



7TH ANNUAL HEALTH SURVEY
ACADEMIC YEAR 2016-17



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EduSports' Annual Health Survey is India's first ever national health and fitness survey for school children. We conduct this survey to understand the overall health & fitness levels of kids in schools and to make Physical education and sports an integral part of the school curriculum.

The 7th Annual Health Survey, conducted by EduSports, reveals that across geographies, city types and gender, kids are displaying alarming fitness levels. This year's study covered 1,69,932 students in the age group of 7 – 17 years from 326 schools in 86 cities and 26 states. The fitness parameters that were measured included sprint capacity, flexibility, lower and upper body strength, abdominal strength and Body Mass Index (BMI).

THE KEY FINDINGS OF THE SURVEY ARE :

1 IN 3 KIDS DON'T HAVE A HEALTHY BMI	2 IN 5 KIDS LACK THE ADEQUATE LOWER BODY STRENGTH
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1 IN 3 KIDS DON'T POSSESS THE ADEQUATE UPPER BODY STRENGTH	1 IN 3 KIDS DON'T HAVE THE DESIRED SPRINT CAPACITY	1 IN 4 KIDS DON'T HAVE THE DESIRED FLEXIBILITY
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Between boys and girls; 69% girls were found to have healthier BMI scores compared to 62% boys. However, within the other parameters of abdominal strength, sprint capacity and upper and lower body strength, the scores did not vary a lot between boys and girls, but in the case of lower body strength, boys outscored girls.

Geographically, children in all five regions were found equally unfit in terms of their BMI scores.

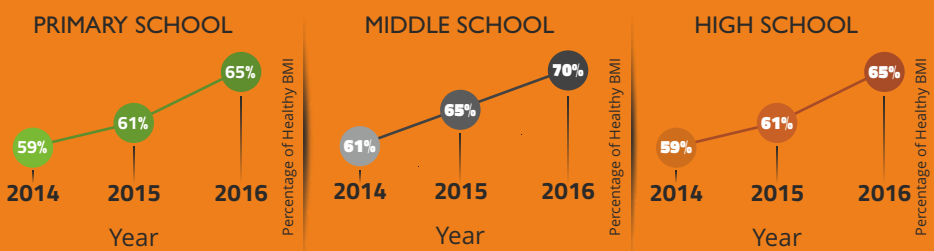
MASS INDEX (BMI) :

	BODY MASS INDEX (BMI)	
	Healthy	Unhealthy
Central	63%	37%
East	64%	36%
North	61%	39%
South	63%	37%
West	66%	34%

IS STRUCTURED SPORTS PROGRAM THE SOLUTION?

We collated and charted out the progress of schools that incorporated a structured sports program for the past 3 years, beginning in 2013, with EduSports. The below charts provide a comparison of the percentage of kids with a healthy BMI, across Primary, Middle and High school for past 3 years.

(Based on data for past 3 years)

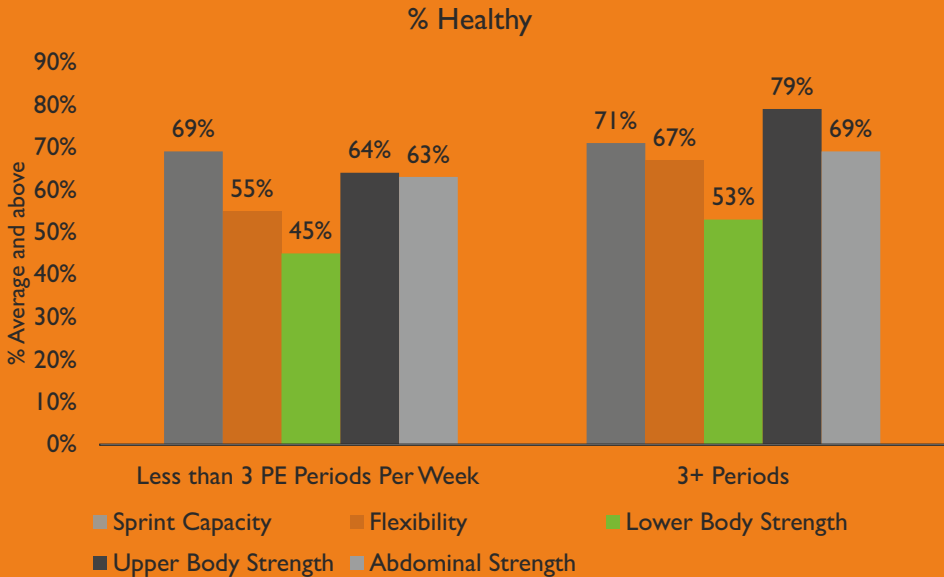


The results show a sustained improvement, year – on – year, in the percentage of kids having a healthy BMI

65% Primary and High School kids improved their BMI score compared to 59% 3 years ago, while the corresponding numbers for Middle school kids went up from 61% to 70%. More number of girls achieved healthier BMI scores, with an overall improvement in fitness levels of boys and girls year – on – year.

IS THERE A CORRELATION BETWEEN PLAYTIME AND FITNESS?

SCHOOLS WHICH GIVE MORE PLAYTIME PRODUCE FITTER KIDS!



Lack of playtime is an ever-increasing concern among school going children. To test the impact of increased playtime on health & fitness levels, in a separate study, EduSports surveyed 1,10,076 children from 245 schools across 86 cities. We compared the fitness levels and BMI of kids from schools which have more than 3 Physical education periods versus schools which have 2 or less Physical education periods. The results showed schools which gave more than 3 Physical education periods produced fitter kids and fared better on all fitness parameters – sprint capacity (71% vs 69% in schools which gave 2, or less Physical education periods), flexibility (67% vs 55%), lower body strength (53% vs 45%) and upper body strength (79% vs 64%) and abdominal strength (69% vs 63%).



HOW DO WE GET KIDS TO PLAY?

Global recommendations on physical activity for kids aged 5-17 years call for at least 60 minutes of moderate to vigorous intensity physical activity every day. Unfortunately, in India, in spite of widespread awareness on the importance of sports and physical activity, fitness levels among school kids in this age group continue to be less than optimal.

As Physical education periods are considered as one of the most appropriate tools to get children to play and stay fit, increase in the number of Physical education periods from 2 or 3 periods to at least **5 Physical education periods every week is recommended.**

According to Mr. Saumil Majmudar, CEO and Co-founder, EduSports, "Children are becoming less active for environmental or interpersonal reasons. Lack of physical activity increases the risk of obesity and health-related problems in adolescence, and adulthood. We believe that schools provide the ideal environment to promote physical activity at the right age and improve fitness standards among children. The 7th Annual Health Survey shows that schools with a structured, age-appropriate sports program witnessed a substantial improvement in health and fitness levels, compared to schools which don't have a structured sports program. Research also showed that active children have greater attention span and perform better academically."



THE WAY FORWARD

- Schools provide the best environment for a scalable and sustainable intervention to get children to play
- A long-term and robust-structured sports and physical education program in schools helps improve fitness standards
- 5+ sports periods per week improves children's health



ABOUT EDUSPORTS

Winner of several Industry awards {CSR Journal SWAG Awards 2016 – for In – school Physical education & Sports program; GESS Awards Dubai – for Best Product to Improve Health & Fitness in the – Mar 2014; CII Emerging Entrepreneur Award – Mar 2014; FICCI Best Startup in Sports – India Sports Awards Feb 2014}, EduSports is India's first and largest Physical Education & School Sports enterprise. EduSports has also been featured on Satyamev Jayate season 3 as a pioneering organization for promoting sports and physical education in schools.

EduSports partners with schools across the country to help them develop healthier and fitter children via the medium of sports/physical activity. EduSports designs and administers a sports curriculum for K-12 schools. The EduSports school sports program has been designed by a distinguished panel of advisors comprising of leading sports psychologists, educationists, and sports professionals with vast experience of working with K-12 schools. Currently, EduSports is working with more than 650 schools and covers more than 500,000 children in more than 250 cities all over India. More information about EduSports can be obtained from www.edusports.in.



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