

## ➤ Impact & Testimonials

The Health@Work model has been evaluated by Tufts University showing a significant impact towards improving health outcomes for workers in factories in India. The study reported a 20-25% increase in diagnosis of hidden health conditions and workers who received training on healthy behaviors were 20-37% more likely to recall learning about various health topics such as healthy foods, menstruation, hypertension, and diabetes. Hear from the workers on their experience with health and wellbeing services at their workplace:

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### FROM SYMPTOMS TO STRENGTH: JAYALAKSHMI'S WELLNESS STORY

#### *From Bangalore Cluster*

Jayalakshmi is a 40-year-old tailor who has dedicated the past five years to working at Centre Front Clothing. Despite experiencing symptoms such as dizziness, headaches, sweating, and tiredness, she had never visited a hospital. However, during a routine screening conducted by the Swasti team in the factory, her hemoglobin (HB) levels and high blood pressure (BP) levels were detected. The Swasti team's nurse provided Jayalakshmi with extensive education on the importance of leading a healthy lifestyle. They advised Jayalakshmi to make several lifestyle modifications, such as walking for 30 minutes in the morning or evening and reducing her intake of salt and spicy food. The nurse also explained to Jayalakshmi how high BP levels can lead to serious health problems such as heart disease and strokes. Jayalakshmi took the nurse's advice to heart and started incorporating healthy habits into her daily routine. She started going for morning walks and even walks at the factory, covering a distance of 2.5km in each session. Additionally, she significantly reduced her salt intake, leading to a significant improvement in her health. She started feeling more energetic, had fewer headaches, and felt less dizzy. Jayalakshmi's commitment to her health has led her to participate in wellness facilitator training. During these sessions, she has learned about the importance of maintaining a balanced diet and following healthy habits to manage non-communicable diseases (NCDs) by eating nutritious food. She also learned about the benefits of staying hydrated, getting enough sleep, and reducing stress levels. Thanks to these lifestyle modifications and her dedication to staying healthy, Jayalakshmi has successfully managed her symptoms and improved her overall health and wellbeing.

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## Sawan's Journey to Better Health: From Struggles to Strength

### *From Jaipur Cluster*

Sawan, a 35-year-old cleaner at Lodha Ventures Factories, found himself struggling with constant fatigue, laziness, and sleepiness in March 2023. After a routine health screening conducted by Swasti at the factory, his RBS (Random Blood Sugar) levels were alarmingly high at 203, which was affecting his work and overall well-being. He was informed about his elevated levels and was advised to visit a nearby Primary Health Centre (PHC) for further confirmation. Upon visiting the PHC, a doctor warned that medication would be necessary if his lifestyle did not change.

Taking the advice seriously, Sawan made significant changes to his routine. He improved his sleep schedule, adjusted his eating habits, and reduced his excessive tea consumption, replacing it with warm water. Sawan also committed to daily one-hour walks, which became a part of his new lifestyle. By October 2023, after diligently following these changes, his RBS levels had decreased to a healthy 103.

Sawan attributes his improved health to the support and guidance provided by Swasti, which not only alerted him to his health condition but also encouraged him to take the necessary steps for change. What was once a frightening health concern has now turned into a source of relief and joy. Today, Sawan is back at work, not just functioning, but thriving, thanks to his newfound commitment to health and well-being.

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