



**Impact of COVID-19**  
*Trust in Vaccines and Overall Health*

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# FOREWORD



**T**he last 2 years have been tough for all at a business, professional and personal level. But, the positive factor is that India has been able to tackle the menace of COVID-19 very well. The vaccination drive that was started by the Government last January has been successful with the adult population receiving at least 1 dose while over 68% are fully vaccinated. However, quite a few who do not believe in the vaccines and their efficacy, refrain from taking them.

At GOQii, we were keen to understand what the citizens of India think about the vaccines and whether their mental wellbeing and stress levels have improved or worsened over the last 1 year.

In 2020, when we did a survey, there was skepticism around vaccines. But, in 2021 that skepticism had considerably reduced. Our recent survey in January 2022 shows that 87.4% respondents have taken the second dose of the vaccine and 7.2% have taken a booster dose. In December 2020, exactly a year back, 61% of Indians were feeling positive about being administered a vaccine.

The COVID-19 Pandemic forced people to take their health more seriously. What changed in the process is that the traditional way of delivering health took a back seat, while digital health took over. The COVID-19 pandemic has forced people to understand themselves, their body and their health and ask the right questions to stay healthy. It has changed the course of healthcare to a more technology-driven approach. Adopting technology along with prevention, diagnosis and treatment will help us get close to the goal of digital health.

GOQii has been at the forefront of bringing digital healthcare to the forefront to help individuals take care of their health. For instance, the year 2020 saw GOQii innovating with its wearables by launching wearables with an Integrated Pulse Oximeter to measure SpO2 (Blood Oxygen), Blood Pressure, Heart Rate and 24x7 Body Temperature to assist in early detection & management of COVID-19. The use of wearables enables healthcare consumers to analyze their biomarkers, receive digital coaching services and benefit from their insurance plans. It also enables the medical community to use biomarker analysis in remote prognosis and treatment.

In 2021, GOQii focused on areas such as remote patient monitoring tools that help in earlier diagnosis and is a more convenient way of treatment. Chronic diseases have increased the burden on healthcare systems across the globe. India is no different in this respect.. The treatment of patients with chronic diseases is a significant challenge and we realized that Digital Therapeutics will be the way forward, where companies such as GOQii that operate in the preventive space to provide Digital Therapeutics solutions across therapy areas like NAFLD, GERD, Diabetes, Obesity, Gastrointestinal Disorders, Mental health, Stroke management, Cardiac Care, DVT, Long Covid Care and Cancer Therapy. All these programs are delivered in partnership with the Healthcare Providers via doctors and are monitored closely for patient engagement and clinical outcomes.

GOQii is already working in this space with few pharma companies in Diabetes Care. GOQii brings to the partnership its preventive healthcare platform that consists of a care team of doctors and healthcare experts. GOQii gains an upper edge in digital therapeutics as our smart wearable devices also have a CDSCO (Indian FDA) registration as a medical device and all data generated by GOQii devices is acceptable for clinical needs. Furthermore, GOQii data collection is subjected to HIPAA, GDPR and other relevant data protection regulation, as well as ISO 27799 - the foremost standard for information security management in health.

Another area that GOQii has been aggressively focusing on in 2021 is in outcome-based insurance. Health insurance has become more vital today than before. By activating and collecting the right data – from IoTs such as activity trackers (wearables) – they're able to better understand consumer needs and offer customized advice, coverage, and tailored pricing. Usage-based insurance policies, for instance, tap into customer data in order to charge users according to their specific needs and behaviors, putting the consumer in charge of their own fees. Based on how healthy a person is, insurance companies can offer differential pricing and a plan to every user which can further be customized based on improvement in health.

With greater emphasis on preventive healthcare, we at GOQii strongly believe that preventive healthcare is the only viable, long term, mass market solution.

# EXECUTIVE SUMMARY

**W**hile the threat of COVID-19 isn't over, we are well equipped to deal with the pandemic now. The third wave was less severe, compared to the complications we faced in 2020. Several initiatives have been taken by the Central, State and Local level authorities in ensuring the safety of people.

GOQii's latest India Fit Report 2022, Covid Impact - Trusting Vaccines and Vaccination, tells us how 91% of Indians feel vaccination will protect them from COVID-19. Whereas, 9.09% of the respondents said that they do not trust the vaccine to protect them from the virus. And 1.3% respondents also said that they had not taken any vaccine so far - the reasons for which vary and have been discussed in this report.

On the stress and mental health status of Indians, the GOQii Survey indicates that 30% of people are feeling depressed or hopeless on a few days as against GOQii's last year survey on mental Health where 43% of Indians were depressed. Where last year 38% of the population had little pleasure in doing things on a few days, this year's survey indicated that the percentage had reduced to 33.5% who felt little pleasure in doing things.

This may be due to people getting the chance to be more active as lockdowns were lifted and people literally got the chance to get back on their feet again. The average step count has seen an increase of 7% from 2020. The average step count now is 5230 steps a day when compared to 4861 avg steps per day in 2020.

We also observed from the age wise data that older adults are walking more. In the data gathered, we saw that women are walking less than men, clocking 4840 steps on average whereas men have been taking 5620 steps on an average a day.

Walking and Workout are among the most popular physical activities for users. They are closely followed by cycling, running and yoga.

On the downside, sleep patterns have been affected and there has been a drastic drop in sleep hours across all age groups when compared to the statistics in 2020. While people are learning to manage their stress in a better way, the same cannot be said about their sleeping patterns.

The lack of sleep can lead to further complications. Since 2020, we're seeing a rise in overweight and obese individuals. 41% of users are overweight in 2021, compared to 37.9% in 2020. Within this data, we found that there are 42.3% men who are overweight compared to 37.3% women. Another alarming find was that almost 27% teens in India are underweight. All of this only indicates poor eating habits.

More so, the number of people reported to have high blood pressure has increased in 2021 to 18.5% when compared to 15% in 2020 and 13.4% in 2019. The rate of Diabetes and High Cholesterol have also seen a rise since 2020.

Owing to the pandemic scenario and the increasing concerns of obesity, In 2021, Weight Management appeared to be the most sought after goal with 43.7% users opting for it. "Manage Illness" which ranked 2nd in 2020, has fallen to the bottom of the list. The good thing to note here is that people have shifted their mindset and moved to becoming fit and active rather than just managing an illness.

This goes to show that while we are in a better position to deal with the pandemic, other parameters of living a healthy and fulfilling life need to be followed.

# METHODOLOGY

**G** OQii has over 5 million people who are on the platform seeking to get healthier. These users are spread across India. For this report, we gathered data points from these users on the platform in the following methods.

## **Survey - Among the GOQii User Base:**

- **The Vaccine Status, Trust & Impact** : In this year's India Fit Report, we focus on the impact and status of the Vaccine and citizens trust in vaccines and vaccination and what citizens' views on these during the COVID Pandemic and what impact it has had on their health, mental well being and lifestyle.
  1. ON Vaccination status- How many doses taken
  2. ON Trust in Vaccines- will it protect from COVID-19
  3. ON Next steps to get vaccinated
  4. ON health - On Physical Fitness, Nutrition, Stress, Sleep
  5. ON Lifestyle - Time management, Work life balance
  6. ON Stress-How much are you stressed since last year
- **The Public Opinion on the measurements taken by the government to combat the pandemic**
  1. Measurements the Government has taken at the central, state and local level
  2. If there should be a lockdown again or if one should open up
  3. Acceptance of the Vaccine
- **More than 10K users responded to the survey**

## **Health Risk Assessment:**

This year we evaluated the health of the users based on their responses in their Health Risk Assessment (HRA). The HRA gives one's health score which he/she can look at to improve their ongoing journey on GOQii. This HRA is a great way to evaluate the current standing of one's health. The HRA takes into account all factors such as your current body stats, medical parameters, questions answered about current nutrition, physical activity, stress, sleep, alcohol, smoking, current illness, lifestyle diseases, immunity levels, symptoms or health indicators.

## **Daily User App logs:**

In the India Fit Report, we have sought to understand the fitness levels of India. Across different cities, gender and different age groups. We also look at who succeeds and who lags behind overall and for each aspect individually. As an additional measure, we look at how the Covid pandemic has affected each of these parameters.

## **Benchmarks for Health & Factors of Health**

In the India Fit Report, we have sought to understand the fitness levels of India. Across different cities, gender and different age groups. We also look at who succeeds and who lags behind overall and for each aspect individually. As an additional measure, we look at how the Covid pandemic has affected each of these parameters.

## **In the following chapters, we cover the various benchmarks for health such as :**

- Health Score of the Health Risk Assessment (Based on questions that our users answered)

- Measurements and Indicators - BMI, Vitals (Blood Pressure, Heart Rate and Waist Size)
- Lifestyle Diseases (Diabetes, Cholesterol & Heart Issues, Thyroid, Blood Pressure)
- Gut Health (Acidity & Indigestion)
- Immunity Concerns

**We also seek to understand their efforts towards getting healthy, Based on the data collected through the year**

- Staying physically active through the number of steps clocked and the activities they indulge in. How their BMI affects their activity levels.
- Hydration levels – Average Water levels. Times of the year that water levels vary.
- Their nutrition levels – The keenness to track food, the key problems around nutrition that India faces, the meal timings and the kind of food India eats.
- Sleep – Quantity and Quality of Sleep.
- Stress – Stress level and how they combat it.
- Alcohol and Smoking – How that impacts health.
- Being Generous – Happiness Quotient that forms through helping others by donating Karma points.

We also covered the various methods in which the users look to improve their knowledge about health. The more one understands about health, the more he/she becomes aware and can make a positive change.

**Comparison Buckets Across the Report:**

- **Gender**

1. Male
2. Female

- **Age Buckets**

1. Teens (Below 19)
2. Young Adults (20-29 years)
3. Adults (30-44 years)
4. Older Adults (45-59 years)
5. Seniors (60+ years)

- **Cities**

- |                 |            |
|-----------------|------------|
| 1. Ahmedabad    | 13. Mumbai |
| 2. Bengaluru    | 14. Pune   |
| 3. Bhopal       | 15. Patna  |
| 4. Bhubaneshwar | 16. Surat  |
| 5. Chennai      |            |
| 6. Chandigarh   |            |
| 7. Delhi - NCR  |            |
| 8. Hyderabad    |            |
| 9. Indore       |            |
| 10. Jaipur      |            |
| 11. Kolkata     |            |
| 12. Lucknow     |            |



# COVID-19 - Trust in Vaccines and Vaccination

- 91% of Indians feel vaccination will protect them from COVID-19 and 94% are also open to the next steps in getting a vaccination.
- In the second wave of COVID, around 20% of Indians were affected.
- 88% of Indians have taken the second dose of vaccine.
- Stress levels remain high amid the Unlock phase.

COVID-19 has brought a significant shift in all aspects related to health and lifestyle. Normal day-to-day life was completely disrupted since the outbreak of COVID-19 in March 2020, followed by a nationwide lockdown that was imposed to curb the spread of the virus.

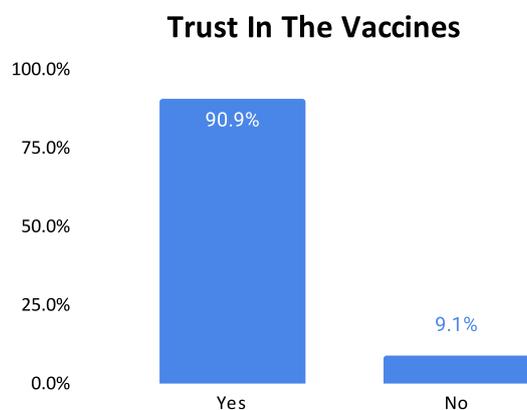
In addition to limitations on movement and working from home, the health scare caused almost everyone to change their lifestyle in order to deal with these unexpected developments. As people hoped things were getting back to normal in 2021, there was another surge of COVID-19 that caused panic.

On the brighter side, in the last one year, more than 91% of Indians feel that vaccination will protect them from the virus. In order to gauge this varied impact on Health and Lifestyle, we ran the **COVID-19 Trust in Vaccines and Vaccination** survey with **over 10000+ users** asking them their thoughts and opinions on the following:

- COVID-19 Vaccine
- Government initiatives to curb the spread of COVID-19
- The reasons for not taking the vaccine
- Stress levels and cause behind it
- How activity levels have changed in the Post-COVID era

## Trust In Vaccines All The Way!

The Survey clearly indicates that the majority of the Indians are for vaccines and vaccination when it comes to protecting themselves from the deadly COVID-19 virus.

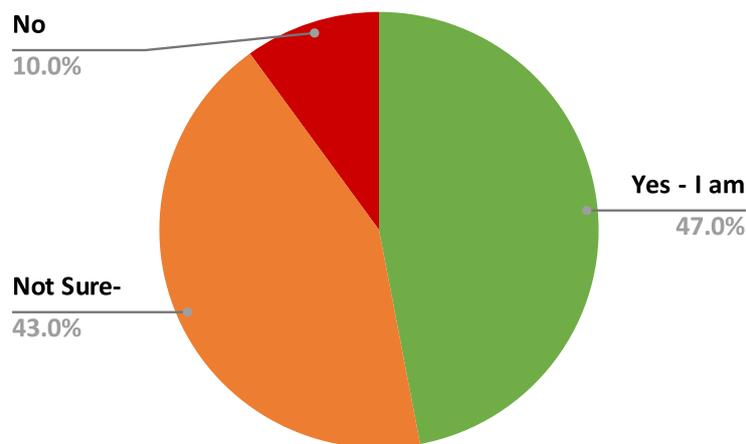


People have shown a lot of trust in the vaccination, with over 90% of respondents saying that they trust the vaccine will protect them from the virus. Around 9% of the respondents still doubt the vaccination process. Some of the respondents are contemplating whether it will work on upcoming variants.

Some of the respondents still have doubts as even after getting vaccinated, some of their family members were infected by the virus. Most of the respondents felt getting the vaccination done on priority is important.

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Interestingly, in 2020 when GOQii did a study during the pandemic to analyze the public opinion on using vaccines, we asked our respondents 'If they will take the COVID-19 vaccine' once it is released. Surprisingly, 53% of the respondents didn't seem confident about the vaccine. 43% of them were not sure and would only make a solid opinion post the initial results of the effectiveness of the vaccine is revealed.



10% were firmly against taking the vaccine in 2020, due to serious concern towards the still unknown side effects of the vaccine. On an optimistic note, 47% of the respondents in 2020 said that they were willing to take the vaccine and were actually waiting for it. Women were found to be more cautious than Men.

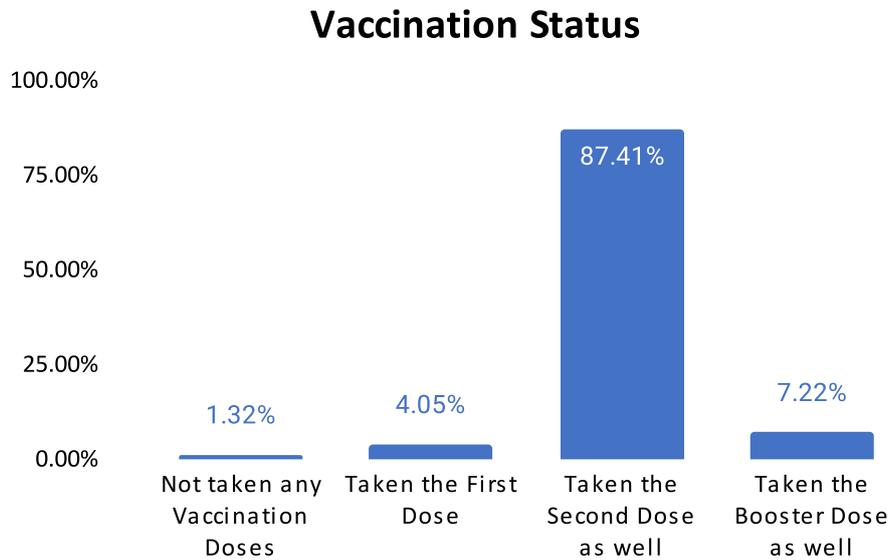
### Next Steps For Getting Vaccinated

94% of the respondents said that they will take the next steps in the vaccination process. 6% of the respondents are still not willing to take the step forward and have various opinions on getting vaccinated.

### Some opinions for not getting vaccinated or taking a booster shot included:

- If nothing is known about COVID, how and why should we rely on tests? Why to rely on the vaccine? After taking the vaccine more problems occurred. No faith on anything now, neither on tests or vaccines
- I am not sure about its usefulness
- Side effect concerns
- Not sure if this is working on upcoming variants
- No trust in this pharmacy earning game
- I don't believe in the 3rd dose, I believe self control is the best
- I have taken two doses, but I will not recommend others for vaccination as even with double doses, people are getting infected and dying
- Even after taking vaccination max of our family members got covid
- Believe in Natural Immunity and ineffectiveness of Vaccines in preventing from contracting the COVID
- ZERO effort on part of govt authorities, hospitals or vaccine manufacturers to teach and investigate severe after effects of vaccines
- I have already been vaccinated. Why should I get vaccinated again?
- Immunity should build by the body and not from external sources
- It's a Pharma Scam, especially the booster. If they have their way, we would be taking annual booster shots as for influenza in the west

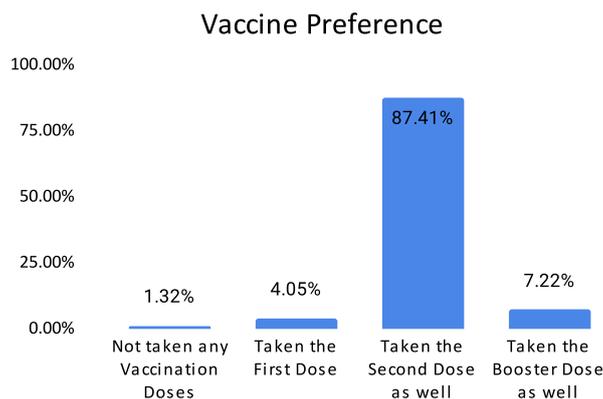
## Vaccination Status



India's vaccination drive began in January, 2021. Response to the vaccine drive was very good as over 87% of Indians have taken both the doses of the COVID Vaccine and around 7% have also taken the booster shot according to the GOQii survey. Among the respondents of the survey, 4% of Indians have taken only the 1st dose of the vaccine and 1.32 % have not taken any vaccinations in 2021.

## Vaccine Preference

The Indian Government had approved two vaccines for the voluntary vaccination drive that started in January 2021. Oxford University's 'Covishield' and the indigenous Bharat Biotech's 'Covaxin' are both two-dose vaccines which are to be administered at a gap of 28 days.

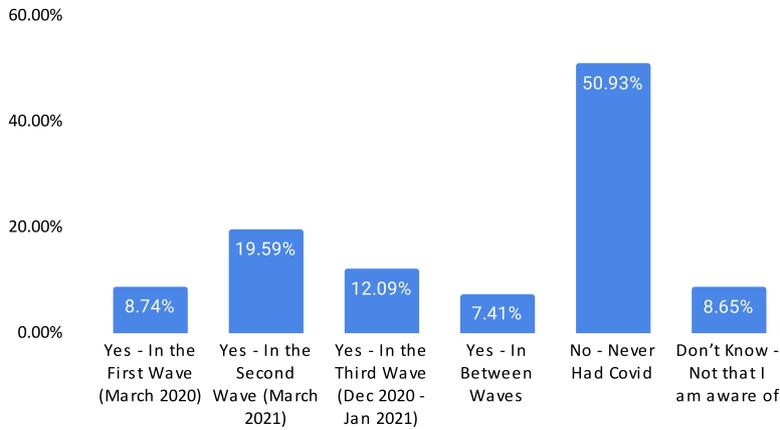


In 2020, vaccines were available in limited quantities and there was no option to choose between the two. Although in 2021, the vaccines were available and you could have a choice between the two. Based on the GOQii survey data, there is a clear preference for Covishield (75.44%) over Covaxin (20.16%) among users.

## The Deadly Second Wave

According to the GOQii survey, it was the second wave where people were affected most by the virus which was around 20%. In the third wave, 12% people were affected by the virus. An interesting observation is that more than 9% of people were unaware of contracting COVID. More than 50% of people have never been affected by the virus.

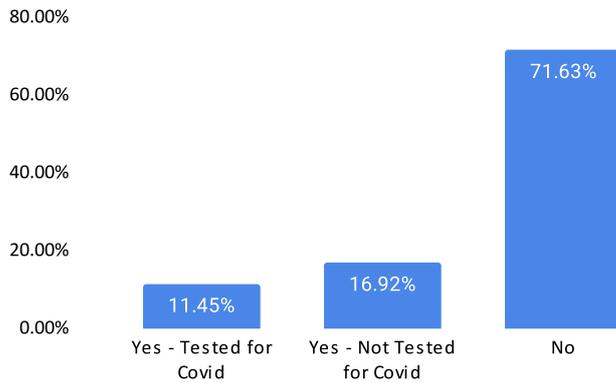
### Have You Contracted Covid ?



### Had fever in the past 2 months and not tested for COVID-19?

There are 17% of people who have had a fever in the past two months and have not yet tested for COVID-19. 11% tested for COVID-19 when they had a fever. On the brighter side, around 72% of Indians have not been through this situation.

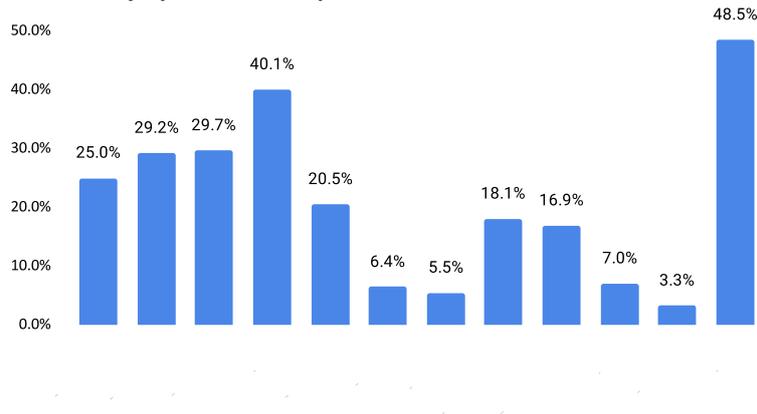
#### Had Fever in Past 2 Months & Not Tested for



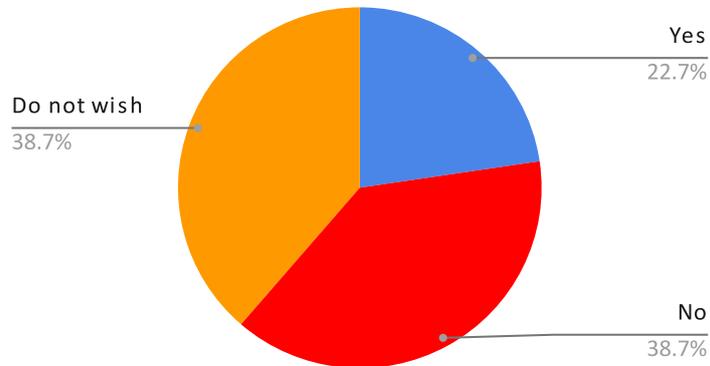
### COVID-19 Symptoms

According to the GOQii survey, people have been through a lot of symptoms when it comes to COVID-like weakness, body pain, headache, nausea, loss of smell/ taste, among others. The symptom which was found to be the most common was fever which was seen in 40% of people, followed by body pain and weakness (29%). Loss of smell and loss of taste were also among the major symptoms faced by covid positive patients.

#### Symptoms Developed when Contracted Covid-19

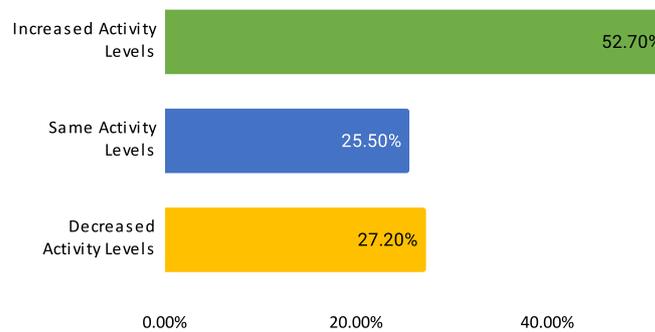


## Has Anyone in the Family Tested Positive ?



35% of the respondents confirmed that someone from their family has tested positive. 61% confirmed that no one from their family has tested positive and 61% of the respondents did not wish to disclose the details.

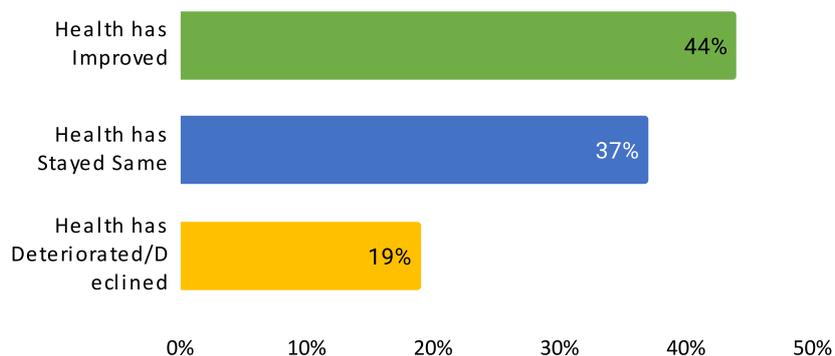
## Change in Activity Levels in 2021, As Compared to before the Pandemic ?



44% of Indians said they had seen an improvement in their health. This could also be attributed to the fact that people became more aware and made health a priority during the Pandemic. While 37% said that their health stayed the same, 19% said that their health had deteriorated.

## Change In Activity Levels

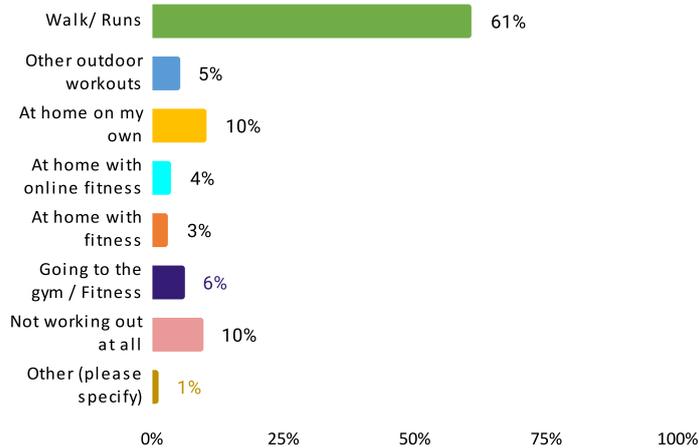
### Change in Health in Past 2 Years, Compared to Pre-Covid Times



With improvement in health, we observed an improvement in activity levels as well in 2021. 52.7% Indians said that they had increased their activity levels

### How Is India Staying Active?

How are you currently staying active?

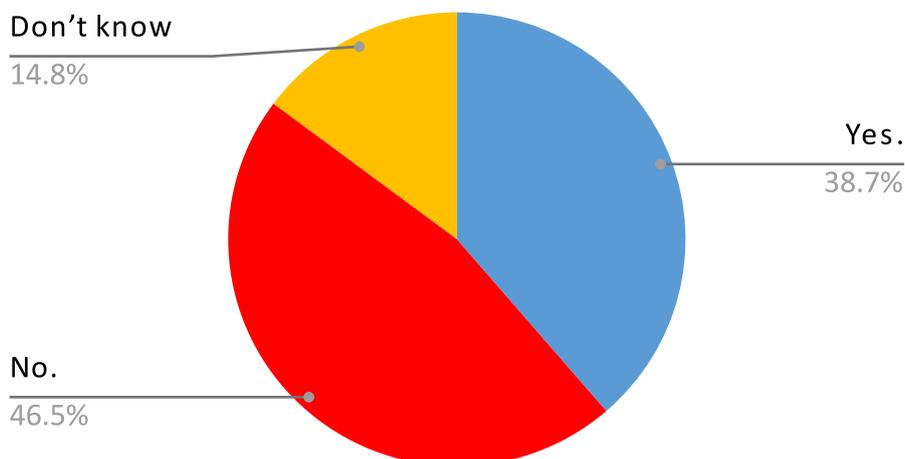


61% of the Indians said that they had started walking and running to keep themselves active. 10% of the Indians said that they were working out from home on their own and around 4% were working out at home with the help of online fitness videos. There were still some 10% who had not yet taken to any kind of workout either at home or outside their homes.

### Future Lockdowns are opposed by 47% of Indians

India suffered severely from COVID-19. Although social distancing and lockdown rules were employed, the negative impact on the economy and lifestyle were quite visible. After the second wave, approximately 47% of Indians oppose any kind of lockdown, while 39% believe lockdowns are necessary to stop the spread of the virus.

### Lockdown Preference



We asked some users why they felt that another lockdown should not be implemented and some of their responses included:

- It has a bad effect on finance and economy as the lockdown has destroyed many small businesses
- People are now aware so there's no need for a lockdown
- People will anyways not follow guidelines and are careless
- It will impact earnings
- Complications have reduced so no need for a lockdown
- As 70% of the adult population is vaccinated and have better immunity against the virus, people should be allowed to move freely
- Lockdown won't stop the virus and it is not a long term solution
- If people follow guidelines, it is enough to curb the spread. We don't need another lockdown.
- Precaution is better than lockdown
- In spite of not going out, I still got COVID, so what's the point?

Most respondents felt that another lockdown would severely damage the economy and their earnings. A lot of them felt that if everyone followed protocols on an individual basis, the spread of the virus can be curbed. More have shown faith in the effectiveness of the vaccine and agree that since a majority of the population has gotten vaccinated, a lockdown is pointless.

Others believe that building immunity is the only way forward and that the symptoms now are manageable as compared to the first and second wave.

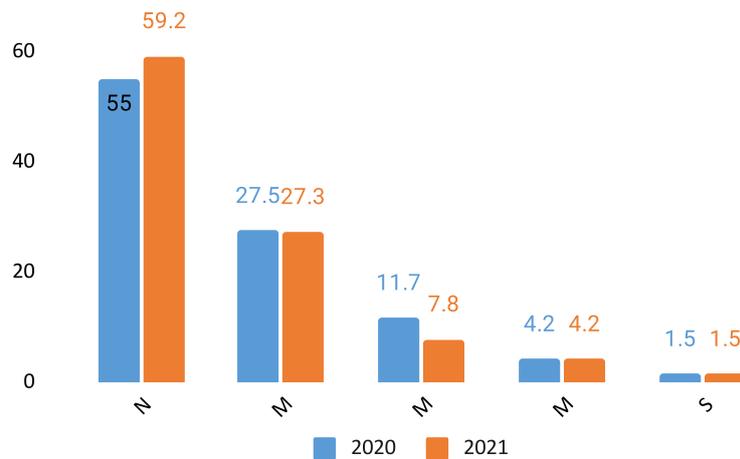


# India Is Still Stressed!

The COVID-19 pandemic has definitely had a big impact on people’s mental health and stress levels. Stress levels have increased in the last two years and can be largely attributed to the sudden occurrence of COVID-19 that rapidly spread across India in 2020.

According to a Stress and Mental Health study conducted by GOQii, across 10,000+ Indians, to understand how Indians are coping with the second wave of COVID and if they’ve been able to get back to normalcy. The survey indicated that people are still stressed. However, the intensity of stress is lesser than it was in 2020.

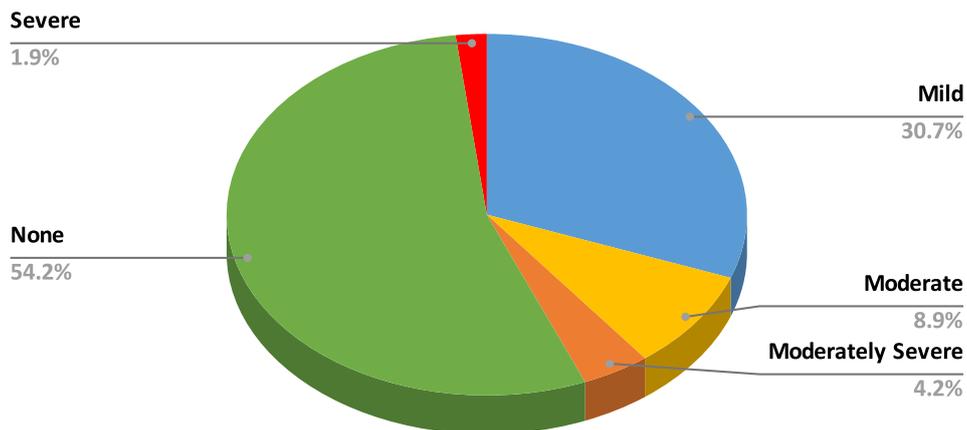
**Stress Levels 2020 Vs 2021**



With regard to the impact on the population’s mental health, the survey indicated that 29.31% of Indians are suffering from depression in 2021. However, the good news is that this percentage has seen a 32% decrease since 2020 where 43% of Indians were plagued by depression.

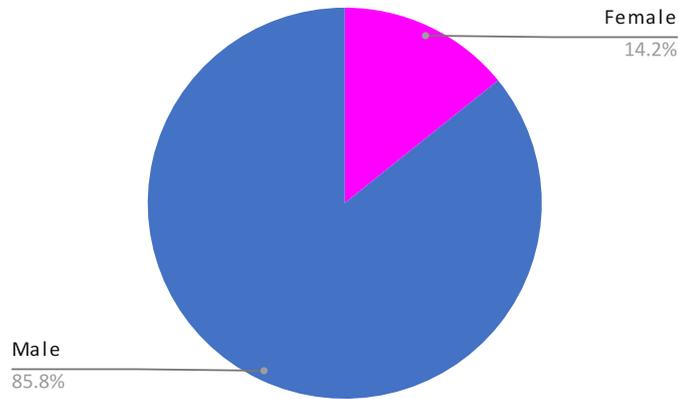
People have been going through emotional breakdowns, and they feel nervousness, tension, stress, anxiety, hopelessness and loneliness and are experiencing troubled sleep. Fear of losing livelihood leading to financial instability, current work situation, health related issues are some of the key reasons for stress in people.

**Stress Index 2021**



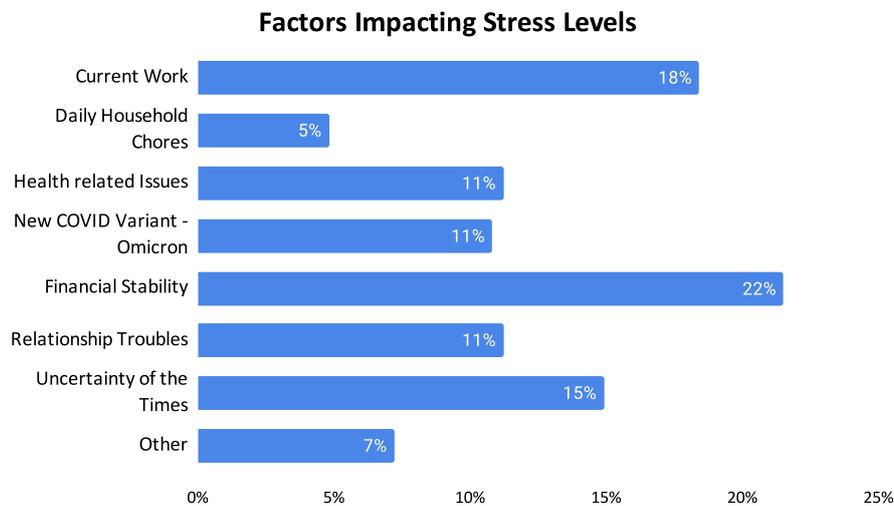
The stress Index indicates that while the overall stress levels had decreased from last year, 30.7% of the population was still mildly stressed.

### Stress By Gender



Our gender study showed that males tend to be more stressed than women. Male respondents experience stress 86% of the time, while female respondents experience stress 14% of the time.

### Fear of Financial Stability and Contracting COVID impact Stress Levels



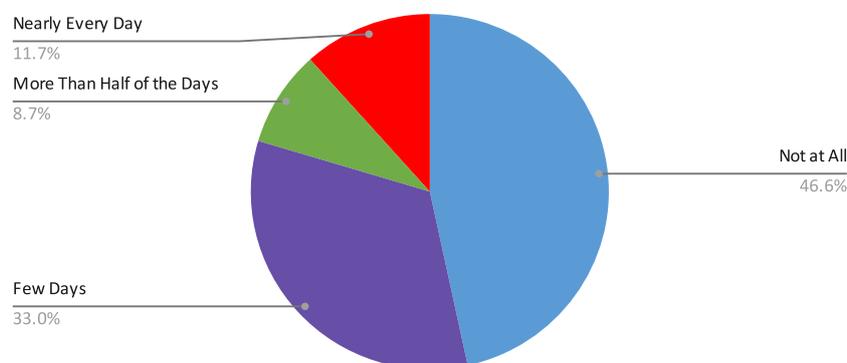
Financial Stability and Current Work are the top 2 major factors impacting the stress levels of Indians. While both genders are stressed about COVID-19 Fear/Health Issues, women cite household chores as their second major cause of stress. Approximately 22% of Indians are stressed due to financial stability and 18% are going through stress due to their current work.

Uncertainty of the current time is weighing high on people's minds with 15% of the respondents stressed due to this. The uncertainty is largely to do with the safety of oneself and the safety of their loved ones. People are unable to deal with or find ways to tackle the situation. Uncertainty has led to people being unable to plan for the future. According to the survey many young Indian students face a lot of stress due to the exams.

There are 9 questions to evaluate the stress levels according to the PHQ-9, which evaluated the severity of depression of a population. The 9 questions cover areas of:

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless
- Trouble falling or staying asleep or sleeping too much
- Feeling tired or having little energy
- Poor appetite or overeating
- Feeling bad about yourself - or that you are a failure or letting people down
- Trouble concentrating on things such as reading the newspaper or watching television
- Moving or speaking so slowly that other people could have noticed. Or the opposite - being more fidgety or restless than usual
- Thoughts that you would be better off hurting yourself in some way

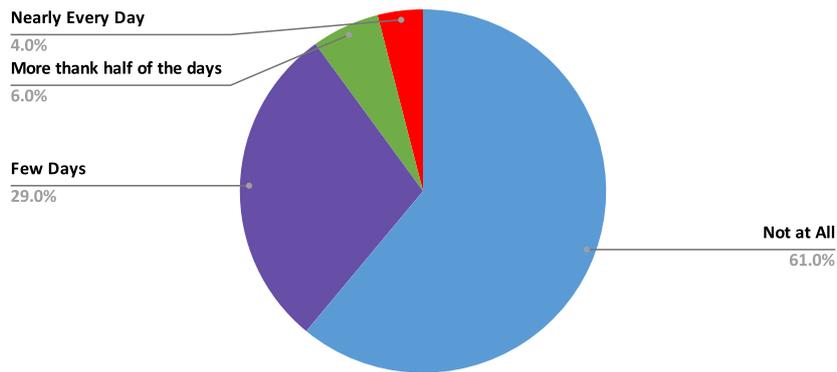
**Little Pleasure in Doing Things in 2021**



As against last year, in 2021, while people are feeling stressed, a majority of the people's mental condition has seen good improvement. For instance in 2020 at the peak of COVID-19 pandemic, people's mental health status was alarming with almost a large section of the population having little interest in doing things during the pandemic.

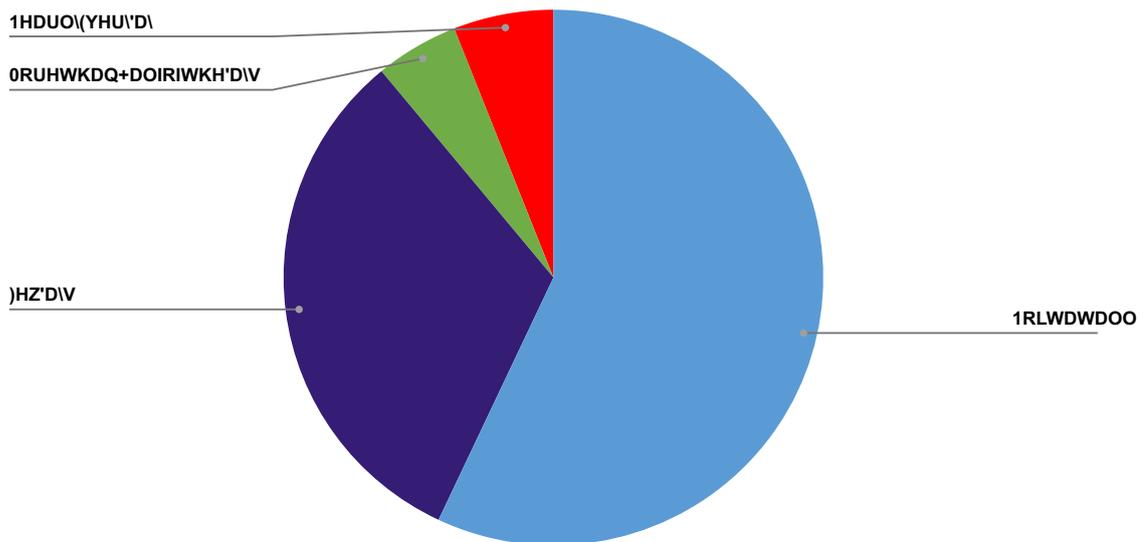
The 2020 survey indicated that more than 59% of the population had little pleasure in doing things, which was a cause for concern. Out of this, 38% had this feeling for a few days and 9% felt so more than half of the days. 12% of the population had little interest almost every day in 2020. However, in 2021, the consolation is that there is a slight dip in these percentages. Over 55% of the population had little pleasure in doing things, a decrease of approximately 7%

Feeling Down, Depressed Or Hopeless in 2021



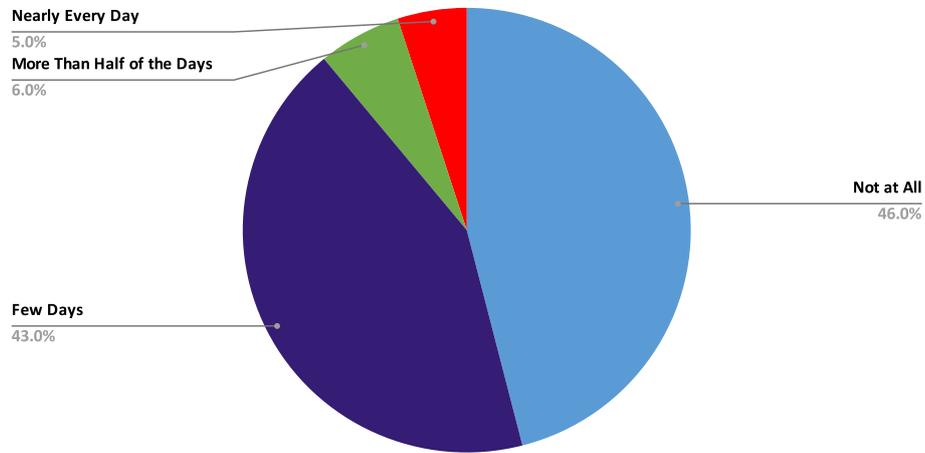
Out of the respondents, 61% of people in 2021 don't feel down, depressed or hopeless as compared to the remaining 39% feel so. Approximately 6% feel down and depressed more than half of the days and only 4% nearly every day. 29.3% of the population felt depressed in a few days as opposed to 34% in 2020.

Feeling Tired Or Little Energy in 2021



When people are depressed or down, they either have trouble falling asleep, or spend their time sleeping a lot. In 2021, people were slightly better off in coping with their sleep. 43% of the population overall had sleep issues as against last year's 49%. 32% were still having trouble falling asleep despite the fact that in 2021, most spent their time in the comforts of their homes.

### Feeling Tired Or Little Energy in 2021



In 2021, more than 43% were feeling tired or had little energy through at least some days of the past few weeks. The reason for decrease in energy levels may be linked to poor appetite. 6% of people have reported poor appetite for more than 50% of the days.



# Health Status Of India

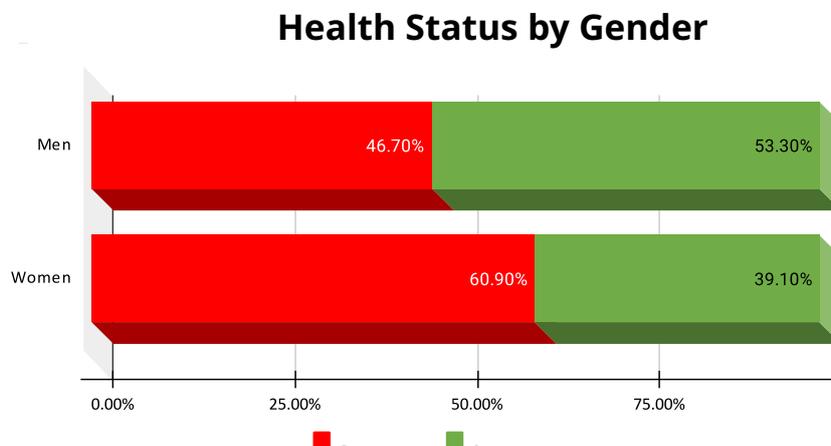
## Introduction :

It is said that there is a correlation that if the country's economy improves, so does the health of its citizens but, the reverse is gaining more ground where if the health of the citizen is good, it will have a direct impact on the economic growth of the country because there will be more people able to conduct effective activities in the workforce. This has been clearly indicated by the current pandemic situation that has gripped the country for the last 2 years. The governments, going forward, will also strive for healthy citizens to become a superpower. Super power will no longer be decided on the basis of wealth alone, it will be decided based on how many healthy citizens are there and going strong.

## Health Risk Profile of India

India's overall health can be determined by the Health Risk Assessment (HRA) Score. This Score is given based on the responses entered by the user at the start of their health journey on GOQii. The users fill in details regarding their current lifestyle based on which their risk profile is created. This helps them understand their health status and make necessary changes to keep themselves fit.

Overall, 50.3% of Indians are either in the 'High Risk' or 'Borderline' category. This is similar to last year's figures where 50.42% Indians fell into the 'Unhealthy' category. It can be observed that there is an even distribution of healthy and unhealthy individuals in India in 2021. Only 0.87% are in the High Risk segment which means that the majority of people can become healthy by making few adjustments to their lifestyle.



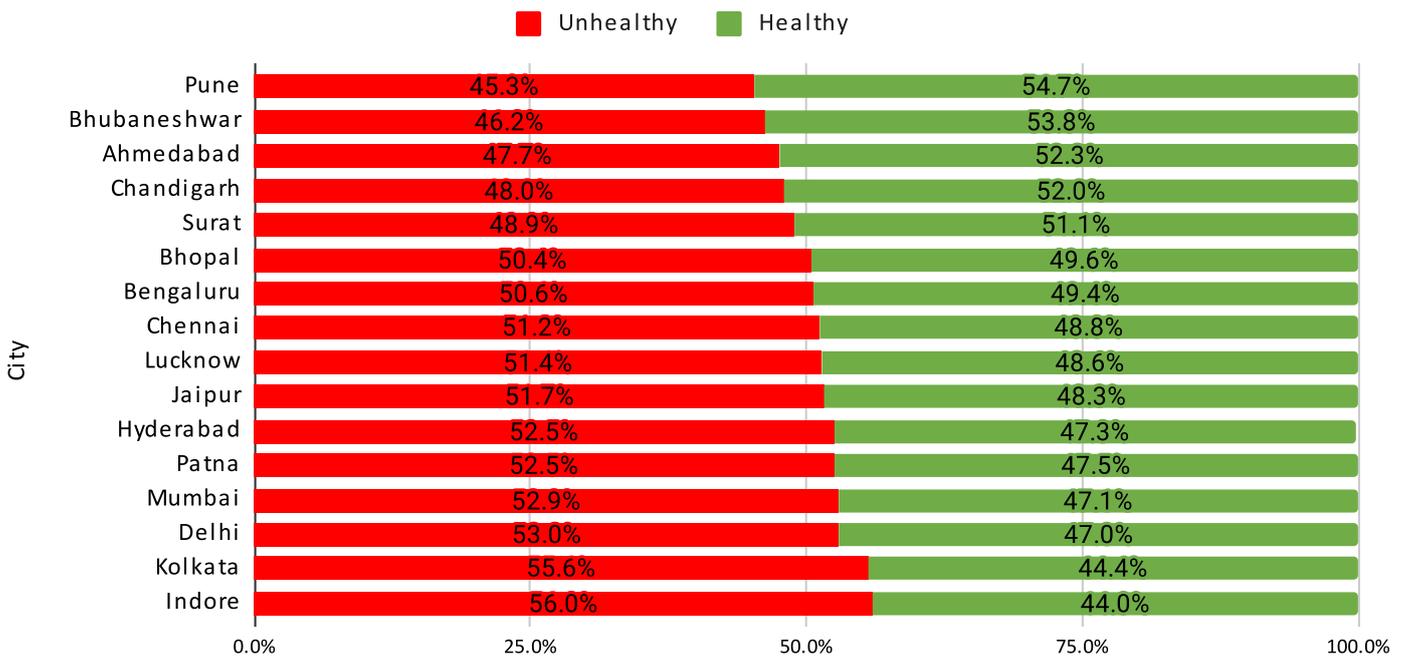
As far as health status by gender is concerned, men are healthier in comparison to women. Women need to pay more attention to the kind of lifestyle they are leading and start placing more priority towards their health. 61% women are in the unhealthy category, with 1.06% being in the 'High Risk' category. Compared to that, 47% of men are in the unhealthy category.

## The sexes are in conflict!

Despite the fact that men have better health conditions than women, women put in more effort to maintain their health. This is confirmed by the fact that men smoke three times as much as women and consume three times as much alcohol. Both of these practices are harmful to one's general health and can lead to a variety of diseases and health problems in the long run.

It has been noticed that women are more prone to have thyroid problems, acid reflux and allergies, whereas men are more likely to have diabetes, high cholesterol, and high blood pressure. A higher percentage of women have an unhealthy BMI, with a large proportion of them being obese. Even though men reported less stress than women, they are less likely to sleep enough. Despite properly recording their food intake, women do not drink enough water or walk as much as men.

### Health Status by City



Indore (56%), Delhi (53%) and Kolkata (55.6%) seem to have a higher percentage of unhealthy people than the rest of the cities. Pune , Bhubaneswar and Ahmedabad have the highest number of healthy people. It's important to note that the majority of the metropolitan cities are not among the top five on the list, despite the fact that they have more access to fitness and health centers. A fine example of this is Mumbai and Bengaluru where the unhealthy percentage of people stands at 52.9% and 50.6% respectively. One of the major reasons for the increase in unhealthy status can be attributed to the food delivery culture that is prevalent among the youth and office-goers.

Also, with the advent of digitization in the post-covid era, Tier II and Tier III cities have become more fitness and health conscious. The fact that post-COVID, there isn't anything that smaller cities don't have access to, is reassuring. A person from a small town can find health information and various tutorials on the internet to make a healthy lifestyle change.



# score report

Male

## Lifestyle

Smoker

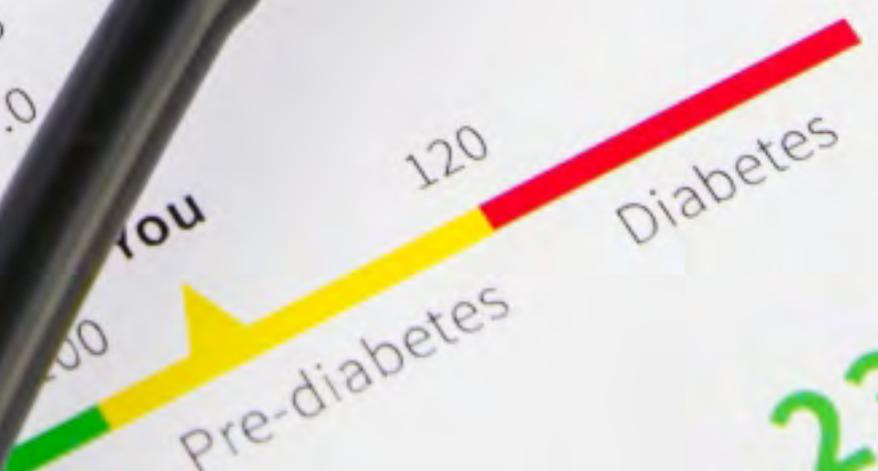
Physical activity

Yes ✓  
Yes ✓



## Blood sugar test

Glucose 105  
A1c 6.0



# Health Score

GOQii also has data around what users actually do across their journey on GOQii. An overall rating of each city is arrived at based on the ranks they received across different parameters of health. This takes into account the current health status based on illness and efforts taken towards being healthy:

- **Current Health Status**

- BMI

- Lifestyle diseases

- 1. Diabetes,

- 2. Cholesterol,

- 3. Thyroid,

- 4. Blood Pressure

- Gut Health - Acidity / Indigestion

- **2. Efforts towards health**

- Steps

- Water

- Food

- Sleep

- Stress Index

- Smoking

- Alcohol

## Measurements & Indicators (BMI & Weight)

Maintaining healthy weight is extremely important for good health as it helps lower the risk of chronic diseases such as cardiovascular disease, stroke, diabetes and high blood pressure.

Body Mass Index (BMI) is a measure of body fat based on height and weight that applies to both men and women.

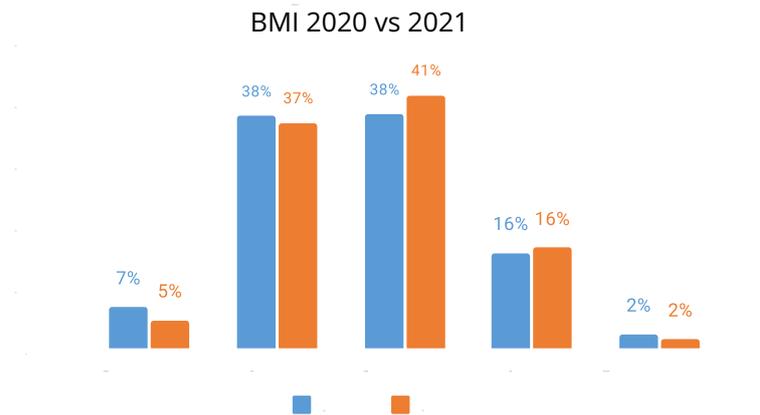
BMI Classifications	
Normal	18.5 - 24.9
Overweight	25 - 29.9
Obese	30 - 34.9
Severely Obese	35 - 39.9
Morbid Obese	40+

The World Health Organization defines a normal BMI range between 18.5 to 24.9. Anything above 25 is considered overweight, while figures above 30 fall in the obese category. According to the World Health Organization, more than 28 lakh adult deaths take place each year due to obesity. It is evident that being overweight is unhealthy and can increase chances of having chronic diseases or premature death. Hence, it is essential to maintain a normal BMI.

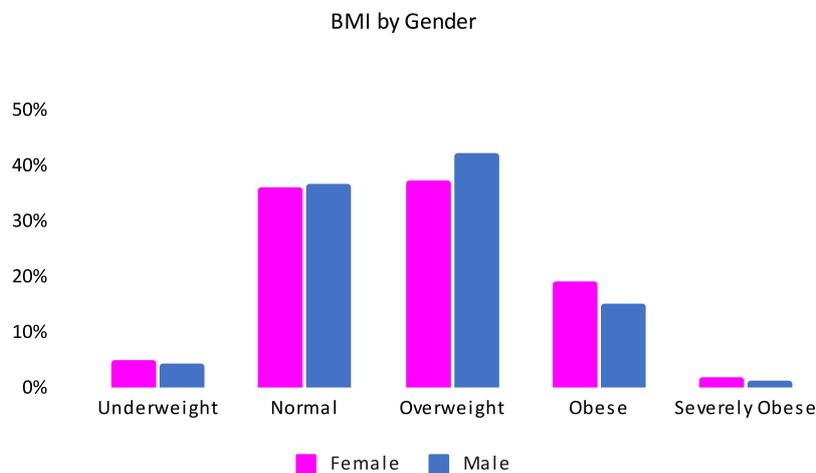
BMI is calculated by the following formula:

$$\text{BMI} = \text{Weight in Kilograms} / \text{Height in Meters} \times \text{Height in Meters} (\text{BMI} = \text{kg}/\text{m}^2)$$

India's Average BMI in 2020 stood at 21.9, which ranks 179 among 195 other countries. This figure falls well within the normal bracket. Let us explore BMI data by various categories for GOQii users in India.



The data reveals that in the year 2021, the percentage of overweight and obese people saw an increase from 2020. 41% fell into the overweight category as against 37.9% in 2020, an increase of 5.3%. Combined, a total of 58.8% Indians fell in the Overweight, Obese and Severely Obese category. People in the underweight category decreased from 6.7% in 2020 to 4.6% in 2021.

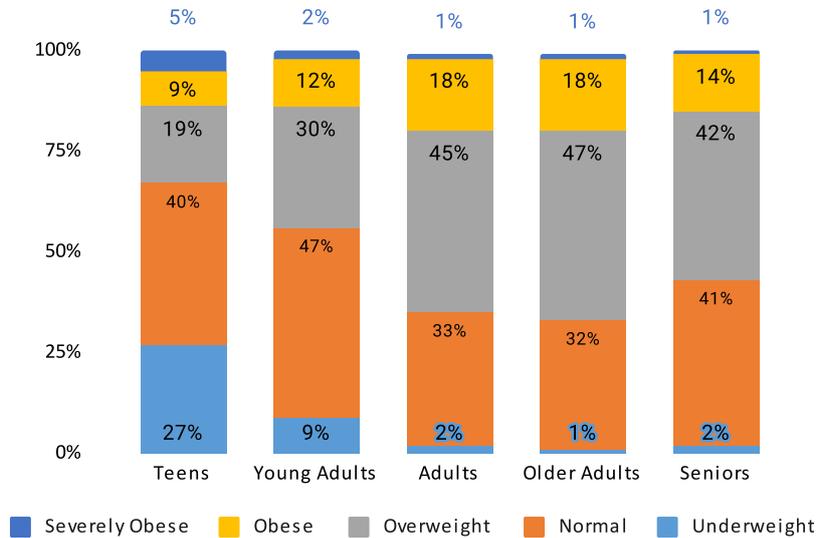


As per the gender data, the increase has been more significant among men than women with there being 42.3% males who are overweight when compared to 37.3% women who are overweight. Albeit, a larger number of women fall in the obese and severely obese category when compared to men.

Given the continued uncertainty of the times, these figures are hardly surprising. Clearly, limited movement outside of home has had a deteriorating impact on the physical health of people. The rising overweight and obese population is concerning, especially in men who have seen a rise in the cases of heart illness during the year.

Overall, the rate of overweight individuals, both among men and women, is on the rise and that is a cause for concern.

### BMI by Age



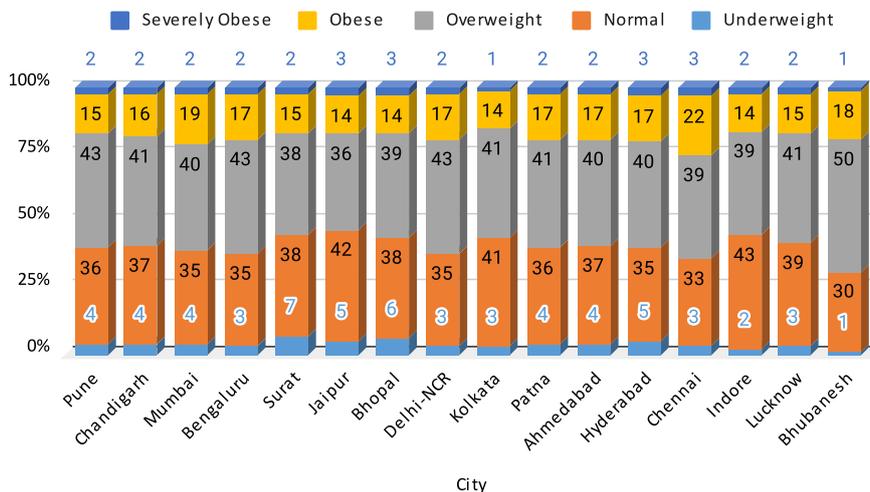
### Underweight and Obesity in Teens: Alarm Bells Ring

Exploring the age wise data for BMI, Older Adults have the highest percentage of overweight individuals at 47% followed by adults (45%) and seniors (42%). If a good and healthy lifestyle is not maintained, with age, it becomes more difficult to lose and maintain your weight.

On the other hand, Indian teens’ statistics are not very encouraging. Almost 27% teens in India are underweight in 2021, though there has been a drop from 28.22% in 2020 as per GOQii IndiaFit Report 2022. However, the percentage drop is better since 2019 where the percentage of underweight teens in India stood at an alarming 40%. But what is strange is that Obesity and Overweight issues are also on the rise among Indian Teens.

In 2021, teens in the overweight category increased to 19% from 16.93% in 2020. 9% teens are seen to be obese - a marginal increase from 2020’s 8.09%. The only consolation is that the percentage of severely obese teens has reduced from last year’s 6.44% to 5% in 2021. The teen statistics indicate that Indian teens are not having a balanced meal so as to maintain healthy weight at their growing age. .

### BMI by City



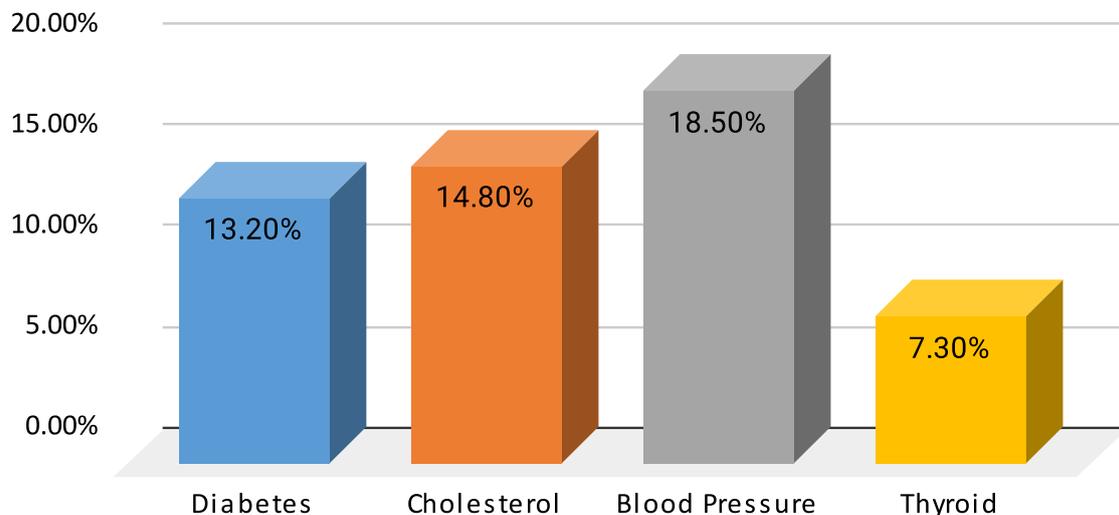
In terms of city wise segregation of BMI data, Indore has emerged as the epitome of 'normal' in 2021. It has 43% of its population in the normal BMI range across all cities. On the other hand, Bhubaneswar has half (50%) of its population being overweight. Cultural negligence towards obesity, lack of space to workout and sedentary lifestyle have aided to exacerbate this problem. In terms of underweight individuals, Jaipur and Surat rank among the top 2 across all cities as per the GOQii study.

## Lifestyle Diseases

Lifestyle diseases are illnesses that are mostly caused by regular unhealthy lifestyle habits and poor diet choices. Habits that keep individuals from being active and push them towards a sedentary lifestyle can contribute to a plethora of health problems, including chronic noncommunicable illnesses with life-threatening effects.

Since 2020, the entire country is undergoing an unprecedented challenge of COVID-19 which has affected the lifestyle behavior of individuals.

### Lifestyle Illness in 2021

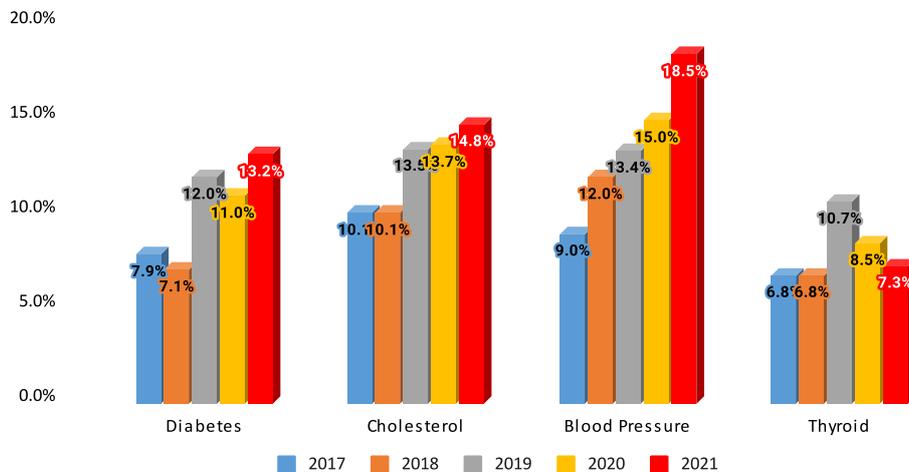


Lifestyle Illness in 2021

Diabetes, Cholesterol, Blood Pressure and Thyroid are the four most common lifestyle problems among people in 2021, according to the study. The most common ailment is high blood pressure, which affects 18.5% of those polled. This might be attributed to COVID-19 because psychosocial or other forms of mental stress have become more prevalent among individuals. There has also been weight gain and a decrease in physical activity.

Cholesterol is the second most common disease, affecting 14.8% of the population. This might be due to poor eating habits, lack of exercise, being overweight, smoking, consuming alcohol or family history. Diabetes is in third place, at 13.2%. Diabetes can be caused by excess weight, inactivity or a family history of the disease. When compared to its rivals, Thyroid has a lower proportion of 7.37%. Iodine deficiency or any autoimmune illness might cause this sickness.

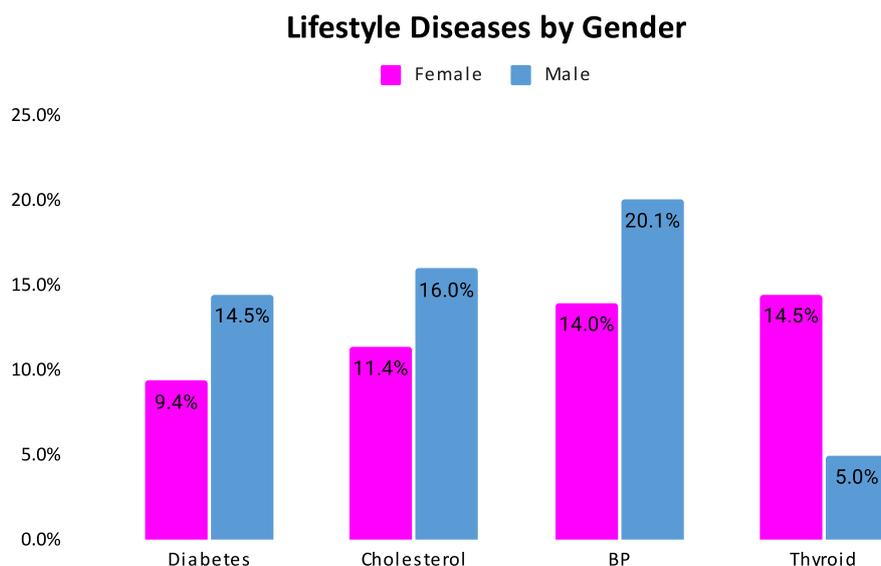
### Lifestyle Illness Over the Years



Over the last 5 years, lifestyle diseases namely Diabetes, Cholesterol, Blood Pressure and Thyroid have been on a steady rise with Blood Pressure topping the chart. The incidence of people suffering from this disease has increased from 9.0% in 2017 to 18.5% in 2021. Similarly, Diabetes and Cholesterol have seen a similar rise in the last 5 years as per GOQii’s latest study. Bad lifestyle coupled with stress and inactivity which have largely increased in the last 2 years due to the pandemic situation are some of the reasons attributed to the rise in lifestyle diseases.

The only encouraging trend over the last three years has been a significant 32% decrease in the number of persons suffering from Thyroid disease.

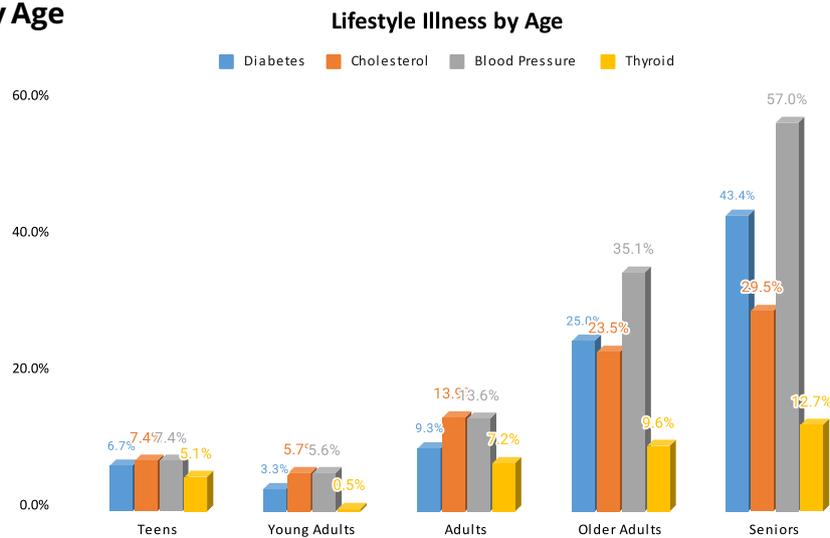
### Lifestyle diseases by gender



With the exception of Thyroid, men have greater rates of diabetes at 14.5%, Cholesterol at 16% and Blood Pressure being the highest at 20.1% than women. An interaction between thyroid hormones and hormones that vary during the menstrual cycle might be one of the reasons for the high frequency of thyroid diseases in women.

Because of differences in insulin sensitivity and regional fat deposition, men appear to be more susceptible to diabetes than women as a result of laziness and obesity. Due to the protective role of the hormone estrogen, which tends to increase HDL (good) cholesterol levels, women have a much lower risk of cardiovascular disease caused by high cholesterol levels. Men are more likely than women to work in sedentary jobs, making them physically inactive and anxious, which could lead to hypertension and increased blood pressure.

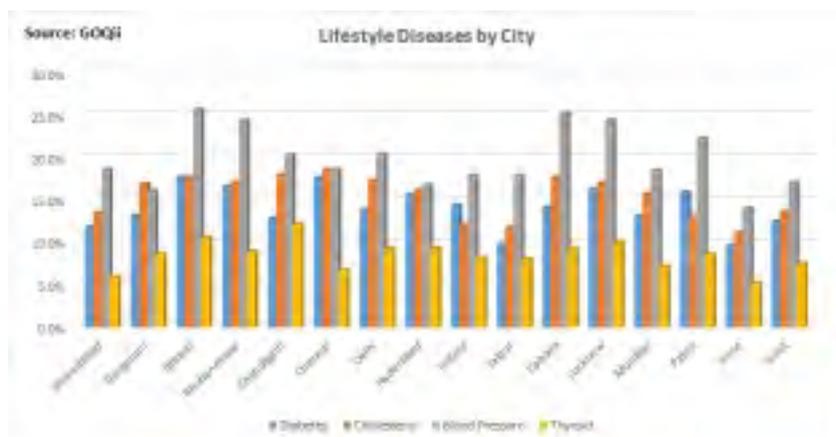
### Lifestyle diseases by Age



Lifestyle diseases impact people of all ages and from all walks of life. These conditions affect children, adults, and the elderly, however, they are most commonly linked with those in their later years. Seniors age group suffers the most from lifestyle-related ailments. Blood pressure is the most common condition in this age group with almost 57% of the population having high blood pressure, followed by diabetes at 43.4% and cholesterol at 29.5%.

Chronic diseases are exacerbated by poor diet, physical inactivity, cigarette smoking, and problematic alcohol consumption. A sedentary lifestyle, bad eating habits, and work culture are all factors that contribute to the incidence of lifestyle illnesses in adults and the older adults. Surprisingly, young adults have a lower prevalence of lifestyle-related problems than teenagers. The major cause for this could be too much time spent slouched in front of the TV or computer, as well as a lack of encouragement to participate in vigorous sports or activities.

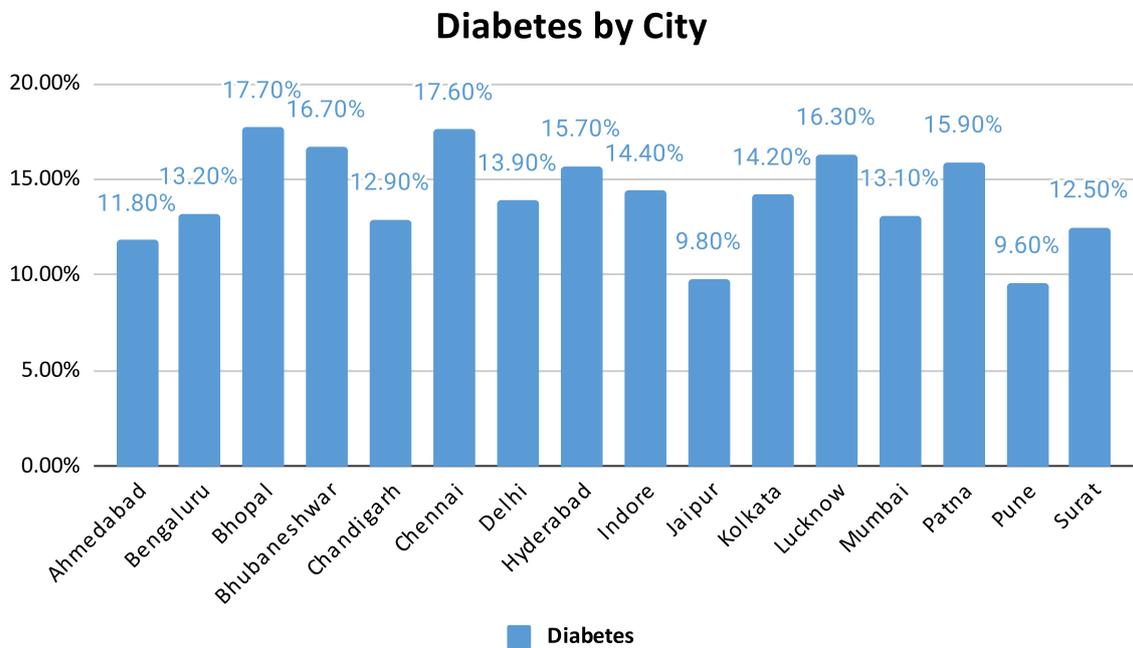
### Lifestyle diseases by City



We may deduce from this graph that of the sixteen cities sampled, Bhopal has the largest number of individuals with lifestyle-related issues namely diabetes, cholesterol and blood pressure, followed by Kolkata, Lucknow, and Bhubaneswar. In every city, high blood pressure was the most common problem, followed by cholesterol, diabetes, and thyroid problems.

The city with the lowest prevalence of lifestyle illnesses is Pune. The urban environment is vastly different from the one in which humans originated, with potentially serious health implications. These illnesses have been linked to rising air pollution, as well as bad lifestyles and dietary habits.

## Diabetes

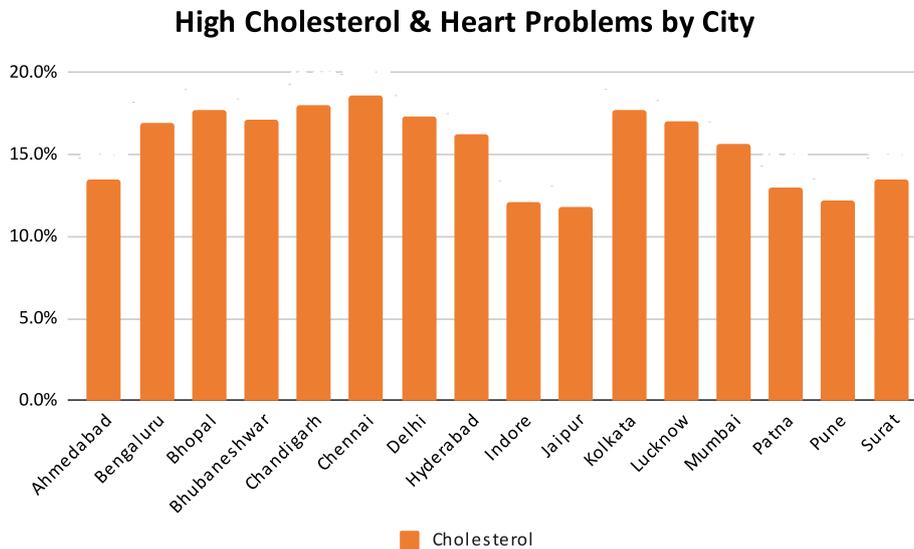


Bhopal, unexpectedly, has the highest rate of diabetics at 17.7%, followed by Chennai (17.6%), Bhubaneswar (16.7%), and Lucknow (16.3%). Diabetes affects a moderate percentage of the population in Mumbai (13.1%), Bengaluru (13.2%), Delhi (13.9%) and Ahmedabad (11.8%). Jaipur (9.8%) and Pune (9.6%) have the smallest population, affected by diabetes. Diabetes is influenced by a number of variables which include a bad diet, stress, and lack of physical exercise and quality sleep.

Obesity, advancing age, and a poor diet are all factors that contribute to Diabetes. If you are not physically active and are overweight or obese, you are more prone to acquire diabetes. Insulin resistance can occur as a result of excess weight. Extra belly fat is connected to insulin resistance, thus, the location of body fat matters as well. Genes and family history can also raise the risk of diabetes.

Diabetes has the potential to harm practically every organ in the body. Regular physical activity, a proper diet, good quality sleep, managing stress, blood glucose, blood pressure, as well as cholesterol management, can help us avoid diabetes and live a long and healthy life.

## High Cholesterol and Heart Problems

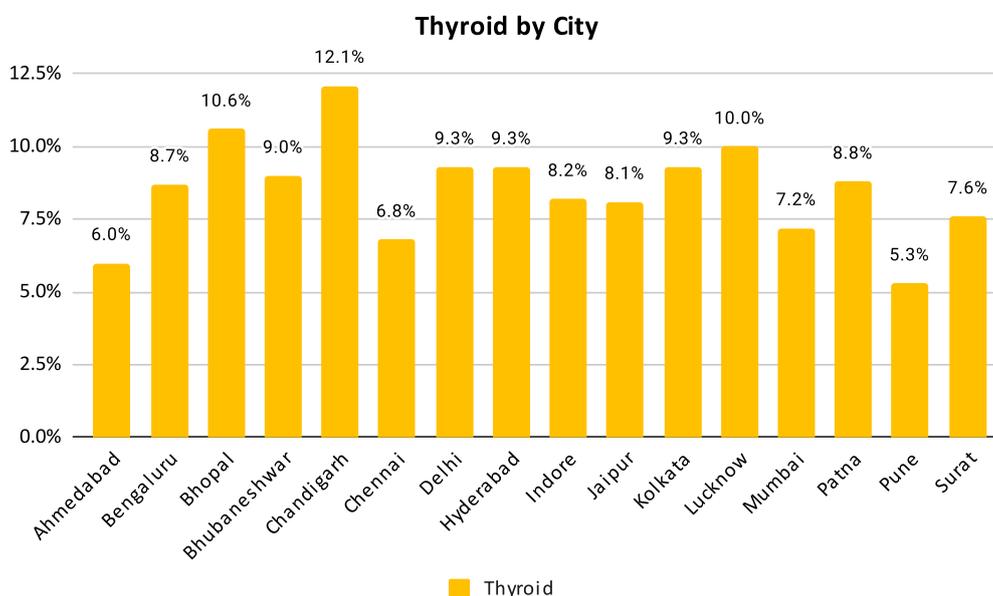


High cholesterol puts people at risk for heart disease, a leading cause of stroke, which is the fifth greatest cause of death. Cholesterol levels are almost identical to diabetes levels, with Chennai (18.6%) leading the way, followed by Chandigarh (18.0%), Bhopal (17.7%) and Kolkata (17.7%). Delhi has the fifth highest cholesterol levels (17.3%), whereas Mumbai has a lower figure of 15.7%. At 11.2%, Pune is the city with the lowest cholesterol levels, followed by Jaipur (11.8%), Indore (12.1%), and Patna (13%).

People's cholesterol levels are heavily influenced by environmental factors. High cholesterol levels are caused by a diet high in saturated fat and animal products. Cortisol levels that rise as a result of chronic or long-term stress, can lead to high blood cholesterol and other heart disease risks. Lack of sleep is also a contributing factor.

High cholesterol can be passed down the generations, but it's more typically the result of poor lifestyle choices, making it avoidable and curable. High cholesterol can be reduced by a nutritious diet, regular exercise, and in some cases, medication.

## Thyroid

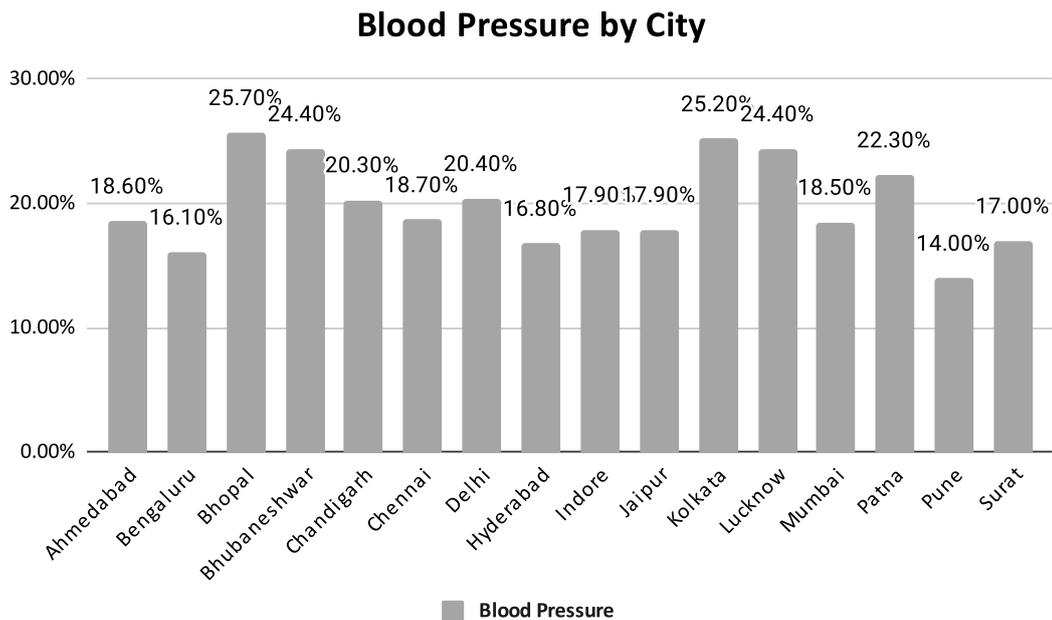


Thyroid disorders are most commonly caused by abnormal thyroid hormone production. With 12.1%, Chandigarh has the most thyroid affected population, followed by Bhopal (10.6%) and Lucknow (10%). Pune has the lowest percentage (5.3%), followed by Ahmedabad (6%) and Chennai (6.8%).

Thyroid function has been demonstrated to be influenced by environmental exposures ranging from perchlorate in rocket fuel to polychlorinated biphenyls. Radiation exposure, medical radiation, higher iodine consumption, and many pollutants in the environment can affect the thyroid. Although hereditary factors account for 70% of the risk of developing autoimmune thyroid disease, environmental factors are likely to have a role in the development of autoimmune thyroid disease in vulnerable people.

Individuals can treat thyroid disease with a combination of a healthy diet, reduced stress, as well as medications.

## Blood Pressure

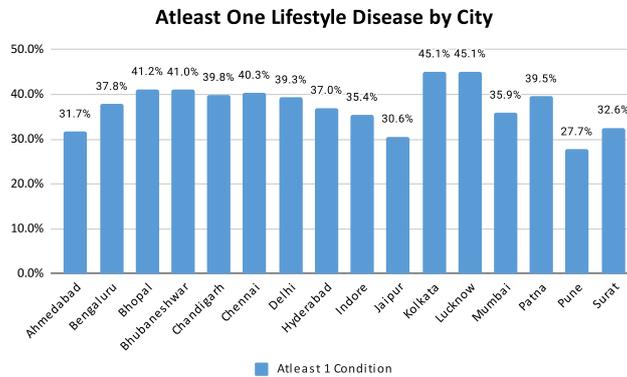


The city of Bhopal has the highest percentage of people with high blood pressure (25.7%). Kolkata, Lucknow, Bhubaneswar, and Patna are the next four cities on the list. Pune has the smallest population (14.0%), followed by Bengaluru, Hyderabad, and Surat. These values are influenced by a number of things.

The environment can have a big impact on blood pressure. Many factors influence it, including ambient temperature, height, location, noise, and toxins in the air. Other important variables include chronic stress, obesity, alcohol, salt consumption, physical inactivity and heredity.

Various interventions, such as healthy eating habits (low-salt, low-processed-food), regular exercise, weight loss, and medicines, can help people overcome this silent killer.

## At least one lifestyle disease



Lucknow has the largest percentage of persons having at least one lifestyle disease (45.10 %). Kolkata, Bhopal, and Bhubaneswar are the following four cities with an alarming percentage of the population having at least one lifestyle disease. Pune, Jaipur, Ahmedabad, and Surat are the cities with the least amount of diseased people.

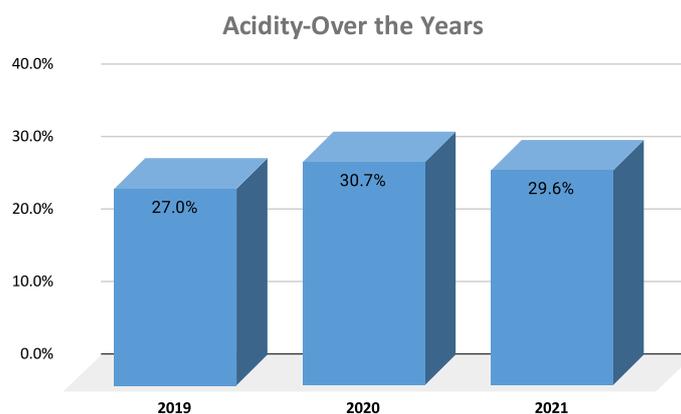
Lifestyle illnesses are becoming serious health issues in India, particularly among the working urban population, who are allegedly more susceptible to lifestyle factors owing to the nature of their jobs. These lifestyle factors are also becoming more prevalent as people's diet shifts toward foods high in fats and sugars, and work and living environments become more sedentary. There is a link between lifestyle variables such as tobacco and cigarette use, alcohol use, junk food intake, being overweight and obesity and the existence of lifestyle illnesses.

A healthy diet, regular exercise, quality sleep, proper stress management, abstaining from substance abuse (alcohol and drugs), weight control, and managing blood pressure and blood sugar are all excellent approaches to minimize lifestyle diseases.

## Gut Health - Acidity & Indigestion

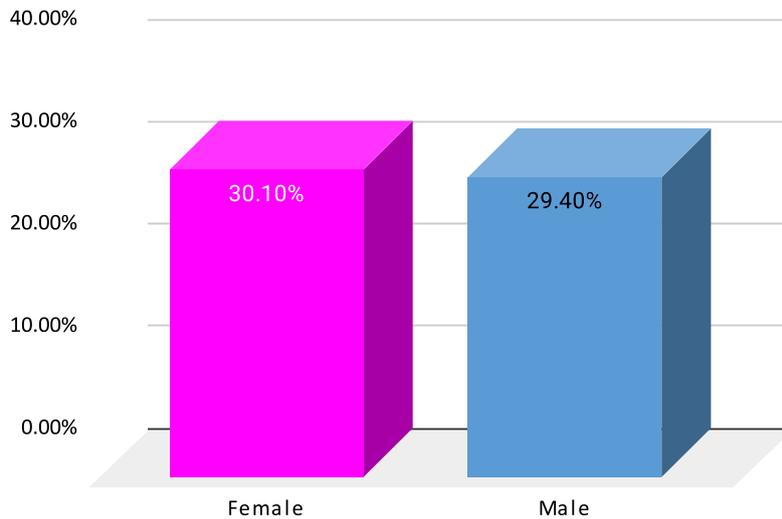
All food that is consumed, is digested in the gut so it can enter the bloodstream and deliver nutrients to the body. This is only possible if your digestive system is in good working order. A healthy gut contains beneficial bacteria and immune cells that protect against infectious agents such as bacteria, viruses, and fungi.

A healthy gut also communicates with the brain via nerves and hormones, which aids in the maintenance of overall health and well-being. Gut health affects our ability to be productive and efficient, if it is affected at this level. Eating right is becoming increasingly important.



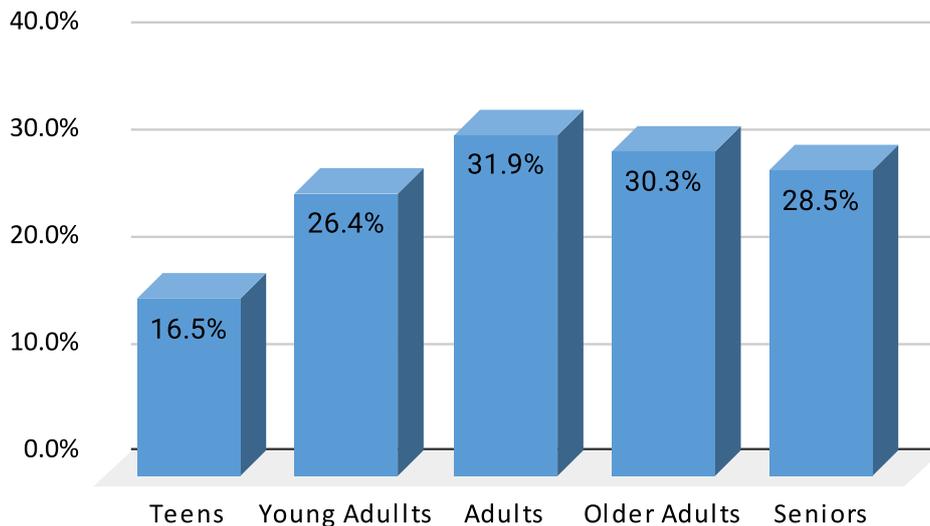
Acidity and indigestion top the list of gut health issues - 29.6% of Indians are affected. But compared to last year where we saw 30.7% affected by it, 2021's numbers are lower. This might be a sign that people might be working towards maintaining good gut health.

### Acidity by Gender



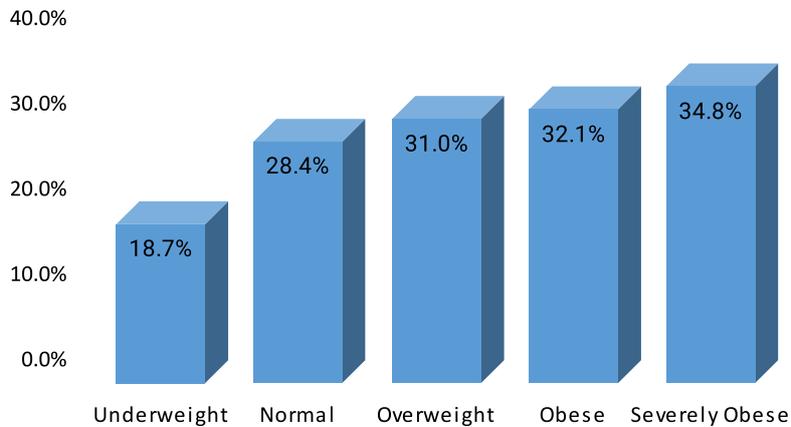
Women were found to have more acidity and indigestion issues at 30.1% than men (29.4%)

### Acidity by Age



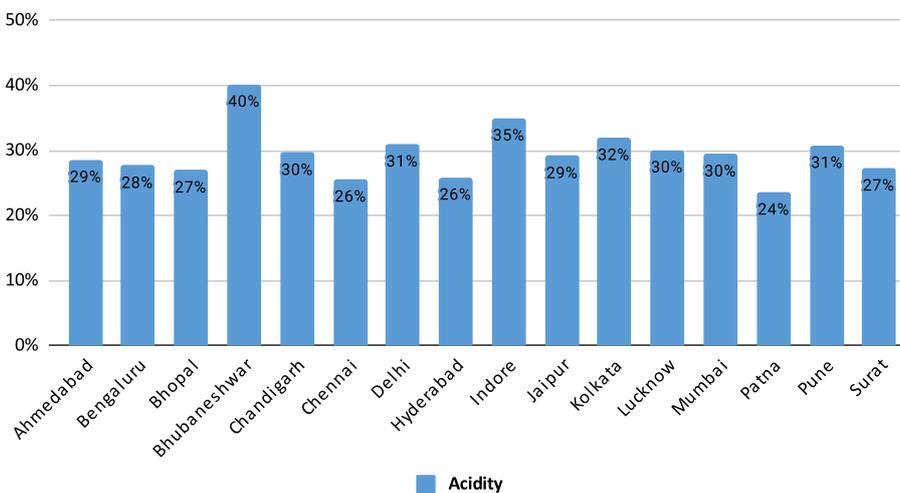
Acidity and indigestion increases with age. This is also a side effect of medicines that older people consume with the onset of lifestyle diseases. As per the study, 31.9 % adults and 30.3% older adults complained of acidity issues in 2021. To better one's lifestyle and to achieve one's health goals, one needs to take care of their gut health first. Teens have good body metabolism and are also active, which reduces the chance of indigestion.

### Acidity By BMI



Acidity and Indigestion is seen more prominently among the overweight, obese and severely obese individuals. We observed a direct correlation between being overweight and having acidity issues. Being aware of the link between excess weight and acidity can help one take measures to maintain a healthy weight. Excess weight increases abdominal pressure, making stomach acid leakage or acid reflux more likely.

### Acidity by City



People in Bhubaneswar (40.2%) and Indore (35%) suffer the most from Acidity and Indigestion issues. Patna, being the least at 23.6%. As per the data in 2021, the city of Bhubaneswar had the highest share of respondents who reported acidity and indigestion problems. Whereas, 23.6% percent of respondents from Surat had gut related problems in that year.

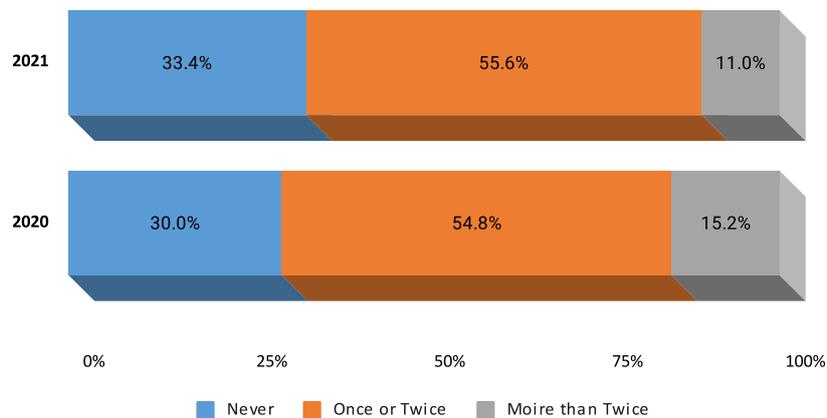
### Here are a few tips that will help you maintain a strong and healthy gut

- Include good fiber in your diet which should consist of raw and cooked vegetables with 2-3 fruits
- Add a natural probiotic like curd in your diet
- Walk and get moving, reduce sitting time through the day
- Maintain good water intake to flush out toxins and even aid passage of stool to reduce constipation
- Chew your food thoroughly and avoid eating on the run

# Immunity Concerns

Having strong immunity prevents us from getting sick. Bad lifestyle habits, an improper diet, lack of physical activity, infections, environmental factors or having an autoimmune illness can all contribute to a weakened immune system or immunity concerns. A person's immune system may be impaired if they get infected by the common cold frequently, have trouble fighting infections, are tired all the time or have digestive problems.

### How Often Have you Fallen Sick in Past Year ?

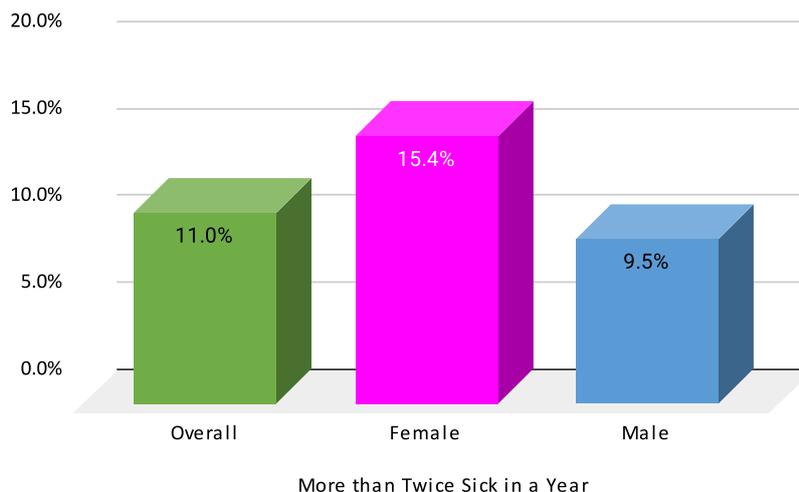


In comparison to 2020, the number of persons who were ill in 2021 has decreased dramatically. The percentage of persons who have never been sick has increased by about 3% from 30.01% in 2020 to 33.39% in 2021. The percentage of persons who have been sick once or twice has risen from 54.82 % in 2020 to 55.62% in 2021. In addition, the number of persons who have been sick more than twice in 2021 has decreased dramatically (approximately 5%) from 15.18% to 11% in 2021.

This rise is largely attributed to people becoming more careful about their health in order to avoid being infected by COVID-19. It's important to note that hygiene standards such as hand washing, using an alcohol sanitizer, wearing a mask (covering their nose and mouth), and avoiding touching your face, eyes or lips have improved. People are also eating well, exercising on a regular basis, getting enough sleep, and avoiding stress.

## Immunity Issues by Gender

### Immunity Issues by Gender

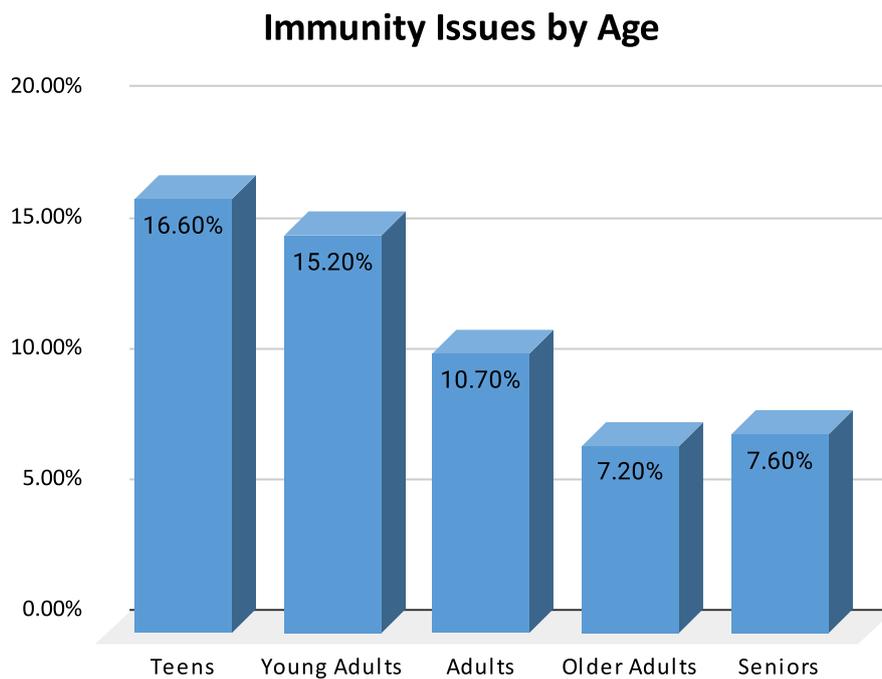


According to the study, 11% of the respondents became ill more than twice in the year 2021. The number of women who fell sick more than twice a year was 6% higher than their male counterparts. A variety of internal and external variables, modulators, and stressors impact the immune system and its coordinated response.

The immune response's strength and activity in women compared to men is one of the most commonly described distinctions, resulting in a rise in autoimmune disorders in the female population as well as disparities in the immunological response to infections and viruses. Sexual hormones, mostly estrogen but also progesterone and testosterone, have quantitative and qualitative effects on immune cells.

Gender influences many aspects of human existence, including the immune response's various stages. The varied responses of women and men to immunologic challenges are influenced by antigen exposure, access to health awareness and health care, as well as priority of health needs and household resource allocation.

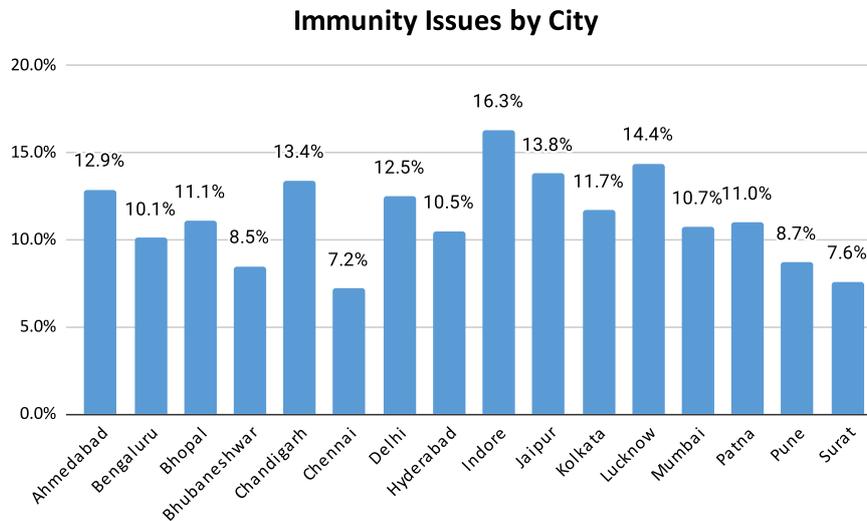
### Immunity issues by Age



We may deduce from this graph that a high percentage of teens have immunity problems. Young adults occupy the next slot, followed by adults. Immunity issues are least prevalent in older adults. Seniors' concerns about their immune systems can be due to their growing age.

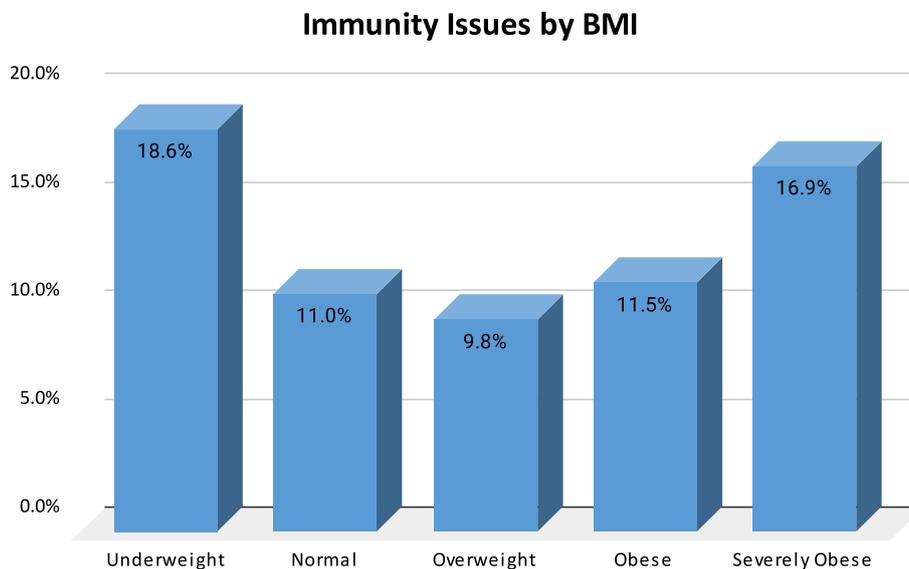
A weaker immune system may cause the immune system to respond more slowly, increasing the chance of falling ill. In addition, an autoimmune condition may develop, and the body's healing process may be slowed. When the body is shielded against environmental assaults and fortified by healthy-living practices, every aspect of the body, including the immune system, performs better.

## Immunity issues by City



According to the study, the above graph indicates that Indore has the highest number of persons with immunity problems (16.3%), followed by Lucknow, Jaipur, Chandigarh, and Ahmedabad. Chennai has the smallest population of people with immune issues (7.2%).

## Immunity issues by BMI



People who are underweight (18.6%) and Severely Obese (16.9%) have the most to worry about their immunity. Obesity and malnutrition have been shown to decrease immune function through changing leukocyte numbers and cell-mediated immune responses. A person with an abnormal BMI is more likely to suffer difficulties, such as bone, tooth, and reproductive issues. To avoid illnesses, a person should strive to maintain a healthy BMI.



**GOAL**



**PLAN**



**ACTION**

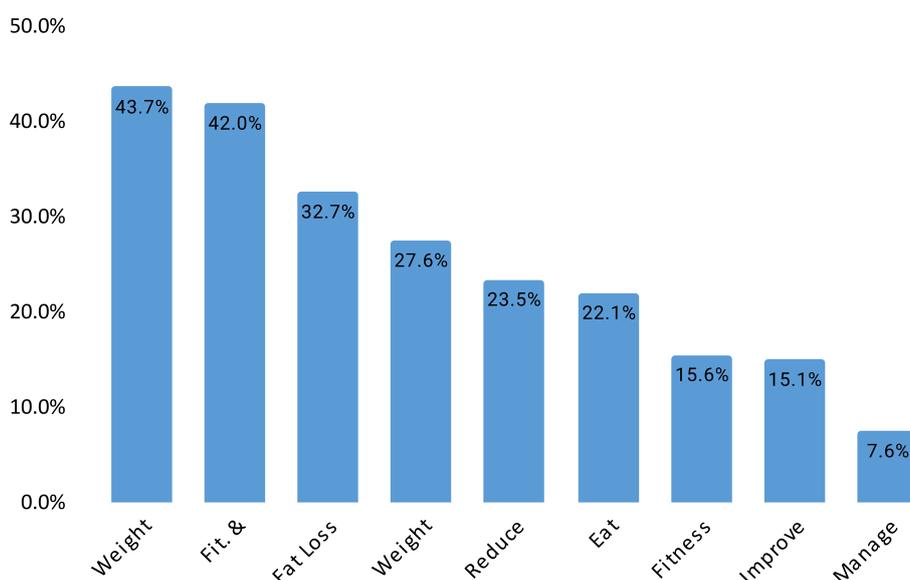


# Lifestyle Goals For Healthy Living

Goal setting is the most difficult aspect and more so, when it is for maintaining good health and lifestyle. Despite the fact that most people set goals for themselves, how many actually achieve them? Science estimates only 8% achieve their goals.

Setting goals gives us hope that we can become the person we desire to be. As a result of COVID-19 pandemic throwing everyone's plans off balance, one would assume that the percentage may even be lower this year. However, the good news is that this year too, GOQii users prioritized their health goals to lead a healthy life.

**Goals % in 2021**



## The top priority is weight loss

Similar to the past 2 years, Weight Management is leading again in 2021 as the most popular health goal with 43.7% opting for it. With restrictions on gyms and unnecessary movement during the several phases of the lockdown, many people turned to fitness apps to keep themselves in shape.

In fact, the GOQii App had experienced a 300% increase in user engagement since the lockdown was announced. Additionally, Bollywood celebrities have posted their lockdown workout routines and inspired people to remain fit. Dietary supplement powders have also gained traction among consumers as a healthier alternative to manage their diet.

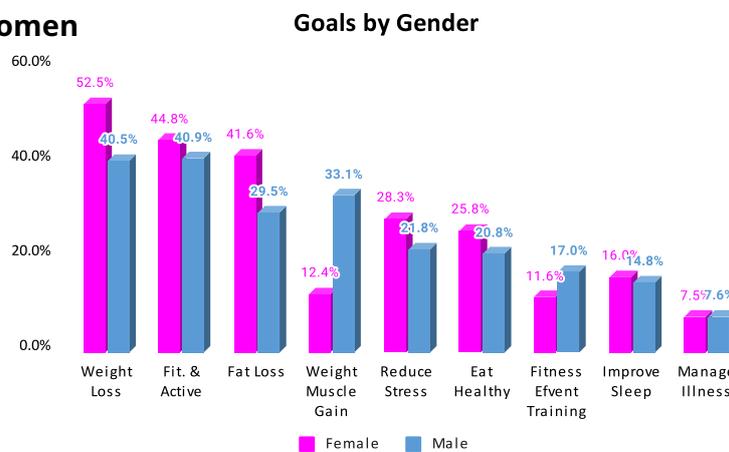
Interestingly, however, "Manage Illness", which was previously ranked 2nd, has fallen to the bottom of the list this year. As a result, people have moved to becoming fit and active rather than just managing the illness. COVID has clearly made people more cautious in terms of avoiding seasonal flus and other diseases. To add to that, there was a massive surge in the sale of multivitamins, immunity boosters and ayurvedic products like chyawanprash and honey post lockdown.

Getting fit and active is still among the top three goals similar to 2020. Despite the work from home situation, the positive factor was that people took advantage of virtual sessions with personal trainers or simply watched their favorite celebrity workout videos for motivation to keep fit at home. Fitness products such as exercise bands, dumbbells and yoga mats had also witnessed a spike in sales on e-commerce platforms during the lockdown as people turned their homes into gyms.

Reducing stress has been on 23.5% people’s agenda due to the shift in lifestyle during the lockdown phase. Working from home had clearly augmented stress levels, especially for women who were balancing their family and professional life. Adjusting to the new norm of working from home without the ‘coffee breaks’ or social life that was present at the office, also took some time for people to get used to. On the flip side, worry of massive layoffs and pay cuts added the burden of financial stress in people’s lives.

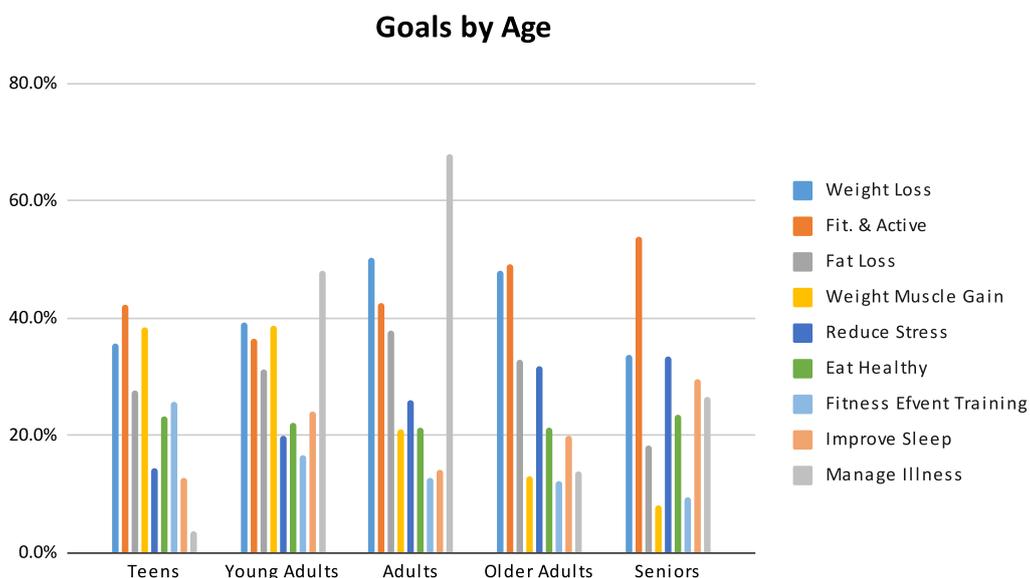
On the contrary, eating healthy and fitness event training are on the backseat this year. Staying at home did force Indians to stick to home-cooked food which is much healthier in comparison to ordering fast food online. For a brief period of time, online food delivery services had also halted due to safety reasons which further prevented people from splurging on impulse cravings.

### The goals of men and women



The gender-based goal rankings in 2021 are not as similar as it was in 2020 for both genders. Whenever it comes to weight loss or fat loss, women are more concerned. Apart from that, we can also notice a clear difference between the gender’s thinking toward their health goals in the eating healthy and reducing stress section. More women have a preference towards their diet and maintaining their stress levels in comparison to men. This shows that women place more priority on their physical and mental well being while men are a bit more inclined toward weight and/or muscle gain and training for a fitness event.

### Seniors dominate in the goal of “Manage Illness”



If we see the age-wise data, weight management and getting fit & active remain the most popular health goals across all age groups. Reducing stress is more important for older adults (31.8%) and seniors (33.5%) in comparison to eating healthy.

It is common knowledge that as we age, we are more vulnerable to contracting diseases. Hence, seniors also dominate in the goal of "Manage Illness". 26.7% Seniors want to manage illness as a top most goal among all age groups. They are also more concerned about their mental wellbeing and prioritize reducing stress and improving sleep quality more than those younger to them.

As far as fitness event training is concerned, it is more popular among teens (25.9%) just like last year.

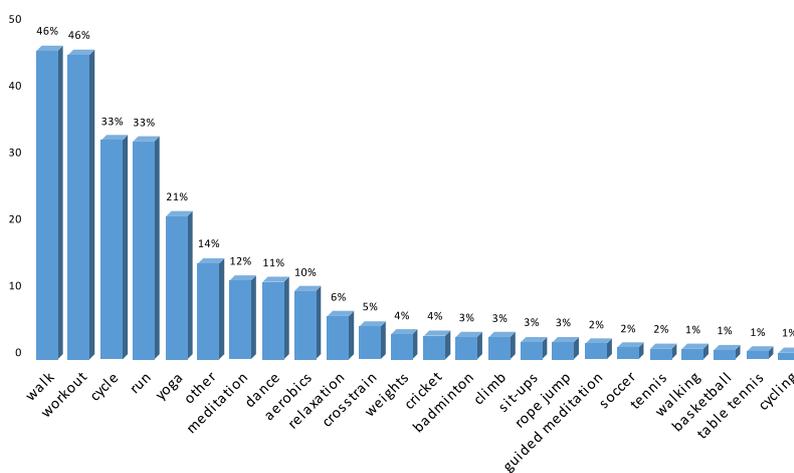


# Staying Active for Good Health: How Active is India?

Physical activity is one of the most important components of living healthy and ensuring disease prevention among individuals and communities. It is essential for the body's energy balance. The benefits of physical activity extend well beyond achievement and/or maintenance of healthy weight.

Indulging in regular physical activity (at least 30 minutes for 4-5 days a week) is associated with a reduced risk of many conditions that impact physical and mental well-being, including coronary heart disease, stroke, hypertension, type 2 diabetes, metabolic syndrome, colon cancer, breast cancer, and depression. Physical activity also helps to build muscular and cardiovascular fitness, and has a positive effect on sleep patterns and bone density. The end result of being active is increasing longevity.

Activity % in 2021

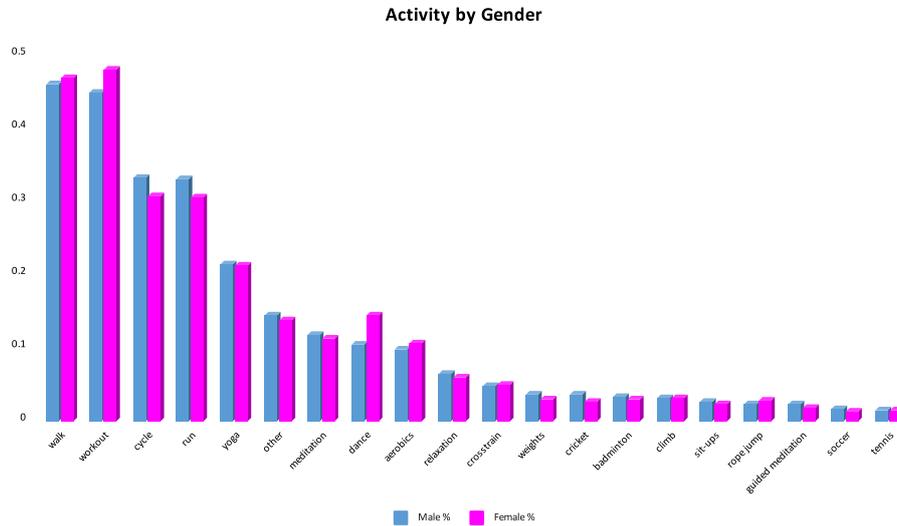


GOQii study indicates that walking and workout are among the most popular physical activities for GOQii users. This was followed by cycling, running and yoga. This year though, it is interesting to note that Indians have also been exploring other avenues of keeping fit. In 2021, workout has been given more preference than running. It was expected because of the brief period of lockdown in which people were restricted from moving beyond the radius of a few kilometers from their residence. Meditation is also featured among the top 10 physical activities which suggests that there has been an increase in importance given to mental health by Indians.

## Activity by city



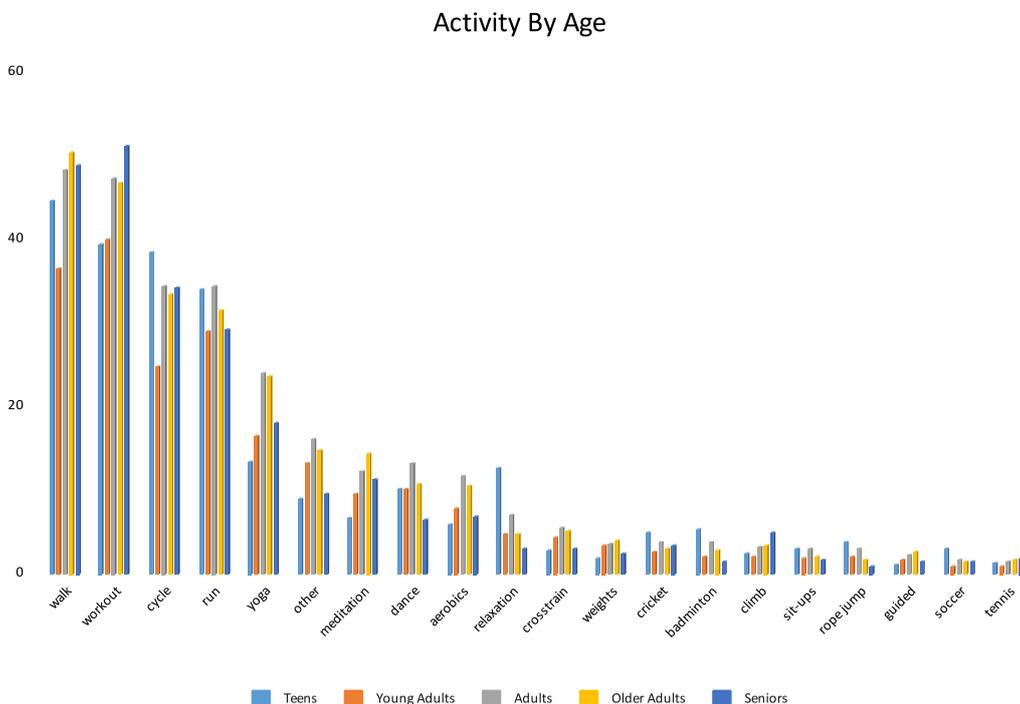
The most active city in India is Mumbai with around 15.21% activity rate where people prefer cycling the most. Mumbai is followed by Bengaluru with 12.13% where people like to play badminton, followed by Delhi with 11.25%. The activity rate of Chandigarh, Indore and Bhopal remain the lowest with an average of 4%



### Women stick to tried & tested activities while men prefer variety

Walking is almost equally preferred by both genders. However, the rankings for workout and running are interchanged for the two genders as women prefer workouts more than running. Cycling and running are preferred more by men than women. It is also seen women prefer dance and aerobics more than men. Men take the lead in sporting activities such as cricket, badminton and soccer when compared to women. The report indicates that a higher number of men are engaging in different activities to stay fit.

### Walking seems to be the most convenient form of exercise among Teens



Considering the younger generation tends to be more energetic and active, walking and workout has emerged as the most popular activity among teens and adults. Seniors and older adults also prefer walking and workout over other categories.

It is well known that regular exercise can help boost the immunity functions of the body and provide emotional & mental benefits. Moreover, elderly people are more vulnerable to chronic diseases such as high blood pressure and diabetes. Hence, they realize the importance of incorporating physical training to their routine.

In fact, we can see a clear trend that the percentage of people preferring workout is increasing as the age group gets older. On the other hand, running shows the opposite trend with people preferring it less as they age. Cycling is also most favored among teens as opposed to other age groups.

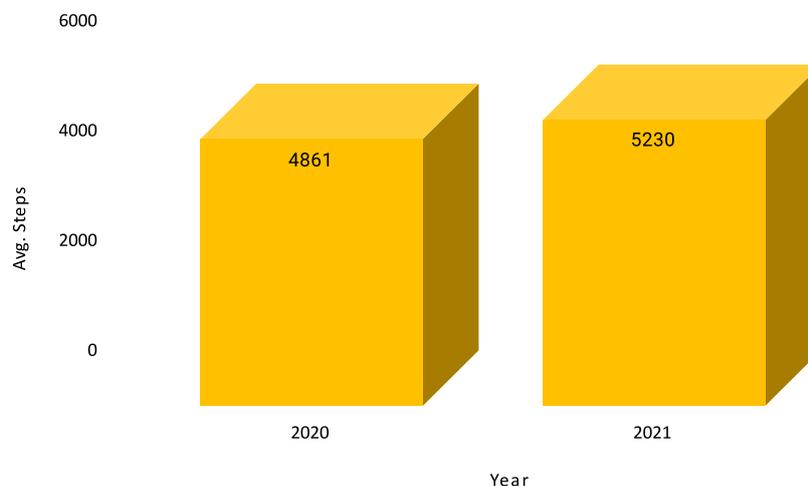


# Average Step Count In India Sees An Increase Of 7%

After being at home during 2020 due to the COVID-19 pandemic lockdown throughout the country, the year 2021 saw people literally get back on their feet. After taking vaccines, people got more comfortable stepping out of their homes slowly and steadily.

Even if people were not able to clock 10,000 steps daily, they were able to clock an average of 5K steps. Keep moving and stay active was the motto for most people. The positive result of this has been that the average steps logged by Indians starting from January 2021 increased by 7% from 4861 steps in 2020 to 5230 steps in 2021. There are various advantages to doing regular physical activities such as walking. It helps increase muscle power and endurance, helps prevention chronic diseases and improves the overall quality of life.

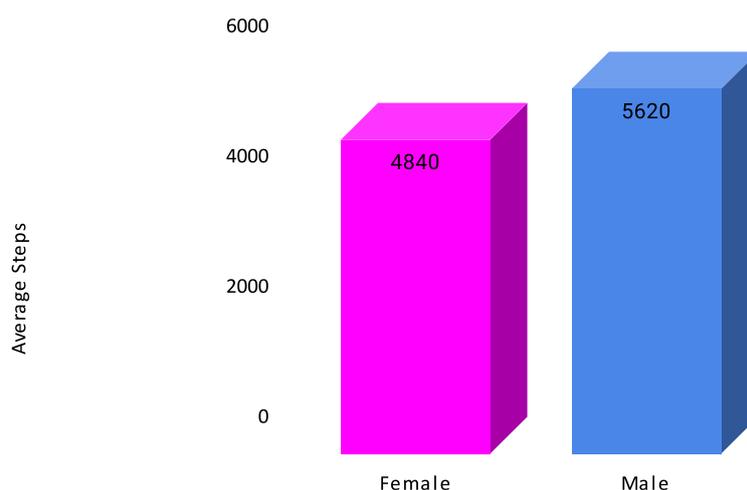
Average Steps -Comparison with 2020



Due to the lockdown in 2020, Indians were forced to limit their time spent outside for physical activity such as walking, because of the restrictions enforced by the government on public spaces and gyms, in order to maintain social distance. This led to a drastic drop in the average steps logged by Indians starting from late March 2020 when the lockdown was first announced. In 2021, with the lockdowns being lifted, people have begun walking more.

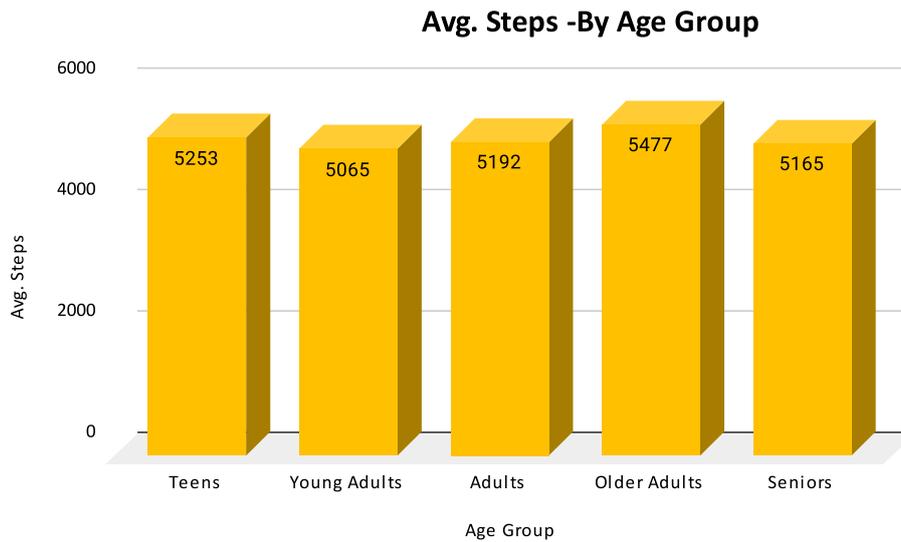
## Women walk 14% less than Men

Average Steps- Gender



general have a lower steps average than men across all groups. While women take 4840 steps on average, men take 5620 steps. This trend is evident across all age groups, major cities in India and in the past India Fit Reports as well. Since walking provides so many health benefits, it is essential that women need to pay more attention to their physical health.

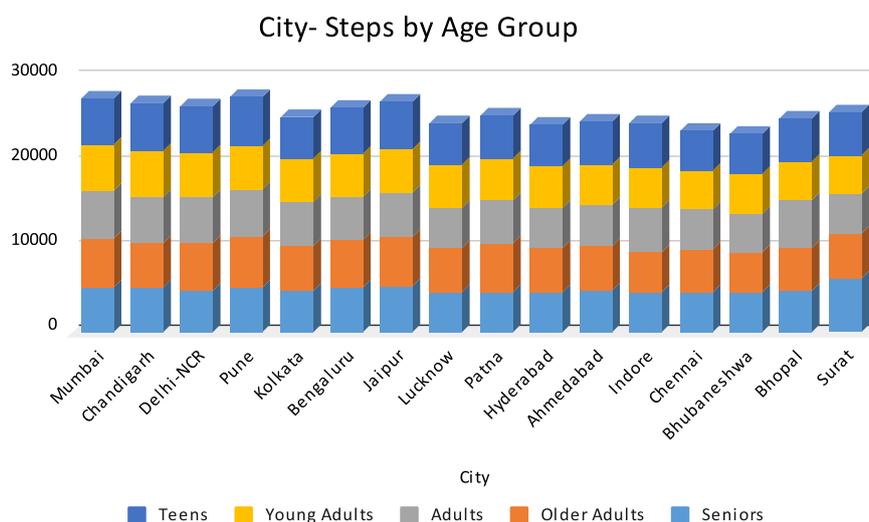
### Young Adults Are Walking Less



also observe from the age wise data that older adults tend to walk the most. Almost of the cities in which GOQii users reside, young adults have a lower number of steps in comparison to the older generations and even teens.

Young adults seem to have been bogged down by the old excuse of “No Time” or “Been Busy” as work from home has taken away a lot of time. This is detrimental to their overall well-being. Young Adults need to give importance to their health at this age of their life and be active so as to avoid the risk of developing chronic illnesses such as hypertension, diabetes and cardiac disease.

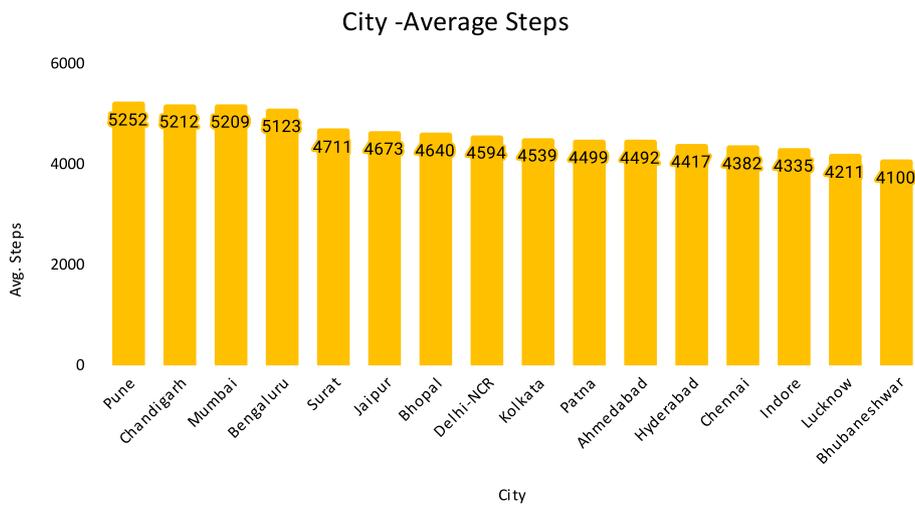
Teens are walking slightly more than the Young Adults. We can also notice the average step count increasing with age except for the seniors (above 60-year-old) who are unable to walk as much but still rank higher than Young Adults.



**Following are some interesting insights from the city-wise data mapped against age group:**

- Older Adults in Pune walk the most with 6009 steps while seniors in Bhubaneshwar walk the least at 4726 steps
- Meanwhile, Jaipur’s senior citizens again claim the title of ‘Most Active Senior Citizens’ (5555 steps) in 2021
- Bhubaneshwar walks the least as the city clocks an average 4677 steps count across age groups
- 

**Pune leads the way in Steps**



GOQii users in Pune city are clocking the most number of steps. On an average, this city is clocking 5252 steps followed by Chandigarh at 5212, Mumbai at 5209 and Bengaluru at 5123. Mumbai also has the distinction of being the most active city with 15% activity rate followed by Bengaluru with 12%. Strangely, Chandigarh is lowest in terms of activity at 4%.



While in January 2020, 6509 average steps were logged in by GOQii users, this year Indians had a cautious start at 5380 steps. Feb saw a rise to Indian clocking 5460 steps. As the COVID restrictions started lifting people started on their travel and even took holidays. The Month of April and May saw a decline in step count at 4896 and 4919 steps respectively. Between June and October, the step values are hovering between 5100-5400 steps. November month once again saw an increase with December overall leading the Monthly steps table clocking 5690 steps.



# Nutrition: Eat Right to Live Healthy

Eating well to living well, as the phrase suggests, is about choosing foods with rich nutrients. It's about eating right. For living a healthy life, embracing permanent and lasting changes is vital - creating new habits, adding beneficial foods and fostering a sense of responsibility to improve the quality of your life. It's not about going on a fad diet that makes short term promises but, talking of a complete lifestyle change that will give you strength and freedom to make the right food choices, and also help you build a healthy relationship with food.

In recent years, the upward trend is especially striking in developing countries where changes in diets and lifestyle accompany modernization. Dietary choices have, for example, contributed to the risk for developing chronic illnesses such as heart disease and diabetes and some forms of cancer, cardiovascular disease, hypertension, osteoporosis and obesity.

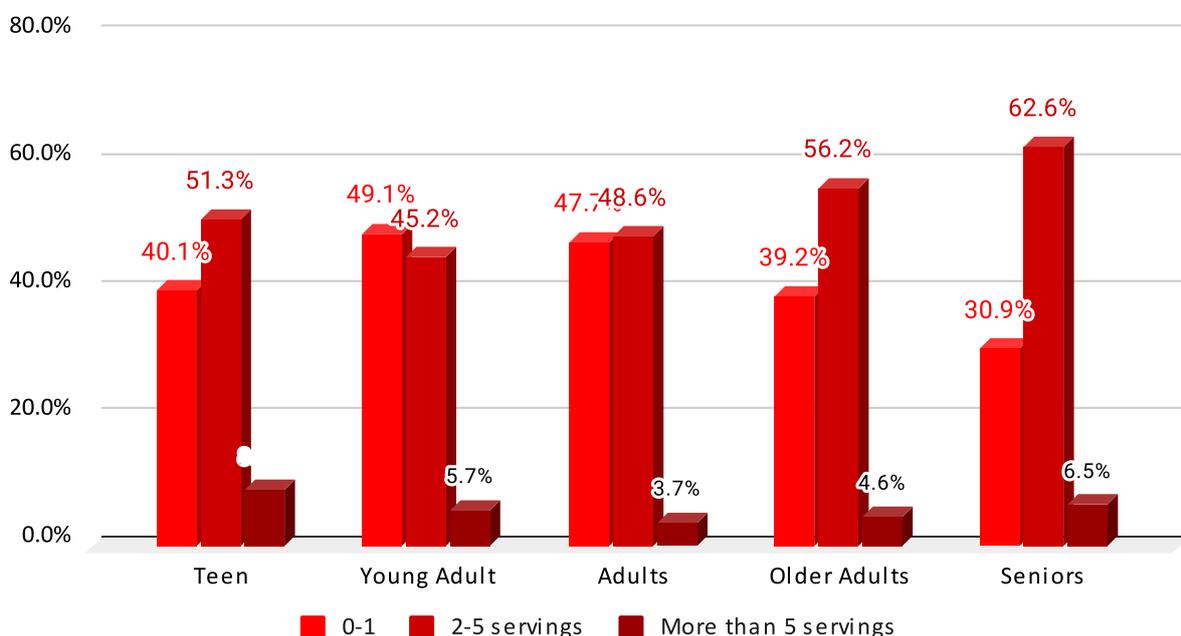
Dietary guidelines have changed over the years, as research becomes more accurate in determining what we should eat to attain optimal health and weight. Better nutrition is linked to stronger immune systems, good physical and mental health and a decreased risk of noncommunicable illnesses (such as diabetes and cardiovascular disease). The strongest evidence to date shows the key to good health is focusing on eating high-quality foods in appropriately sized portions. Making healthy food choices is more important than ever for longer life expectancy.

Through our India Fit Report we have tried to decipher what Indians are eating and how healthy they are eating.

## Fruits Consumption Pattern

Fruit is an important part of a healthy diet. In fact, diets high in fruit are associated with all sorts of health benefits, including a decreased risk of many diseases. The nutrient composition of fruits varies greatly among the different types, but all varieties contain important nutrients.

### Fruit Consumption-Agewise

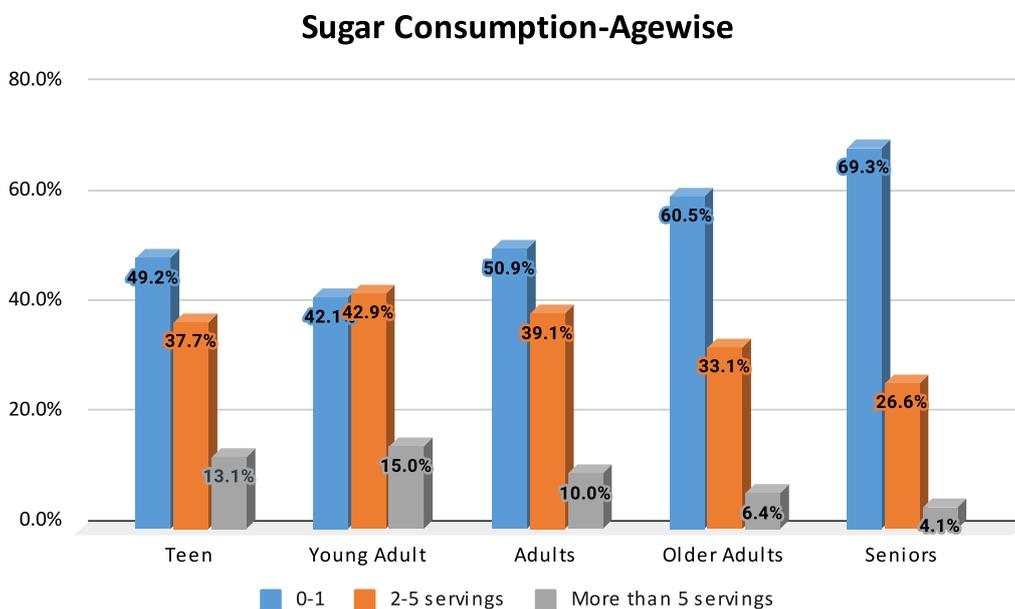


Except for Young Adults and Adults, the data reveals that more than 50 percent of people in every age group take 2-5 servings of fruits in their daily meals. This is a good indicator that the majority of users, especially the older age group, are concerned about their nutritional consumption.

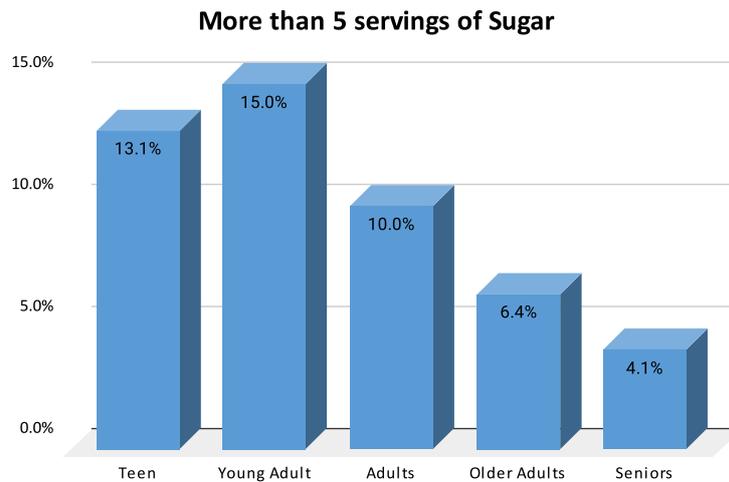
More than 62.6% of seniors eat 2-5 servings of fruits on a regular basis. In each age group, just a small percentage of people consume more than 5 servings of fruits daily. Fruits are rich in nutrients such as vitamins, minerals and antioxidants, which help fight free radicals that can damage cells. Eating a diet high in antioxidants may help slow aging and reduce the risk of disease.

### Control Your Sugar Intake to Control Your Life

Sugar is one of life's greatest indulgences, it has been consumed throughout centuries in various forms such as fruit and honey. However, in the current times, sugar is readily available and widely consumed in various forms. Consumption of soft drinks, fast food, and snacks that typically contain significant amounts of added sugar, have grown. Excess of sweetened foods and beverages can lead to weight gain, blood sugar problems and an increased risk of heart disease. Hence the question should be asked – how much added sugar should be consumed?



The above graph shows that Seniors consume the least amount of sugar with 69.3% of the population consuming 0-1 servings of sugar per day followed by older Adults (60.5%) and Adults (50.9%). Data indicates that even 49.2% of Teens consume 0-1 servings of sugar daily. Young Adults consume the most sugar with 42.9% of Young Adults consuming 2-5 servings of sugar daily as per the GOQii IndiaFit Study.



According to GOQii India Fit' 2022 study, around 15% of Young Adults consume more than 5 servings of sugar every day followed by teens (13.1%). Seniors have the least population (4.1%) followed by Older Adults (6.4%) consuming more than 5 servings of sugar.

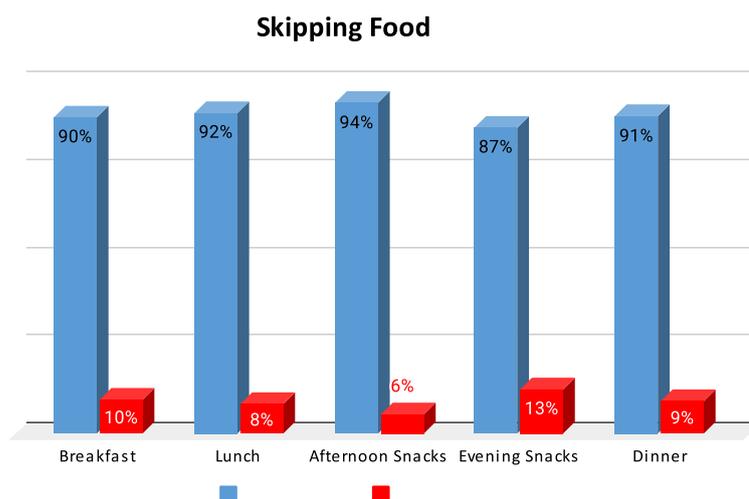
This may be due to underlying health issues. Blood sugar levels surge as a normal outcome of eating, which happens to people of all ages. When you eat foods that are heavy in carbs and sugar, your blood sugar rises. The classic "sugar crash" occurs when the surge is too high.

We're all cranky when our blood sugar levels drop. They are, however, far worse for youngsters. Sugar crashes in children have been linked to tantrums, shakiness, weariness, changed thinking and behavior, sweating, a need for more sugar, and a variety of other unpleasant behaviors, according to studies.

## Perils of Skipping Meals

Most people tend to skip meals often due to busy schedules and odd working hours. A busy schedule can cause you to forget when you had a last snack, let alone a meal. Not eating for long hours because you are busy can be detrimental to health.

When we skip a meal or go on for a long time without eating, our body goes into survival mode. This causes your cells and body to crave food which ultimately results in us over eating. We usually tend to crave unhealthy foods and all our attempts at eating healthy food go in vain when we are very hungry.



When it comes to skipping meals, 13% of people skip the evening snacks. We should eat our evening snacks 2 to 4 hours after our lunch, just like we do in the morning. We can avoid overeating by snacking in between meals. It's generally a good idea to eat small meals regularly. Snacks such as fruits, yogurt, or almonds are all healthy choices for an evening snack.

Breakfast is often skipped by 10% of individuals, which is not recommended. Breakfast deprivation has been connected to lifestyle diseases such as hypertension, obesity, high blood pressure, and high cholesterol - all of which raise the risk of heart attacks and strokes. Only about 8% of people have been seen missing lunch and 9% skipping dinner.

Skipping meals can cause our metabolism to slow down, causing weight gain or making weight loss more difficult. Our bodies go into survival mode when we skip a meal or go too long without eating. This makes our cells and body seek food, causing us to overeat.

**Tips to Avoid Skipping Meals:**

- Rather than missing meals, eat smaller, more frequent meals throughout the day
- Always keep a snack such as yogurt or granola bars on hand to tide you over till the next meal
- Snack on high-protein and high-fiber foods. They can keep us satiated for a longer period of time
- Plan ahead of time or prepare the meals the night before

**What Are We Eating?**

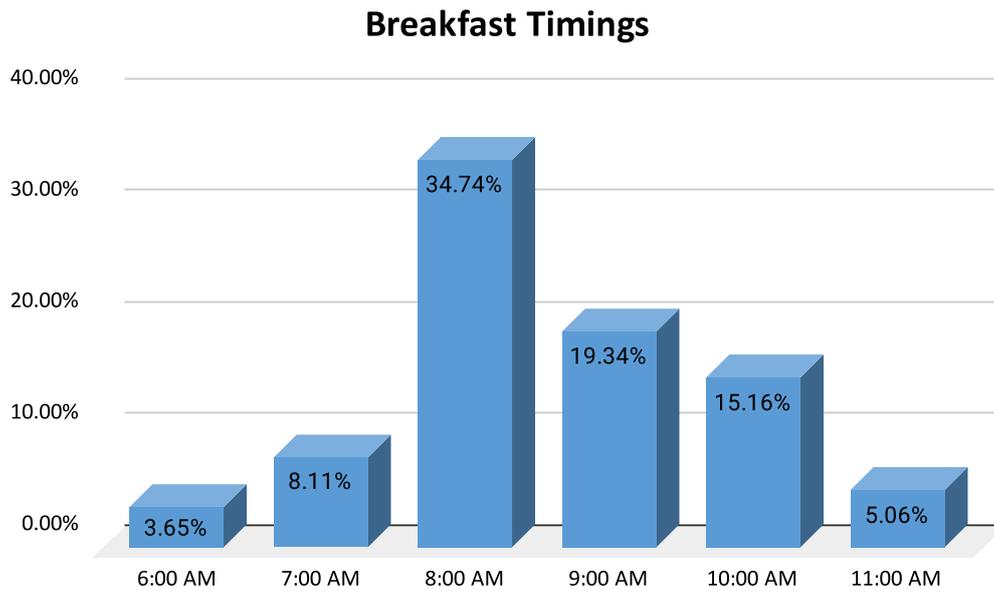
Another fascinating feature of nutrition is the variety of foods consumed as breakfast, lunch, supper, and snacks throughout the day. The various food items consumed are listed below:

Breakfast	Morning Snacks	Afternoon Snacks	Lunch	Evening Snacks	Dinner
Tea	Tea	Tea	rice	Tea	roti
milk	banana	milk	roti	milk	rice
almond	milk	apple	chapati	coffee	chapati
banana	apple	coffee	salad	banana	milk
egg	almond	fruit	veg	apple	salad
dosa	coffee	banana	milk	fruit	dal
roti	fruit	salad	dal	chana	veg
fruit	juice	rice	curd	mango	dosa
coffee	seed	juic	chicken	orange	egg
poha	egg	mango	egg	almond	chicken

The table above displays the top ten food products consumed by users for various meals throughout the day. Except for lunch and dinner, milk, tea, and fruits were the only foods that stayed consistent throughout the day. Salad is becoming a part of users' lunch and supper meals, which is a good indicator that they are choosing a healthy diet high in fiber.

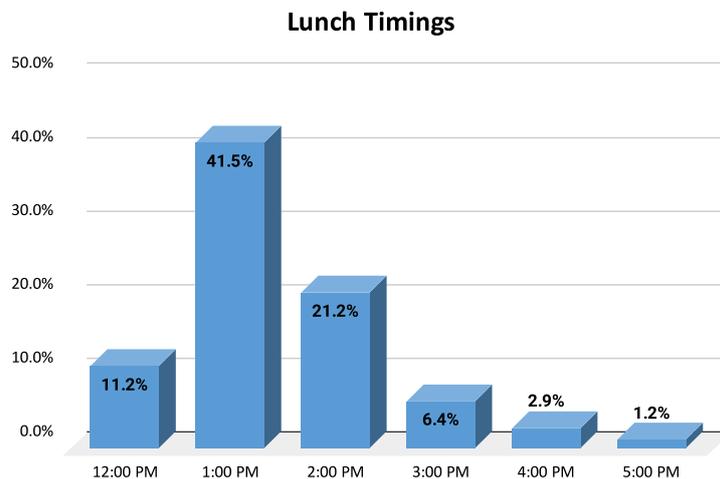
## When Do We Eat?

### Breakfast



Breakfast is beneficial for our metabolism if we consume it first thing in the morning. Breakfast eaten first thing in the morning has been shown to reduce appetite and cravings throughout the day. It also aids in the prevention of a variety of ailments. A healthy breakfast can also help us lose weight. Breakfast is consumed by about 70% of users between the intervals of 8 and 10 a.m. Few users also eat breakfast at 11 a.m., indicating that they either skip breakfast or eat their lunch late.

### Lunch

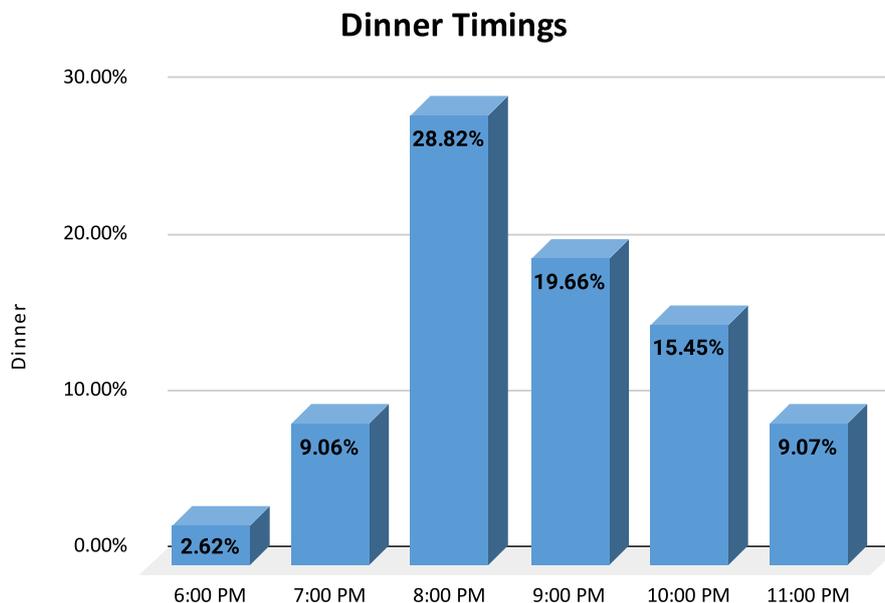


Lunch helps us keep our attention and energy for the remainder of the afternoon by raising our blood sugar levels in the middle of the day. It has been demonstrated that people who skip lunch gain more weight because they eat more in the evening to make up for the lunch they missed.

Breakfast should be eaten four to five hours before lunch. For instance, if we eat breakfast at 8 a.m., a suitable time to eat lunch is around noon or 1 p.m. People forget to take pauses in a society that is becoming increasingly fast-paced, but it is important to remember that breaks are not a waste of time if they are used properly and for a good reason.

Approximately 74% of users have their lunch between 12 and 2 p.m., which is an optimal time for the same, given that the bulk of individuals eat breakfast between 8 and 10 a.m. Some outliers (about 26% of the population) eat their lunch quite late. It's possible that a late breakfast is to blame.

## Dinner



When it comes to dinner, the later we eat it, the more detrimental it is to our health. Dinner should be eaten between 6 and 7 p.m., so that our bodies have enough time to digest the food before going to bed. According to experts, we should eat at least 3 hours before bed to allow the stomach to thoroughly digest the meal and focus on preparation for sleep.

This variation in digestive rate between day and night is due to the fact that we have expended most of our energy during the day, so our systems slow down as we prepare for sleep, limiting the pace at which we digest food.

According to our user statistics, just approximately 13% of individuals are eating supper by the prescribed hour of 6-7 p.m. Approximately 64% of individuals eat dinner between the hours of 8 and 10 p.m. The majority of People prefer to have dinner at about 8 p.m. Some users were also observed eating dinner around 11 p.m., which is not a good indication because their bodies would not have enough time to break down and digest the food they are eating, resulting in indigestion and acidity issues either immediately or later in life.



# Water: The DNA of Life

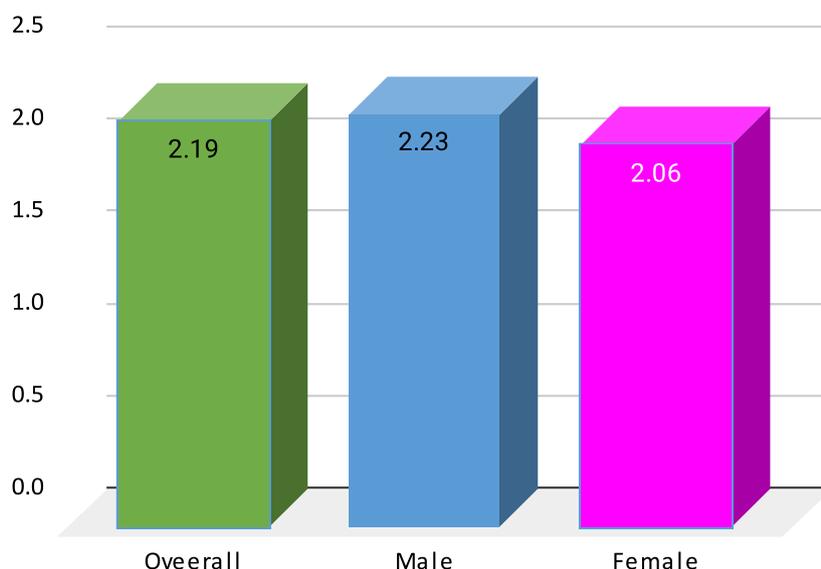
Water is pretty boring, as far as beverages go. It doesn't have a catchy jingle, a secret family recipe or even taste. However, water is an essential nutrient and plays a key role in the human body. We can survive up to several weeks without food, but only a few days without water.

Every system in the body, from cells and tissues to vital organs require water to function. Each of your cells, organs and tissues use water, which in turn helps to regulate temperature, keep the body hydrated and maintain bodily functions. In addition, water acts as a lubricant and cushions your joints. Drinking ample water is good for your overall health.

**Water and Your Heart Health:** Drinking water is very good for your heart. Your heart is working continuously to pump 2,000 gallons of blood throughout your body a day. By keeping yourself hydrated, you are helping your heart do its job well. Your heart is able to pump blood more easily when it's hydrated (consuming more water than you are losing) and allows the rest of the muscles in your body to work in a better way.

The average water intake per person per day has increased in 2021 as compared to last year across India. Compared to the average water consumption of 2.13L in 2020, we see an average of 2.19L in 2021. Water intake of at least 2 liters per day is recommended to stay hydrated. So, an average water intake of over 2L across India is a good sign. The same is the case when we look at the gender and age data.

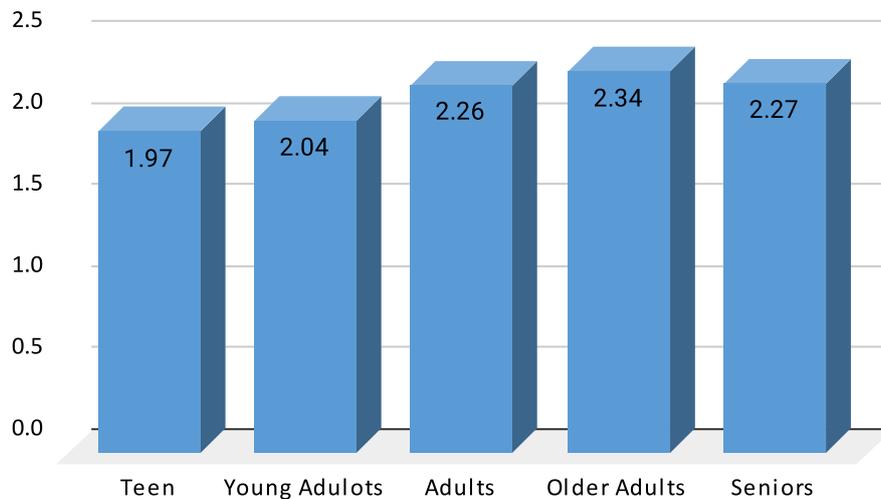
## Average Water Consumption by Gender



A holistic view of the situation indicates that women are less hydrated than men, with an average intake of 2.06L of water per day as compared to men who drink 2.23L

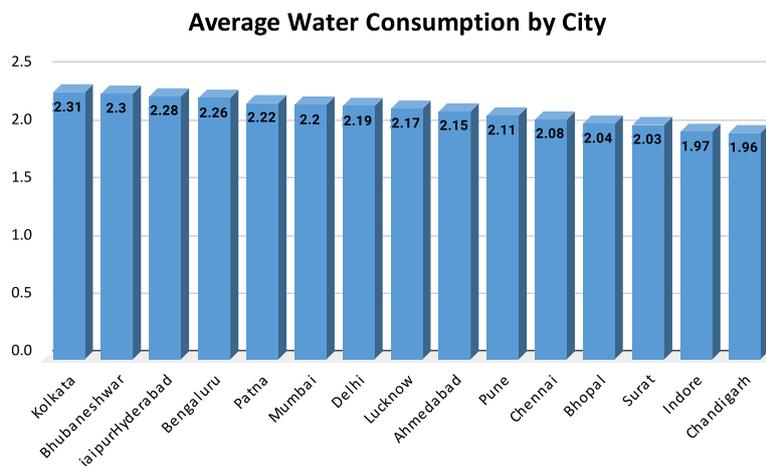
**Older adults being the most hydrated age group with 2.34L of water intake**

## Average Water Consumption by Age



Older adults featured on top of the list, overtaking all other age groups in terms of water intake. Hydration is important for older adults because they have the highest physical activity compared to other age groups. Older Adults are followed by Seniors and Adults who have maintained their water intake from last year at 2.27L and 2.26L respectively. Older people don't sense thirst as much as they did when they were younger. And that could be a problem if they're on medication which may cause fluid loss, such as a diuretic.

## Kolkata, the most hydrated city of India



Kolkata has topped the chart with an average of 2.31L and has taken over all major cities. It is followed by Bhubaneswar, at 2.30L, and has improved a lot from last year's 2.02L. They are then followed by Jaipur, Hyderabad and Bengaluru. With the exception of Indore and Chandigarh, all cities have recorded 2L or above. Chandigarh and Indore stand at 1.96L and 1.97L per day, and are not far behind, although both these cities slipped slightly as compared to last year.

In the last two years we have been at home, it has been noticed that we are often surrounded by healthy snacks. Also, it has been noticed that during this 2nd lockdown time the sugar consumption increased. To help manage the effects of this increase in sugar levels, there's an important habit we should adopt if we're not already doing it: drink plenty of water.

**Benefits of Drinking Water:**

The human body comprises around 60% water. It's commonly recommended that you drink eight 8-ounce (237-mL) glasses of water per day (the 8×8 rule).

- Helps maximize physical performance
- Significantly affects energy levels and brain function
- May help prevent and treat headaches
- May help relieve constipation
- May help treat kidney stones
- Helps prevent hangovers
- Can aid weight loss

**The bottom line**

Even mild dehydration can affect you mentally and physically. Make sure that you get enough water each day. It's one of the best things you can do for your overall health.

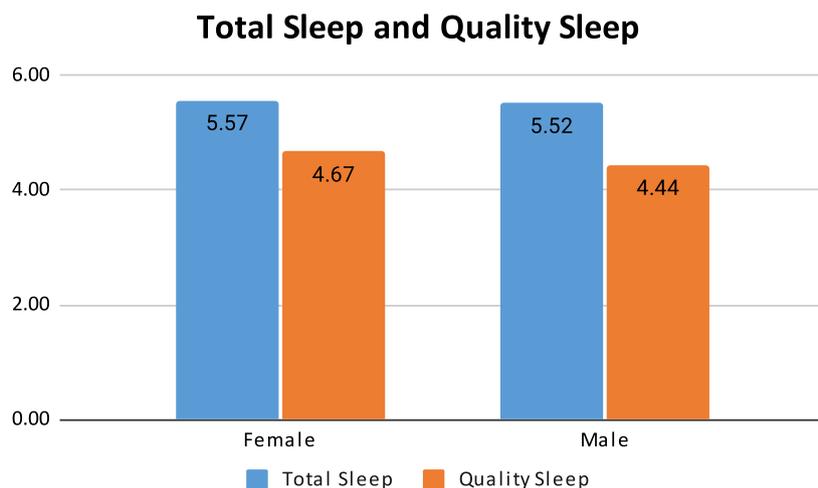


# Better Sleep For Better Health

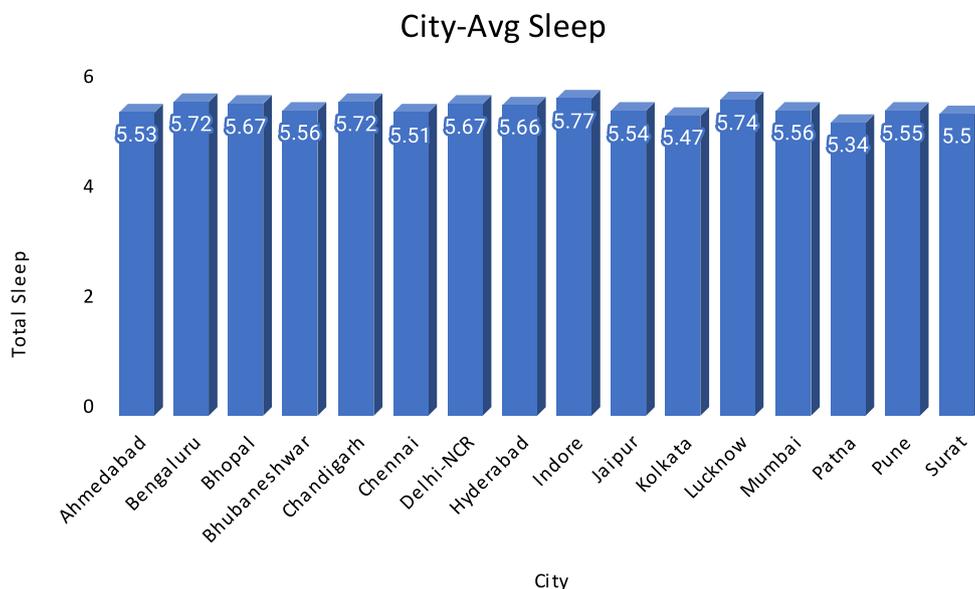
The importance of a good night's sleep cannot be overstated. Quality sleep has been shown to be beneficial in various studies. Infections are fought by T-cells, which are an important aspect of our immune system. This is because enough rest improves T cells' ability to eliminate harmful cells. With the arrival of COVID-19, it is more important that we get enough rest to maintain our immune systems and avoid contracting this infectious disease. Adults should get 7-8 hours of restful sleep every night, according to doctors, in order to perform at their best.

Given that India was named the second-most-sleep-deprived country in 2019, sleep deprivation is one of the factors contributing to the increased occurrence of major illnesses in young and middle-aged Indians.

The total sleep hours in 2021 across India saw a minute dip at 5.53 hours of average daily sleep as against in 2020, when Indians slept an average of 6 hours 37 minutes per day. This is less than the 2019 figure with 6 hours 52 minutes of sleep per day. Of the total 5.53 hours of average sleep, quality sleep accounted for 4.57 hours in 2021. Interestingly enough, although men and women slept about the same number of hours, men had a full 1 hour less quality sleep than women.



## Chandigarh still ahead in the Sleep Race, clocks the most average hours of sleep in 2021



Similar to 2020, this year too, Chandigarh has emerged at the top in clocking the most amount of sleep (5.83 hours) among the 16 cities where GOQii users tracked their sleeping habits. Bhopal at 5.75 hours and Bengaluru at 5.67 hours are closely following. Patna also retains its position yet again this year in getting the lowest amount of sleep (5.35 hours). Also, Kolkata (5.41 hours), Bhubaneshwar (5.42 hours), and Chennai (5.44 hours) are the few cities getting the least amount of sleep.

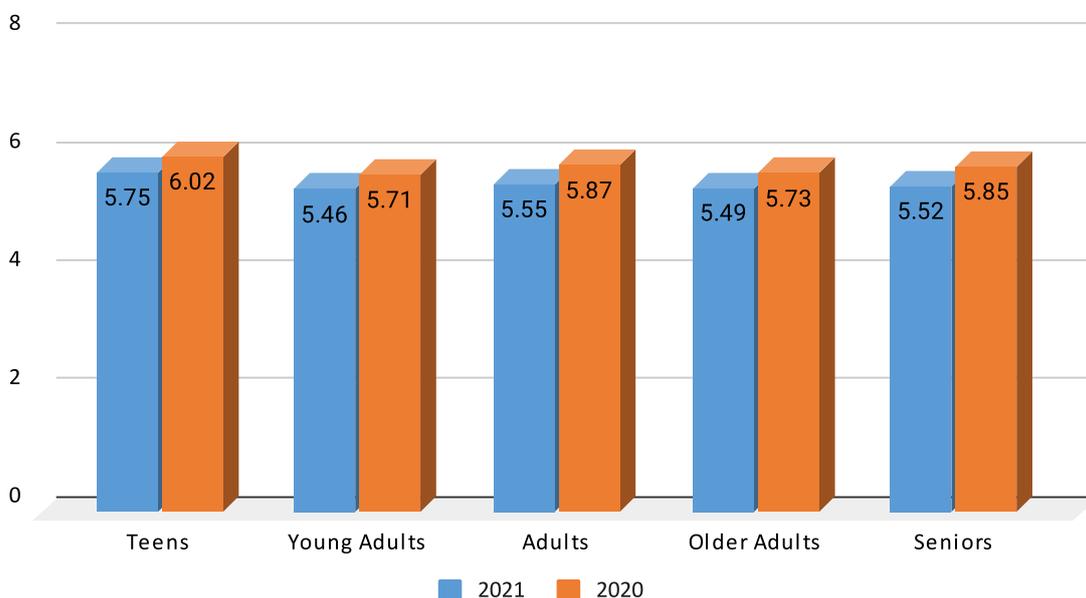
### Young Adults sleep the least

Total sleep		
Age Group	2021	2020
Teens	5.75	6.02
Young Adults	5.46	5.71
Adults	5.55	5.87
Older Adults	5.49	5.73
Seniors	5.52	5.85

Considering the age-wise data, Young Adults slept for the least duration in 2021 (5.46 hours). It seems the pressure of online classes and work from home have surely caused a big hit on their sleeping habits. Teens have slept the most (5.75 hours) followed by Adults (5.55 hours), and Seniors (5.52 hours).. But these figures are far away from normal.

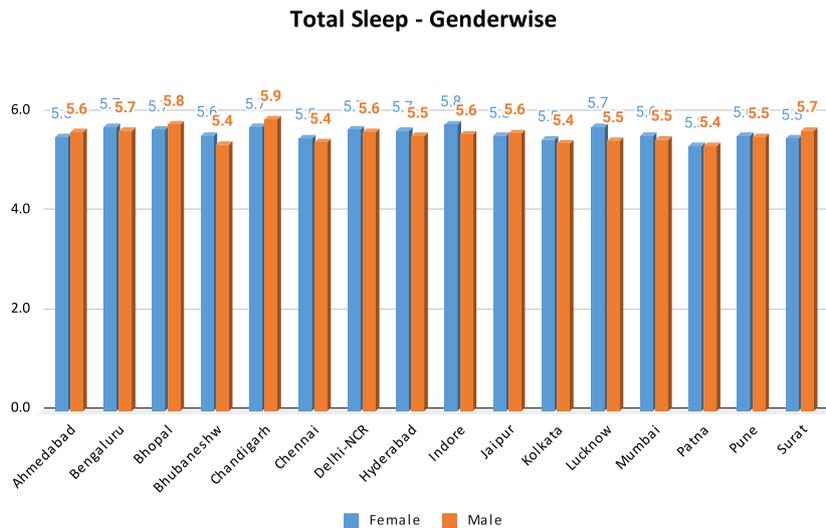
### People are sleeping for lesser hours

**Total Sleep Agewise- Year Comparison**

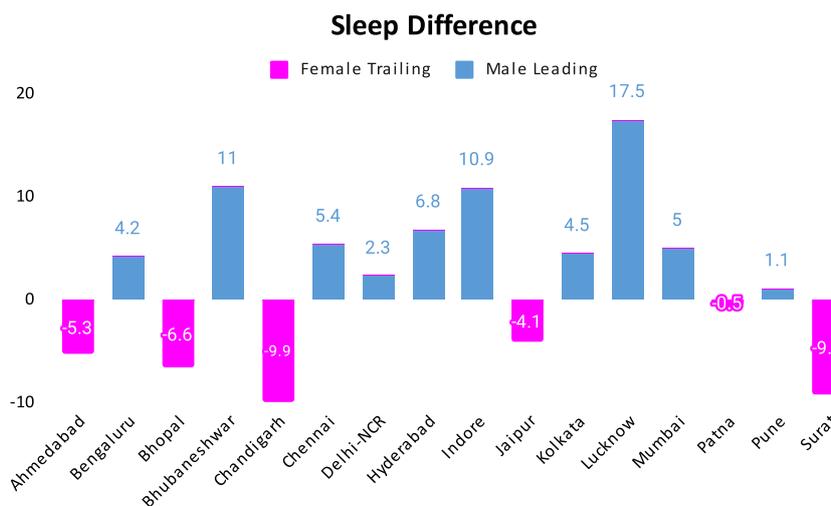


In 2021, all age groups are sleeping for less hours than in 2020. Seniors (0.33 hours) and Adults (0.32 hours) had the greatest reduction in sleeping hours. Poor sleep puts people at risk for major health problems like obesity, coronary heart disease, and diabetes, as well as shortening their lifespan. For a long and healthy life, a good night's sleep is vital.

### The City with Most Beauty Sleeps - Indore

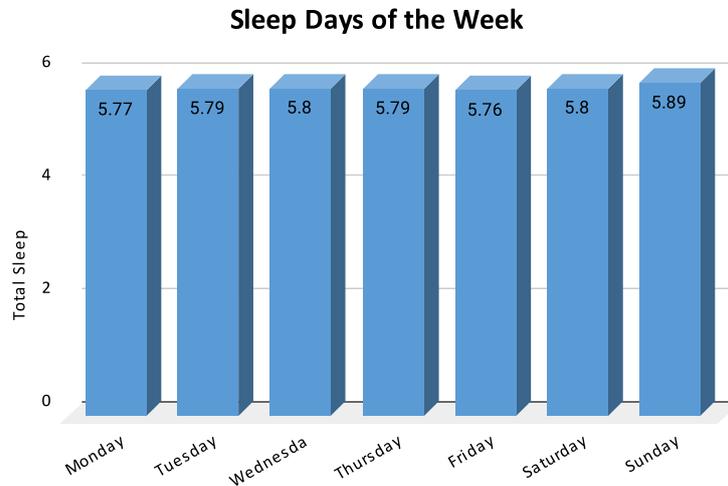


Indore has the highest sleeping hours for women like the previous year. Apart from a few outliers including Chandigarh, Surat, Jaipur, Bhopal, Ahmedabad, and Patna where men are getting more sleep than women, it can be well-documented that women in general not only sleep more, but also get better quality sleep than men. On an interesting note, women in Indore are sleeping an average of 5.77 hours, the highest among all cities, and naturally receiving more quality sleep as well. On the other hand, the city with the most sleep deprived women is Patna (5.34 hours).



Apart from a few outliers including Chandigarh, Surat, Jaipur, Lucknow and Mumbai where men are leading in sleeping more than women, it can be well-documented that women in general not only sleep more, but also get better quality sleep than men. On an interesting note, women in Indore are sleeping an average of 6.26 hours, the highest among all cities, and naturally receiving more quality sleep as well. On the other hand, the city with the most sleep deprived men is Patna.

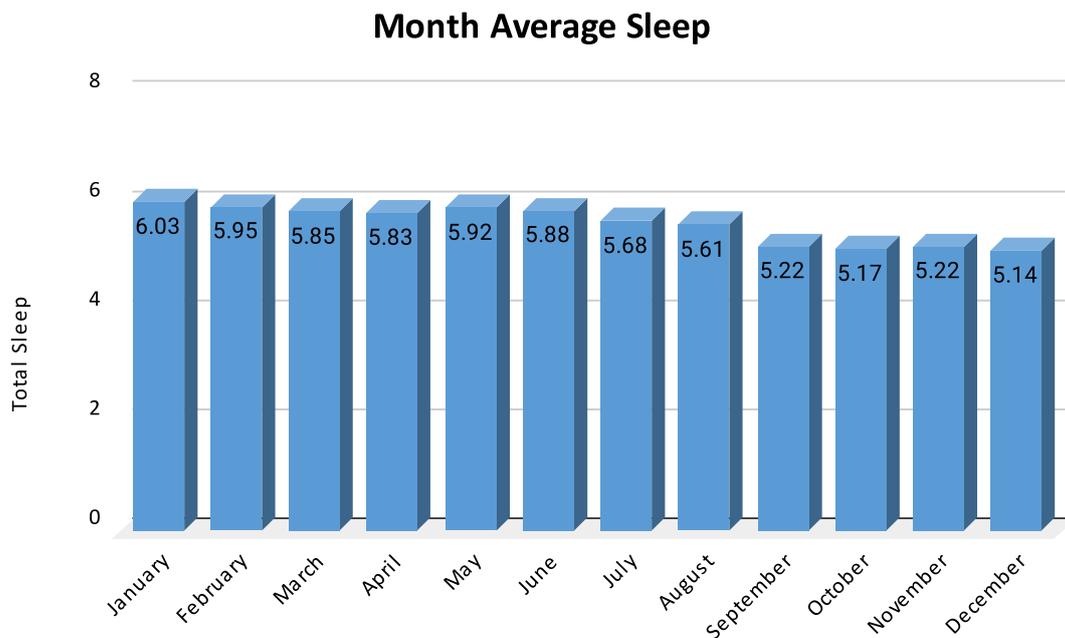
## Sunday is a Funday with lots of sleep



Sunday, like 2020, is the day when people sleep a little bit longer than the other days, at approximately 6 hours. Friday is the day with the least quantity of sleep, with people sleeping for only 5.76 hours.

Sleeping more on weekends, however, does not guarantee that people will not be fatigued during the week, as the bodies are geared to catch up on sleep rather than storing more sleep. To perform at their best, it is essential that people maintain sleeping hours regularly throughout the week.

## Welcoming New Year with More Sleep



It is evident from the graph that people slept most in the month of January 2021 (6.03 hours) followed by February (5.95 hours). People slept the least in the month of October (5.17 hours), December (5.14 hours), and a tie between September and November (5.22 hours).

## **Summary**

Exploring the GOQii user data reveals that there is a widespread sleeping problem in Indian society. It's high time for us to quit being the world's second most sleep-deprived country and start paying attention to our sleeping patterns. Diabetes, weight gain, high blood pressure, and a variety of other lifestyle disorders can all be linked to poor sleep. As a result, good sleep is critical for our general health and well-being. The following are some sleep hygiene suggestions to help people get better sleep:

- Maintain a constant sleep schedule, as consistency strengthens the body's sleep-wake cycle
- Large meals should be avoided within a few hours of night
- Before going to bed, avoid using light-emitting displays for an extended period of time
- Avoid napping late in the day
- Regular physical exercise helps sleep better
- In bed, watching TV, using the computer, or reading must be avoided.



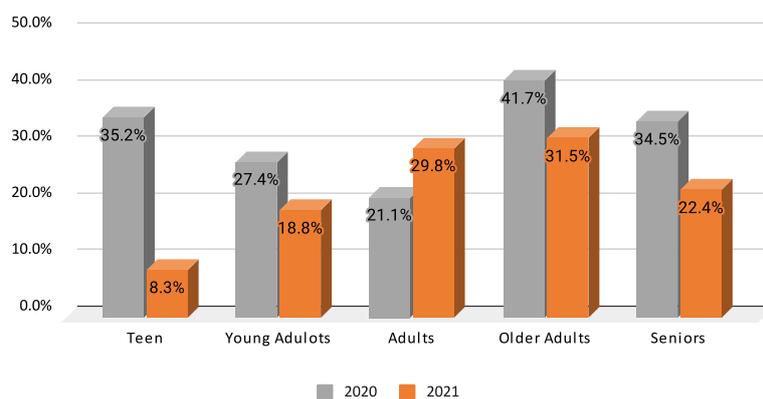
# Alcohol & Smoking

On one hand, consumption in moderate amounts has been linked to certain health benefits, on the other, it is addictive and highly toxic too — especially when you drink too much! The truth is that the health effects of alcohol vary on an individual basis and it also depends on the amount and type of alcohol consumed.

An alcoholic drink (or an alcoholic beverage) is a drink that contains ethanol, a type of alcohol produced by fermentation of grains, fruits, or other sources of sugar. The consumption of alcohol plays an important role in social life for many cultures. Most countries have laws regulating the production, sale, and consumption of alcoholic beverages. Some countries have banned such activities entirely, but alcoholic drinks are legal in most parts of the world. The global alcoholic drink industry exceeded \$1 trillion in 2018.

Alcohol is one of the most widely used recreational beverages in India. Approximately 32% of older adults drink, out of which 30% of them drink often. Alcohol is a depressant, which in low doses causes euphoria, reduces anxiety, and increases sociability. In higher doses, it causes drunkenness, affects brain function, stupor or unconsciousness. Long-term use can lead to alcohol abuse, cancer and physical dependence.

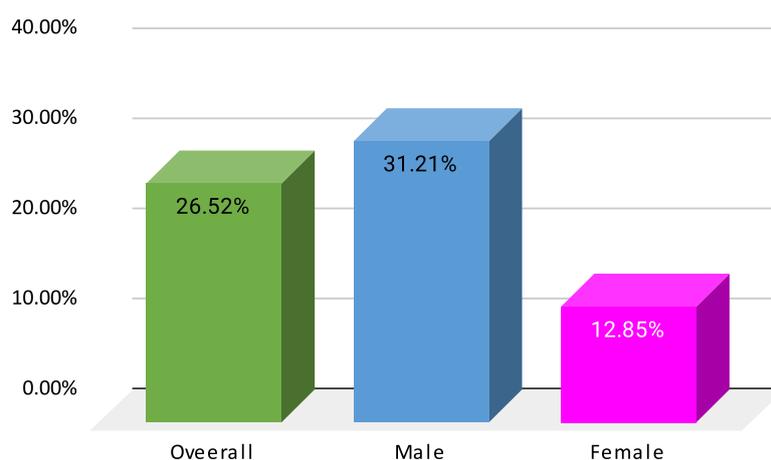
**Alcohol Consumption by Age**



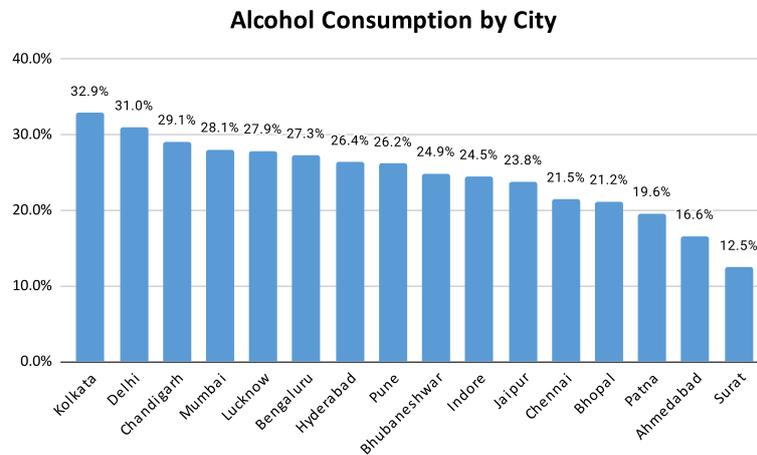
Teens' alcohol consumption has gone down to 8.3%. Although this number for teens is on the lower side as compared to last year's 35.2%. When one starts consuming alcohol from an early age, it becomes very difficult for them to change their drinking habits. Excessive drinking causes damage to the liver, brain and heart. The risk of high blood pressure, type 2 diabetes, liver damage and cancer is also on the higher side.

In 2021, we've noticed that the consumption of alcohol has gone down among all the age groups except for Adults, who have increased their alcohol intake by approx. 8% since 2020. Older Adults, are consuming more alcohol compared to the rest at 31.5%.

**Alcohol Consumption by Gender**



If we analyze the data on the basis of gender, we observe that about 31.21% men consume more alcohol when compared to only 12.85% of women. From user data, it was observed that overall consumption of alcohol is 26.52%.



When we see the user data from the city point of view, we observe that people from Kolkata drink the most in India with around 33% of the users drinking. A significant number of users drink in metro cities in India, as more than 28% of people are from Mumbai, Chandigarh and Delhi. Surat records the lowest number of people consuming alcohol, with only 12.5% users confirming drinking habits.

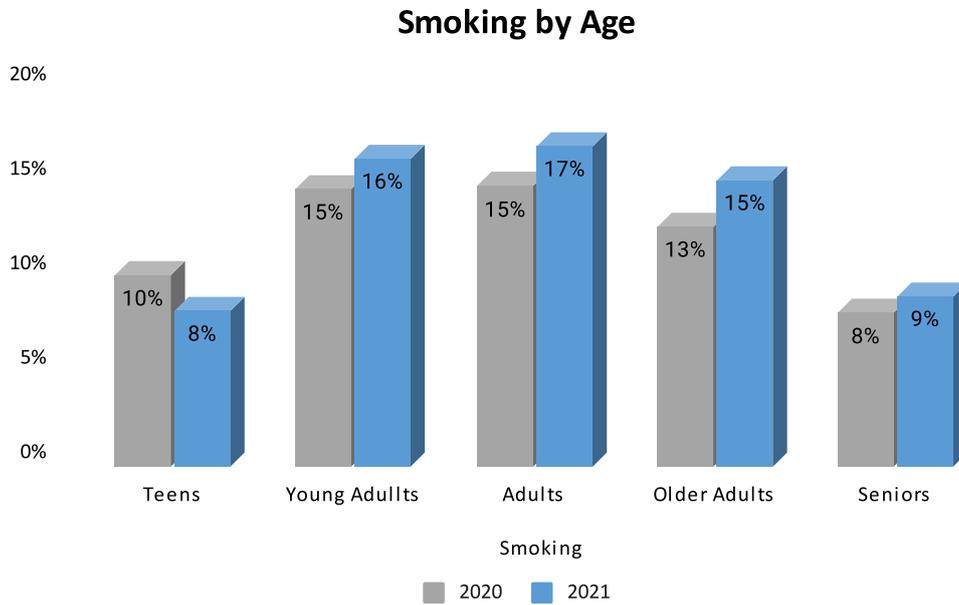
## Smoking

Smoking is one of the most common forms of recreational drug use. Tobacco smoking is the most popular form, being practiced by over one billion people globally. Perceptions surrounding smoking have varied over time and from one place to another: holy and sinful, sophisticated and vulgar, a panacea and deadly health hazard. But as a matter of fact, smoking causes more deaths each year than HIV and motor vehicle injuries combined.

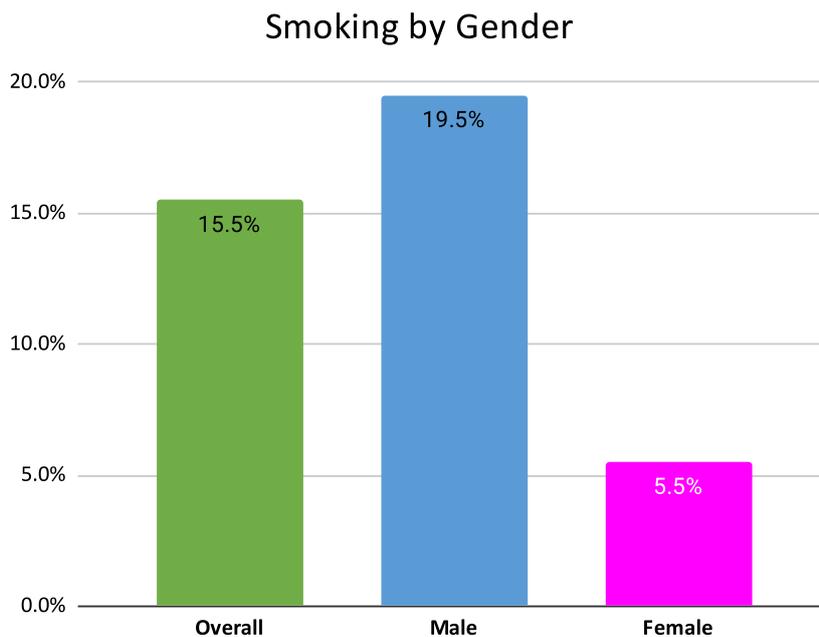
Smoking can cause cancer almost anywhere in your body:

- Bladder
- Blood (acute myeloid leukemia)
- Cervix
- Colonandrectum (colorectal)
- Esophagus
- Kidney and ureter
- Larynx
- Liver
- Oropharynx (includes parts of the throat, tongue, soft palate, and the tonsils)
- Pancreas
- Stomach
- Trachea, bronchus and lung

## Increasing rates of smoking in 2021



As per our user's data, more than 32% of adults and young adults smoke. It has been observed that few people who tend to catch this habit of smoking early in their lives or during their younger years, tend to quit this habit as they grow older and wiser. The above can also be because of the health concerns or pressure from their families. This is also observed in our data as the adult smoking rate is nearly 16.99% and the same rate for seniors is only 9.05%. So, from this we can conclude that these people quit their smoking habit somewhere down the line as they grew old. We can infer from the data that the rate of smoking this year increased in every age group.



We have noticed that men tend to smoke more than women with over 19.05% of male users smoking, while 5.47% of women smoke. The overall smoking rate is 15.58%.

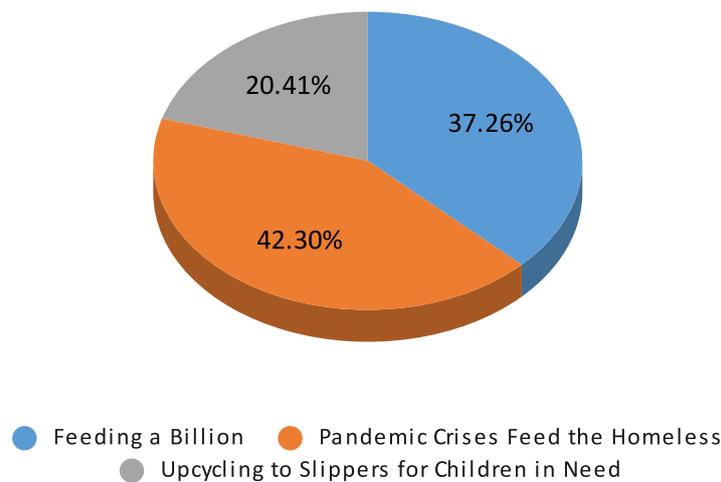


# Karma

Karma is no longer an ethereal force that can't be touched or anticipated. Inspired by Mahatma Gandhi's iconic Dandi March, in which he covered 390km, GOQii's Karma feature helps users earn 1 karma point for every 390 steps they take. When a user has accumulated Karma Points, they can donate it to a charity of their choosing within the GOQii App's Karma section. Our Karma Partners translate the points contributed into monetary contributions, which they then utilize to benefit the disadvantaged through these causes.

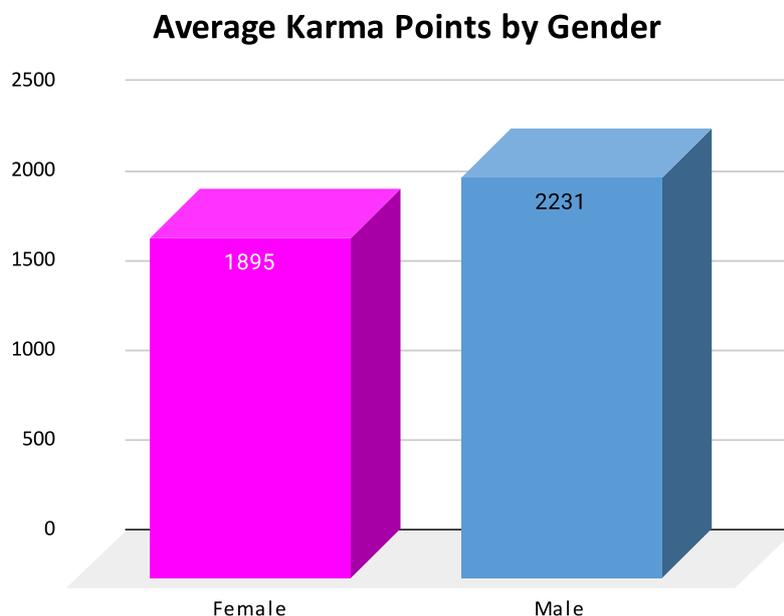
## Karma Points Distribution

### Karma Points Distribution by Causes



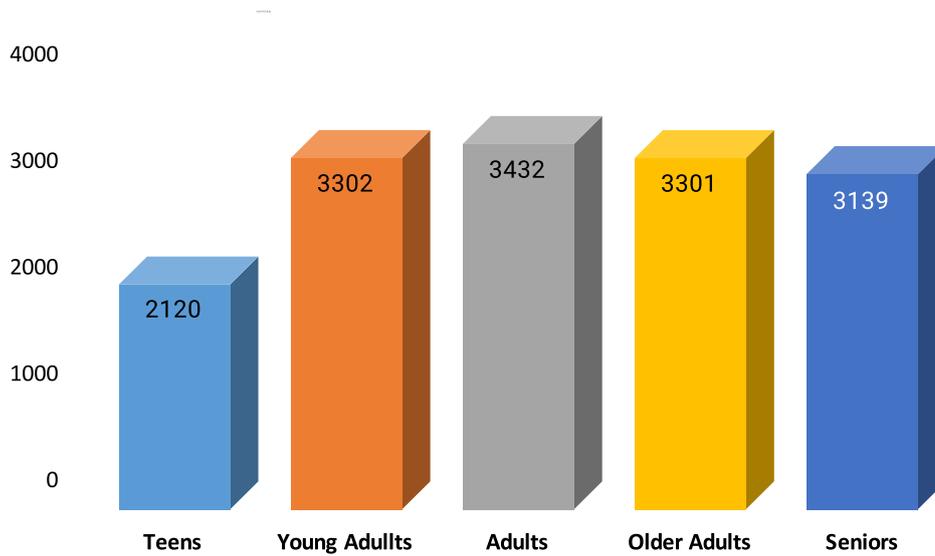
We may infer from this pie chart that the majority of Karma points were contributed to Pandemic Crisis: Feed the Homeless (42.30 %) in the aftermath of the COVID-19 pandemic. With 37.26% of Karma points given, Feeding a Billion took second place. The third noble cause for which the most money is contributed is Upcycling to make slippers for children in need (20.44 %).

## Average Karma Points by Gender



We can observe from this bar graph that men have higher average Karma Points than women. With an average of 2231 Karma points, we may deduce that men have taken more steps than women (1895 avg Karma Points).

### Average Karma Points by Age



The average Karma Points earned rise in chronological sequence, as seen in this bar graph. Seniors have completed the most steps (3321 Karma Points on average), followed by Older Adults (3025 Karma Points), and Adults (2256 avg Karma Points). Teens have the lowest average Karma Points (712 avg points), implying that they have taken the lowest amount of steps.

# Appendix

## Questions for Second Survey:

- Women having trouble at home. as they are taking care of family through the day
- Women health deteriorating as they are not stepping out
- Women weight increasing over time
- Vaccinations not trusted now - Omicron
- Covid - Who had it
- Phase 1, Phase 2, Phase 3

## What is your Covid vaccination Status at?

- Not taken any Vaccination doses.
- Taken the First Dose
- Taken the Second Dose
- Taken the Booster Dose

## Have you contracted Covid?

- Yes - In the First Wave
- Yes - In the Second Wave
- Yes - In the Third Wave
- Yes - In Between
- No - Never Had Covid
- Don't Know - not that I am aware of.

Have you had fever in the past 2 months and not tested for Covid?

Yes - Tested for Covid

Yes - Not Tested for Covid

No

Do you trust the Vaccinations to protect you from Covid?

Yes

No

Will You take the Next Steps in Getting Vaccinated?

Yes

No

## Main Topic of India Fit Report:

- Heart Attacks at an early stage in life
- Reason for the same
- Risk factors
- Womens's Health - Woman care
- Regular Menstrual cycle.

- Pregnancy
- PCOS
- Thyroid
- Weight and Connect to Pregnancy
- Age and Connect to Pregnancy

Infertility in Working women

Covid has caused more stress in women than men - Men are at home, kids are at home. .

India's most recent **National Family Health Survey**, which is conducted every five years by the Health Ministry, was released Wednesday and showed the total fertility rate (TFR) across India dropping to 2.0 in 2019-2021, compared with 2.2 in 2015-2016.

<https://www.washingtonpost.com/world/2021/11/25/india-birth-rate-replacement-population/>

<https://www.frontiersin.org/articles/10.3389/fgwh.2020.588372/full>

<https://www.nhp.gov.in/disease/reproductive-system/infertility>

<https://thediplomat.com/2018/05/indias-hidden-infertility-struggles/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6881900/>

Sociodemographic factors that had statistically significant association with infertility were age at marriage more than 25 years ( $P < 0.05$ ), nuclear family ( $P < 0.05$ ), higher education level ( $P = 0.04$ ), employed women ( $P < 0.05$ ), high socioeconomic status ( $P = 0.01$ ), and family history of infertility ( $P < 0.05$ ). Physiological factors that had statistically significant association with infertility were obesity ( $P = 0.03$ ), age at menarche more than 14 years ( $P < 0.05$ ) and irregular menstruation pattern ( $P < 0.05$ ). Depression ( $P = 0.01$ ) and stress ( $P < 0.05$ ) were the psychological factors significantly associated with infertility.

Young Deaths. - Men

<https://www.heartfoundation.org.nz/wellbeing/managing-risk/your-risk>

<https://www.health.govt.nz/publication/hiso-100712019-cardiovascular-disease-risk-assessment-data-standard>

<https://myheartcheck.org.nz/result>

<https://www.mayoclinichealthsystem.org/locations/cannon-falls/services-and-treatments/cardiology/heart-disease-risk-calculator>

<https://www.mycanceriq.ca/>

Risk factors:

- age
- height and weight
- blood pressure
- cholesterol
- personal medical history
- family medical history
- smoking status.

Your heart check result will be given as a percentage (%).

If you have a 10 per cent risk, it means that out of 100 people like you, about 10 will have a heart attack or stroke in the next five years.

As a rough guide:

- <5% is low risk
- 5 – 10% is moderate risk
- >10% is high risk

Your doctor will then discuss ways you can lower your risk of heart attack and stroke.

<https://www.businesstoday.in/latest/economy-politics/story/47-of-india-working-women-face-aggravated-stress-anxiety-due-to-covid-19-linkedin-survey-272660-2020-09-10>

<https://economictimes.indiatimes.com/tdp-leader-thota-sita-ramalaxmi-pitches-for-bhimavaram-as-export-excellence-town/articleshow/39745082.cms>

**Main Reasons for Heart Risk as sighted by Doctors is stated below:**

- Family History
- Diabetes
- Heart Problems
- Cholesterol
- Smoking
- Sedentary Lifestyle - No Activity
- Stress Index
- Junk Food