With a focus on partnerships and innovative technology, we implement scalable, sustainable programs with measurable impact. Our name and mission are aligned – ‘arogya’ means good health in Sanskrit. At the core of all our work is disease prevention through healthy living.

What is innovative about our work is our multi-pronged community approach, taking prevention to people where they live, learn and work. We implement low-cost science-based prevention programs that have shown proof of concept and are highly scalable. Arogya World celebrated its 10th anniversary in 2020.

According to W.H.O. a healthy diet, exercise and avoiding tobacco can prevent:

80% ↓ Premature Heart Disease
80% ↓ Type 2 Diabetes
40% ↓ Of All Cancers

Our Doorstep Health Model: Making Prevention Accessible

5 Million+

People Reached

mDiabetes
Reach 1.7 million people
20% impact

myArogya Mobile App

MyThali
50 workplace
Social Media 750,000
Media Reach 10 million

LIVE

Healthy Work Place
• 145 companies
• 3.1 million employees

WORK

Healthy Schools
Reach 300,000 kids
15% impact
• Thane Maharashtra
• Banda UP
• Digitizing + Diksha

LEARN

Urban

Rural

www.arogyaworld.org
WE AIM TO REACH MORE THAN 20 MILLION OVER THE NEXT FEW YEARS.

THE PROBLEM
Non-communicable diseases (NCDs), which include heart disease, diabetes, cancer and chronic lung diseases, are the leading cause of death worldwide. However, NCDs remain an under-reported, under-recognized and menacing long-term threat to public health.

Arogya World has focused much of its work in India where the NCD burden is massive – 63% of deaths in India are due to NCDs. In urban areas, 3 out of 4 adults are diabetic. Indians get diabetes a decade or two earlier than people in the West. India is a diabetes capital of the world (134 million by 2045). Additionally, the economic impact is devastating – 25% of a poor Indian family’s income is spent on diabetes care for one person. If we don’t act on this problem urgently, in addition to the loss of lives, India stands to incur a loss of $4.58 trillion by 2030. The demographic dividend can fast become a demographic disaster! Additionally, Covid has shown more severe disease and negative health outcomes for people with NCDs. This makes our mission more urgent and important.

OUR SOLUTION:
PREVENTION THROUGH HEALTHY LIVING
Our key India-based programs are helping India meet its SDG 3 (good health and well-being) commitment:

• Healthy Schools, a middle school-based program across India that focuses on the basics of healthy living. In response to Covid the program has been digitized. We have educated over 300,000 children.

• mDiabetes, a mobile messaging program that has reached 1.7 million people so far

• Healthy Workplaces, which advances workplace health in 145 companies (reaching 3.1 million employees)

• MyThali, a nutritional program that empowers Indians (in urban and rural India) to eat healthier food

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Arogya World

Arogya World is a U.S.-based 501(c)3 organization (EIN 27-2091051) and works with its affiliate organization, Arogya World India Trust (based in Bangalore, India) to advance its mission.

HELP US CREATE A WORLD FULL OF AROGYA!

100% OF ALL DONATIONS DIRECTLY FUND OUR PROGRAMS

DONATE NOW

OUR KEY PARTNERS: