



**8<sup>th</sup>**  
**ANNUAL HEALTH &  
FITNESS SURVEY**  
ACADEMIC YEAR 2017-18

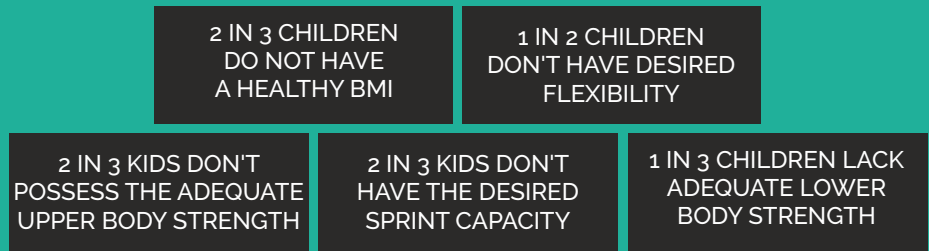


## 8<sup>th</sup> ANNUAL HEALTH & FITNESS SURVEY

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

The 8th Annual Health Survey, conducted by EduSports, reveals that across geographies, city types and gender, kids are displaying alarming fitness levels.

The nationwide study covered 1,02,838 children in the age group of 7 to 18 years from 252 schools across 86 cities in 26 states. The study was built into the co-scholastic curriculum of schools for the academic year 2016-2017. The EduSports assessments test students on the following fitness parameters: sprint capacity, flexibility, lower and upper body strength, abdominal strength and Body Mass Index (BMI).



## Boys healthier than girls

The comparative study found that 40% of boys had a healthy BMI as compared to girls, who reported only 38% healthy BMI. Girls showed comparatively lesser body strength (lower, upper and abdominal) as compared to boys, while both showed a marginal difference in flexibility, across age groups

## Introducing Fitness Quotient

Fitness Quotient (FQ) of the student is an average numerical score, measured on the six parameters of endurance, speed, upper body strength, lower body strength, flexibility and abdominal strength. Based on each child's FQ, the overall FQ for a class or school can be derived.

Compared to Primary (Std. 2 – Std. 4) and Middle (Std. 5 – Std. 8) school students, High (Std. 9 – Std. 12) School students projected desirable FQ (61% of High School students vs 57% of Primary and Middle School students).

# MAJORITY OF CHILDREN DO NOT HAVE A HEALTHY BMI

More than 55% of all children across Central, North, South and West India had unhealthy BMI scores, except East, where 54% of children exhibited a healthy BMI.

| BODY MASS INDEX (BMI) |         |           |
|-----------------------|---------|-----------|
|                       | Healthy | Unhealthy |
| Central               | 29%     | 71%       |
| East                  | 54%     | 46%       |
| North                 | 42%     | 58%       |
| South                 | 39%     | 61%       |
| West                  | 47%     | 53%       |

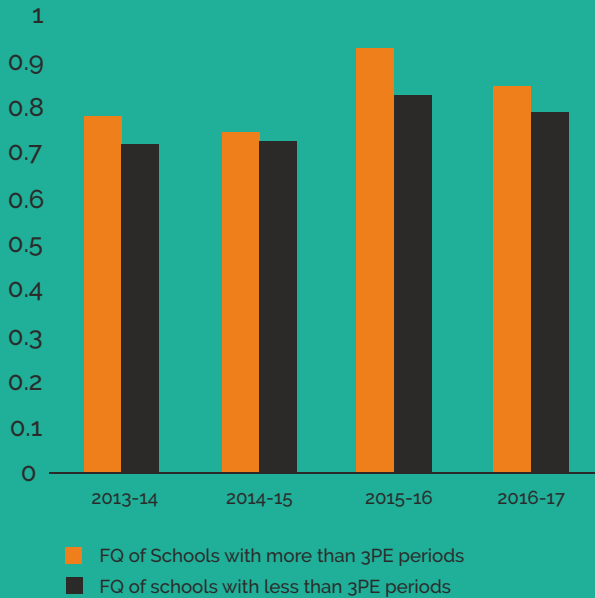
## What is the solution?

High - level of inactivity among young children and an increasingly sedentary lifestyle needs the immediate attention of parents and school authorities. Global research (Medicine 2013, P198, Chapter 5), (Spark 2013) reveals that schools which follow a structured physical education and sports program show an increase in fitness and health levels of kids across all age groups. Also, schools are best equipped to provide structured playtime to children as compared to their homes, clubs or academies.

# IS THERE A CORRELATION BETWEEN PLAYTIME AND FITNESS

## Playtime improves health

According to EduSports, 60 minutes of reasonably rigorous playtime everyday is ideal for a growing child to be healthier and fitter. In the second part of the study, EduSports compared data of schools with 3 or more PE periods per week versus data of schools with lesser than 3 PE periods per week. It was concluded that schools with 3 or more PE periods per week exhibited an improved fitness quotient of its students' year-on-year.



As PE periods are the only time during which structured play can be taught to students, it is recommended to have more than 3 P.E. periods every week for each class, with the adoption of a structured sports program.



## OBSERVATIONS

- *An inclusive and structured Sports and P.E. program in schools can help improve overall fitness standards for children*
- *More Physical Education periods per week can drastically improve children's fitness and overall health*



Saumil Majmudar, CEO and co-founder, EduSports says, "It is alarming and sad to note that the overall health index of students in our country has only seen a decline in the last two years. Sports is an integral part of school life and inculcates many social, mental and psychological benefits in children and therefore it must be given equal importance as academics. While we noticed that school authorities and parents are realizing the importance of active sports, unfortunately the progress is very slow, and the trend needs to be fastracked."



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