

Family health: Life Cycle Perspective

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Life cycle perspective in health

- The meaning of the term “life-cycle” is two-fold: “Firstly,” it reflects a continuum of age-stages where the needs of an individual changes through their life, from conception to death.
- Secondly, it” refers to the different stages and events of life which an individual or household passes through, and which often bring with it a different status given to individuals such as becoming a widow/er, a single mother, an adolescent, or unemployed.

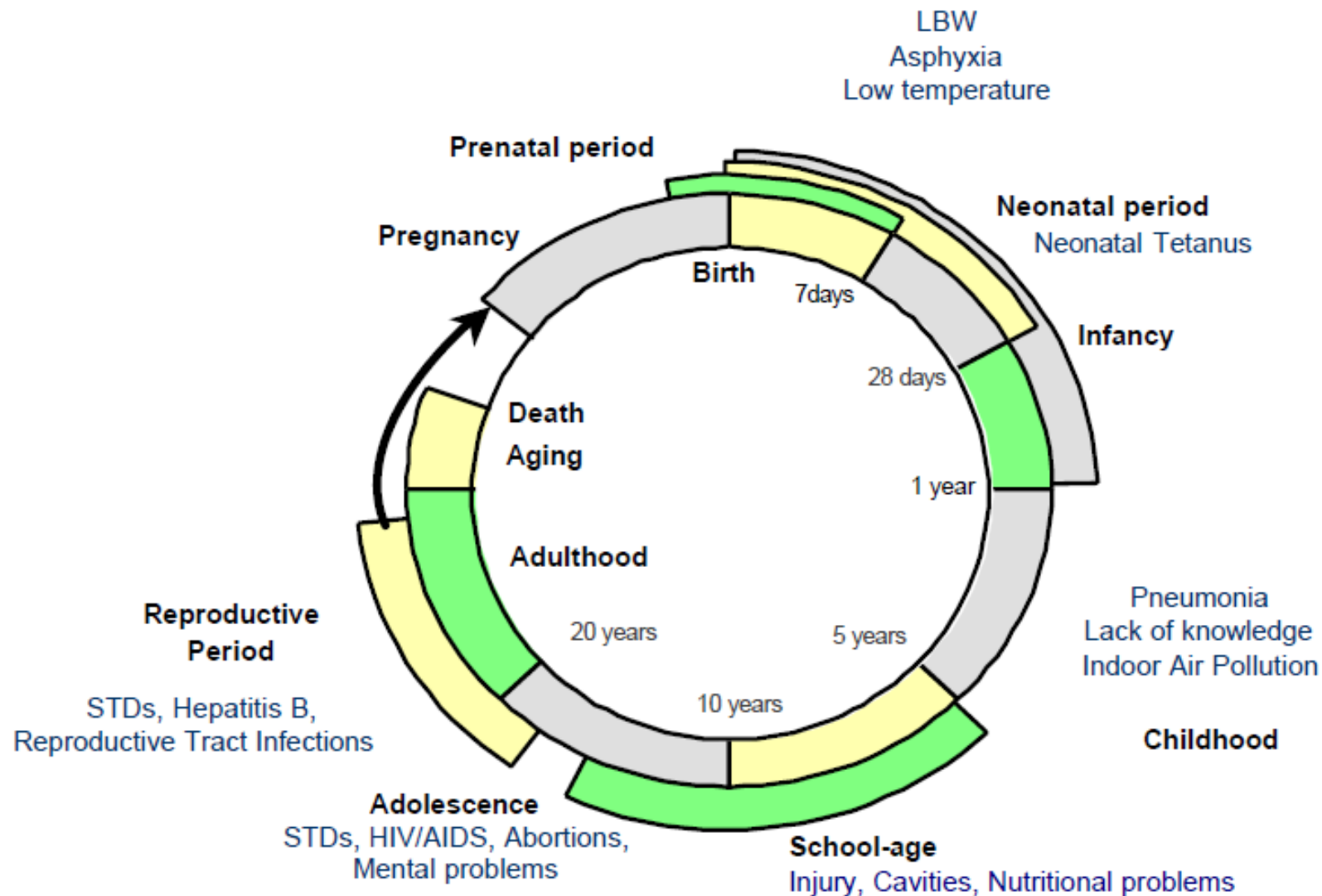


Life cycle perspective in health

- A life cycle perspective suggests that different intervention packages should be developed and disseminated by considering various phases of an individual's life-cycle starting from early neonate to old age.



Assessment of Risks to Poor at Critical Life-Cycle Stages



A life cycle perspective in health

- **Actions, both positive and negative, taken at one stage in a woman's life can and will affect her throughout her life.**

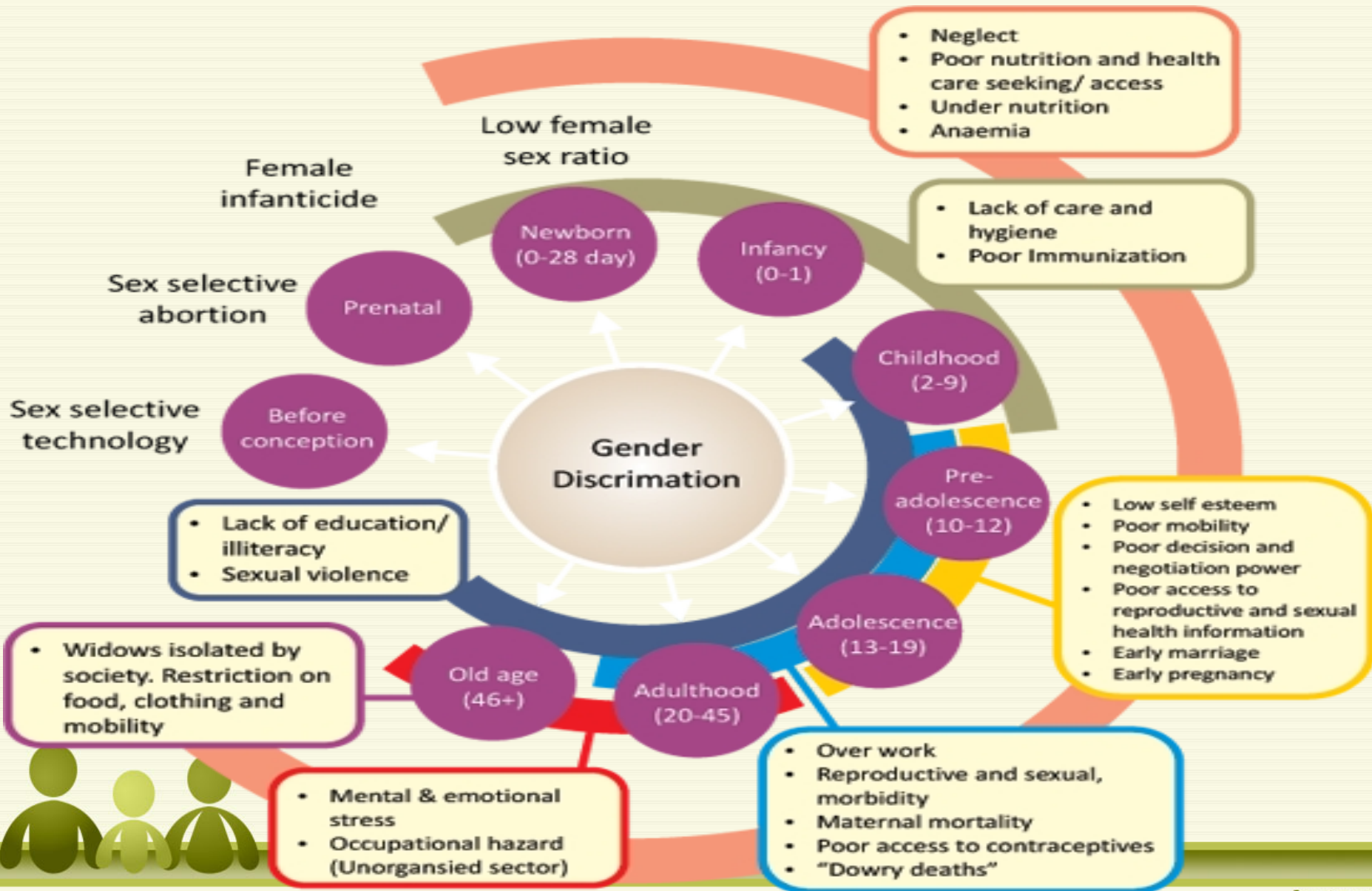


- **For example:**

- Exclusive **breastfeeding** during the first 4-6 months provides infants with the antibodies and nourishment needed to **begin a healthy life**.
- A woman who develops a **reproductive tract infection** and does not receive appropriate treatment can **become infertile**.
- Girls **fed inadequately** during childhood may have **stunted growth**, leading to higher **risk of obstructed labor**.
- A child who got appropriate caring during his/her childhood may develop intellectually as well as physically throughout life.



A example of life cycle perspective in MCH issues



- Over the years, women's health needs have been addressed through maternal and child health programmes, focusing primarily on narrow aspect of their lives.
- With this perspectives, women's health is now being viewed holistically – as a continuum of care that starts before birth and progresses cumulatively throughout her life.



- This lifecycle approach extends beyond women's reproductive role to encompass women's health at every stage and in every aspect of their lives.
- Through this approach, other health issues affecting women that were previously overlooked, or thought not to exist, have become more apparent.



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