

**Vision 2031**  
**An International Conference on Development and Democracy**  
Government of Kerala  
*February 15 to 17, 2026*

## **Health and Nutrition**

Kerala champions a people-friendly State sector in healthcare, one that is based on equity and access. The State will build on its health and social indicators to achieve universal health coverage through a strong, people-centred public health system that leaves no one behind.

It is the policy of the Government of Kerala to combat non-communicable diseases, respond to the needs of an ageing population, address emerging and re-emerging communicable diseases, and reduce the financial burden of healthcare. Primary healthcare will be the central axis of transformation, supported by strengthened human resources and modernised, technology-enabled preventive, promotive, curative, rehabilitative, and palliative services provided free of cost. Comprehensive screening programmes, lifestyle counselling, e-health platforms, telemedicine, and AI-based diagnostic tools will be used to improve early detection, continuity of care, and service reach. Mental health services, particularly community-based and counselling services, will be expanded as an integral part of public healthcare delivery.

Cashless hospitalisation will remain a core component of the safety net for families in need. Local Self-Governments will continue to play a central role in participatory health governance. The One Health Programme will be expanded State-wide, supporting a climate-resilient and sustainable health ecosystem. Trauma care and emergency response systems will be strengthened through improved infrastructure, referral networks, and time-critical care pathways, particularly along major transport corridors and in high-risk regions.

Kerala also aims to position itself as a health and wellness hub by strengthening medical education, clinical research, and specialised care services. Medical education will be aligned with public health needs and emerging skill requirements. The AYUSH sector will be supported as a complementary component of the healthcare system, with particular emphasis on quality standards, evidence-based practice, and integration where appropriate. A proposed International Research Institute of Ayurveda will contribute to these efforts.

Kerala's robust food and welfare systems have kept malnutrition low and food security high. The State will now progress from food security to nutrition security, ensuring every citizen's right to food through equitable access to diverse and nutrient-rich diets. The nutritional needs of pregnant and lactating women, children and adolescents, the elderly

and marginalised communities will be prioritised. The State's Public Distribution System, supplemented by market intervention schemes of Civil Supplies Department, will continue to be used to stabilise prices and protect households from food inflation.