

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

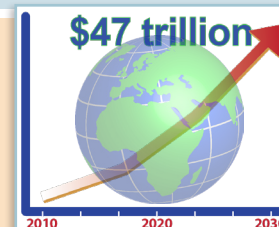
The Arogya World Story

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 disease¹
- >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 inactive²
- 10% of schoolchildren are pre-diabetic³

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

- \$47 trillion impact 2010-2030⁴
- 25% of income among poor families spent on care for one person with diabetes⁵
- 25% of women globally spend 25% of income on chronic disease⁶
- 7% of women globally spend 50% of household income on chronic disease⁷

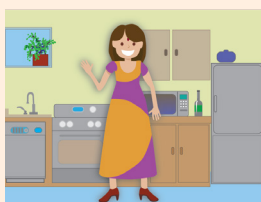


There is hope through prevention.



- 80% of chronic disease is preventable through healthy eating, exercise, and avoiding smoking⁸
- 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.



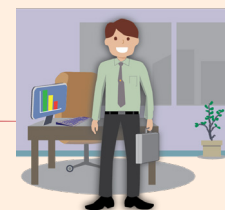
Where people live

MyThali: 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:

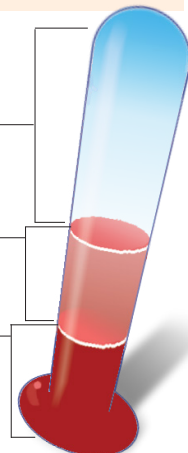
- 45 workplaces provided with MyThali program on education about what and how to eat
- 1.7 million people reached in rural and urban areas through mDiabetes mobile text and voice
- 500,000 schoolchildren educated through Healthy Schools program on healthy living
- >130 companies in India became Healthy Workplaces
- >3 million employed at Healthy Workplaces
- Helping India meet UN Sustainable Development Goal#3⁹



Good health and well-being for all⁹ 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



AROGYA
WORLD

To contact us:
info@arogyaworld.org

* 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