

Ayushman Bharat — digital health-cards & expanded coverage

- The government has announced that beneficiaries of Ayushman Bharat will soon receive new digital health cards, aiming to streamline verification, access, and treatment at hospitals.
- Alongside this, there are active efforts to raise the scheme's coverage limit from ₹ 5 lakh to ₹ 15 lakh, which — if implemented — would significantly broaden financial protection for low-income families in India.
- This move is part of a larger national push under the National Health Authority / Ayushman Bharat Digital Mission (ABDM), which seeks to digitize health records, improve transparency, and ensure easier access to care.

Upgraded health infrastructure at SRM University-AP (Vijayawada)

- Locally — important for you! — SRM University-AP has expanded and modernized its Medical Centre. Previously a small facility, it now features eight beds (up from two), and is staffed by multiple full-time doctors including a paediatrician, with enhanced diagnostic and emergency-care capacities.
 - The upgraded centre will provide 24/7 care to students, faculty and staff; and for more advanced needs, referrals are arranged with major hospitals — with transport support.
 - The expansion demonstrates increased focus on accessible and immediate medical care at educational institutions.
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Health Trends & Warnings: Lifestyle, Disease Burden & Preventive Focus

- According to a 2025 report associated with World Diabetes Day 2025, approximately 17% of Indians now report having diabetes. The condition is flagged as a leading lifestyle ailment, alongside stress, high blood pressure, and joint issues.
 - Experts are warning especially of a “metabolic health crisis,” with rising rates among women in particular — driven by factors like sedentary lifestyle, abdominal fat, hypertension and other risk factors.
 - On obesity: specialists at AIIMS-Delhi recommend shifting the focus from conventional Body-Mass Index (BMI) to waist-to-height ratio — seen as a more reliable indicator of risk for metabolic and cardiovascular disease in Indian populations.
 - Emphasis is being placed on lifestyle and dietary changes, stress management, regular screening and early intervention to curb rising non-communicable diseases.
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Environmental & External Factors: Pollution, Air Quality and Health Risks

- Rising air pollution, especially after Diwali, has triggered a surge in respiratory and cardiac cases — leading to a ~14% increase in health-insurance claims post-festival across several cities.
- In response, the central government has issued advisory urging states to strengthen “chest-clinics” (in hospitals, medical colleges etc.) under the national programme for climate-change and health, especially during peak pollution months — to screen, diagnose and treat pollution-related illnesses.
- This signals growing institutional attention to air-pollution as a public health challenge, beyond communicable diseases.