



ULAB
**UNIVERSITY OF LIBERAL ARTS
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**Assignment Title: Health related problems and changing health behaviors in
Chittagong Hill Tracts**

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Department: Media Studies and Journalism

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Introduction:

Chittagong Hill Tracts are an integral part of Bangladesh. People of many languages and cultures live in the Chittagong hill tracts (CHT). Even after 53 years of independence, the hills are lagging far behind the plains as the hilly regions are very marginal. Even though there has been development in the hills since independence, it is only tourism oriented. If observed, development especially in the education and medical sectors is only in show. We want to talk about the health system of Chittagong Hill Tracts. Chittagong Hill Tracts being a hilly town, health care has not yet reached the hills like the plains. Mountain people still die for lack of treatment. Due to non-availability of modern medical treatment, local Kaviraj treatment is more common, as a result of which the rate of premature death and infant mortality is increasing day by day. And most of the people in the hills are not aware of advanced treatment and health care. Many people think that hospitals are a place of scams, a way to make money by making healthy people sick. The government of Bangladesh has set up community clinics to ensure health care in the marginal areas, but compared to the plains, its activities and efficiency are not as good. Most of the community clinics in the hills are located in the outskirts of the city, leaving the people in the remote areas unaware and deprived of this healthcare. According to the local people, the activities in the community clinics are 2 to 1 day a week according to their wishes and in the inner community clinics no one is seen except for official needs. Due to the negligence of the health department and the appointment of unskilled manpower in the hill community clinics, the people of Chittagong Hill Tracts are deprived of even the minimum health care they should get. In our discussion today, we will prepare a plan for uncovering, solving health problems in the remote areas of the Chittagong Hill Tracts and changing health knowledge, practices and behaviors among the hill population.

Health problems and cause of CHT:

The main health problems in the Chittagong Hill Tracts are the lack of adequate facilities in hospitals and the inefficiency and neglect of health workers in community clinics. Due to the remoteness of hilly areas, there is no accountability of health workers there. As a result, medicines and medical equipment for community clinics are sold at lower prices in shops. As a result, health care cannot be expected from community clinics. In the few areas where clinics are operational, only saline is provided. Health workers do not provide any information about health

care in community clinics. Because of which, most of the hill communities are ignorant about health care. Due to the remoteness of the hospital, if any major disease occurs, it is difficult to find a doctor except 2/1 nurse, even if the local Kaviraj tries to cure the disease and bring it to the hospital. Day by day the death rate is increasing as a result of this neglect. But still the medical system is stagnant and difficult, the hill population cannot turn to medical services even if they want to and there is increasing reluctance and distance towards medical services and facilities which is never desirable. Therefore, it is very important for us to quickly uncover the health related problems of Chittagong Hill Tracts and find ways to solve them.

List of Health Behavior Change:

- Health awareness should be increased among the local people.
- Propaganda and cultural prejudice must be eliminated.
- Interest in modern medical services should be increased by taking treatment by kabiraj, Oja.
- Tolerant and friendly behavior of doctors, nurses and health workers is ensured.
- Adequate and correct medication intake.
- Ensuring immunization of women and children.
- Increasing children's interest in medical science.
- Building trust and confidence in hospitals, community clinics.
- Good relationship of locals with doctors, nurses, and health workers.
- Free services to destitute and poor patients.
- Organize health meetings at least once every month and ensure attendance of remote hill communities.

Importance of the project and the interventions:

We believe that our project will make an important contribution to solving health related problems and changing health behaviors in Chittagong Hill Tracts. If it is possible to solve the above health related problems and change the health behavior, the health sector of Bangladesh will improve greatly and Chittagong Hill Tracts will become a role model for the development of the health sector, which will bring positive changes for the whole of Bangladesh. Through our planned project, we will uncover ways to solve the above problems and take various measures and programs to change the health behavior of the people of Chittagong Hill Tracts.

Implanting an intervention:

- We will conduct health campaigns in schools, colleges and universities.
- Organizing health meetings in remote villages with the help of local students.
- Promotion of health campaigns, broadcast of new health videos.
- Screening health related short plays through projectors in remote areas and encouraging health behavior change.
- Health related cartoons will be shown for children in primary schools for children health behavior change.
- Graffiti on health behavior change.
- Increase health awareness.
- Evidence base legal, action against corrupt, ignorant and incompetent doctors, nurses and health workers.
- Creating an environment of accountability within the cooperation of the ministry and administration.
- Providing health related information and updates.
- Ensure free services to destitute and poor patients.
- Increasing children's interest in medical science.
- Improving the quality of healthcare in hospitals and community clinics.

Apply behavioral change theories:

We have applied two theories of behavior change, health belief theory and social learning theory, to solve the health related problems of the Chittagong Hill Tracts and to change the health behavior of the hill population. Health Belief Model suggests that behavior change is driven by an individual's perception of the risks and benefits associated with a behavior. To implement this in Chittagong Hill Tracts, we will:

- Highlighting the real risks of relying on traditional healers will emphasize the severity and susceptibility of diseases arising from lack of proper healthcare.
- Raise awareness of the benefits of modern medicine, including preventive care such as vaccinations and early diagnosis.
- Improving the behavior of healthcare workers to make healthcare services more accessible and affordable and to increase trust.

Social Learning Theory focuses on learning through observation, imitation, and modeling.

- Encourage local communities to observe positive health behaviors demonstrated through our campaigns, videos and health meetings.
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Barring Factors:

- Unconsciousness
- Illiteracy
- Poverty
- Poor transportation system
- Religious and cultural prejudices
- Syndicate of the corrupt
- Lack of communication

Conclusion:

The health challenges in the Chittagong Hill Tracts are deeply rooted in structural inadequacies, cultural perceptions, and geographical remoteness. Despite efforts to improve healthcare access, the people in these marginalized regions continue to face significant barriers to quality medical services. Through this project, we aim to address these barriers by implementing interventions designed to change health behaviors, increase awareness, and improve the delivery of healthcare services. This project has the potential to transform the healthcare landscape in the Chittagong Hill Tracts, not only improving health outcomes for the region's population but also setting a precedent for other underserved areas in Bangladesh. The success of this initiative will be a critical step toward equitable healthcare for all citizens, ensuring that no region is left behind in the country's path to development.

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