस क्लॉक की कार्यप्रणाली किस तरह प्रभावित होती है और अंततः इसका शरीर पर क्या प्रभाव पड़ता है। यह निष्कर्ष चूहों पर किए गए एक अध्ययन के आधार पर निकाला गया है। चूहों को 24 घंटे तक बिना भोजन के रखकर इसके प्रभाव पर गौर किया गया था। अमेरिका की कैलिफोर्निया यूनिवर्सिटी के प्रोफेसर पाउलो सेसोन-कोर्सी ने कहा, 'हमने यह खोज की है कि उपवास सर्केडियन क्लॉक को प्रभावित करता है।' -प्रेट्र