



CHANGING THE COURSE OF CHRONIC DISEASE

One Community at a Time

Arogya in Sanskrit means good health. More literally to live a life without disease.

Chronic non-communicable diseases called NCDs, include heart diseases, cancer, diabetes and chronic lung diseases

THE PROBLEM

NCDs*
are among the
top **health and
development
challenges** of the
century.

2 out of 3
deaths
In the world are caused
by NCDs

80%
In developing
countries

ALARMING DISEASE BURDEN IN INDIA

>20 %
of population in India
has **one chronic
disease**; 10% has **more
than one**

50%
of the population **dies
from chronic diseases**

70 million
people live with
diabetes. Diabetes kills 1
million Indians every
year (IDF)

75%
of people living in **metro
cities** are **diabetic or
pre-diabetic**

DEVASTATING ECONOMIC IMPACT

Indians get diabetes
10 years earlier
than in the West- at the
peak of their productive
years

2/3 India's
1 billion plus people are
under age **35**. **Alarming
public health crisis** as large
numbers get diabetes in
next decade

The cumulative
economic output loss
from NCDs (including
mental health) in 20 yrs
=
\$47 trillion

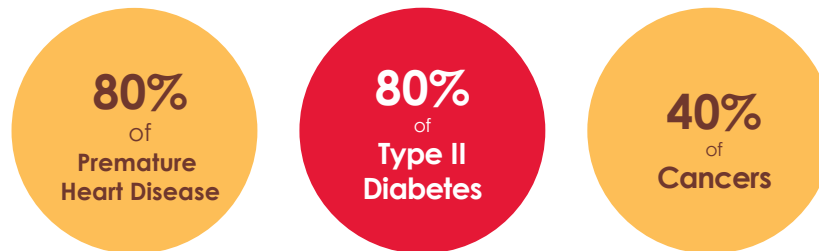
25%
of a poor Indian family's
income is spent on care
for one person with
diabetes

*NCDs = heart disease, diabetes, cancer, chronic lung diseases

THE SOLUTION: PREVENTION!

Compelling Clinical Proof Exists that NCDs Can Be Prevented

- According to WHO, a healthy diet, exercise and avoiding tobacco can prevent:



- Landmark Clinical Trial - Diabetes Prevention Program (DPP):

30 mins Physical
Activity/day + low-
fat diet **reduced**
chances of getting
diabetes by **58%**

(Metformin:31%)

3,234
high-risk adults in the
U.S.A

(NEJM, Feb 7 2002)

**Diabetes
prevention** with
lifestyle changes
**sustained for 10
years**

(The Lancet – 2009)

Also confirmed in
Indian Studies

ABOUT AROGYA WORLD

Arogya World India Trust is a global health non-profit organization committed to helping people lead healthier lives by preventing non-communicable diseases (NCDs) through health education and lifestyle change.

Our DOORSTEP DELIVERY MODEL takes prevention to where people live , work and learn.



WE HAVE REACHED 4 MILLION, IMPACTED 400,000!

ABOUT HEALTHY SCHOOLS

Teaching Children about Healthy Lifestyles at a young age and in their own



Transformation to healthy diets by 2050 will require substantial dietary shifts, including a greater than 50% reduction in global consumption of unhealthy foods, such as red meat and sugar, and a greater than 100% increase in consumption of healthy foods, such as nuts, fruits, vegetables, and legumes. – EAT Lancet Commission 2019

Poor diets are the number 1 cause of death –
Global Burden of Disease Report April 2019

REACH AND IMPACT



>1.5 LAKH
STUDENTS



9
INDIAN LANGUAGES



ACROSS MORE THAN
12 STATES



ABOUT OUR SCHOOL PROGRAM

Create a strong base for healthy lifestyle practices with a specific focus on behaviour change and developing leadership skills among the students, before their lifestyle habits are set.

The Healthy Schools initiative is a 2 year program conducted for middle school children. I.e., students of classes (6-8) age 11-13 years

Today, Arogya Schools program is wide-spread and is conducted in various states like Uttar Pradesh, Madhya Pradesh, Bihar, Assam, Rajasthan, North Maharashtra, Karnataka, Andhra Pradesh, Telangana, South Kerala, both in private and government schools,

The trainings are done and materials are available in the local language



THE MODEL

Innovative and Engaging Activity Based Behavior Change Model

2 year program for middle school children.

5 Compelling age-appropriate activities each year

Participatory Learning Model

Pre & Post Survey to measure effectiveness

Implementation Partners across India.

Works in Govt + Private Schools, Rural + Urban

India

Creates Student Peer leaders and engages with staff and community



TEACHING THROUGH INNOVATIVE ACTIVITIES AND ENGAGING DISCUSSIONS



Active life is a healthy life



Identifying "Healthy Behaviours"



Let's write a healthy recipe!



Volunteer Training

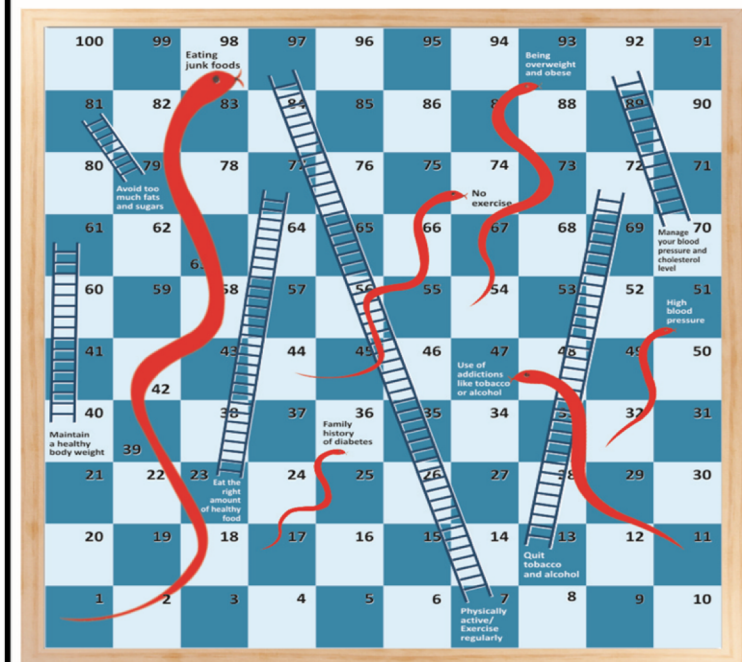
Fun Snake and Ladder to reinforce healthy behaviours



Enabling Peer Leadership

EXAMPLE YEAR 1 ACTIVITIES : BE FIT, EAT RIGHT!

WORKSHEET No.2:
Climb the Health Ladder



WORKSHEET No 5:
Doctor says “Be Fit, Eat Right”

Name: Date:

Class and Section:/.....

Sachin is a 11 year old boy weighing 51 kilograms. He goes to bed at 10 P.M in the night and wakes up at 5.30 A.M in the morning. Sachin is often tired and hates to exercise. He eats his breakfast everyday. Sachin likes to go to school in his father's car. At break time he prefers to eat the home made tiffin. He dislikes playing sports and always makes excuses so that he doesn't have to go out of the class in the games period as he often feels tired. Sachin often feels hungry that is why he always has a burger and cold drink while going back home from school. After coming back home he spends long hours playing video games. In the evening he goes for a walk with his mother and has an ice-cream everyday while walking. He watches TV for half an hour in the night.

Imagine yourself as a doctor and suggest lifestyle modifications for Sachin

A. Segregate Sachin's lifestyle practices in zones:

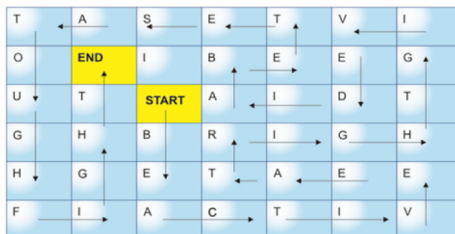
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YEAR 1 ACTIVITIES : CROSSWORDS AND RECIPE WRITING

B. Give some suggestions to improve Sachin's daily routine

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

C. Being a doctor, track the treasure below to find a health message for Sachin



Use a pencil or sketch pen to connect the letters. Start in the square that says "start", then follow the arrows till the "end". You may use the space below to help you spell out the secret message. Good luck!!!

WORKSHEET No 3 : Make Your Own Recipe

Name: _____ Date: _____

Class and Section: _____/_____

WRITE YOUR RECIPE HERE

Name of your Recipe:	
Ingredients:	
Method of Cooking:	

RATE YOUR RECIPE

Score:	<div style="display: inline-block; background-color: red; color: white; padding: 5px; text-align: center;">To Be Avoided</div> <div style="display: inline-block; background-color: yellow; color: black; padding: 5px; text-align: center;">Less Frequently</div> <div style="display: inline-block; background-color: green; color: white; padding: 5px; text-align: center;">Consumed Regularly</div>
	<div style="display: inline-block; width: 30px; text-align: center;">Poor</div> <div style="display: inline-block; width: 30px; text-align: center;">Average</div> <div style="display: inline-block; width: 30px; text-align: center;">Good</div>

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OUR PARTNERS



MORE THAN 1.5 LAKH KIDS EDUCATED IN DIABETES/ NCDs AWARENESS & PREVENTION!

WE MADE AND FULFILLED A UN EVERY WOMAN EVERY CHILD COMMITMENT (2015-2017)

TESTIMONIALS

I study in KGV B , Kadambu, RES, Bagalkot. Today people from Arogya World and Agastya Foundation came to our school to teach us about diabetes awareness. This workshop was very informative and we could later spread this useful information in our family members. For this , I would like to thank Arogya World and Agastya Foundation on behalf of my school and me.

Student

Because of Arogya, we have discussed in the teacher - student meeting and made lot of changes in our cafeteria in terms of offering healthy options vegetable sandwiches , fruit chat nimbu pani , etc instead of cool drinks and less of oil and no junk packed foods at all.

School Leader

Before when I used to check the lunch boxes of all my friends in class, they used to get lot of junk and unhealthy food. After the awareness program by Hriday & Arogya World , they have started getting healthy foods for lunch.

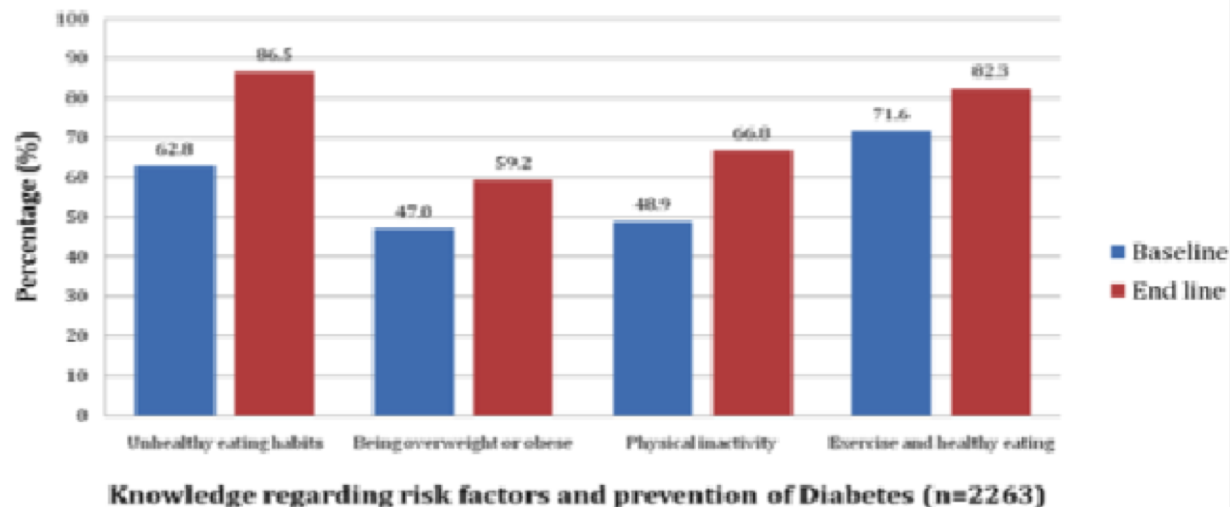
**Peer Leader of Arogya Healthy
Schools Program, Delhi**

DOES OUR SCHOOLS PROGRAM WORK?

EXAMPLE 1 - RESULTS FROM SCHOOL PILOT IN DELHI (2011-2013)

2263 students from 6 schools (3 government, 3 private)

Partner: Hriday
Awareness Increased

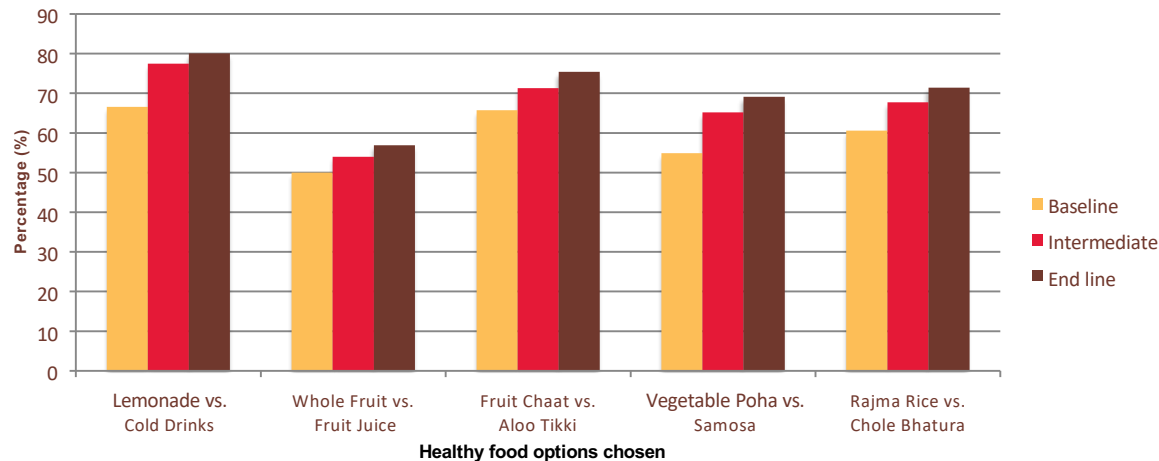


23.7% more students understood that unhealthy eating habits can put you at risk for diabetes, and 12.2% more students learned that being overweight can increase the future risk of diabetes.

DELHI PILOT – 15% IMPACT

Daily intake of vegetables increased from 61.2% to 76.9% over the two-year program.

More kids moved - 52.6 % vs 34.9 % reported going outside and playing with friends.

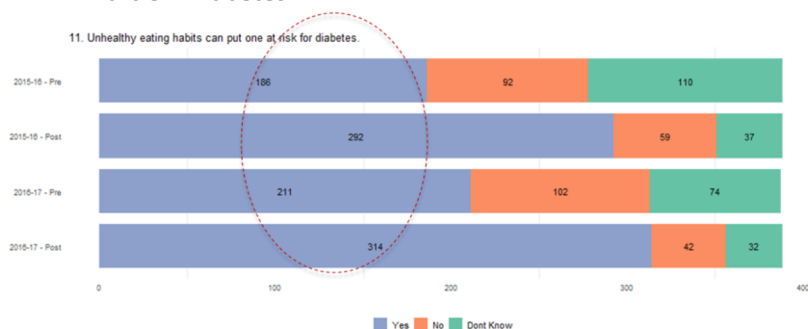


Children consistently reported choosing healthier foods:
more students (75.4% vs 65.7%) chose fruit chaat over alu tikki.

GOOD RESULTS CONTINUE TO COME IN FROM THE FIELD WITH AGASTYA 2015-2017

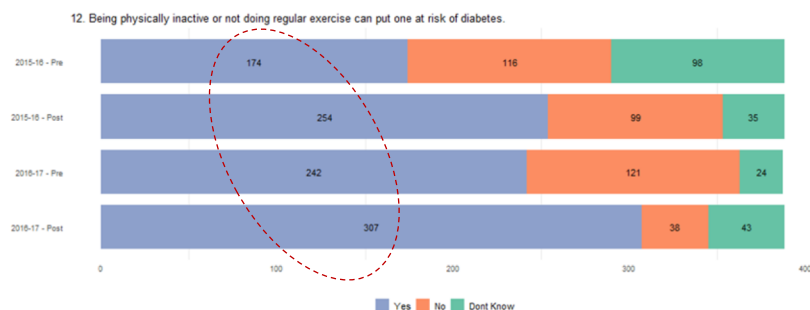
WHAT DO YOU KNOW? – AWARENESS INCREASED

Part C – Diabetes



Unhealthy eating habits can put one at risk for Diabetes

	Year 1		Year 2	
	Pre	Post	Pre	Post
Total = 400				
Students who said NO	186	292	211	314
% per year	46.5%	73%	52.3%	78.5%
Δ change	26.5		26.2	



Physical inactivity can put one at risk for Diabetes

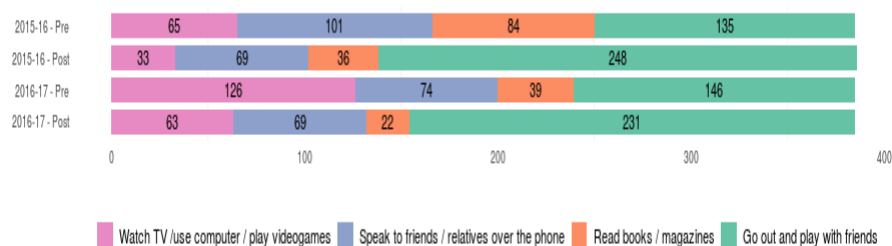
	Year 1		Year 2	
	Pre	Post	Pre	Post
Total = 400				
Students who said NO	174	254	242	307
% per year	43.5%	63.5%	60.5%	76.8%
Δ change	20		16.3	

Agastya schools Group: Please add the school details

EVIDENCE OF IMPROVED HEALTH BEHAVIOURS: AGASTYA 2015-2017

Increase in exercise / going out to play

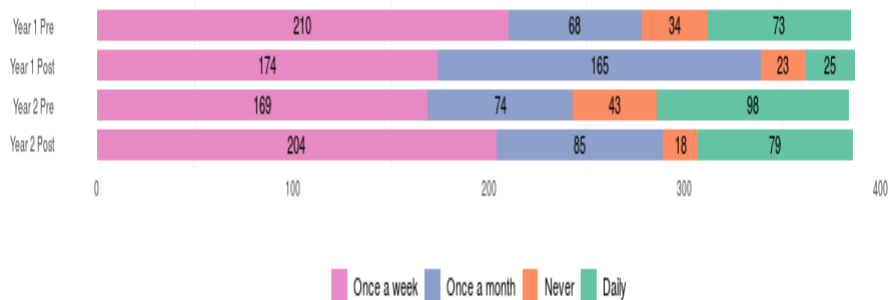
33. During your leisure (free) time, you mostly -



Free time activity	Year 1		Year 2	
	Pre	Post	Pre	Post
Total=400				
Students who said PLAY	135	248	146	231
% per year	34%	62%	37%	58%
Δ Change	28		21	

Consumption of Fried Foods Reduced

27. How often do you have Fried Snacks (samosa, pakora, kachori, etc.) ?



	Year 1		Year 2	
	Pre	Post	Pre	Post
Total=400				
Students who said DAILY	73	25	98	79
% per year	18%	6%	25%	20%
Δ Change	-12		-5	

A group of approximately 15 school children, mostly boys and a few girls, are captured in a moment of pure joy, jumping and running towards the camera. They are all wearing matching khaki-colored school uniforms, consisting of long-sleeved shirts and trousers or skirts. The children are barefoot, and their expressions are filled with happiness and energy. In the background, a simple school building with light-colored walls and a dark doorway is visible. The ground is dry and dusty. The overall atmosphere is one of celebration and gratitude.

THANK YOU!!!