



AROGYA
WORLD

**ANNUAL
REPORT**
2018



April 2019

Dear Friends:

As Arogya World approaches its 10-year anniversary in 2020, we are ramping up our efforts to do what we do best: bring a doorstep model of health to families and individuals in India, making prevention education available where people work, live, and learn.

I am very proud of our efforts this past year: with our well thought-through programs, we have a reach into 4 million people to date, and believe we have helped 400,000 improve their health behaviors. We have educated more than 150,000 school children (ages 11-14) so far on healthy living, through our Healthy Schools program and are on our way to reaching tens of thousands more Indians through our mDiabetes text message program. Healthy Workplaces continues to attract great attention with 116 companies, spanning 2.5 million employees. And in 2018, we took a definite step forward to advance mental health in the workplace in India. In 2018, we also rolled out MyThali in 45 worksites, educating people on what to eat in what quantities at each meal.

We continue to be part of important gatherings and thought leader conversations. In 2018 we presented to employees at tech giants, like Google, in California. We spoke at the United Nations and related meetings in New York and events in India—including “Eat Right Mela” in Delhi and an important workshop on millets in Bangalore. We were part of a high-level discussion with business leaders at a Nasscom meeting on mental health in the workplace, and were invited to speak at the Base of the Pyramid Summit in Delhi. We were thrilled to be invited to comment on workplace health and productivity on BBC World News. Particularly gratifying was being selected by Dr. Ashwin Naik as one of the gamechangers in his new book— The Health Care Gamechangers.

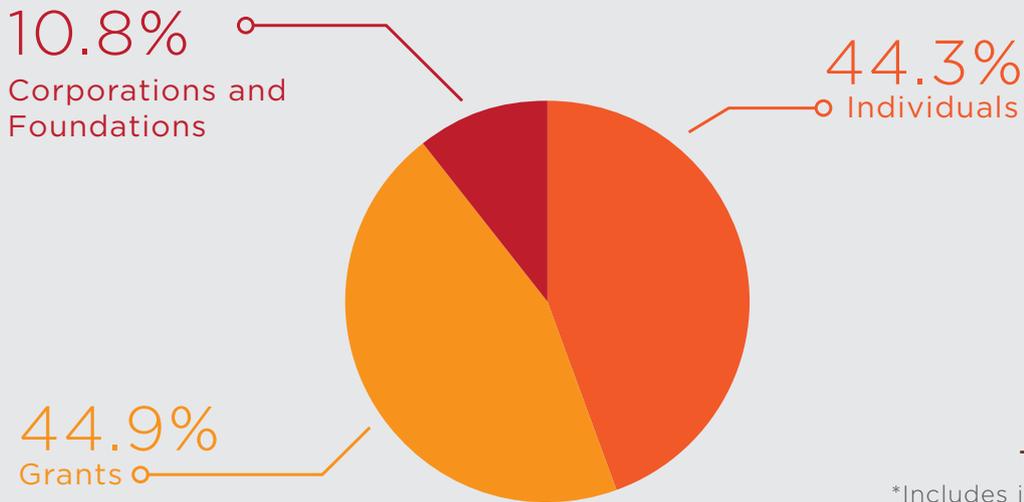
Several recent reports have highlighted the challenges of non-communicable diseases (NCDs). Of particular significance was the Global Burden of Disease Report in The Lancet, which established that the highest number of deaths in the world are caused by unhealthy eating. Fortunately, eating right is gaining more attention globally and in India. We believe the time is right for Arogya World’s work to accelerate, scaling up in the months and years to come.

Helping us do this is Sumathi Rao, our new Country Head in India, who joined us in 2018, and is energizing our on-the-ground presence and taking our programs to the next level. I am grateful that passionate and committed people make up the Arogya World family and am confident that we will together get to goal. Most of all, I am grateful to you, our donors, partners, and stakeholders! Thank you for supporting our mission to change the course of chronic disease in India and beyond!

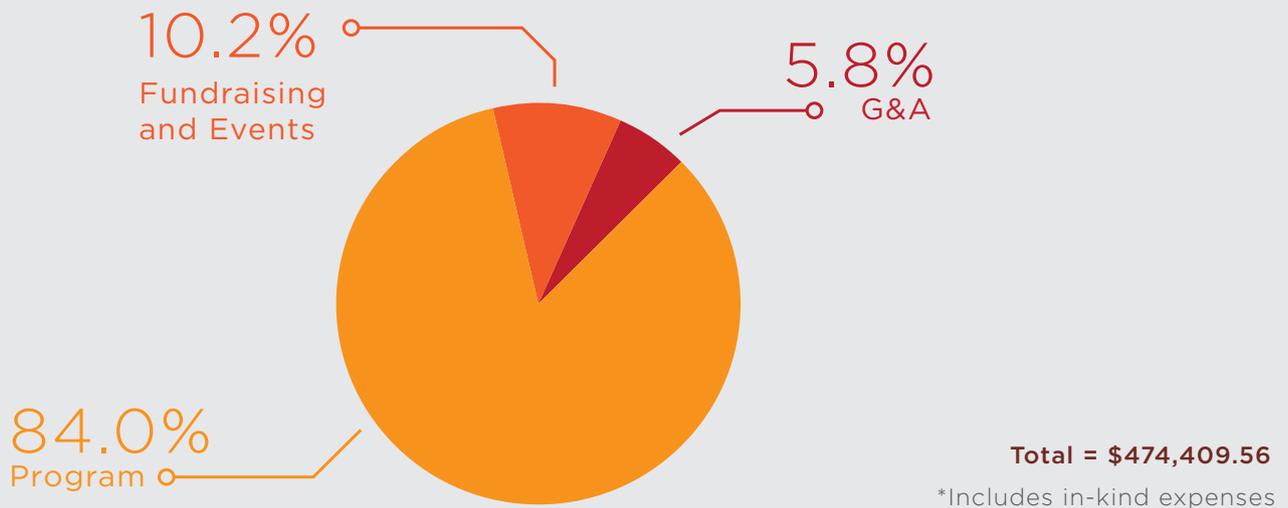
-Nalini Saligram &
The Arogya World Family

2017 Financials

Sources of Revenue



Expenses





Teaching Healthy Habits From an Early Age

About

Healthy Schools is a peer-led, school-based diabetes education and prevention program aimed at children and adolescents, ages 11-14. The two-year program increases their knowledge of diabetes and the ways it can be prevented through diet and exercise, as well as creates positive behavior change related to healthy food choices and increasing physical activity.

Partners

In 2018, Healthy Schools benefited from funding from Rural India Supporting Trust (RIST) and the Hans Foundation, along with support from individual donors. Our implementing partners include the Agastya Foundation, HRIDAY, SHARP, and Ashoka's Nourishing Schools Program.

Impact

We have reached more than 150,000 students in eight states (Karnataka, Tamil Nadu, Andhra Pradesh, Maharashtra, Uttar Pradesh, Rajasthan, Delhi, and Assam). Our initial pilot showed 15% impact and current field efforts are showing similar trends.

When school children learn about diabetes prevention, they are more likely to grow up healthier—making better diet and exercise choices—and share this knowledge with their families.

Just \$2 per child will provide peer training and materials needed for the two-year program. Will you sponsor 50 students for \$100?

Donate now.





mDiabetes helps rural Indians prevent diabetes

About

mDiabetes is a mobile phone message program that drives awareness about the causes and complications of diabetes and teaches recipients how to prevent it. The messages are now available by text or voice in several Indian languages.

Partners

On World Diabetes Day in November 2017, we launched a partnership with Aravind Eye Care Systems, which provides state-of-the-art eye care services to patients regardless of their ability to pay. Support from RIST will ultimately allow Arogya World to reach 300,000 motivated consumers from the Aravind community.

Impact

We created posters, flyers, and videos and have deployed a small team of front-line activators to encourage patients and their family members to sign up. mDiabetes messages are available in Tamil as texts and voice messages to the Aravind community, and are also available in multiple languages for other locations. There are more than 66,000 people currently receiving the mDiabetes messages. Our previous work with 1 million consumers throughout India with Nokia showed 20% improvement in multiple health behaviors.

Just 50 cents per person will cover the cost of sending messages to an individual for six months. Will you help us reach 200 people in rural areas for \$100?

Donate now.





Bringing Preventive Health and Nutrition to the Workplace

About

Every year, Arogya World recognizes companies in India that have demonstrated ways they are helping their employees lead healthier lives. We now have 116 companies in India who have earned recognition as Healthy Workplaces, spanning 2.5 million employees. This year, we also took our myThali program to workplaces. myThali, a new nutritional icon for India, has the potential to help India resolve the dual burden of malnutrition—both obesity (a leading factor in chronic disease) and under-nutrition, by teaching people what to eat and in what quantities at each meal.

We also made definite strides in advancing mental health in the workplace. We held a special session on mental health at the conference and encouraged company leaders to address it at their workplaces. We also held a press event and drew a lot of media attention to the issue.

What we Achieved

Arogya World held its signature 2018 Healthy Workplace Conference November 14-15, marking World Diabetes Day. Fifteen Indian companies were recognized as Healthy Workplaces this year (bringing the total number of Healthy Workplaces to 116 with 2.5 million employees) and seven companies received the Platinum award, the highest level of our Healthy Workplace program (bringing the total number of Platinum companies to 29). The 2018 Platinum companies showed encouraging results, like previous years. Arogya World also recognized one company as a tobacco-free worksite. This past year, for the first time, we held a half-day session on mental health in the workplace, which was well received, and drew much media attention. We rolled out MyThali in 45 worksites in 2018, teaching people the basics of portion control and balanced meals.



Want to be part of a growing network of companies who care about their employees' health?

If your organization is based in India, you can apply to become a Healthy Workplace! You can also sponsor our signature event – the annual Healthy Workplace Conference and Awards, to be held November 5, 2019 in Delhi.

Contact

infoindia@arogyaworld.org



2018 Corporate and Foundation Donors



2018 Individual Donors (gifts of \$1,000 or more)

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Thank You

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