



October 25, 2023
Strictly Confidential

To,
Ideal English School
Ras Al Khaimah, UAE

School Health Screening Report Group Analysis

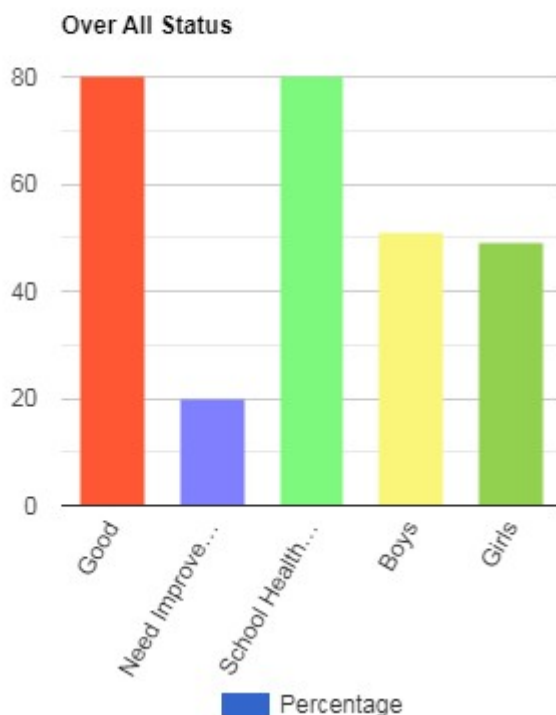
Thank you for participating in our **SAHI SCHOOL HEALTH SCREENING** program,
in Ras Al Khaimah, from **19th Sept to 5th Oct 2023**.

307 numbers of your children participated in the screening of which **156 numbers & 51 %** were boys & **151 numbers & 49 %** were girls.

80% of the children were rated as in Good Health, as against **20%** of the children who need to improve.

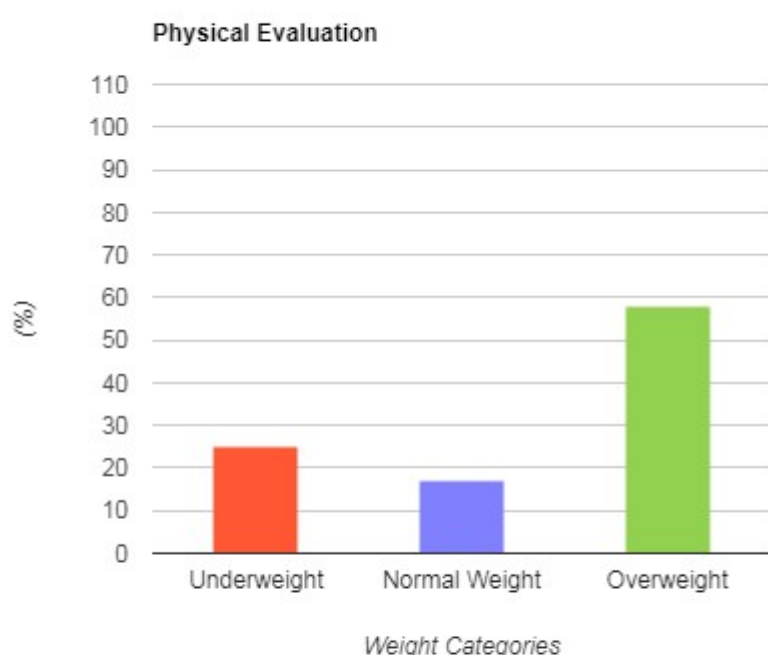
Your comprehensive Group, School Health Score is **80%**.

As score of less than **60%** is indicative of a Group Health Status that needs to improve.



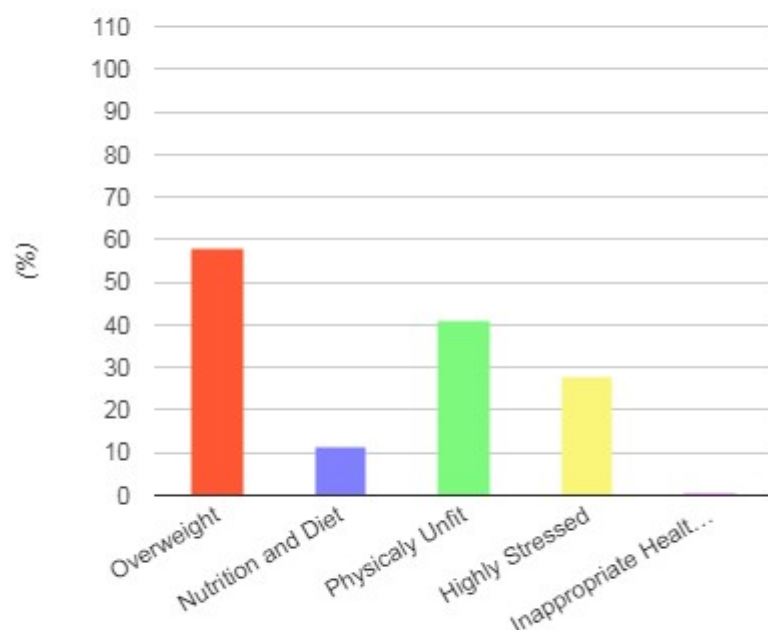
Weight status

Physical Evaluation	Number	Percentage
Underweight	76	25
Normal Weight	52	17
Over Weight	179	58



Lifestyle Status

- A) **Overweight:** 58% of students are overweight/overfat, as compared to the acceptable ranges for their age & gender
- B) **Nutrition and Diet:** 36.2% students have a faulty diet with a high intake of fast foods and inadequate intake of healthful foods
- C) **Physically Unfit:** 41% of the students are physically unfit due to insufficient amounts of appropriate physical activity
- D) **High Stress:** 27.8% of the students have reported having high level of stress.
- E) **Health Behaviour:** 0% of the teenage students have reported that their peer group indulges in unsafe and risky practices.



Medical Status Follows

A) Existing Ailment:

0% of the children are on medication or have an existing medical ailment.

B) Dental Ailment:

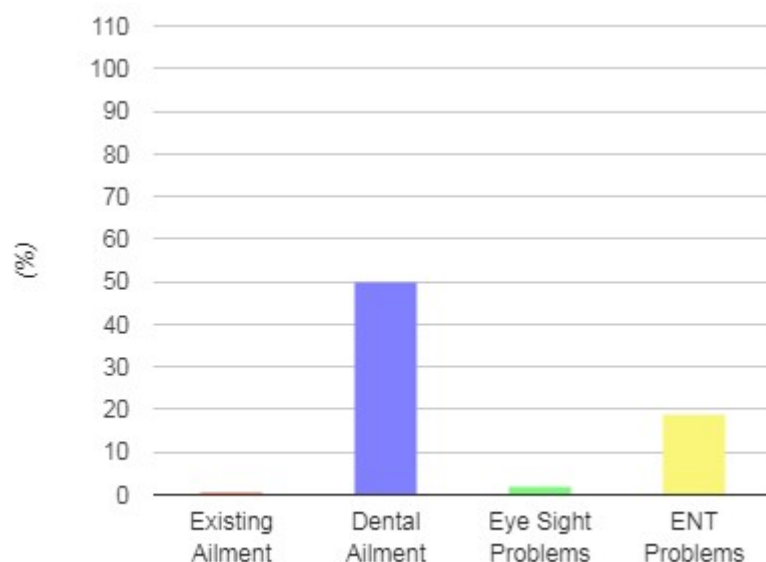
50% of children have dental ailments and gum problems etc.

C) Eye Sight Problems:

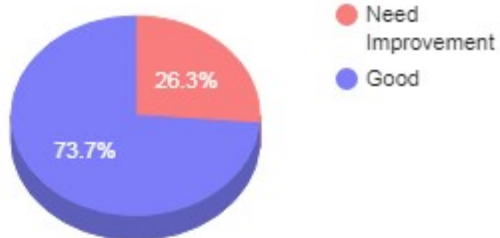
2% of the children have visual acuity problems

D) ENT Problems:

19% of the children have ear, nose, throat problems.

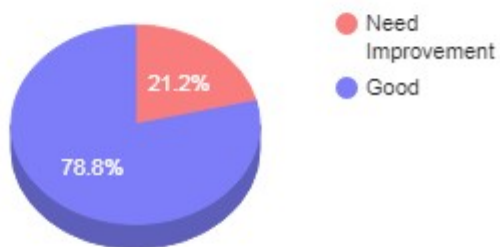


Ear Screening



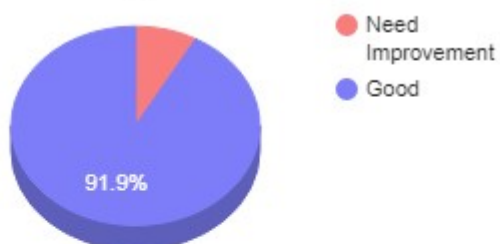
Ear Screening	Number	Percentage
Need improvement	80	26
Good	224	73

Nose Screening



Nose Screening	Number	Percentage
Need improvement	65	21
Good	239	78

Throat Screening



Throat Screening	Number	Percentage
Need improvement	26	8
Good	278	91

Micro Health & Lifestyle Analysis

A – Nutrition & Diet

Sl. No	Parameter	Yes	No
1	Daily intake of fruits or vegetables	70	29
2	Milk/ Curd or Eggs daily	71	28
3	6 – 8 glasses of water daily	69	30
4	Frequent intake of sweets, aerated drinks, fast food	71	28
5	Do you eat meat or beans, lentils, grams 3 to 6 times weekly	33	66

B- Exercise and Fitness

SL No.	Parameter	Yes	No
1	Touch your toes	64	35
2	Outdoor activities 1 –2 hours, 5-6 days a week	52	47

C- Stress

Sl No.	Parameter	Yes	No
1	Happy in School	86	13
2	Happy and comfortable at home	95	4
3	Many friends	86	13
4	Enough sleep and relaxation time	81	18
5	Are you uncomfortable with anyone	8	91

D- Healthy Behaviour

Sl No.	Parameter	Yes	No
1	Smoke/Sheesha	0	99
2	Alcohol and Drugs	0	99
3	Rash and Negligent driving	0	99

