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Programme: M.A., Gender Studies

Course Title : GENDER HEALTH AND NUTRITION

Code : CC – III

Unit IV: Health consequences of Gender based Violence

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Introduction

- This defines Gender Based Violence as violence that disproportionately affects individuals based on their gender, often perpetuated by unequal power dynamics.
- It includes physical, sexual, psychological, and economic abuse.
- The slide explains that GBV is not just a social issue but also a major public health concern with long-term consequences for individuals and society.
- It outlines the presentation's objective to explore the physical and mental health impacts, challenges, and solutions to GBV.

Physical Health Impacts of GBV

- This focuses on the physical health consequences of GBV. Victims often experience immediate injuries such as bruises, fractures, or internal trauma. Long-term effects include chronic pain, gastrointestinal disorders, and complications during pregnancy.
- Women who suffer GBV are at a higher risk of contracting sexually transmitted infections (STIs) and experiencing unintended pregnancies or unsafe abortions.
- The emphasizes how GBV severely undermines victims' overall physical well-being and increases healthcare burdens. This section sets the stage for understanding why GBV is a critical public health concern.

Mental Health Impacts of GBV

- This examines the psychological toll of GBV. Victims often face mental health issues like depression, anxiety, post-traumatic stress disorder (PTSD), and suicidal tendencies.
- Prolonged abuse can lead to social withdrawal, low self-esteem, and difficulty forming relationships.
- Children who witness GBV may develop behavioral disorders, perpetuating the cycle of violence.
- This highlights the necessity of mental health support for survivors, emphasizing how untreated trauma can have cascading effects on individuals, families, and communities.
- It reinforces the need for integrating mental health services into GBV response programs.

Challenges in Addressing GBV

- This outlines barriers in combating GBV. Cultural norms often stigmatize survivors, discouraging them from seeking help.
- Fear of retaliation, lack of legal protections, and insufficient support systems exacerbate the issue.
- Limited awareness among healthcare providers leads to misdiagnosis or neglect of GBV cases.
- Systemic gender inequalities and poverty further limit survivors' access to healthcare and justice.
- By identifying these challenges, the slide calls for a multi-sectoral approach involving education, law enforcement, and community awareness to address GBV effectively.

Importance of Addressing GBV

- This emphasizes why tackling GBV is essential for public health and societal well-being. Addressing GBV can break cycles of violence, reduce healthcare costs, and foster community resilience.
- Empowering survivors and providing timely interventions improve their quality of life and productivity.
- Moreover, addressing GBV aligns with global goals such as the Sustainable Development Goals (SDGs), specifically SDG 5 on gender equality and SDG 3 on good health and well-being.
- This inspires action by illustrating the broader benefits of preventing and responding to GBV.

Integration of Gender in Health

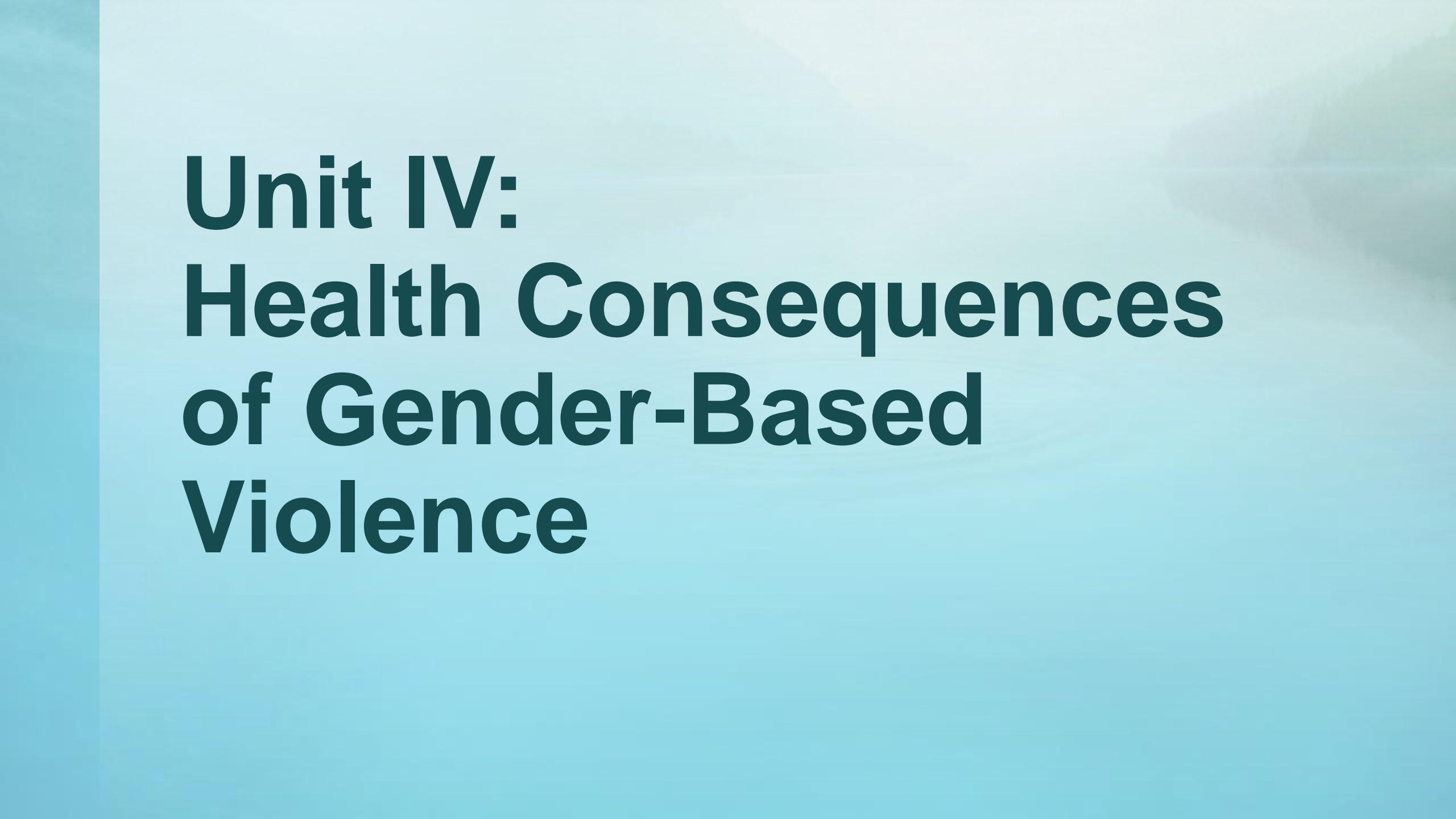
- This discusses the need for gender-sensitive healthcare practices. Integrating gender means acknowledging differences in health needs and barriers faced by men, women, and non-binary individuals.
- For example, women may need reproductive health services, while men may face stigma in seeking mental health care.
- Training healthcare providers on gender sensitivity, creating inclusive policies, and ensuring equitable resource allocation are key strategies.
- This integration improves healthcare outcomes, reduces disparities, and ensures that marginalized groups receive the support they need.

Global Initiatives for Gender Equity

- This highlights international frameworks that promote gender equity in health.
- The Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) advocates for women's rights globally.
- The Beijing Declaration and Platform for Action addresses gender equality, including healthcare.
- WHO and UN Women implement programs focusing on GBV and gender-sensitive healthcare delivery.
- These initiatives aim to create a world where individuals, regardless of gender, can access quality healthcare without discrimination.
- Highlighting these efforts underscores the importance of collaborative global action.

National Initiatives for Gender Equity

- This presents India's initiatives to promote gender equity in health. Programs like Beti Bachao Beti Padhao focus on improving girls' survival and education, while the Nirbhaya Fund supports GBV survivors.
- One-Stop Centers provide healthcare, legal aid, and counseling to GBV survivors.
- Janani Suraksha Yojana incentivizes institutional childbirth to reduce maternal mortality.
- These policies reflect India's commitment to addressing gender disparities and improving health outcomes.
- However, challenges in implementation persist, requiring community involvement and robust governance.



Unit IV: Health Consequences of Gender-Based Violence

Health Policy and Gender Equity

- This explores how health policies can promote gender equity. Universal healthcare policies like "Health for All" aim to eliminate disparities, but gender-specific issues often require targeted measures.
- For instance, maternal healthcare programs ensure safe childbirth, while mental health initiatives address gender-specific trauma like GBV.
- Policies must consider unique needs of diverse groups, including transgender individuals.
- By adopting gender-inclusive frameworks, policymakers can create equitable systems where every individual has access to healthcare, irrespective of gender.
- This highlights the critical role of policy-making in bridging gender gaps in health outcomes.

Gender Differences in Mental Health

- This examines mental health disparities across genders. Men often face societal pressure to suppress emotions, leading to untreated mental health issues like depression and substance abuse.
- Women, on the other hand, are more likely to experience anxiety and PTSD, often linked to GBV and caregiving stress.
- Transgender individuals face discrimination and exclusion, exacerbating their mental health challenges.
- These differences underscore the need for gender-sensitive mental health services, ensuring that care is tailored to address unique vulnerabilities and societal pressures.

Gender Differences in Reproductive Health

- This addresses disparities in reproductive health.
- Early marriage and teenage pregnancy often jeopardize young girls' physical and mental health, while lack of contraceptive access increases risks of maternal mortality
- Conversely, societal taboos may prevent men from discussing reproductive health concerns, leading to untreated conditions like infertility.
- Transgender individuals face significant barriers to accessing reproductive healthcare.
- Addressing these issues requires education, accessible services, and culturally sensitive healthcare delivery, ensuring everyone has autonomy over their reproductive health.

Domestic and Mental Health Concerns

- This delves into the mental health impacts of domestic violence. Victims often suffer from depression, anxiety, and trauma, compounded by isolation and stigma.
- Both men and women in abusive relationships may struggle with identity and self-worth, while children witnessing violence may develop behavioral issues.
- Domestic violence also has economic and social repercussions, creating cycles of dependency and reduced productivity.
- This emphasizes the importance of integrated support systems, including counseling, legal aid, and community interventions, to address these multifaceted issues.

Transgender Health Issues

- This focuses on the unique health challenges faced by transgender individuals.
- Many struggle with mental health issues due to societal discrimination, rejection, and lack of acceptance.
- Access to gender-affirming care, such as hormone therapy and surgeries, is often limited.
- Transgender individuals also face barriers in general healthcare settings, including insensitive providers and inadequate facilities.
- Policies must ensure equitable healthcare access and address these systemic gaps through awareness, training, and inclusive frameworks.

Breaking the Silence on Menstruation

- This discusses the stigma surrounding menstruation and its impact on health.
- Menstruating individuals often face shame, limited access to sanitary products, and inadequate education about menstrual hygiene.
- These barriers lead to poor health outcomes, including infections and missed opportunities in education and work.
- Breaking the silence requires awareness campaigns, affordable menstrual products, and integrating menstrual health education into schools.
- Initiatives like Menstrual Hygiene Day promote acceptance and foster conversations about menstruation as a normal biological process.

Adolescent Health Issues

- This examines the unique health challenges faced by adolescents.
- Puberty brings physical and emotional changes, often accompanied by mental health struggles like anxiety and peer pressure.
- Risky behaviors, substance abuse, and lack of sexual health education further complicate adolescent well-being.
- Girls face additional challenges like early marriage and teenage pregnancy.
- Boys often face societal pressures to conform to harmful masculinity norms.
- Addressing these issues requires age-appropriate education, supportive environments, and accessible healthcare services tailored to adolescent needs.

Marginalized Groups and Health

- This highlights the health disparities faced by marginalized groups, including tribal communities, LGBTQ+ individuals, and economically disadvantaged populations.
- Factors like poverty, discrimination, and lack of infrastructure limit access to quality healthcare.
- Women in these groups often experience compounded vulnerabilities, such as higher rates of GBV and maternal health complications.
- Addressing these inequities requires targeted interventions, community-driven approaches, and inclusive health policies that recognize the intersectionality of health and social inequalities.

National Family Health Survey (NFHS)

- This discusses key findings from the National Family Health Survey (NFHS) related to gender and health.
- Data highlights include maternal mortality rates, contraceptive use, teenage pregnancies, and prevalence of GBV.
- These insights guide policymakers in addressing gaps and prioritizing resources.
- For instance, higher GBV rates necessitate strengthening support systems, while data on adolescent health informs targeted programs.
- This underscores the importance of evidence-based policymaking to improve health outcomes and promote gender equity.

The background of the slide is a soft, blue-toned photograph of a misty landscape. In the foreground, there is a calm body of water, likely a lake or a wide river, which reflects the surrounding environment. The middle ground shows rolling hills or mountains, their details softened by a light mist or fog. The sky is a pale, hazy blue, blending into the overall serene and atmospheric scene. The overall color palette is dominated by various shades of blue and teal, creating a sense of tranquility and vastness.

Unit V: Field Work

Gender Analysis of Policies

- This reviews global, national, and state-level policies for gender equity in health.
- It evaluates their effectiveness, identifying strengths and gaps.
- For instance, policies like Janani Suraksha Yojana successfully promote maternal health, but transgender-inclusive healthcare remains under-addressed.
- Comparing frameworks across regions highlights best practices and areas for improvement.
- This encourages critical analysis and the adoption of comprehensive strategies for equitable healthcare.

Understanding Health Challenges

- This shares insights from interactions with healthcare providers, NGOs, activists, and communities.
- Fieldwork reveals on-the-ground challenges such as resource constraints, cultural stigmas, and gaps in policy implementation.
- Real-life examples, such as a survivor accessing a One-Stop Center, illustrate the importance of integrated support systems.
- These experiences bridge theoretical knowledge with practical understanding, offering a holistic view of healthcare challenges.

Micro-Level Health Awareness

- This slide outlines the importance of conducting gender-sensitive health awareness camps.
- These camps address topics like reproductive health, mental health, and GBV, fostering community engagement and education.
- By integrating local perspectives, these initiatives build trust and promote health-seeking behavior.
- For example, a camp in a rural area might focus on menstrual hygiene and access to affordable sanitary products. This slide emphasizes the role of grassroots efforts in creating sustainable change.



Unit VI: Current Contours

Convergence of Health, Education, and Rural Development

- Health, education, rural, and women development sectors are interconnected, and their collaboration is crucial for addressing systemic inequalities.
- For example, lack of education often leads to poor health outcomes, while inadequate health infrastructure affects rural development. Women's empowerment through education and economic participation also significantly impacts community health.
- This section emphasizes the need for multi-sectoral approaches, such as integrating health awareness campaigns in schools or linking sanitation initiatives with menstrual health programs.
- Collaborative strategies ensure holistic development, addressing root causes and improving outcomes in a sustainable manner.

Challenging Stereotypes in Women's Health

- Stereotypical perceptions often limit the scope of women's health to maternal and reproductive issues, ignoring mental health, GBV, and non-communicable diseases.
- This section advocates for breaking these stereotypes by promoting awareness and diversifying healthcare services. Women should have access to comprehensive healthcare, from cardiovascular care to mental health support.
- Including men and the broader community in these conversations ensures that women's health is viewed as a shared societal responsibility.
- By challenging outdated notions, we can redefine healthcare priorities to better serve women's diverse needs.

Incorporating Menstrual Health into Sanitation Policies

- Menstrual health is often overlooked in sanitation policies, yet it is critical to women's health and dignity.
- This section highlights programs like Swachh Bharat Abhiyan, which aim to improve sanitation infrastructure but often neglect menstrual hygiene needs.
- It advocates for including affordable and accessible sanitary products, waste management systems, and education about menstruation within these frameworks.
- Success stories, such as localized pad-making initiatives, illustrate how menstrual health can be seamlessly integrated into broader sanitation goals.
- By prioritizing this issue, policymakers can address a significant gap in women's health equity.

Adolescent Health Initiatives

- Adolescence is a transformative stage with unique health needs.
- Programs like Rashtriya Kishor Swasthya Karyakram (RKSK) address challenges such as nutritional deficiencies, mental health, substance abuse, and reproductive health.
- This section discusses the importance of age-appropriate education, peer counseling, and safe spaces for adolescents.
- Special attention is given to teenage pregnancy, early marriage, and GBV, which disproportionately affect girls.
- Addressing these issues requires empowering adolescents with knowledge, access to services, and community support.
- Collaborative efforts between schools, families, and healthcare providers are essential to foster healthy transitions to adulthood.

Assisted Reproductive Technologies (ART)

- Assisted Reproductive Technologies (ART) provide solutions for individuals facing infertility or reproductive challenges, including same-sex couples and transgender individuals.
- This section explores the ethical, financial, and societal implications of ART, such as surrogacy and IVF.
- While these technologies offer hope, they often remain inaccessible due to high costs and limited awareness.
- The need for affordable, inclusive policies to support diverse families is emphasized.
- ART also raises questions about societal norms around parenthood, making it a pivotal topic in conversations about health and gender equity.

Conclusion

- The final section summarizes the key points of the presentation, reiterating the importance of integrating gender perspectives into health policies and practices.
- It emphasizes the need for collaboration across sectors to address disparities and promote equity.
- The audience is encouraged to take actionable steps, such as raising awareness, advocating for policy reforms, and supporting marginalized communities.
- Ending on a hopeful and proactive note, this section inspires participants to contribute to a more inclusive and equitable healthcare system.

thank you!