

*Building the
Ecosystem
for NCD
Prevention in
India*



AROgya
WORLD

2016 Accomplishments



The Arogya World Team at the 2016 Healthy Workplace conference and awards

Dear Friends, Colleagues, and Supporters:

2016 has brought us to an inflection point in our journey. We have done a lot of work—strategizing with Start-Up! consultancy, publishing “proof of concept” results from mDiabetes, increasing capacity with key hires, reaching a major milestone with Healthy Workplaces, and expanding our programming work. The focus of this report is to celebrate and communicate our 2016 Accomplishments.

We are not only implementing innovative programs, but also adding to the evidence base with publications and impact assessments, and advancing thought leadership with highly regarded conferences and summits.

Arogya World has gained the confidence to declare that we will improve the health of 1 million people by the time we are 10 years old, at the end of 2020. We know we have helped more than 150,000 people in our first 5 years already. We also know what we have to do to get to our ambitious impact goal by educating millions of people where they live, learn, and work. It is through these programs that we hope to support the United Nations’ Sustainable Development Goals as well.

We can’t do this without the support of our band of dedicated colleagues, passionate board members and advisors, our many partners, and donors. Thank you all for coming along with us on this journey to promote good health!

Sincerely,
The Arogya World Family

Arogya World is a global health non-profit organization working to prevent non-communicable diseases (NCDs) through health education and lifestyle change. We engage with health leaders and individuals to help people lead healthier lives.

Our mission is reflected in our very name: Arogya in Sanskrit means to live a life without disease.





HEALTHY SCHOOLS PROGRAM

Healthy Schools

Arogya World's **Healthy Schools program** uses influencers such as teachers and student peer leaders to reach and educate 11- to 14-year-olds in the school setting about diabetes and its prevention. Behavior change is measured in this two-year program by collecting data before, during, and after the program. Healthy Schools has been successfully implemented in both urban and rural areas in North and South India.

Behavior change—getting people to increase physical activity and improve dietary intake—is the prime challenge in diabetes prevention. To be effective, we must reach young children before their lifestyle habits are fully established.

Impact and Scale

Thanks to a third year of a successful partnership with Agastya International Foundation, this program has educated **8,000 kids** to date in Karnataka and Andhra Pradesh, piggy-backing on Agastya's science education platform. We are on track to meet our United Nations *Every Woman Every Child* commitment to reach and teach 10,000 additional children with our Healthy Schools program by 2019.

We are rapidly scaling up this effective program (which showed 14% impact) by exploring partnerships with large school networks including Ashoka's Nourishing Schools.

“We have been doing the Diabetes Awareness and Prevention program for the last two years in our school. When we teach this to children in school, they spread the message to their families about diabetes awareness.”

- Headmaster at higher primary school D.P.Halli





HEALTHY WORKPLACES PROGRAM

Healthy Workplaces

We held a very successful **Healthy Workplace Conference and Award Event** on November 9, 2016 in Delhi, where we recognized **32 more Healthy Workplaces** for a total of 79 to date with 2 million employees. Major employers like Indian Railways and Reliance Industries joined the list.

For the first time ever, we had a Platinum award category this year. Seven pioneering companies became **Platinum awardees**, having demonstrated they track workplace health metrics. Three additional companies were given certificates of merit. This is an important step in our journey to shape the culture of companies to becoming data-driven in order to improve the health of millions of working Indians. We are also working on making the first companies Tobacco-free Worksites, a deliverable for our grant from Global Smoke-free Worksite Challenge.

Across the Platinum companies, which range in size from 251 to 258,938 employees (totaling nearly 420,000 employees), evidence of health improvement was seen over the last three years. For example, tobacco use decreased; nearly 25,000 people quit using tobacco. Nearly 9,000 people across these companies reduced alcohol use. An increase in exercise was also evident; more than 53,000 employees (about 1 in 8) increased exercise and 5,000 people lost weight across the Platinum companies.

Partnerships

We continue to forge new relationships with strategic partners, in particular: the Indian Association of Occupational Health, the George Institute of Public Health, the Global Centre for Healthy Workplaces, Aceer Health, Truworth, and the Global Smoke-free Worksite Challenge. Furthermore, we continued to strengthen relationships with Cigna, ActivDoctors Online, Ashoka, WHO India, Agastya, Aon, Emory University, PHFI, Madras Diabetes Research Foundation, and Northwestern University.



PHOTOS: (left) Attendees greeted at registration; (above) Arogya's Meeta Walavalkar served as emcee for the daytime conference and Dr. Nikhil Tandon from All India Institute of Medical Sciences gave the evening keynote; (below) 2016 Healthy Workplaces.





RECOGNITION AND AWARDS

Recognition

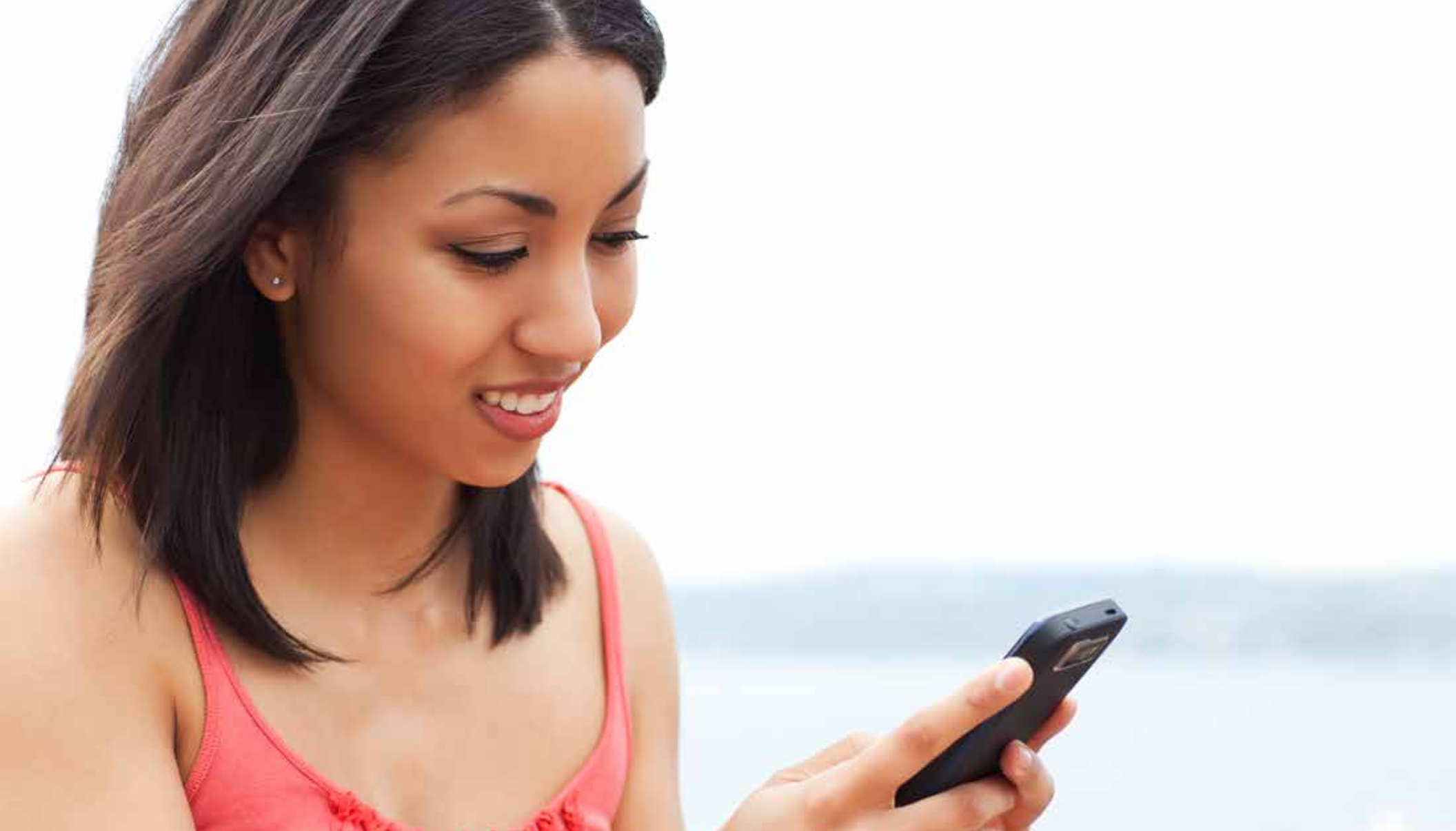
- Arogya World was **recognized by Clinton Global Initiative** as a partner for the mhNOW commitment. We joined Global Development Incubator and Basic Needs as a partner on this commitment to tackle mental health globally.
- Nalini Saligram was formally inducted as an Ashoka Fellow, and also served as 2016 co-chair for the Taskforce on Women & NCDs and served on the Executive Committee of the Alliance for Food & Health.
- Geeta Bharadwaj served as a judge for the global competition of the Global Centre for Healthy Workplaces.

Speaking Roles

- As co-chair of the Taskforce on Women & NCDs, Nalini Saligram read a formal statement at WHO side event during Commission on Status of Women meeting (March 2016). She also served as a panelist at the Global Centre for Healthy Workplaces global conference in Washington, D.C. (June 2016) and spoke at Women & Diabetes meeting DIWWAAS in Chennai (August 2016) and Cigna's Dubai meeting on workplace health (October 2016).
- Deepa Prahalad spoke at an IEEE conference called Internet Inclusion: Advancing Solutions India in New Delhi (September 2016).
- Susheela Venkataraman spoke at Transforming healthcare through IT in Chennai (October 2016).
- Sandhya Ramalingam is leading an interactive workshop at Global Digital Health Forum, co-located with the Connected Health Conference, in Washington D.C. (December 2016).



PHOTOS: (left) Arogya World joins another Clinton Global Initiative commitment; (right, top) Dr. Geeta Bharadwaj accepts a CSR Merit Award on behalf of Arogya World and (right, bottom) Nalini Saligram joins the 2016 class of Ashoka Fellows



mHEALTH INITIATIVES

Our mDiabetes Results Published

In August, we had an important article published in the *Journal of Medical Internet Research* called “mHealth Intervention to Improve Diabetes Risk Behaviors in India: A Prospective, Parallel Group Cohort Study.” This article showcased the exciting results of Arogya World’s mDiabetes project (see chart to the right). Authors of the article included:

- Angela Pfammatter, PhD (Northwestern University Feinberg School of Medicine)
- Bonnie Spring, PhD (Northwestern University Feinberg School of Medicine)
- Nalini Saligram, PhD (Arogya World)
- Raj Davé, MBA (Health ARC)
- Arun Gowda, MD (Focus Scientific Research Center)
- Linelle Blais, PhD (Emory Centers for Training and Technical Assistance, Behavioral Sciences and Health Education, Emory University)
- Monika Arora, PhD (Public Health Foundation of India)
- Harish Ranjani, PhD (Madras Diabetes Research Foundation)
- Om Ganda, MD (Joslin Diabetes Center)
- Donald Hedeker, PhD (University of Chicago)
- Sethu Reddy, MD (Joslin Diabetes Center)
- Sandhya Ramalingam, PhD (Arogya World)

myArogya

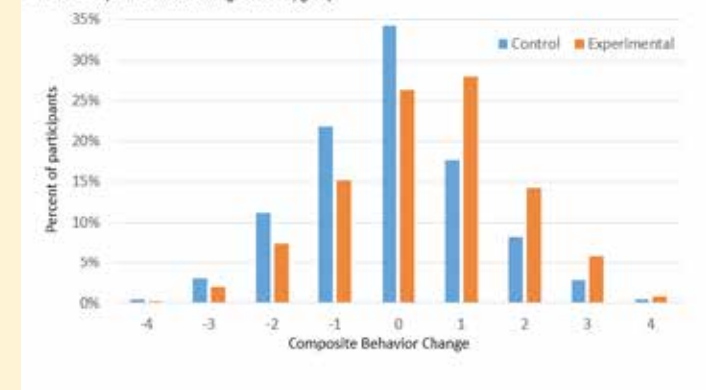
To combat diabetes and other chronic diseases on the rise in India, we partnered with MDRF and a select group of Healthy Workplace employers to test a new app called myArogya (see photo on the right), developed with sole support from the Cigna Foundation. A study about the effectiveness of the app is ongoing. myArogya guides users toward better choices regarding diet and exercise to prevent serious chronic diseases for them and their loved ones.

myThali

We are working on an exciting new nutritional icon for India based on the National Institute of Nutrition guidelines, and using the U.S. MyPlate as a template for this approach, which we’re calling myThali.



Exhibit 2: Composite behavior change scores by group





FINANCIALS AND FUNDRAISING

Fundraising and Sustainability

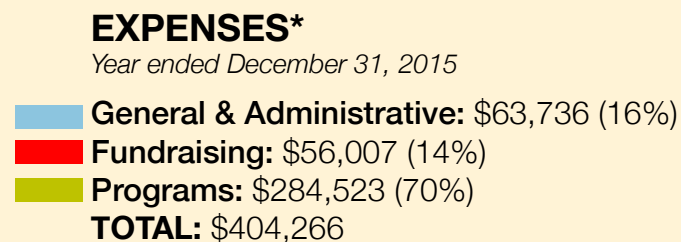
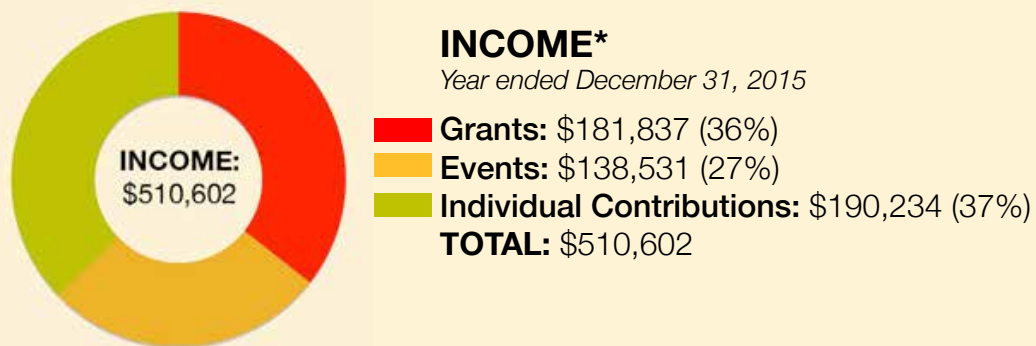
We continue to raise funds from individuals, corporations and foundations in the U.S. and India to do our work. We will find ways to make our programs, especially Healthy Workplace and mHealth, sustainable over the long haul using market forces.

In May, we held a successful gala in Chicago which raised \$150,000 and attracted many corporate sponsors including Aon, Quinnox, Mesirow Financial, Cigna, Hartford Funds, and Bank of America/Merrill Lynch. "An Elegant Indian Evening," held at The Library, honored Randy Nornes, Executive Vice President of the Aon Corporation. Guests enjoyed gourmet hors d'oeuvres with delectable wines donated by Minnie and Anil Kumar. Linda and Jim Barr, along with Seema and Raj Bhatia, served as co-chairs.

We also continue to seek funding from foundations and other partners, as well as online. Arogya World and Arogya World India Trust are recognized by [Guidestar](#) and by Guidestar India for our transparency and accountability. 100% of our donors' gifts support programming.

Finance and Operations

We successfully completed our first financial audit in 2016. Our 2015 financials are available on our [website](#).



* includes in-kind



PHOTOS: (left) The crowd at The Library in Chicago; (right, top) Honoree Randy Nornes and Nalini Saligram (right, bottom) Music was provided by the University of Chicago Lab Schools Jazz Band



AROGYA WORLD

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