

AROGYA WORLD

Is a global health non-profit working to prevent Non communicable Diseases (NCDs) in India. We strive to achieve our vision of a 'disease free world' through a focus on partnerships and innovative technology, and by implementing science-based, scalable programs with measurable impact.

Our doorstep health model takes prevention through healthy living to people where they live, learn and work, through 4 main programs — Healthy Schools, Healthy Workplaces, mDiabetes, and MyThali. Disease prevention through healthy living is at the core of all Arogya World programs and we have educated more than **6 million people** in India through 2021.

We promote healthy living to make India disease free.



NCDS ARE PREVENTABLE

According to the World Health Organization, 80% of diabetes and 80% of heart disease can be prevented with 3 lifestyle changes – one must **eat right, exercise and avoid tobacco**. In order to win the war against NCDs, studies show that adolescents should be prioritized as target groups for interventions due to their high adaptability and likelihood to be motivated for appropriate lifestyle modifications, and the fact that most of the NCD risk factors are behaviorally acquired during adolescence. **Ensuring the health of the next generation is a key area of focus for us.**

- **Every fifth person in India is an adolescent. Childhood diabetes rates in India have increased three-fold over the last 30 years.**
- **>10 % of India's children, even as young as 5 years of age, are said to be pre-diabetic.**
- **75% of the adolescents get "insufficient physical activity".**

AROGYA WORLD'S HEALTHY SCHOOLS PROGRAM

defines healthy lifestyle practices and enables behavior change among adolescents.



We believe teaching middle school children to make healthy lifestyle choices, to eat right and increase physical activity, before their lifestyle habits are fully set, is critical for India's future. The program is a scientific and activity-based participatory **2-year intervention** for middle school children (**6-8 standard and age 11-13 years**).

10 years of efforts have helped us achieve considerable results:

- **500,000+ middle school children educated**
- **Content available in 9 local languages**
- **Working across 12 states of India**
- **Strong Partners:**



Significant multi-year support for this program has come from **Rural India Supporting Trust**, building on initial support for the pilot by **Merck & MSD India**.

AROGYA WORLD'S SCHOOL HEALTH PROGRAM GOES DIGITAL! ENABLES SCALE UP

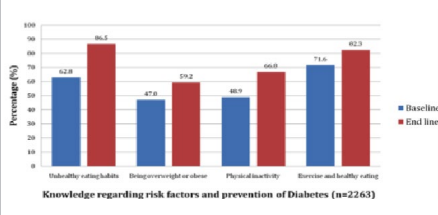


In response to COVID, Arogya World in 2020 digitized the school health program, pivoting from peer-led to self-learning mode. This program, the **first Digital Adolescent Health Program** of its kind, is aligned with and considered an adjunct to the new **NCERT - MOHFW Ayushman Bharat School Health** program curriculum, and amplifies the messages on Healthy Lifestyle and NCD prevention, while augmenting and reinforcing the learnings for children with **fun & compelling digital games**. Our

digital program materials are housed on government portal Diksha. We are in an aggressive scale-up mode and currently working extensively with the Governments of Goa, UP (Banda district), and Maharashtra (Thane district), so learning on health can continue during the critical years of adolescence, even if the schools remain closed.

IMPACT

EXAMPLE 1 - RESULTS FROM SCHOOL PILOT IN DELHI (2011-2013)
2263 students from 6 schools (3 government, 3 private)



- Assessment through pre-post evaluation of behaviour change has shown that the program is effective, demonstrating **>15% increase in awareness and behaviour change**.
- The digital program also showed promising results in a rapid pilot.
- **Stanford University's** Centre for Asian Health Research and Education is validating our results.
- Our students, teachers and partners have become extensive Brand Ambassadors of the Program.

PARTNER WITH AROGYA

We believe you can make an impact in the lives of India's children, setting them up for a lifetime of health. Partner with us to roll out the Healthy Schools program. Write to us schools@arogyaworld.org

