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GOQii unveils sixth edition of India Fit Report

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62% of people are either high risk or borderline as per the Health Risk Assessment (HRA) recorded in the study



GOQii, the smart-tech-enabled preventive healthcare ecosystem has unveiled the sixth edition of India Fit Report. India Fit Report 2020 is a result of a year-long study of 5 million GOQii users – presents a holistic overview on the health and lifestyle of Indians across different parameters such as steps taken, lifestyle diseases (Diabetes, Cardiac and Hypertension), BMI (Body Mass Index), nutrition, water, stress, sleep, gut health and immunity, allergies, smoking and alcohol consumption; all of which are classified according to gender and key cities. This year India Fit report has gone a step further and **decoded the secret to 'India's Ikigai-longevity of life'** from 90 years old and above across the country.

Speaking about the study, **Vishal Gondal, Founder & CEO of GOQii** said, ''The GOQii India Fit report is an important marker for India's fitness. Our study indicates that people who report being happy and satisfied with their lives are more likely to enjoy longer life span with good health and fewer long-term limiting health concerns. Bonding with family and friends appears to enhance health, and even increase longevity. At GOQii, our endeavor is to create awareness about preventive health while providing people a platform to improve their health and fitness and move a step ahead to increase India's average lifespan to 80 years and above.'

Diabetes has increased from 7.1% to 12% this year. The incidence of Diabetes is highest among older adults at 23.81% and seniors at 36.82%. As per the report, 13.5% of Indians have Cholesterol issues. High Cholesterol can even occur among people who are underweight, or overweight, thin or fat thus regular monitoring is key in keeping cholesterol in check. Currently 36% of the people who have high cholesterol have heart issues too while 51.7% of the people who have diabetes have abnormal cholesterol too. This past year Thyroid issues have increased from 6.8 to 10.7 %. The report also suggests that 13.4% of the people in India have high blood pressure.

The GOQii India Fit Report has been administered across 16 cities in the country and data has been collected from a cross-section of 5 million GOQii app users.

The study evaluates the health of users basis the Health Risk Assessment (HRA) that recorded the data on a daily basis that is tracked by users on the App. HRA considers factors such as current body statistics, medical parameters, current nutrition, physical activity, stress, sleep, alcohol, smoking, current illness, lifestyle diseases, immunity levels, symptoms or health indicators.

The data that is tracked by the users on a daily basis is their steps clocked, food logs, sleep, water intake and their vital parameters. This edition of the report has focused on doing in-depth interviews with India's oldest citizens. Over 100 respondents across the length and breadth of India, between 90 and 100 plus years of age were an integral part of the study.