



CATCH 'EM YOUNG

India's Largest
College Health Initiative
focussed on NCDs.

FIRST IMPACT REPORT
04 SEPTEMBER 2025

The Apollo SHINE **Foundation**

Established in 2015, is dedicated to addressing the growing challenge of Non-Communicable Diseases (NCDs) by raising awareness and empowering schools and colleges to safeguard the health of their communities. Through comprehensive health programs including the SHINE Health Room, health screenings, and health awareness initiatives, we bring healthcare directly to campuses—detecting risks early, enabling preventive care, and nurturing lifelong healthy habits.

Since its inception, Apollo SHINE has completed over 10 lakh health screenings of school and college students across Tamil Nadu, Karnataka, Telangana, Andhra Pradesh, Maharashtra, and Uttar Pradesh—making a measurable difference in student health nationwide.



This initiative seeks to **reduce the long-term burden of diabetes, hypertension, obesity, and other NCDs**, ensuring that students grow into healthier, more productive adults.

This report focuses on college students (18–25 years)—a period when independence increases, routines are set, and long-term health paths are formed. It presents findings from health screening of college students done during 2016–2025 (91,824 screenings) and introduces a focused pilot screening with additional tests beyond BMI, BP, and RBS.

01

100,000+

Total Screening of College Students done from 2016-2025

02

10,000+

Total Screening of College students for NCD in the Pilot

GOAL:

Catch risks early, empower students with knowledge, and support students through follow-up so they remain healthy through college and beyond.

Key finding:

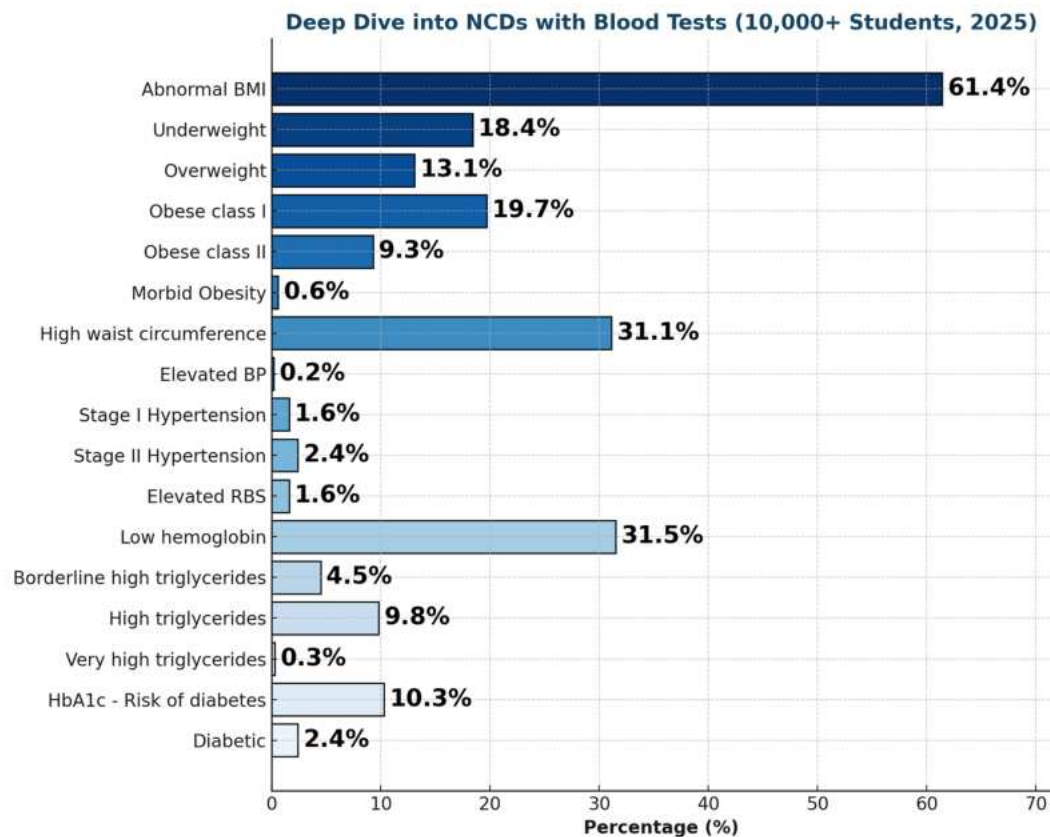
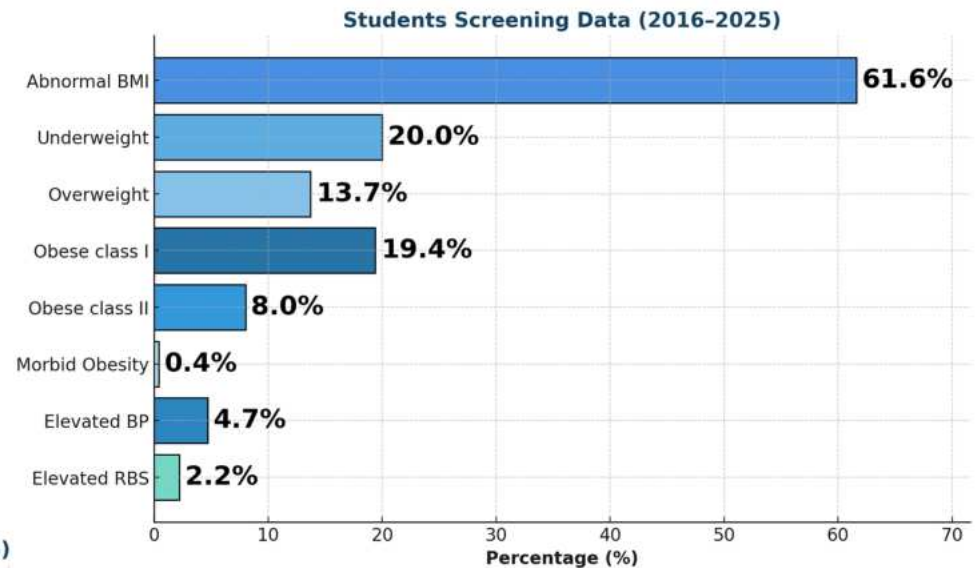
College students carry multiple NCD risks **often silent** and benefit from early detection

What this means:

Routine campus screening can reliably surface hidden risks at scale.

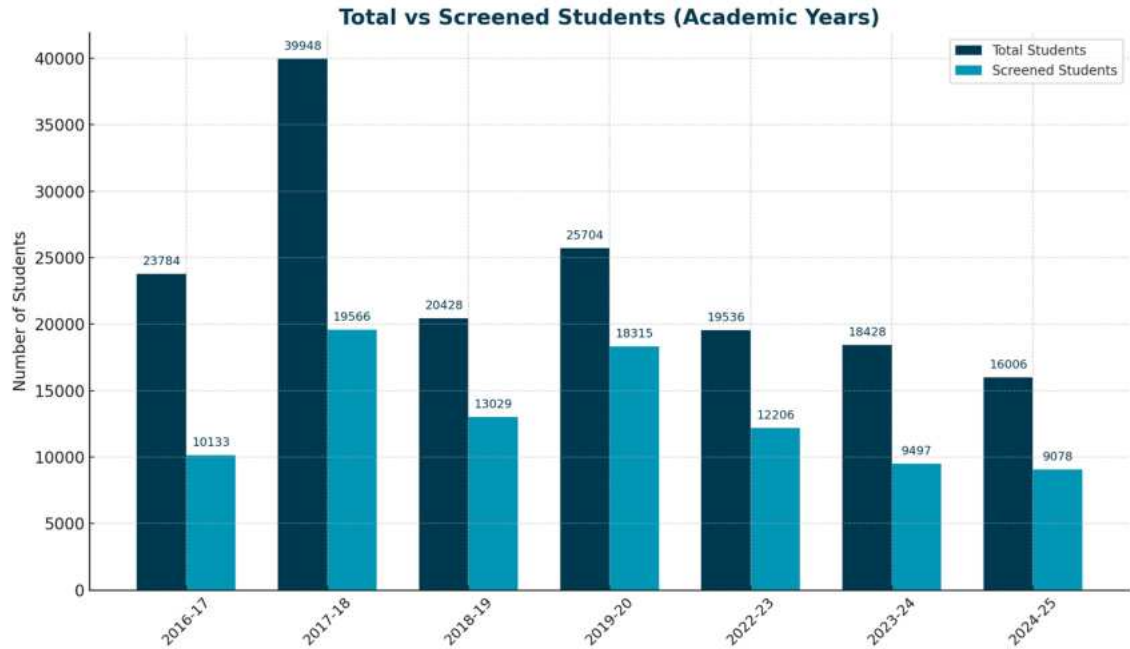


**Total no.of students screened
from 2016 to 2025 - 1,00,000+**



**Deep dive into NCDs with blood tests done
in 10,000+ students in 2025**

Apollo SHINE College Health Screening (2016–2025)



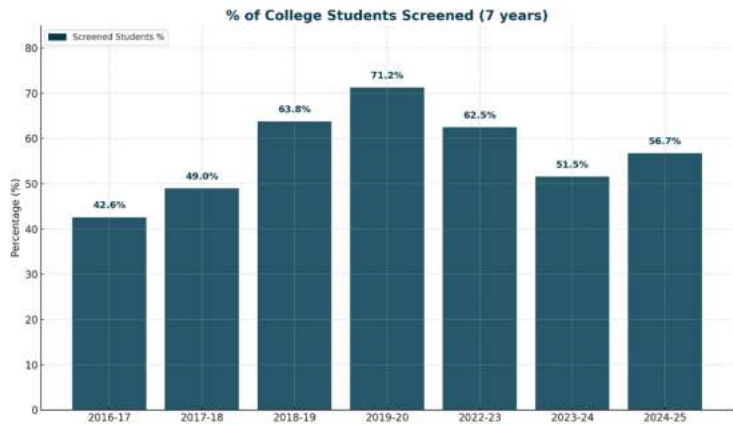
Key finding:

- Participation rose before the pandemic, dipped afterwards, and is recovering; further gains are feasible.
Male participation is consistently lower and needs targeted engagement.

What this means:

- College health screenings face multiple obstacles, including institutional willingness, the voluntary nature of student participation, exam schedules, and vacations.

a. Participation Rates:



Overall screening coverage:

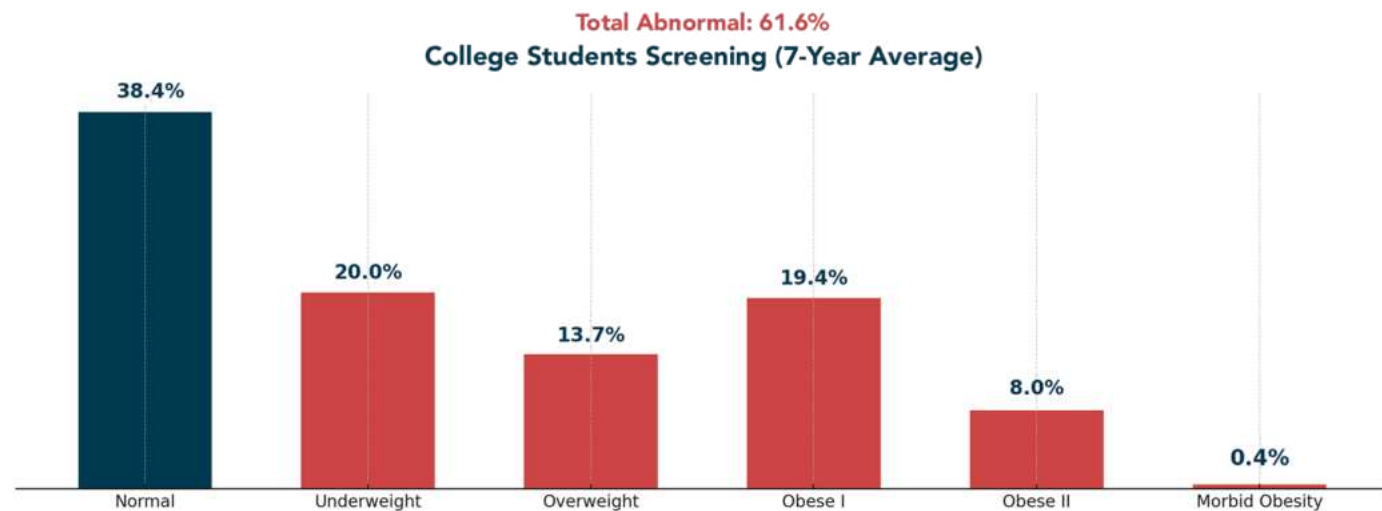
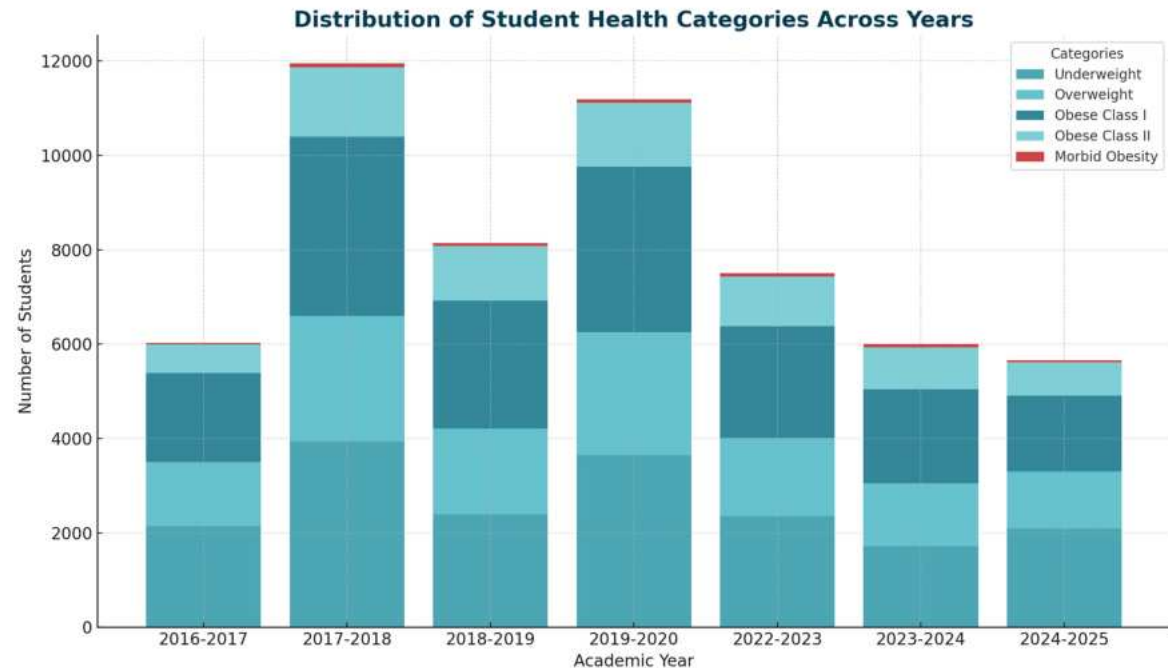
56.76% (91,824 of 1,63,834)

Barriers:

low awareness, stigma, time pressure, herd mentality, and lower male participation.

Detailed Findings

Overweight & Obesity (BMI)

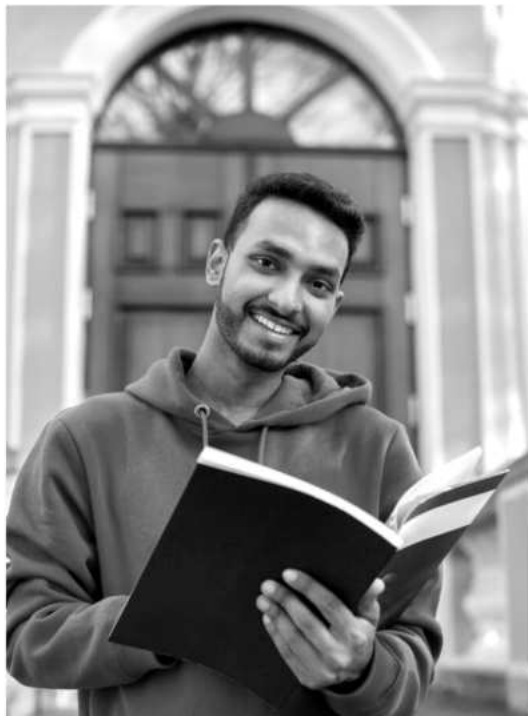


Key finding:

- Overweight and obesity form a sizable share every year.
- Underweight is also common, pointing to meal-skipping, poor diet quality, or anemia risk.

What this means:

- Different students need different nutrition strategies - some for healthy weight gain, others for fat loss.

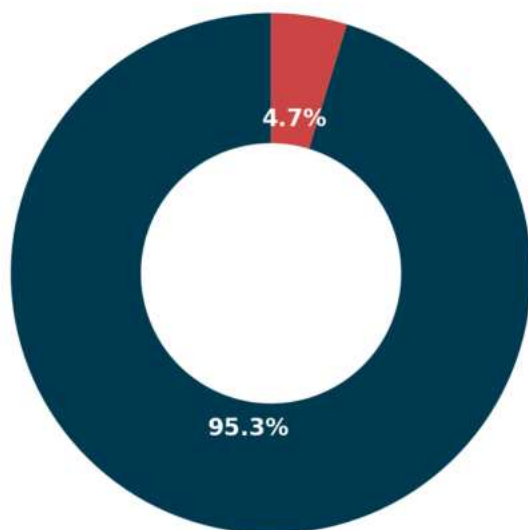


Elevated Blood Pressure

College Students Screening Data

Academic Year	Screened Students	% Elevated BP
2016-2017	19,700	6.2%
2017-2018	19,700	3.2%
2018-2019	13,000	2.7%
2019-2020	18,700	5.7%
2022-2023	16,500	5.6%
2023-2024	9,500	3.2%
2024-2025	9,000	5.0%

Seven Years Average - Blood Pressure (BP) Screening



Key finding:

- Elevated BP is consistently present even in young adults.
- Stress, sleep issues, and higher weight likely contribute

What this means:

A small but important group needs repeat checks and targeted lifestyle support.

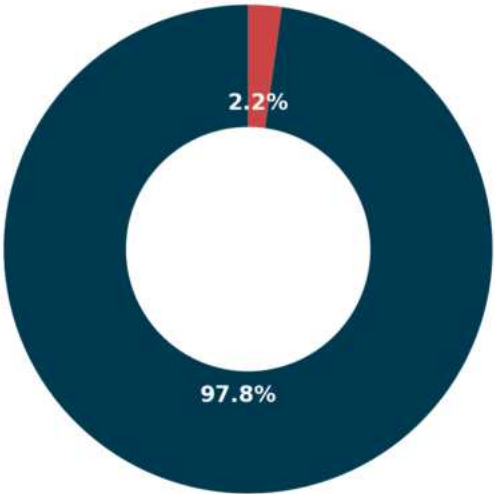


Elevated Random Blood Sugar (RBS)

College Students Screening Data: RBS Trends

Academic Year	RBS Taken	% Elevated RBS
2016-2017	10,000	1.7%
2017-2018	19,700	2.1%
2018-2019	19,700	2.7%
2019-2020	18,000	2.1%
2022-2023	12,000	2.5%
2023-2024	9,500	1.9%
2024-2025	9,000	2.2%

Seven Years Average - Random Blood Sugar (RBS) Screening



Key finding:

Elevated RBS is not rare in this age group.

What this means:

Early dysglycaemia is detectable on campus and needs a defined confirmation and follow-up path.



Catch 'em Young

Apollo SHINE NCD Screening Pilot

01

Why this pilot

Past years showed a dual burden—underweight is common, and so are overweight and obesity. Elevated BP and sugar readings also appear in young adults. To sharpen risk detection and guide better care, the pilot added waist circumference (WC), hemoglobin (Hb), HbA1c, and triglycerides to the routine BMI, BP, and RBS in a subset of students.

02

Where and who

- Sites: private and govt-aided colleges in Chennai & Pune
- Total students in these institutions: 14895.
- Screened: 10136 (68%); Female: 7899 (77.9%); Male: 2237 (22.1%).

03

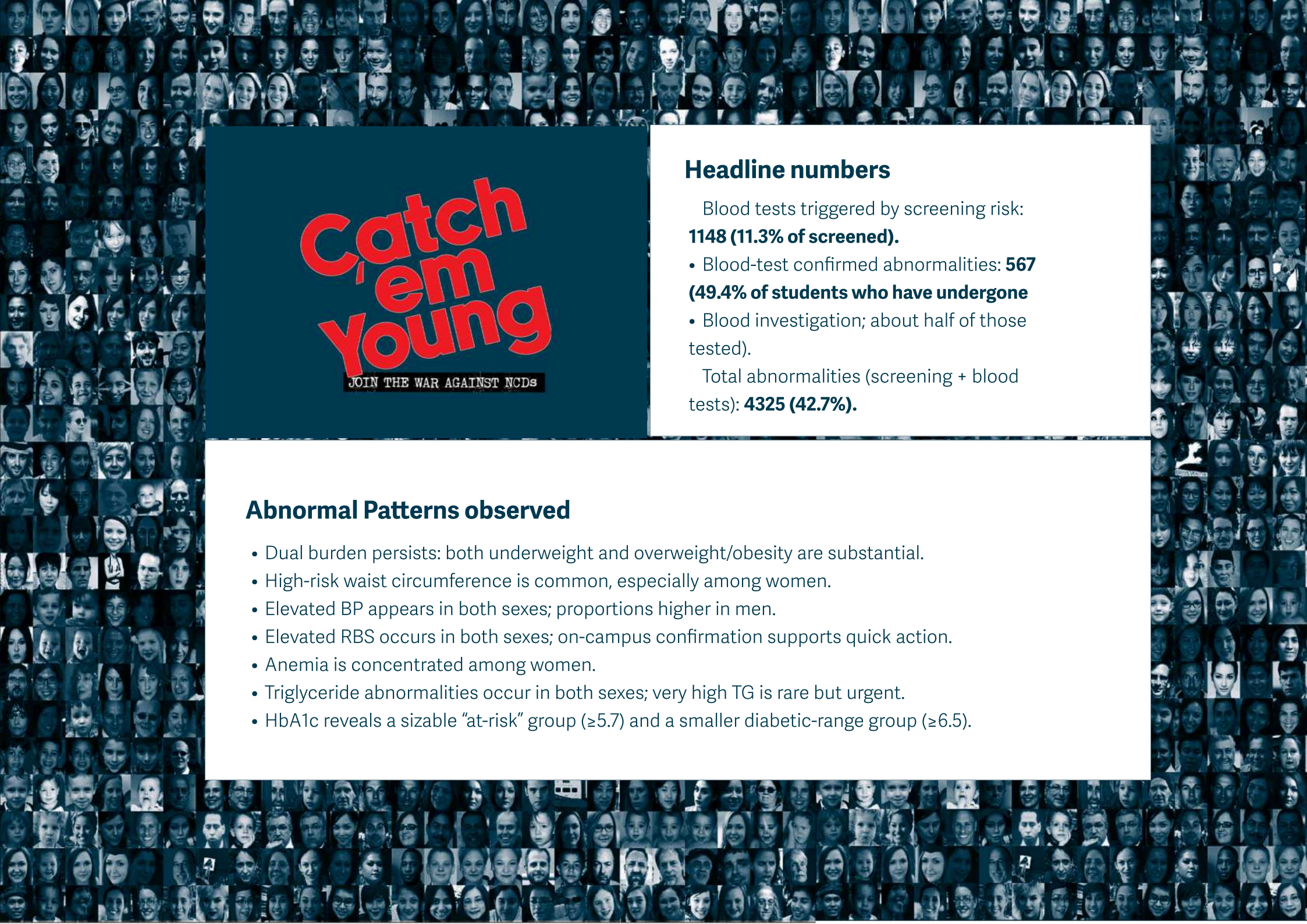
What was measured

- Universal: BMI, waist circumference, blood pressure, random blood sugar (finger prick).
- High-risk subset: hemoglobin, HbA1c, triglycerides.
- Lifestyle: diet, physical activity, sleep, stress, substance use, family history.

04

What the pilot adds

- Waist circumference detects central adiposity and risk of metabolic syndrome even when BMI is normal.
- HbA1c distinguishes transient sugar spikes from ongoing dysglycaemia.
- Hemoglobin quantifies anemia burden—especially relevant in women.
- Triglycerides reflect diet quality and insulin resistance , guiding precise nutrition advice.



Catch'em Young

JOIN THE WAR AGAINST NCDs

Headline numbers

Blood tests triggered by screening risk:
1148 (11.3% of screened).

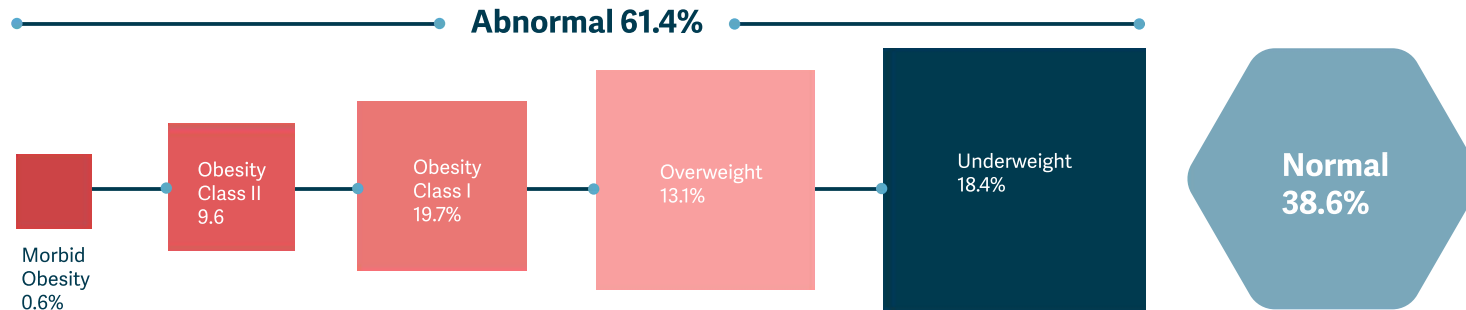
- Blood-test confirmed abnormalities: **567 (49.4% of students who have undergone**
- Blood investigation; about half of those tested).

Total abnormalities (screening + blood tests): **4325 (42.7%).**

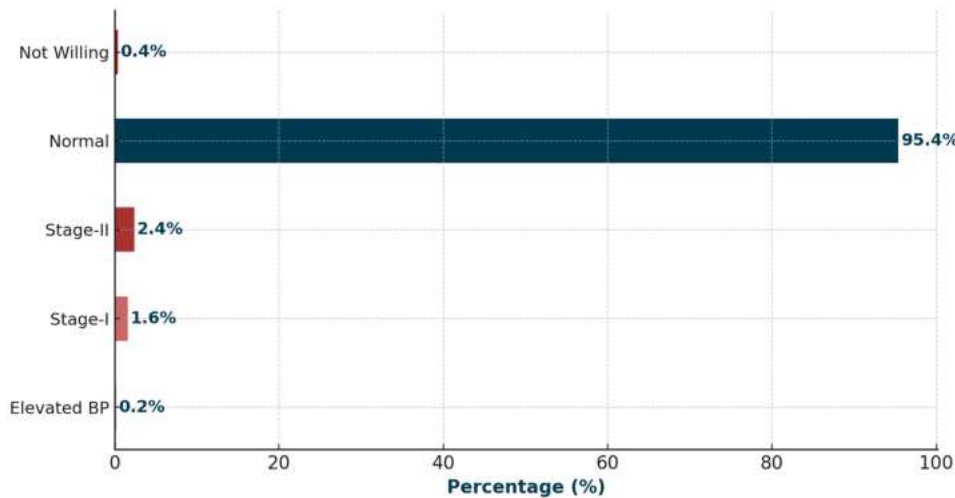
Abnormal Patterns observed

- Dual burden persists: both underweight and overweight/obesity are substantial.
- High-risk waist circumference is common, especially among women.
- Elevated BP appears in both sexes; proportions higher in men.
- Elevated RBS occurs in both sexes; on-campus confirmation supports quick action.
- Anemia is concentrated among women.
- Triglyceride abnormalities occur in both sexes; very high TG is rare but urgent.
- HbA1c reveals a sizable "at-risk" group (≥ 5.7) and a smaller diabetic-range group (≥ 6.5).

Abnormalities Noted in BMI

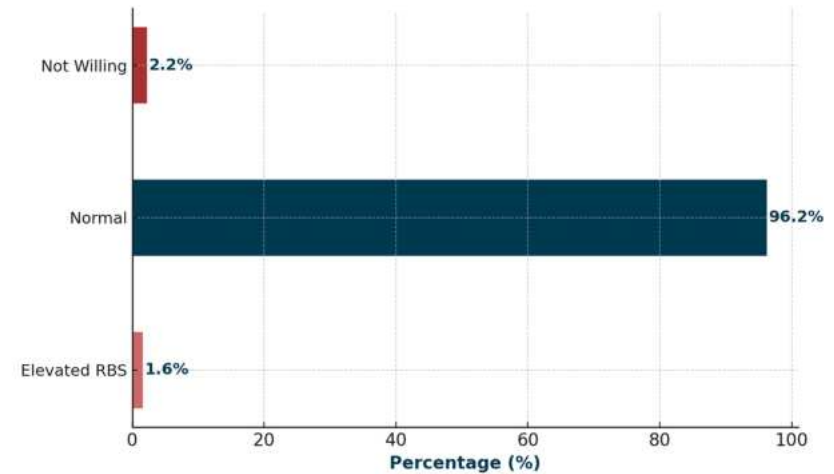


Abnormalities Noted in Blood Pressure



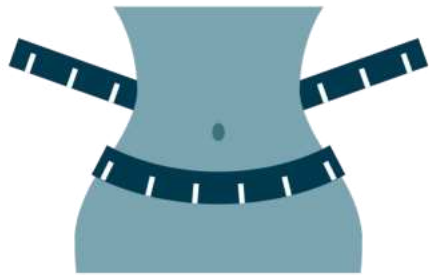
Four out of every 100 have abnormal Blood pressure readings .

Abnormalities Noted in Random Blood Sugar (RBS)



1 out of every 100 have abnormal random blood sugar readings .

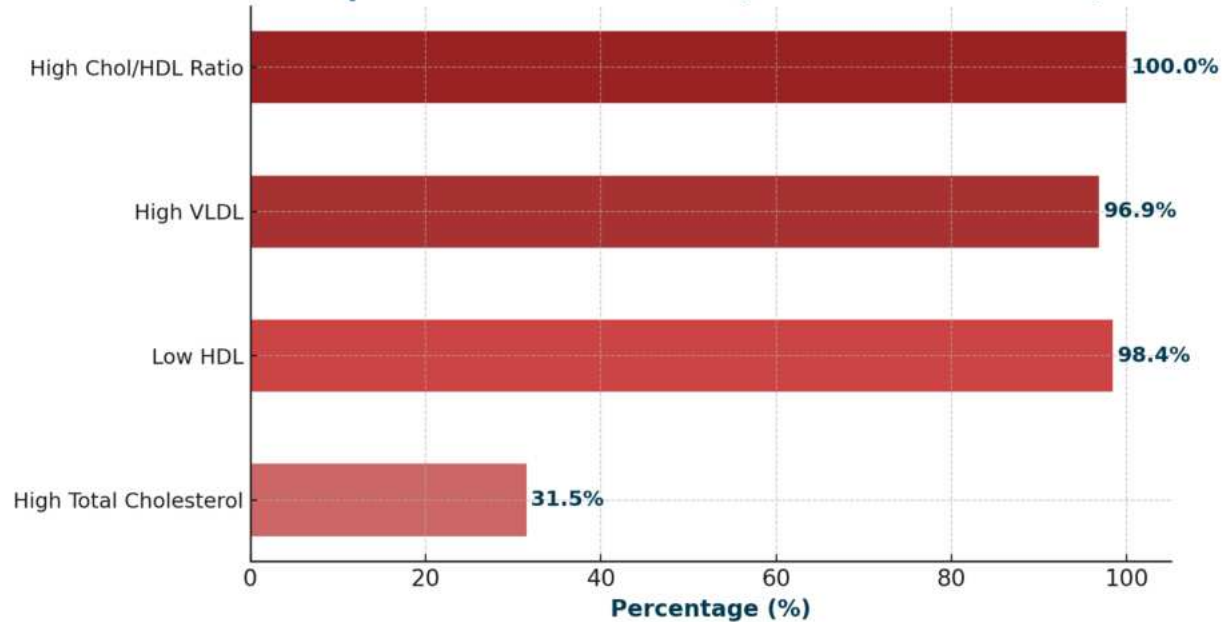
Waist Circumference Abnormals



High WC
31.1%

Normal
68.5%

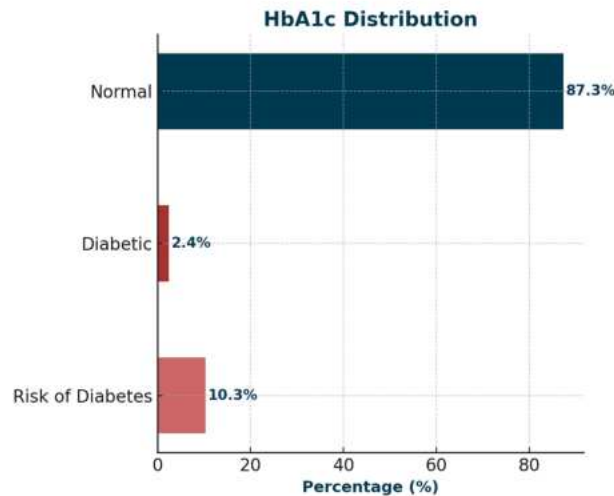
Lipid Profile Abnormals (out of 127 students)



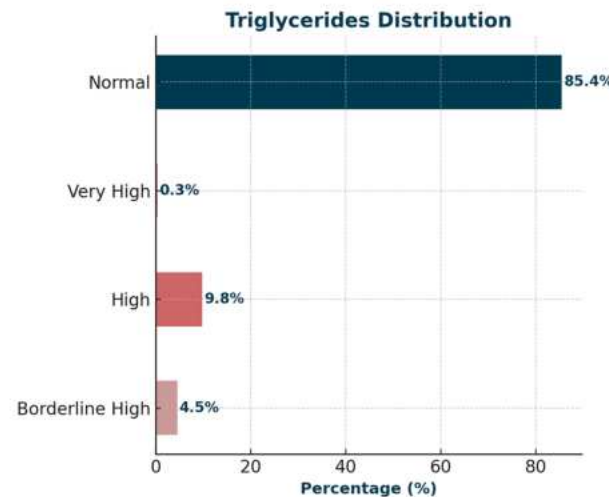
*Lipid profile was done for a sample of student with elevated triglycerides



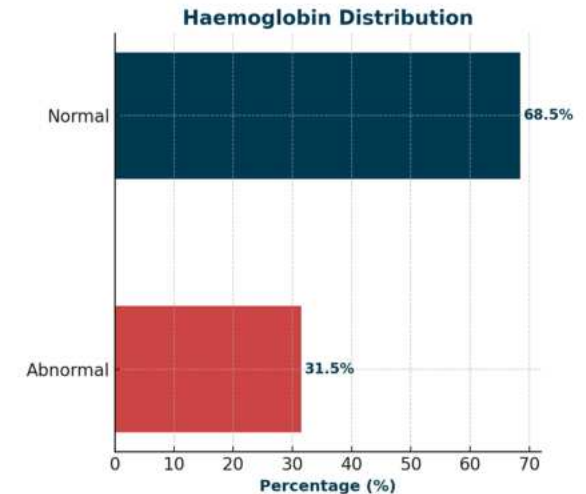
Blood Test Results



Three out of every 10 have low hemoglobin



One out of every 7 have high triglycerides



One out of 8 is in risk of diabetes or diabetic



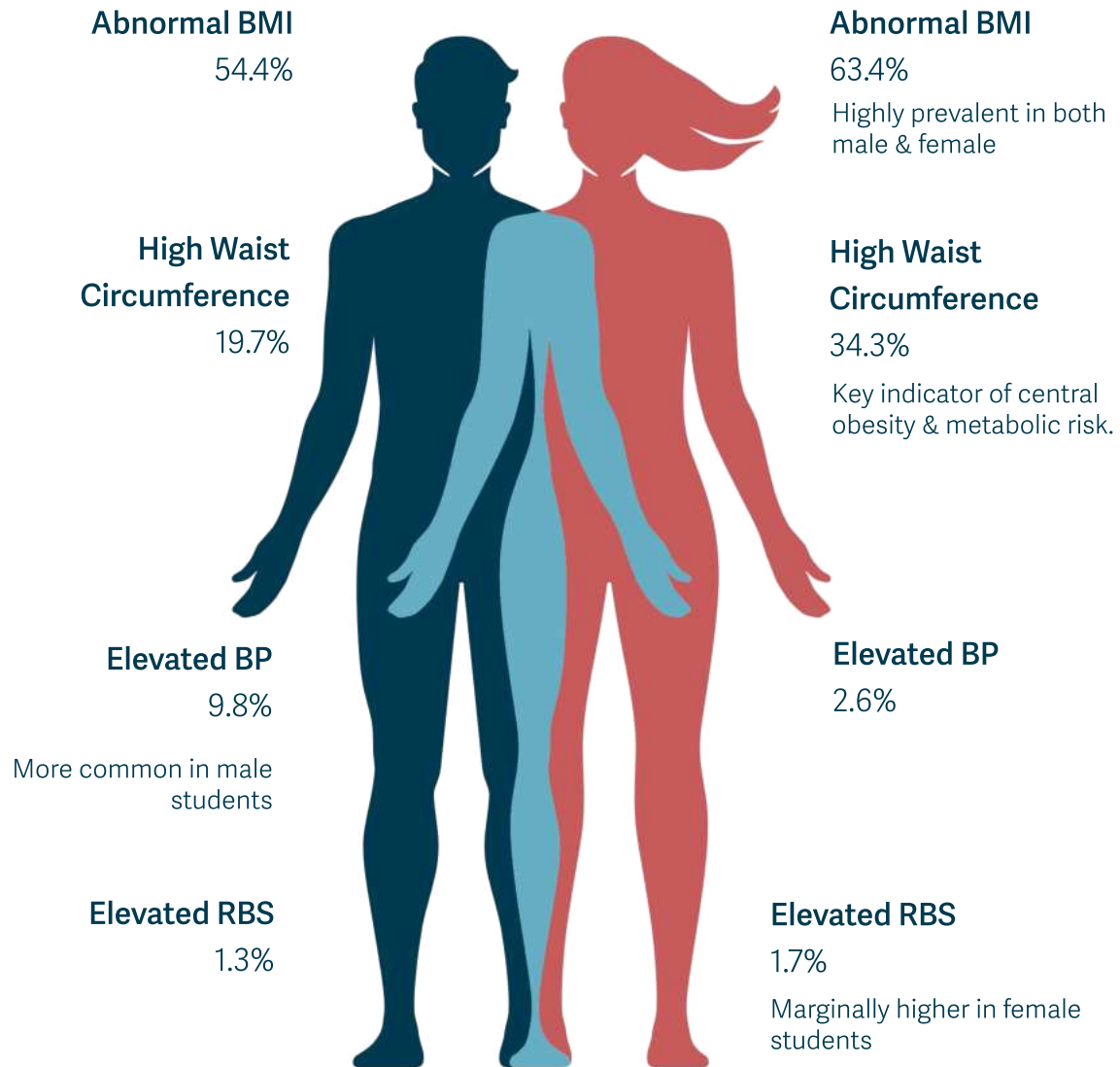
Key finding:

- Anemia is concentrated among women.
- Triglyceride abnormalities occur in both sexes; very high TG is rare but urgent.
- HbA1c reveals a substantial at-risk group and a smaller diabetic-range group.

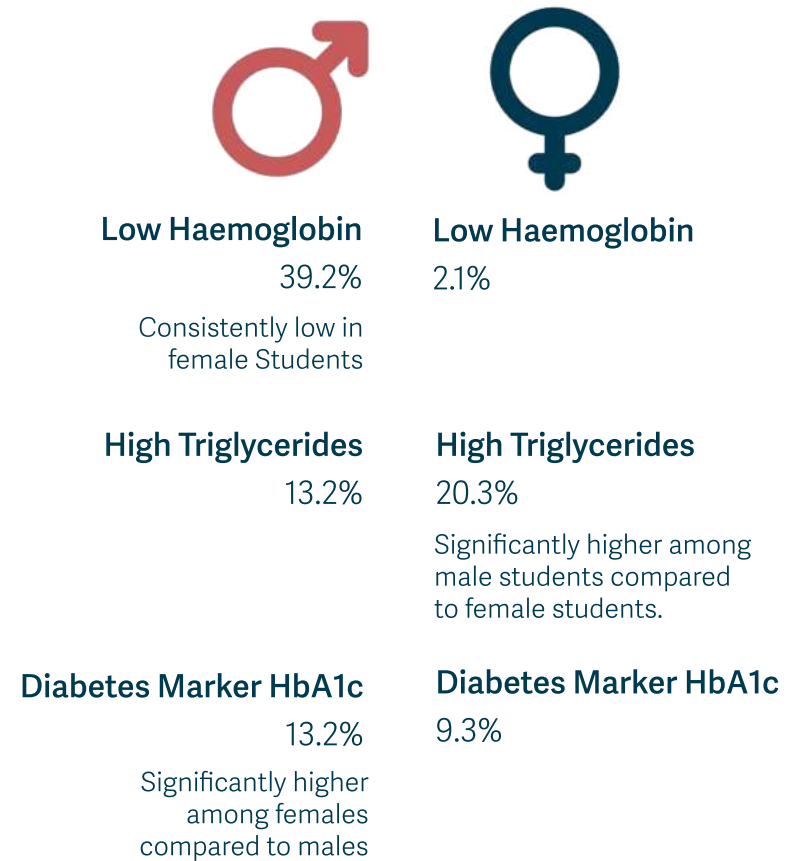
What this means:

- Women's services must embed anemia detection and treatment.
- Diet quality and insulin resistance need early, targeted counselling.

How Health Metrics Differ Between Genders



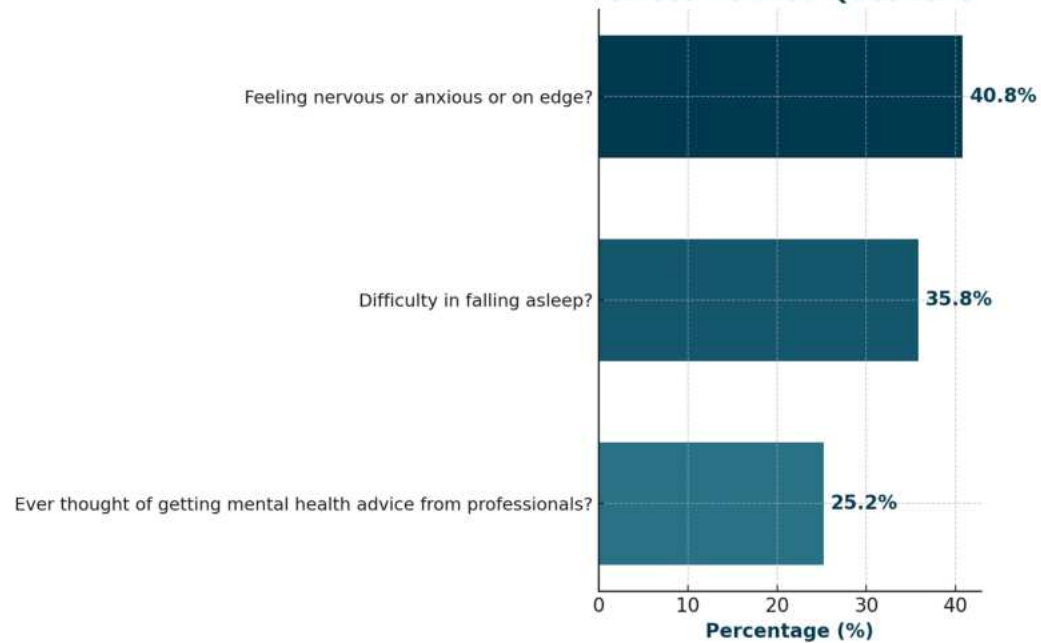
Decoding NCD Risk: How Blood Markers Differ Between Male & Female Students



Risk Factor Assessment

Psychological Well-being

Stress Related Questions



About 2-3 in 10 students

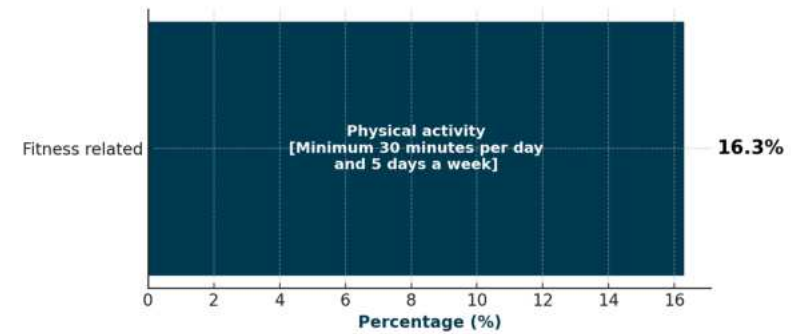


About 3-4 in 10 students

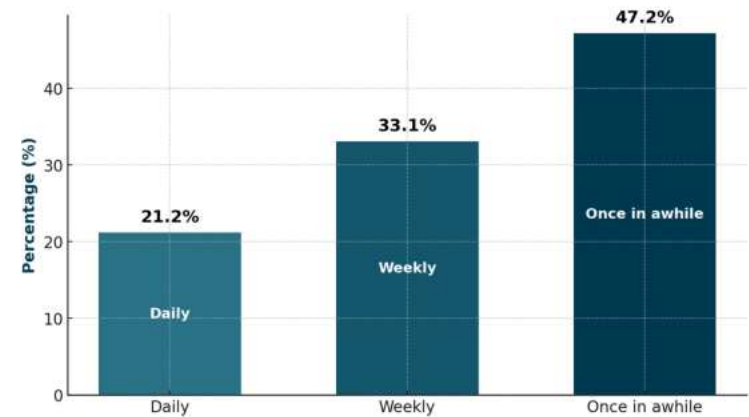


About 4 in 10 students

Fitness Related Activity



Consumption of Junk Food



Way Forward: Catch 'em Young – NCD Screening of College Students

The Apollo SHINE Foundation is committed to building a sustained cycle of awareness, risk identification, intervention, and policy-level advocacy so that the Catch 'em Young – NCD Screening of College Students Initiative becomes a meaningful program and a national mandate.

01

Awareness

- Launch pan-India awareness campaigns in colleges to help students understand NCD risks and encourage participation in screening.
- Conduct orientation sessions for parents, lecturers, and administrators on youth NCD risks and the importance of early detection.
- Establish the College Health Ambassadors Program to empower student ambassadors to promote healthy lifestyle changes among peers.

02

Assessment

- Screen one lakh college students across India for key NCD risk factors.
- Ensure digital health data capture and personalized reports.
- Track outcomes through a 12-month follow-up of screened students.

03

Action

- Provide personalized advisories with clear, actionable lifestyle recommendations.
- Offer one-on-one doctor consultations for high-risk students and a structured six-month follow-up.
- Promote Healthy Campus Initiatives, including:
 - Nutritious cafeteria options (reducing junk food, increasing fruit/veg)
 - Campus fitness challenges and stress-management workshops
- Encourage colleges to integrate health promotion into student welfare activities.

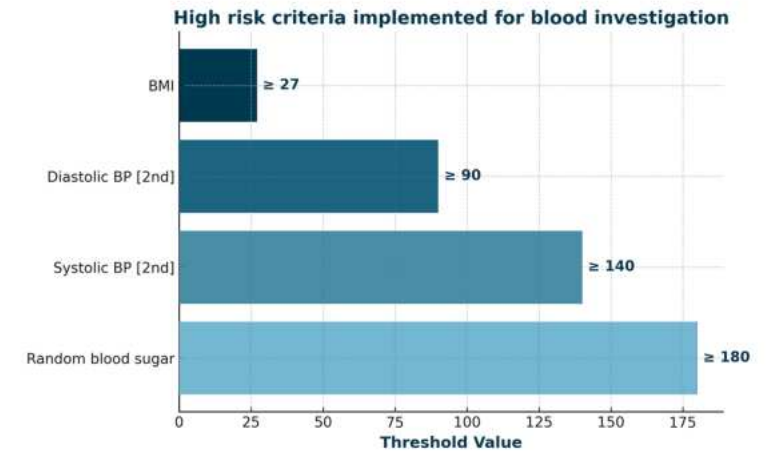
04

Advocacy

- Encourage colleges to adopt annual health screening as part of student welfare policy.
- Publish the National NCD Screening Report to raise public awareness and highlight student health trends.
- Share outcomes from one lakh screenings with local, state, and national health authorities to shape youth-focused NCD policies.

Criteria Applied

Criteria Applied (Screening threshold)					Source
BMI	Morbid obesity	>/=40.0			WHO Expert Consultation (Appropriate body-mass index for Asian populations)
	Obesity class-II	>/=30.0			
	Obesity class-I	25.0 to 29.9			
	Overweight	23.0 to 24.9			
	Normal	18.5 to 22.9			
	Underweight	<18.5			
Waist circumference	Male	>/=90			WHO Expert Consultation (2004). IDF Consensus Worldwide Definition of the Metabolic Syndrome (Asian cut-offs).
	Female	>/=80			
Blood pressure	Criteria	Systolic	Condition	Diastolic	AHA Guideline for High Blood Pressure in Adults.
	Normal	Less than 120	and	Less than 80	
	Elevated BP	120 to 129	and	Less than 80	
	Stage-I	130 to 139	or	80 to 89	
	Stage-II	140 or higher	or	90 or higher	
	Hypertensive crisis	Higher than 180	and/ or	Higher than 120	
Random blood sugar	Elevated RBS	>/=140			Threshold is supported by Indian studies and ICMR guidelines (as a screening alert for further investigations rather than a diagnostic cutoff)



Criteria Used for Abnormals			Source
Haemoglobin	Low HB - Female	<12.0 g/dL	WHO, 2023
	Low HB - Male	<13.0 g/dL	
Triglycerides	Borderline high	175 - 199 mg/dL	AHA / ACC (2018) - Non-Fasting Triglycerides ≥ 175 mg/dL, ESC/EAS 2016 - lab flagging rules, ESC/EAS, NCEP ATP III + AHA/ACC 2018
	High	200 - 499 mg/dL	
	Very High	≥ 500 mg/dL	
HbA1c	Risk of diabetes	5.7 – 6.4%	ADA 2023 / IDF (WHO accepts ≥ 6.5% as diabetes cutoff)
	Diabetic	≥ 6.5%	

Acknowledgements

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Medical Director, Apollo SHINE Foundation

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Clinical Lead- Research & Innovation, Apollo ProHealth.

Dr Nishanthini M

Senior Medical Officer, Apollo Shine Foundation

Dr Vimal Kumar & Dr Roshini

Medical Heads: Apollo SHINE Health Screening

This report could not have come into existence without the sincere hard work and commitment of all the individuals who have been part of the Apollo Shine Foundation from its inception in 2015. At Apollo SHINE we take great pride in our behind-the-scenes work in the war against NCDS: be it for health rooms, screenings, health awareness, digital health and relationship management. We are privileged to be entrusted with this responsibility that has become our life and for that we have to thank our Chairman, Padma Vibushan Dr Pratap C Reddy and our Directors Ms Sindoori Reddy and Mr Harshad Reddy for their trust in us. It goes without saying that there is no SHINE without the backing of the entire Apollo family, but a special mention to Apollo Hospitals in Chennai, Bangalore, Hyderabad, Kakinada, Delhi, Noida, Pune, Ahmedabad, Kolkata, Trichy & Madurai, Spectra Laboratories, Apollo Pro Health, 1066, Apollo Home Care, Apollo Pharmacy, Apollo Sindoori, Apollo Clinics, Apollo Diagnostics, Apollo24/7, Apollo One, Apollo Heart Centre, Apollo APHC, and all the various teams in Ali Towers and Sunnyside #iykyk. Each of you have helped clear the way for this not-for-profit entity to support student health over the last decade and for that we are eternally grateful.

We look forward to working closer with you all in the decades to come as we continue to champion student health and strive to Make India Healthy!

- The Apollo SHINE Team.



www.apolloshinefoundation.org