

AWARENESS REPORT OF NACO ON HIV/AIDS SCENARIO IN INDIA

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ABSTRACT

HIV/AIDS is the biggest challenge before India and cases of HIV infection across the world is substantially increasing. The consistently growth in HIV epidemics all over the world kept every country at alarming situation. India as the second highest populated country is the prominent place for HIV infection. The first case of HIV positive was found in India in a woman who came into the sexual relationship with foreigner. Since then, the numbers have been increasing and HIV has transmitted to many people of various places. The current study is planned to estimate the HIV scenario in India till 2017. The study depends upon NACO annual report on HIV/AIDS. Four parameters have been chosen to evaluate the HIV situation in the country. The parameters are- 'adult HIV prevalence, people living with HIV infection, new HIV infection & Death due to HIV'. The data has been collected from NACO annual report on these four parameters and examined the status of HIV in India. The result shows that significant decline has been observed in all four parameters. Adult HIV prevalence has reduced in 2017, new HIV infection is being controlled and declining the numbers every year, death due to HIV/AIDS also decreased significantly.

Keywords: HIV/AIDS, HIV Epidemics in India, NACO, Adult HIV Prevalence, HIV Infection in India.

INTRODUCTION

'HIV' is ranked among the deadliest diseases of human being. It is a type of external virus that attacks on human immune system and make it weak from inside than infected body lost its preventive power against usual diseases. HIV increases the chances of opportunistic diseases and severe infections. According to Paranjape (2016) HIV causes significant life gap between HIV + & HIV - people, and over the years the window of life gap is being narrowed from 44 yrs to 11 yrs in 2011. NACO is the central organization who is working to control HIV infections and provide treatment to the infected people. 'National AIDS Control Organization' of India claimed that over 2.65 million people living with HIV + infection in the year 2017. The percentage went low in the year 2015 with estimated figure of 0.26 percent comparing to the year 2002 with 0.41 percent. The good part of this research was that it showed significant reduction in the percentage of HIV infected people due to technological advancement and easy communication channels (Jha, Kumar & Chattacharya et al., 2010).

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NACO AIDS control program has been evolved in three phases which is now in its final phase. Globally, the program is admired by many other countries and acclaimed as one of the most successful program. The NACO's strength lies in its focused policies to prevent HIV infection and strategies to fight with this deadliest disease. In Its final phase NACO has committed to control existing infections with intensive care and cure with top medical facilities and reduce new prospects and infection by fifty percent. The comprehensive care units have been established to handle prevailing infections across the country. The ultimate goal is to provide essential medical services to them who require it. Key priorities have been decided and formed strategies to meet organizational goals (NACO 2011).

NACO PREVENTION SERVICES

- Blood Transfusion Services
- Promotion of Condoms
- Awareness creation with more focus on females
- NSEP (Needle-Syringe Exchange Program)
- Targeted Interventions for Groups who are at high risk including female sex workers, migrants and groups who usually have men to men sex.
- Focus on rural workers for preventing HIV infection and transmission under 'Link Worker Scheme'.
- HIV/AIDS counselling services at various locations
- Facilities for HIV testing
- Programs for information exchange, education about HIV/AIDS, communication and behavior change.
- Mass media campaigning using all media channels

TREATMENT SERVICES AND MEDICAL SUPPORT OF NACO

- Laboratory services availability for CD4 testing, virus load testing, early infant diagnosis and confirmatory diagnosis of HIV stage two infections.
- Free ART treatment to needy people through government running ART centers.
- ART facility for infant babies under Pediatric ART centers.
- Psychological support to patients through community and support centers.
- Cross Referral detection and treatment of co-infection.
- Facility of treatment of Opportunistic Infections.

HIV EPIDEMIC IN INDIA

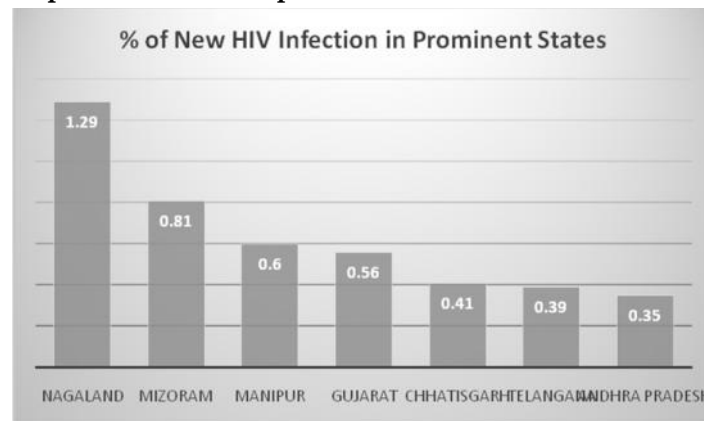
HIV prevalence in India was very often during 1995-2005 across many part of the country, especially places nearby national highways and border connected areas, which typically involved West Bengal, Tripura, Assam, Karnataka, Goa and many more. According to the technical report of NACO 2016-17 Manipur had the highest HIV cases registered with 1.15% followed by other prominent states. Among these states adult HIV prevalence was recorded more than infant or adolescent HIV. The report on HIV prevalence in India also shows the significant decline in the cases after a specific peak point. The trend of declining was observed to be consistent at nation

level (Aher, 2018). The total HIV infected population was figuring out somewhere around 21.17 lacs with women share of 40.5% of total HIV infected people. Children of age below 15 yrs accounted for 6.54% of total people living with HIV infection. Highest ranked state was identified Andhra Pradesh and Telangana (Undivided) followed by other states.

NEW HIV INFECTION ACROSS THE COUNTRY

The survey conducted by NACO across the country for estimating new HIV cases of infection in 2015 was approximately eighty six thousand which was around sixty six percent lesser than previous report of 2000. Another important point of the report was category of new infection; it was observed that the majority of new infections were held among adults who are of age group 15 or above. The below table gives better understanding of new HIV prevalence among various states:

Graph 1: State wise Report on New HIV Infection Detected



Source: www.naco.gov.in

The highest HIV prevalence was observed in Nagaland and lowest is found in Andhra Pradesh. Reasons of such incidences were due to poverty, illiteracy and unemployment. Women are involved in prostitution to earn livelihood for their families and unknowingly becoming vital source of new HIV infection. According to 'National Integrated Behavioral and Biological Surveillance' estimated the HIV infection among female around 2.2 percent whereas new HIV prevalence among men are detected due to sex with other male. Man to man sex is found to be very potential reason of new HIV infections among youths. Lack of awareness and education is the leading factor for such occurrence in developing countries.

LITERATURE REVIEW

NACO (National AIDS Control Organization) is the government owned organization which was established for HIV/AIDS control and management in the country. The organization is a part of Ministry of Health and Family Welfare, government of India. The major projects on HIV are being conducted in association with ICMR (India Council of Medical Research). ICMR is responsible for giving technical support on medical ground. NACO conducted survey on HIV/AIDS in the entire country, the recent survey was done in 2015 and estimation was done for 2017. The survey report helps to estimate HIV epidemic and

information on AIDS. The focus of the survey was to encounter incidences and event that may be the potential causes of HIV transmission. Majorly, adult HIV prevalence, transmission from mother to her child, AIDS related death, new cases registering annually are the main points to be covered in the survey (NACO survey report 2017).

With substantial efforts of NACO HIV prevention programs have achieved success in recent years. HIV prevention is the key area of all NACO programs which registered best performance for reduction in HIV infected cases across the country. The total number cases were reduced from 0.64 percent in 1995 to 0.07 percent in 2017. HIV/AIDS among youths is very common across the world, in fact youths are more prone to HIV infection all over the world. It is due to their sex related behavior and attitude, most of the studies proven that, youths' behavior towards heterosexual intercourse is very aggressive and influential which is the main cause of unsafe sex. Liberty et, at. (2003) pointed out three main factors behind such casual sexual behavior viz. influencing attributes within the person like education, choice, behavior etc., second interpersonal relationships and surroundings within the organization or society, third socio-cultural factors.

According to WHO report (2018) around 30 percent of new HIV cases occurs globally among youths with age bracket of 15 yrs to 25 yrs. Another very serious source of HIV infection is maternal HIV infection that transmits her infection to her new born baby. The increasing numbers of children having HIV infection from their birth reaches to adolescent become harder to deal with the disease, which results into unexpected or premature death. If we combine both the situation the data shows around 5 million youths are suffering from this infection and carrying the deadliest disease. The primary sources of HIV infection among youths is sexual intercourse around the world.

METHODOLOGY

The present study use conceptual approach to conduct detail evaluation of NACO technical report on HIV/AIDS in India with the help of four pre-determined factors like- 'adult HIV prevalence, people living with HIV infection, new HIV infection & Death due to HIV'. Secondary data has been obtained from NACO official website and other free authenticated online sources. Five year's NACO official report from 2012-13, 2013-14, 2014-15, 2015-16 & 2016-17 have been consulted for recording data and its analysis. Total eleven years of data is considered for study and analysis on above stated 4 parameters. By using pie charts, graphs and comparative table numeric data have been presented in graphical form for better understanding.

ANALYSIS AND INTERPRETATION

The analysis of the research is based on four predetermined factors which are:

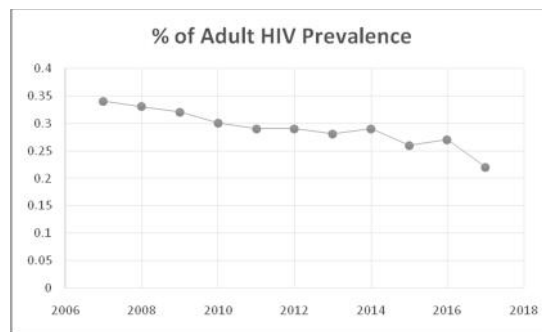
Table 1: Potential Parameters for analyzing HIV/AIDS scenario in India



These factors are identified as the potential determinants of HIV scenario in India. The data has been extracted from NACO annual technical report. With the help of these factors the study estimated the severe presence of HIV/AIDS across the country. 11 years of statistical data has been included in the study for analyzing the status of HIV/AIDS in the country.

ADULT HIV PREVALENCE

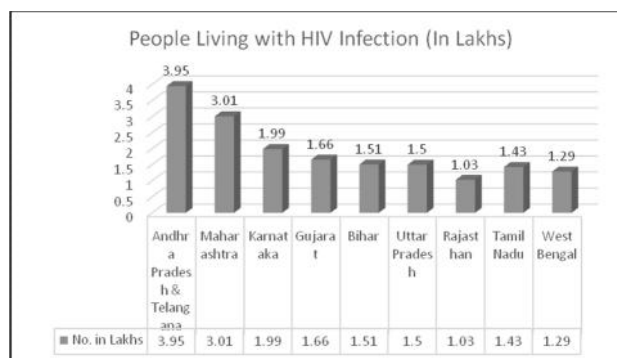
Graph 2: Data showing HIV Prevalence among Adults



The above graph 6b representing the statistics (referred from NACO annual report) of HIV prevalence among adults in the country. The analysis has been conducted on 11 years of data on adult HIV prevalence. It is revealed that, from 2007 onwards consistent decline in the percentage of adult HIV prevalence is being observed. Over the year youths are become more aware and alert for HIV infection. It is the success of continuous efforts of government and other non-government organizations working to fight HIV/AIDS. The fall in the data also indicates that in the coming year's adult HIV infection would be minimize significantly and very soon adults of the country would be free from new HIV infection.

PEOPLE LIVING WITH HIV INFECTION

Graph 3: People Living with HIV Infection

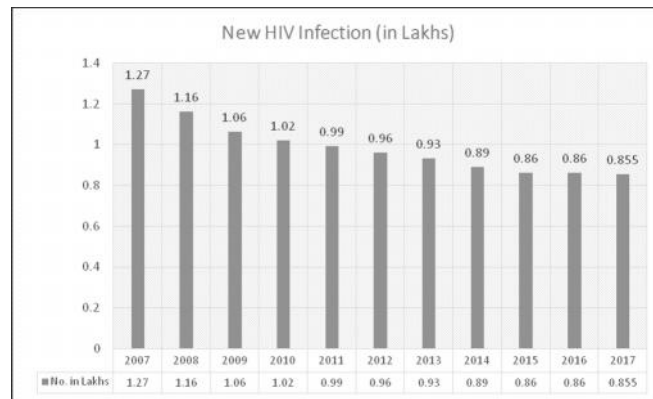


The above graph 6c representing the statistics (referred from NACO annual report) on 'PLHIV' (People Living with HIV Infection). The analysis is done state wise to estimate the severe effect HIV/AIDS in particular place. Jointly, Andhra Pradesh and Telangana recorded highest PLHIV in the country followed by Maharashtra 2nd highest HIV cases. Other states like Karnataka, Gujarat, Bihar, UP, Rajasthan, Tamil Nadu, West Bengal etc. are registered half and

lesser than highest cases in AP & Telangana. These nine states have highest HIV cases registered in the country. Government has made all possible medical arrangements to cure HIV infected people and also to restrict transmission. The ultimate aim of the government is to control new infection across the country, for this campaigning, promotion, awareness creation programs are being run across the country.

NEW HIV INFECTION

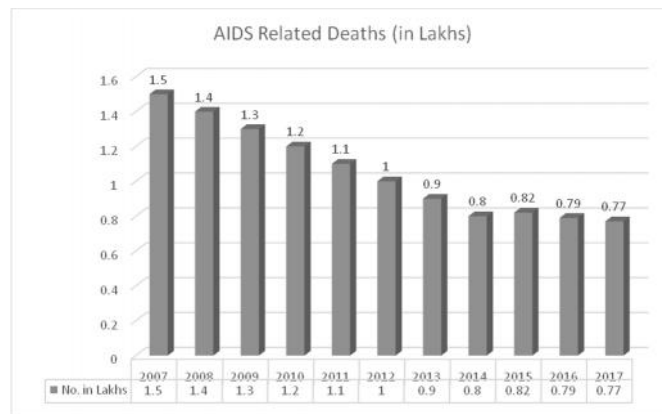
Graph 4: Showing New HIV Infection during last 11 Years in the Country



The above graph 6d representing the data (referred from NACO annual report) of new HIV infection happened in the country during the period of 2007-2017. The eleven year data helps to understand the trend of HIV/AIDS in the country. According to the statistics, new cases of HIV infection have been significantly reduced. Highest cases registered in the year 2007 were one lakh twenty seven thousand which is reduced to eighty five thousand and five hundred cases in the year 2017. Consistently the figures are reducing which gives a good signal to the nation and shows the effectiveness of the anti HIV programs of the government. The data also describes the ability of people to fight against HIV/AIDS and government's concern of such serious disease. Consistently reducing figures are showing the win over condition of the country on HIV/AIDS.

AIDS RELATED DEATH IN THE COUNTRY

Graph 5: Data Showing AIDS Related Deaths during 2007-17



The above graph 6e representing the data (referred from NACO annual report) on 'AIDS related deaths in the country' during the period of 2007-17. The analysis reveals that, deaths due to AIDS have been reduced during the studied period. The highest was recorded in the year 2007 with one lakh fifty thousand deaths and the lowest was recorded seventy seven thousand in the year 2017. The difference of 48.66% is recorded in eleven years. This shows the victory of medical intelligence and facilities available in the country. Latest treatment and technology played vital role in controlling death on account of AIDS.

CONCLUSION

HIV/AIDS is severe threat to the society and to the humanity at large. Whole world is suffering from its ill effects and fighting from it. The detail analysis of NACO report based on four parameters discussed in analysis part reveals that HIV/AIDS is in control and consistent declining has been observed in all four parameters viz. 'adult HIV prevalence, people living with HIV infection, new HIV infection & Death due to HIV infection'. Declining in the HIV prevalence indicate positive aspects of efforts made by government and various agencies. HIV prevalence in youths is the major problem across the world and prominent source of transmitting infection. Status of new infection in India is in quite controlled condition and is being declining since 2007. It is estimated that in coming years new HIV infection would be in full control as sufficient awareness and knowledge would be spread among youths regarding protection of HIV infection. On the other hand continuous efforts are being made to give proper medical treatment to the people living with HIV infection through government aided ART centres at various places in the country.

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