



# AROGYA WORLD HEALTHY SCHOOLS IMPACT STORY

**Donors:** Individuals, Merck/MSD, The Hans Foundation, Rural India Supporting Trust

**Start date:** 2011

**Total reach through 2019 :** 300,000 middle school children

**Location:** Private and government schools in urban and rural areas in North and South India.

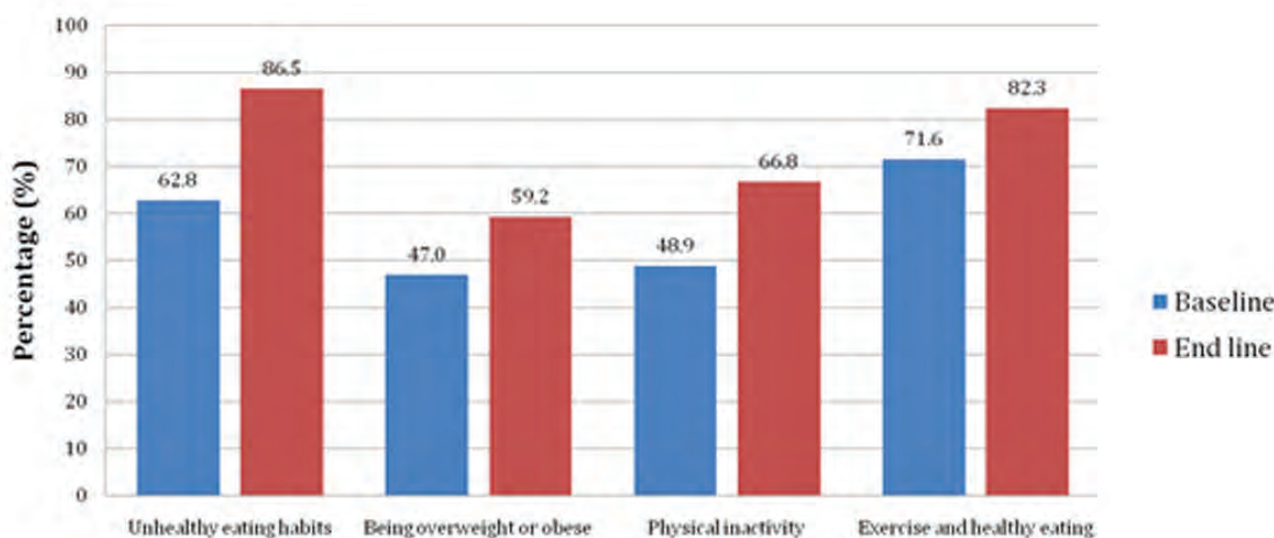
**Local partners or other organizations involved with the program:**

HRIDAY, Agastya International Foundation, SHARP, CINI, JJS/SRU, Ashoka

Based on a school education model for tobacco control, in 2011 Arogya World established a two-year school-based program for diabetes awareness and prevention education. The **Healthy Schools** program uses influencers such as teachers and student peer leaders to reach and educate 11- to 14-year-olds about diabetes and its prevention in the school setting. Behavior change is measured in this two-year program by collecting awareness and health behavior data before, during and after the program. Healthy Schools has been successfully implemented with in both urban and rural areas in North and South India. Programs have been completed or are being implemented in 175,000 children.

Behavior change—getting people to increase physical activity and improve dietary intake is the prime challenge in diabetes prevention. To be effective, **we must reach young children before their lifestyle habits are fully established.**

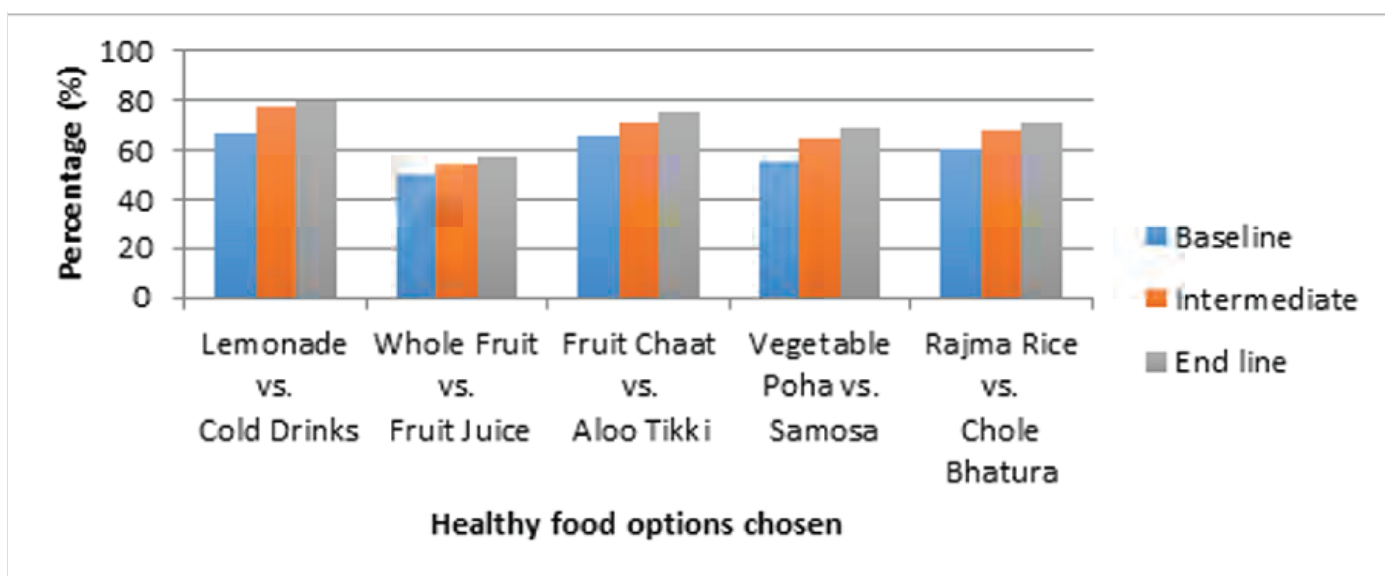
Data reported during the first two years of the program (n=2,263) showed that **23.7% more students understood that unhealthy eating habits can put you at risk for diabetes**, that 18% more students reported that being physically inactive or not doing regular exercise can put one at risk for diabetes and **12.2% more students learned that being overweight or obese now can increase their future risk for diabetes.**



**Knowledge regarding risk factors and prevention of Diabetes (n=2263)**



Behavior change was also reported: the daily intake of vegetables increased from 61.2% to 76.9%, and the overall average servings per day of fruits, vegetables and milk (or milk products) were significantly increased while the serving per days of carbonated drinks, fried snack, traditional Indian sweets and packed chips were significantly decreased. Data showed significant increases in physical activity – doing physical activity/games at school and exercise at home, climbing more stairs, walking to the market and playing outdoor games during leisure time -- for both boys and girls, at private and government schools.



Overall impact (awareness and behavior change) from the two-year program was estimated to be 15%. Cost for implementation has ranged from \$17 per child per year in the pilot to \$1.50 per child per year in the current phase. We want to aggressively scale-up our program in partnership with non-profits that work with large networks of schools, to increase efficiency and keep costs low. This investment in establishing life-long healthy living habits makes this prevention program cost-effective.

In March 2014, Arogya World made a Commitment to the UN's Every Woman, Every Child Initiative, an unprecedented effort to improve the health of women and children everywhere. We committed to reaching and teaching 10,000 children with our Healthy Schools program by 2019, and met that goal much in advance.

We are currently implementing in 300,000 school children in both private and government schools working with several partners – HRIDAY, SHARP, Agastya International Foundation, CINI, JJS/SRU and Ashoka – in several states in different regions of India including Uttar Pradesh, Madhya Pradesh, Bihar, Rajasthan, Assam, Maharashtra, Karnataka, Andhra Pradesh, Telangana, Kerala.

