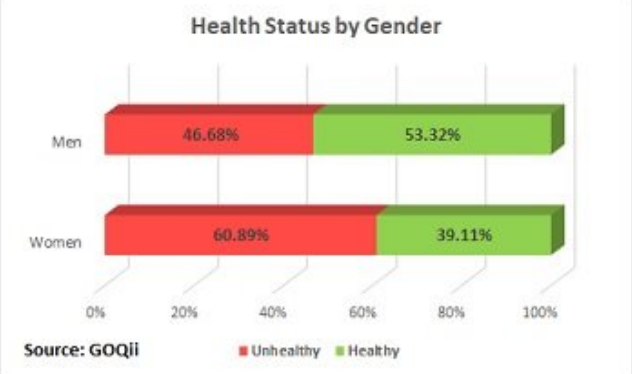
BioSpectrum
the business of Bi
24 years of leveraging the business of Bio
www.biospectrumindia.co

91% public has faith in covid vaccines: GOQii India Fit Report 2022

25 March 2022 | News

41% of users are overweight in 2021, compared to 37.9% in 2020



GOQii's India Fit Report 2022 recently conducted 'COVID-19 Trust in Vaccines and Vaccination'survey with over 10000+ users. The report tells us how 91 per cent of Indians feel vaccination will protect them from COVID-19. Around 9 per cent of the respondents still doubt the vaccination process. Some of the respondents thought about whether it will work on upcoming variants. The report also showcased various aspects of health across parameters such as steps taken, lifestyle diseases, BMI, nutrition, water, stress, sleep etc.; all of which are classified according to gender and key cities.

The report highlights that 29.31 per cent of Indians are suffering from depression in 2021. However, the good news is that this percentage has seen a 32 per cent decrease since 2020 where 43 per cent of Indians were plagued by depression. 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.

India Fit Report 2022 is a result of a year-long study of more than five million GOQii users.

As per the Health Risk Assessment (HRA) Score of the report, overall, 50.3 per cent of Indians are either in the 'High Risk' or 'Borderline' category. 61 per cent of women are in the unhealthy category, with 1.06 per cent being in the 'High Risk' category. Compared to that, 47 per cent of men are in the unhealthy category.

Indore (56 per cent), Delhi (53 per cent) and Kolkata (55.6 per cent) seem to have a higher percentage of unhealthy people than the rest of the cities at. While Pune, Bhubaneswar and Ahmedabad have the highest number of healthy people. In Mumbai and Bengaluru the unhealthy percentage of people stands at 53 per cent and 50.5 per cent respectively.

The incidence of people suffering from diabetes, cholesterol, blood pressure and thyroid has increased by 67 per cent from 7.9 per cent in 2017 to 13.2 per cent in 2021. Similarly, blood pressure and cholesterol have seen a rise of 51 per cent and 47 per cent respectively in the last 5 years as per GOQii's latest study.

Cholesterol levels are almost identical to diabetes levels, with Chennai (18.6 per cent) leading the way, followed by Chandigarh (18 per cent), Bhopal (17.7 per cent) and Kolkata (17.7 per cent). Delhi has the fifth-highest cholesterol levels (17.3 per cent), whereas Mumbai has a lower figure of 15.7 per cent. At 11.2 per cent, Pune is the city with the lowest cholesterol levels, followed by Jaipur, Indore, and Patna.

For diabetes, Bhopal, unexpectedly, has the highest rate followed by Chennai, Bhubaneswar and Lucknow. The percentage of persons who have never been sick has increased by about 3 per cent from 30.01 per cent in 2020 to 33.39 per cent in 2021. GOQii users in Pune city are clocking the most number of steps. On average Pune is clocking 5252 steps followed by Chandigarh, Mumbai and Bengaluru.

In 2021, all age groups are sleeping for fewer hours than in 2020. Seniors (0.33 hours) and Adults (0.32 hours) had the greatest reduction in sleeping hours.