



# BMI AND HEALTH IMPACT REPORT (JULY 2024 – FEBRUARY 2025)

## 1. Introduction

**KSSD Public Charitable & Welfare Trust** has been actively monitoring and improving the health and nutritional status of students under its education initiatives. Through regular health check-ups, BMI tracking, hemoglobin data analysis and dietary assessments, the trust aims to enhance student well-being. This report provides a comparative analysis of **Body Mass Index (BMI)** trends from **July 2024 to February 2025**, highlighting the impact of health interventions and nutrition programs.

## 2. BMI Distribution and Trends

### 2.1 Average BMI Scores per Category

BMI Category	July 2024	Oct 2024	Feb 2025
Underweight	16.8%	17.5%	14.2%
Normal Weight	21.2%	22.0%	43.26%
Overweight	27.0%	27.3%	33.04%
Obese	32.5%	31.8%	9.12%



## 3. Observations and Inferences

### 3.1 Success Stories

- ✓ **Improved Student Health:** A previously underweight student improved their BMI and hemoglobin levels after following a structured nutrition plan provided by KSSD Trust.
- ✓ **Enhanced Physical Activity Participation:** More students are engaging in fitness programs, leading to healthier BMI trends.
- ✓ **Parental Engagement:** Some parents have adopted healthier cooking practices at home after attending awareness sessions, positively impacting their children's health.

### 3.2 Positive Developments

- ✓ **Reduction in Underweight Students:** The percentage of underweight students dropped to 14.2%, indicating improved nutritional intake and health awareness.
- ✓ **Increase in Normal Weight Students:** A significant rise to 43.26% suggests successful health and dietary interventions.
- ✓ **Decrease in Obesity Rates:** The obesity percentage decreased to 9.12%, reflecting progress in promoting balanced diets and physical activities.

### 3.3 Areas for Further Improvement

- ✓ The overweight category remains significant **(33.04%)**, requiring more guidance on balanced nutrition and physical activity.
- ✓ Continuous monitoring and intervention are necessary to sustain improvements and prevent relapses.

## 4. BMI Distribution Comparison Chart

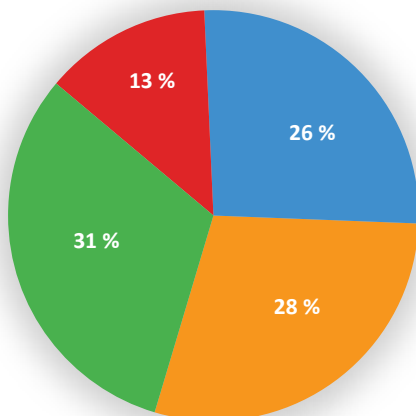
A visual representation comparing BMI scores from **July 2024** and their percentage distribution in **February 2025** is attached to highlight progress over time.

Total No. of Students  
401

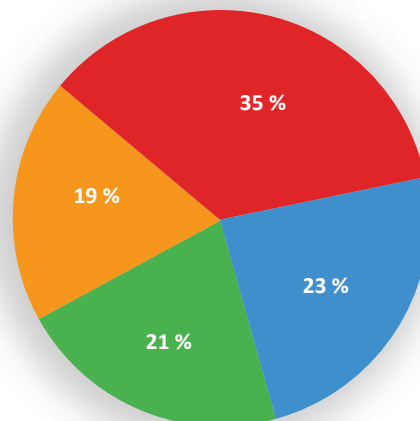
Total No. Of Boys  
235

Total No. Of Girls  
166

Boys Distribution

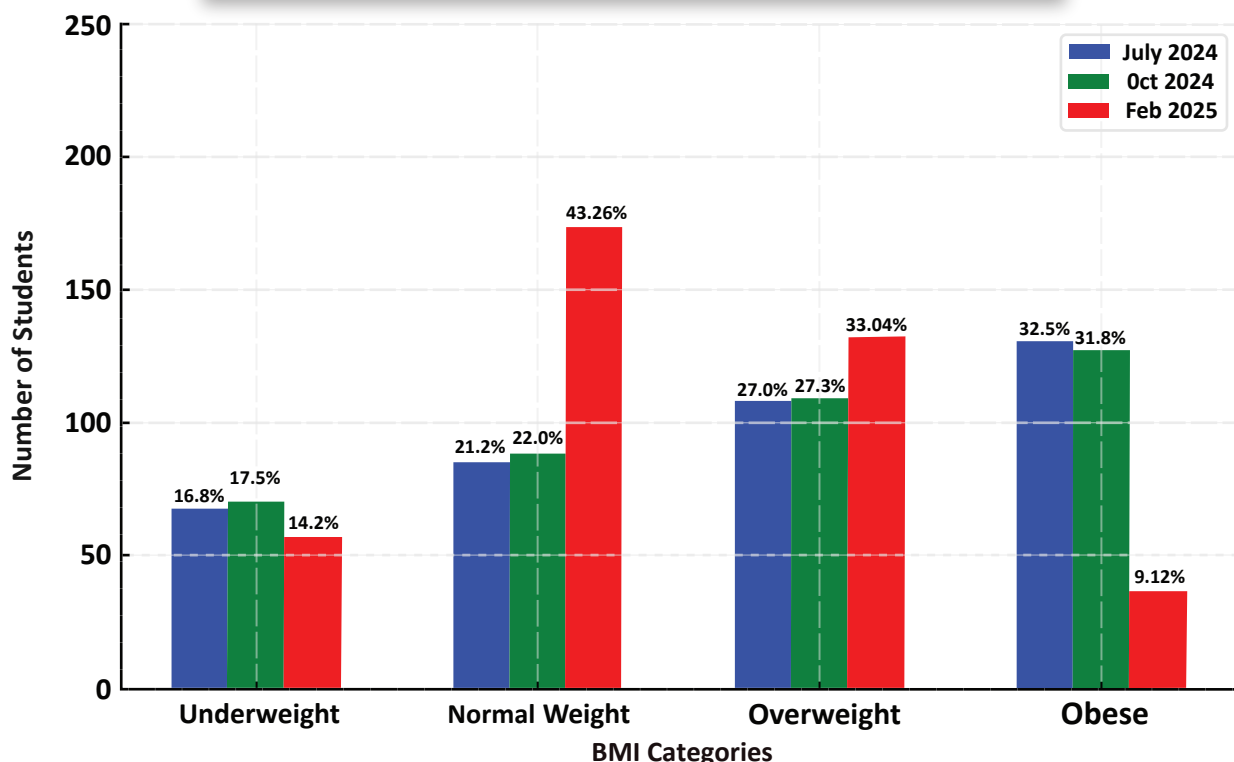


Girls Distribution



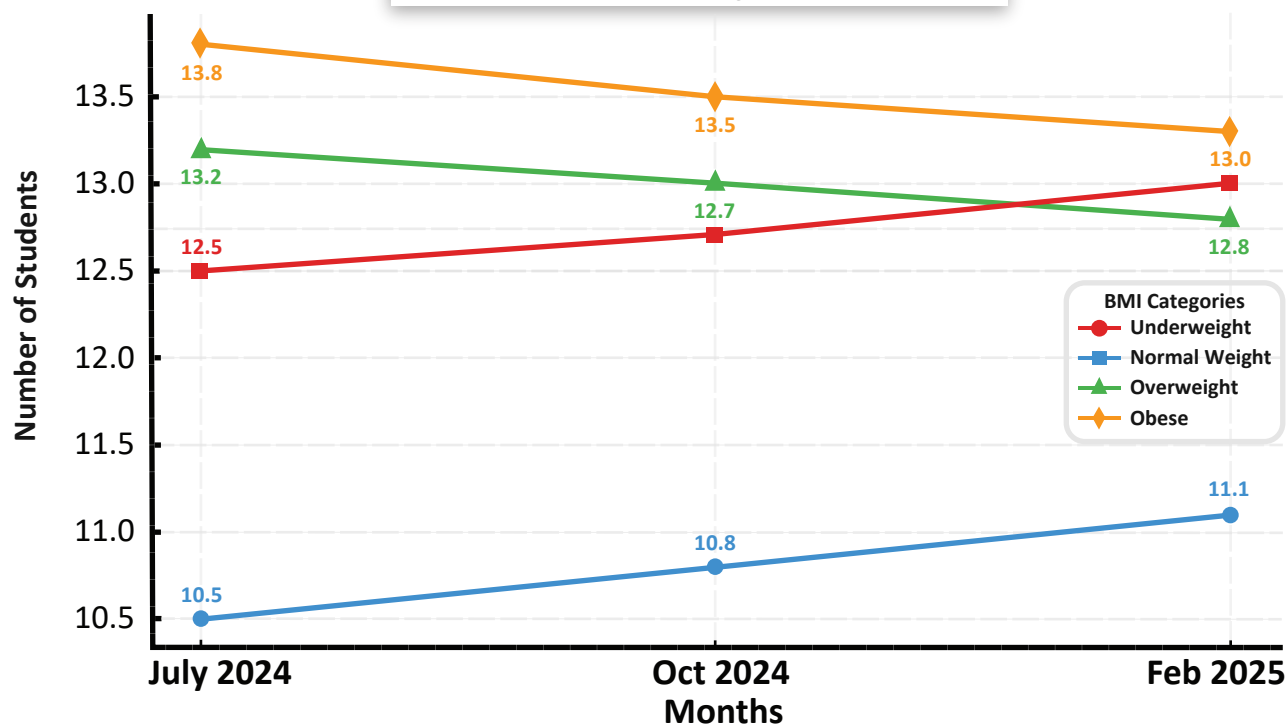
● Obese ● Overweight ● Underweight ● Normal Weight

BMI Category Distribution Over Time (Total Students:401)

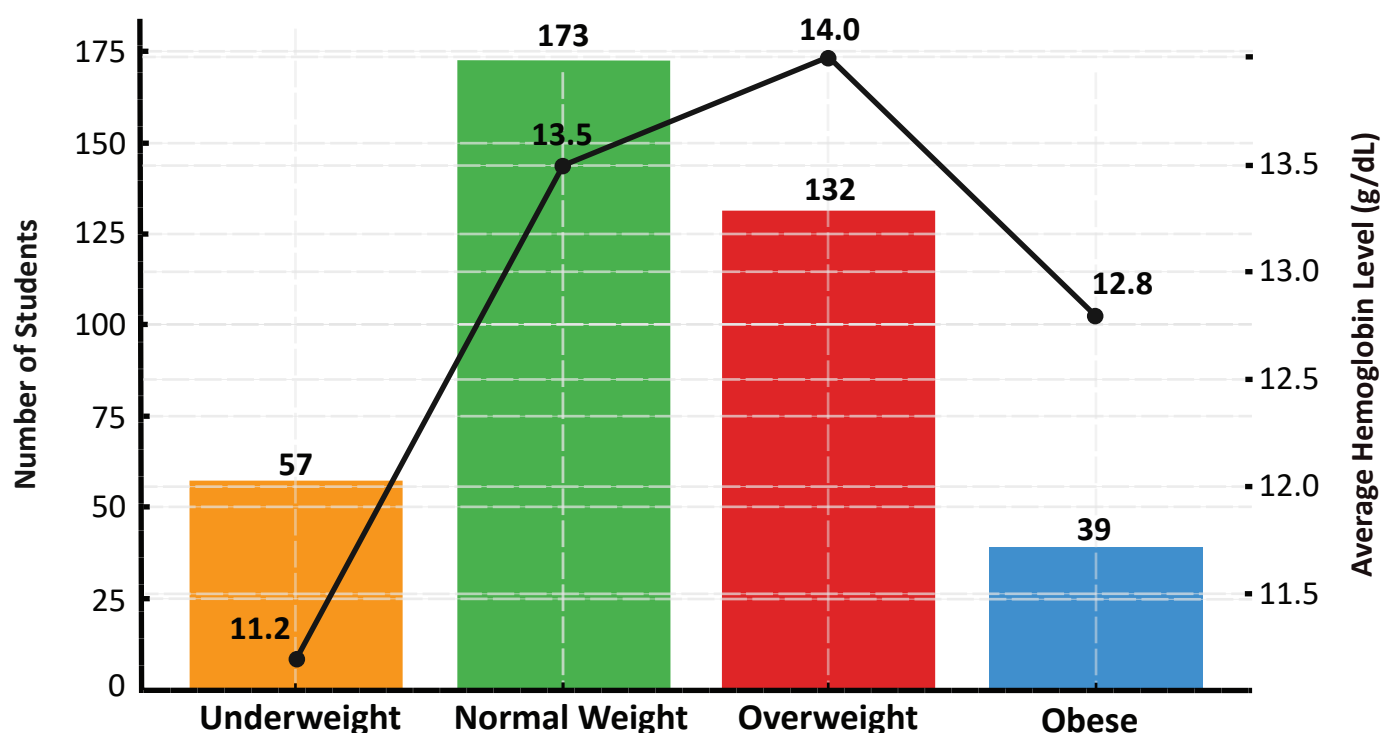


## 5. BMI & Hemoglobin Correlation

BMI-HB Data Analysis Over Time



BMI Categories, Student Distribution & Hemoglobin Levels (Feb, 2025)



A detailed analysis assessed the correlation between BMI and hemoglobin (HB) levels among students. Key findings include:

- ✓ **Underweight students** had lower hemoglobin levels, indicating a potential risk of anemia and malnutrition.
- ✓ **Normal weight students** generally maintained stable hemoglobin levels, reinforcing the importance of balanced nutrition.
- ✓ **Overweight and obese students** exhibited fluctuations in hemoglobin levels due to dietary imbalances.
- ✓ **Key Insight:** Students with improving BMI trends also showed enhanced hemoglobin levels, highlighting the effectiveness of integrated nutritional interventions.

## 6. Impact of Nutritional and Health Programs

The decline in underweight and obese students demonstrates the success of health awareness programs, school meals and physical activities. KSSD Trust's focus on student well-being through education and health initiatives has proven effective.

## 7. Recommendations and Next Steps

- ✓ **Regular Health Screenings:** Continue periodic health checkups to track BMI and key health indicators.
- ✓ **Dietary and Nutrition Plans:** Implement personalized nutrition guidance for students in critical BMI categories.
- ✓ **Physical Activity Programs:** Encourage structured physical education and fitness routines to address overweight concerns.
- ✓ **Parental Awareness Campaigns:** Engage parents in health discussions to reinforce good practices at home.



## 8. Future Goals & Targets

- ✔ **Targeted Reduction in Overweight Students:** Reduce the overweight percentage from 33.04% to below 25% by the next academic year through enhanced dietary monitoring and structured exercise programs.
- ✔ **Improving Hemoglobin Levels:** Conduct awareness sessions on iron-rich diets and introduce fortified food programs.
- ✔ **BMI Maintenance Programs:** Implement follow-up programs to sustain healthy BMI levels in normal-weight students.

## 9. Strengthening Parental Involvement

- ✔ **Workshops for Parents:** Conduct educational sessions on balanced meals and home nutrition.
- ✔ **Nutritional Guides:** Distribute easy-to-follow diet charts tailored for children.
- ✔ **Interactive Health Check-ins:** Encourage parents to track their children's BMI and dietary habits alongside KSSD Trust's initiatives.

## 10. Areas to Monitor

- ✔ **Nutritional Intake:** Regular assessment of dietary habits and food consumption trends.
- ✔ **Physical Activity Levels:** Track student participation in fitness programs.
- ✔ **Parental Involvement:** Monitor engagement levels in health education programs.
- ✔ **Long-Term Health Trends:** Analyze BMI fluctuations to adjust interventions accordingly.



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## 11. Conclusion

The findings of this report highlight the significant impact of **KSSD Trust's health and nutrition initiatives**. The reduction in underweight and obese students, along with an increase in normal-weight students, showcases the effectiveness of structured interventions. The correlation between **BMI and hemoglobin levels** further emphasizes the importance of balanced nutrition and regular health check-ups.

**KSSD Trust** has made commendable progress in promoting student well-being through health screenings, nutrition education and physical activity programs. However, continuous efforts are needed to further reduce overweight students and ensure long-term sustainability of these health improvements. Strengthening parental involvement, refining dietary interventions and expanding awareness campaigns will be crucial for sustained progress.

Moving forward, KSSD Trust aims to build on these achievements by setting new **BMI improvement targets, optimizing intervention strategies and enhancing community participation**. By prioritizing health and nutrition as fundamental components of education, the trust continues to empower students for a healthier future.

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