Science & Technology · GS - III

The increase in life expectancy in the country has led to newer health challenges in the community. What are those challenges and what steps need to be taken to meet them?

EXAM YEAR	PAPER	SUBJECT
2022	GS - III	Science & Technology

MARKS	WORD LIMIT
10	~150 words

Answer Hint

Increasing life expectancy reflects improvements in healthcare and living conditions, but it also increases the need to address non-communicable diseases, disability, mental-health concerns and long-term care. India must shift from a predominantly treatment-oriented approach towards preventive, geriatric, rehabilitative and community-based healthcare.

Model Answer

Introduction

Rising life expectancy is a development achievement, but it creates new public-health demands as more people live into older age.

Emerging Health Challenges

1. Non-Communicable Diseases: Cardiovascular diseases, diabetes, cancer and chronic respiratory illnesses increase healthcare needs.

2. Geriatric Care: Older persons may experience frailty, dementia, reduced mobility and multiple chronic conditions.

3. Mental Health and Social Isolation: Loneliness, depression and dependence can affect the well-being of elderly people.

4. Financial Burden: Prolonged treatment, medicines and long-term care can increase household expenditure.

5. Disability and Caregiving: Greater demand for rehabilitation, assistive devices and trained caregivers may strain families and health systems.

Measures Required

India should strengthen primary healthcare, screening and early diagnosis, promote healthy diets and physical activity, and expand affordable geriatric and palliative care. Health insurance, rehabilitation services, mental-health support and caregiver training are also essential. Community-based services and age-friendly public infrastructure can preserve dignity and independence.

Conclusion

Longer lives must be accompanied by healthier ageing. Integrating prevention, affordable treatment, rehabilitation and social support will help India respond to its changing demographic and health profile.

BECOME IAS
AI POWERED UPSC PREP