



## 2017 IMPACT and ACCOMPLISHMENTS

# THANK YOU

## Dear Friends:

We want to thank you for another incredible year creating and implementing innovative health prevention programs where people live, learn, and work. Enclosed are this year's accomplishments, but we wanted to call out a few:

- **A MILESTONE:** We crossed the 100-company mark with our Healthy Workplace program.
- **GLOBAL ADVOCACY:** We convened the first-ever, multi-stakeholder Salt Summit in India.
- **HIGH-IMPACT GRANTMAKING:** With support from the Hans Foundation, we are bringing diabetes prevention text and voice messages to 300,000 Indians over the next three years through a partnership with eye care innovator, Aravind Eye Hospitals, and are educating 100,000 school children on healthy living with Agastya International Foundation and HRIDAY.
- **FIRST OF ITS KIND:** Made specifically to empower women in India to improve their health and the health of their families, we launched myThali, a pictorial representation of what someone should eat and in roughly what quantities. Previous funding for this came from the Cigna Foundation.
- **NEW MOBILE APP LAUNCHED:** With support from Cigna Foundation, the effectiveness research study of myAROGYA was completed with Madras Diabetes Research Foundation and data are being analyzed. In partnership with GOQii, this year we launched the NEW myAROGYA to educate Healthy Workplace employees on chronic disease prevention, and help them track physical activity and sleep more efficiently.

**Having shown proof of concept for several of our programs, we are now focused on scaling up and becoming sustainable. We know where we are going. We want to educate 9 million people on diabetes prevention by 2020—and have clear plans for getting there.**

Wishing you a happy, healthy 2018! We thank you for helping us to advance our mission to prevent chronic disease, one community at a time.

*Nalini Saligram and the board members of Arogya World*

## Arogya World 2017 Impact Report

### February 2017

**Hosted the first-ever Salt Summit in Delhi.** Along with the George Institute of Global Health, Arogya World brought together multiple stakeholders to review evidence and initiate action on reduction of salt use in India (which is currently at double the WHO recommended levels of about 1 tsp a day). We have developed a white paper with recommendations and action steps.

**Participated in OCCUCON.** The Indian Association of Occupational Health hosted its annual event focused on occupational health and safety in Delhi. Arogya World's Usha Chander and Nalini Saligram participated as speakers.

**Authored important case studies.** Arogya World created case studies that were included in the Global Health Council briefing book to show examples to the U.S. government of NCD programs that are working: [Healthy Schools](#) and [mDiabetes](#).

### March 2017

**Helped plan side event “Women and NCDs: Debunking Myths and Taking Action” at the UN during the 61st session of the Commission on the Status of Women.** This event, hosted by the Taskforce on Women & NCDs, issued a global Call to Action that demanded worldwide recognition of the health of women and girls as a social justice issue. We discussed the fact that NCDs impact women beyond health, affecting them as employees, patients, mothers and caregivers. This group advocated a life-course approach to women's health to meet the Sustainable Development Goals, more in-country gender-specific prevention programs, and tools that empower women to lead their families to health.

**Hosted a series of events for California tech leaders.** As a result of events held in Mountain View (at the Silicon Valley Community Foundation), San Francisco, and San Diego, we formed a California Working Group, under the leadership of Deepa Prahallad, which will host awareness talks at leading companies in 2018.



# Arogya World 2017 Impact Report

## May 2017

**Hosted a successful annual gala in Chicago.** We received support from several companies and individuals, raising a record \$170,000.

**Arogya World invited to be part of MIT's Solve Challenge at the UN.** Nalini Saligram served as a judge.



## July 2017

**Secured a three-year grant from Hans Foundation to expand the scope and scale of the mDiabetes and Healthy Schools programs.** Erin Justen worked on the proposal. The funding will allow Arogya World to reach 300,000 people with mDiabetes, through a partnership with Aravind Eye Hospitals, and 100,000 school children ages 11-14 with the Healthy Schools program, in partnership with Agastya International Foundation and Hriday.

**WHO BeHealthyBeMobile mDiabetes Handbook Review.** On behalf of the World Health Organization, Arogya World (Sandhya Ramalingam) conducted interviews with experts and government officials from different countries and completed a formal review of the WHO – ITU guidebook for governments on running country-wide diabetes prevention mHealth programs.



# Arogya World 2017 Impact Report

## August 2017

**Arogya World encourages Healthy Schools.** Our youngest-ever intern, Meghna Phalke, a high school student in San Jose, CA, recently visited participating schools in Bangalore and at the Agastya Campus. "The kids were thrilled to be there, and they engaged in all of the activities with full energy," she said. "They were smiling the entire time, and were eager to answer any questions, shooting their hands in the air and jumping up to speak."

Arogya World's Nandini Ganesh conducted many key trainings at Agastya, worked with Ashoka to integrate our school materials into their Nourishing Schools programs, and helped Rotary Club of Bangalore Cantonment initiate the program at one of their schools.

## September 2017

**Inspired by solutions at SOLVE@MIT.** Arogya World's Carrie Hutchison attended Solve in New York, to listen to finalist pitches. Given our CGI commitment on mental health, we were most interested in the brain health and mental resilience solutions.

**Addressing mental health as an NCD.** Arogya World was invited to participate in a conference in Napa focused on why companies and business leaders must make it a priority to tackle mental health in the workplace. The event was hosted by the One Mind Initiative. We presented case studies on approaches and programs on mental health from 2 pioneering Healthy Workplaces in India: Wipro and Reliance.

**Global Healthy Workplace Awards.** Arogya World's Dr Geeta Bharadwaj, who was a judge, and Usha Chander, participated in the Global Healthy Workplace Awards in Singapore. Congratulations to our Healthy Workplace Aditya Birla's Madura Clothing, for being recognized as a finalist.



## Arogya World 2017 Impact Report

November 2017

**Hosted a successful Healthy Workplace Conference and Awards Event November 9 in Bangalore.** This conference, which brought together health experts and workplace leaders, has become the knowledge hub on workplace health in India. Attendance topped 180, and with Dr. Geeta Bharadwaj and Usha Chander serving as Assessors, we honored [22 Healthy Workplaces](#) from different sectors in India, [plus 12 who achieved Platinum status](#), and two that became the first Tobacco-free Worksites. Through partners, sponsorship, and registration funds, most event costs were covered. At this event, we launched:

- myArogya with GOQii, led by Meeta Walavalkar, now makes our unique disease prevention content available to employees
- MyThali, with Jayanthi Krishnamachary and Dr Meghana Pasi, a first-of-its-kind initiative to help Indians change the way they think about food by clearly showing what they should eat and in what quantities
- Lifestyle Coach Training to help high-risk employees change health behavior and prevent diabetes

**Arogya World at first World NCD Congress.** Susheela Venkataramn and Nalini Saligram presented papers at this meeting in Chandigarh.

**Launched mDiabetes at Aravind Eye Hospital.** With Meeta Walavalkar we recruited our first participants for this program in Madurai on November 14, World Diabetes Day.

**Secured support from Ashoka's Executive in Residence program.** Ashoka helped us get Boehringer-Ingelheim's Parminder Singh to provide executive expertise and guidance on improving our Healthy Workplace programs and offerings.

**Gearing up to start mDiabetes in Chicago.** As we look ahead to 2018, we are partnering with the Indo-American Center on mDiabetes and will promote healthy cooking in the community with chef and cookbook author Anupya Singla.

**Contributed to NCD Alliance report.** A case study on our Healthy Workplace approach was included in ["Tackling noncommunicable diseases in workplace settings in LMICs"](#), a report launched at the 2nd Global NCD Alliance Forum in Sharjah, UAE.

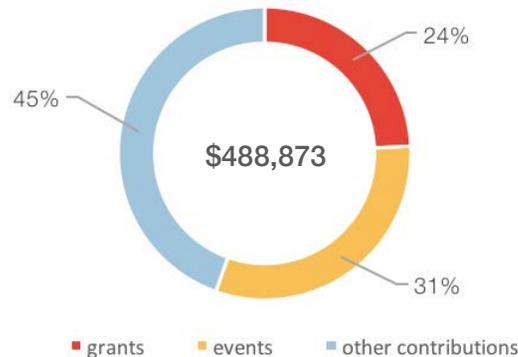


# FINANCIALS

## 100% of public donations support our programs.

Since 2012, we have raised \$2.1 million and reached 3.3 million people with our programs. More than 365,000 of those people have changed their behaviors and are leading healthier lives. Our operating costs (G&A and Fundraising) are covered entirely by a generous donor. Our 2016 financials are available on our [website](#).

### INCOME\* (year ended Dec. 31, 2016)



### EXPENSES\* (year ended Dec. 31, 2016)



\* includes in-kind contributions

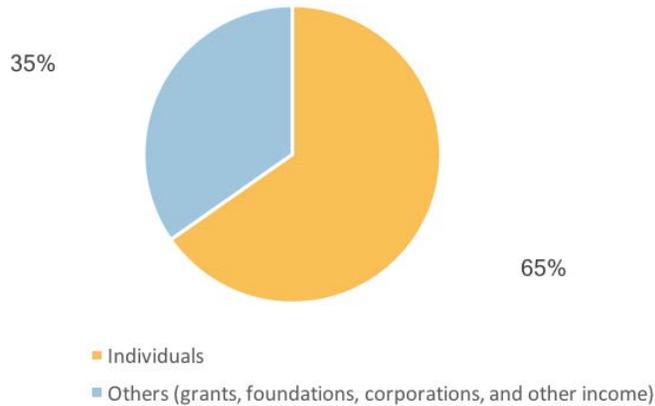
Other contributions include individuals, corporations, interest and other income.

## Every day, nearly 100,000 people die From NCDs.

There is a solution. The World Health Organization states that 80% of heart disease, 80% of diabetes and 40% of cancer cases can be prevented with healthy lifestyle changes. **Prevention is at the core of all our work.**

# WAYS TO GIVE

**Individuals are our biggest supporters.**

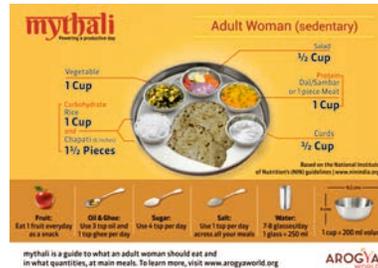


**Help us make impact in 2018.**

**100% of all donations directly fund our programs.**

Consider giving a dollar a day (\$365/year), a monthly contribution (\$15/month) or a gift celebrating health on your birthday!

- Give online <http://arogyaworld.org/donate/> or pay by check: Arogya World, 23W651 Hobson Road, Naperville IL 60540.
- To donate in India, please reach us at [infoIndia@arogyaworld.org](mailto:infoIndia@arogyaworld.org).



**1. Help 100,000 women in India eat healthier with myThali**

**\$100** allows us to empower 200 women on healthy eating with MyThali

**2. Expand mDiabetes in India**

**\$500** allows us to send 6 months of diabetes prevention text and voice messages to more than 1,000 people

**3. Reach children as they develop lifestyle habits**

**\$1,000** can help us educate 500 children with healthy living

# OUR PARTNERS

Thank you to you and our generous partners.

