

## India launches first-of-its-kind report integrating diabetes prevention in workplaces

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**The study will serve as a work guide for Indian companies to implement healthy recommendations for their employees**



The Public Health Foundation of India (PHFI) in association with Dr. Mohan's Diabetes Specialities Centre and Madras Diabetes Research Foundation (MDRF), Chennai, Sree Chitra Tirunal Institute for Medical Sciences and Technology, Trivandrum, Emory University and Harvard University from the USA, has announced the findings of India's first-of-its-kind in-depth corporate worksite report titled 'INDIA-WORKS' - Integrating Diabetes Prevention in Workplaces.

Conducted over a period of six long years (2016-2022), which makes it one of the longest surveyed reports in the corporate world, the INDIA-WORKS report highlights the need for strategic health-based interventions at company worksites to ensure employees' overall well-being through a structured lifestyle modification program, improving dietary quality, increasing physical activity levels, and promoting healthy food choices in worksite canteens.

The INDIA-WORKS research embarked upon assessing crucial parameters like HbA1c (3 months blood glucose average), waist circumference, blood pressure, blood cholesterol and weight at 11 diverse worksites in 5 states - Kerala, Tamil Nadu, Jharkhand, Chhattisgarh, and Odisha.

Specific interventions for workers were undertaken by healthcare experts from PHFI and MDRF (India), Emory and Harvard (USA) who designed and implemented culturally appropriate lifestyle modifications, which resulted in startling outcomes in the field of NCD management at workplaces.

"Organised sector (large or medium-sized industries or offices) employees have the highest burden of chronic disease risk factors such as obesity, diabetes, and hypertension", said Prof. Dr Prabhakaran, Executive Director, Centre for Chronic Disease Control, and Distinguished Professor at the Public Health Foundation of India.

"The INDIA-WORKS programme was implemented in 11 prestigious worksites across India, consisting of steel and manufacturing plants, locomotive industry, and refineries. The participating worksites through this programme have now become torchbearers in creating healthier workplaces", said Dr V. Mohan, Chairman, Madras Diabetes Research Foundation

& Dr. Mohan's Diabetes Specialities Centre, Chennai.

'INDIA-WORKS sets a well-designed model for health promotion and cardio metabolic disease prevention at workplaces, where people spend substantial parts of their lives", said Dr K. M. Venkat Narayan, Ruth and OC, Hubert, Professor of global health and epidemiology, Emory Global Diabetes Research Center, Emory University.

'Building capacity at worksites for health promotion by training peer educators and educating management and staff on the importance of lifestyle education was a key component of the INDIA-WORKS programme' - Dr Ranjani Harish, Sr. Scientist Head, Department of Preventive and Digital Health Research, Madras Diabetes Research Foundation & Dr. Mohan's Diabetes Specialities Centre, Chennai.