On the Journey to Good Health and Well-Being for All in India

The Arogya World Story

India’s 1B+ population hard hit by NCDs.*

- 75% of adults are diabetic or pre-diabetic in metro areas
- >61% of all deaths in India caused by chronic disease
- >20% have one chronic disease
- >72 million live with diabetes
- 1 million a year die from diabetes
- 2/3 of Indians <35 years old
- Indians develop diabetes young, in their 30s and 40s, their most productive working years
- 3 of 4 teens are inactive
- 10% of schoolchildren are pre-diabetic

NCDs are among biggest health & development challenges of the century.

- $47 trillion impact 2010-2030
- 25% of income among poor families spent on care for one person with diabetes
- 25% of women globally spend 25% of income on chronic disease
- 7% of women globally spend 50% of household income on chronic disease

There is hope through prevention.

- 80% of chronic disease is preventable through healthy eating, exercise, and avoiding smoking
- 500,000 people in India to date improved their health through Arogya World programs
- 50 cents, on average, is all it takes to educate people through Arogya World programs

Arogya World Doorstep Model reaches individuals and families where they live, learn and work.

Where people live
My Thali: Using social media and influencers to empower women to cook and eat healthy food in right amounts
mDiabetes: Leveraging 900 million cell phones in use to deliver text and voice messages on diabetes prevention

Where people learn
Healthy Schools: Educating schoolchildren on healthy living and diabetes prevention before lifestyles become set

Where people work
Healthy Workplaces: Helping companies create data-driven cultures of health

Accomplishments through 2019:
- 45 workplaces provided with MyThali program on education about what and how to eat
- 1.7 million people reached in rural and urban areas through mDiabetes mobile text and voice
- 500,000 schoolchildren educated through Healthy Schools program on healthy living
- >130 companies in India became Healthy Workplaces
- >3 million employed at Healthy Workplaces
- Helping India meet UN Sustainable Development Goal #3

Good health and well-being for all is within our reach.

Number of people reached through Arogya World health and disease prevention programs.

2022 projected
22 million

2020 projected
10 million

2019 achieved
to date: 5 million

* Non-communicable diseases
1 World Health Organization
2 World Health Organization
3 CNNS, Comprehensive National Nutrition Survey
4 World Economic Forum estimates
5 International Diabetes Federation
6 Arogya World study, 10,000 Women
7 Arogya World study, 10,000 Women
8 World Health Organization
9 United Nations Sustainable Development Goal #3

To contact us:
info@arogyaworld.org