



September 1, 2023
Strictly Confidential

To,
RAK American Academy
Ras Al Khaimah, UAE

School Health Screening Report Group Analysis

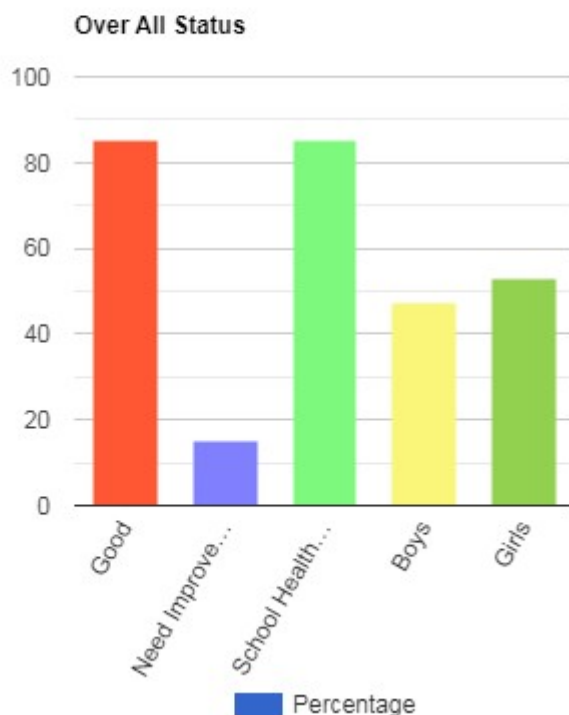
Thank you for participating in our **SAHI SCHOOL HEALTH SCREENING** program,
in Ras Al Khaimah, from **24 th May to 1 st June 2023**.

310 numbers of your children participated in the screening of which **147 numbers & 47 %** were boys & **163 numbers & 53 %** were girls.

85% of the children were rated as in Good Health, as against **15%** of the children who need to improve.

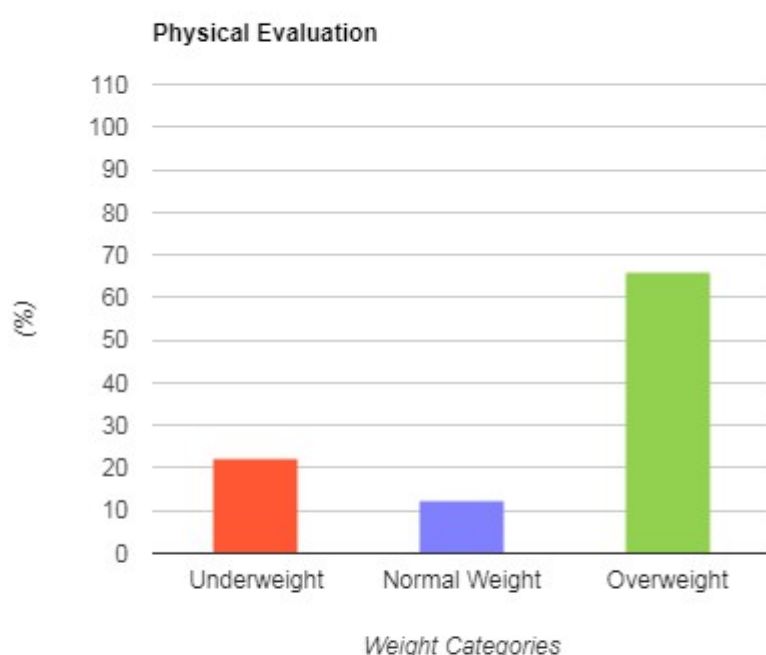
Your comprehensive Group, School Health Score is **85%**.

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



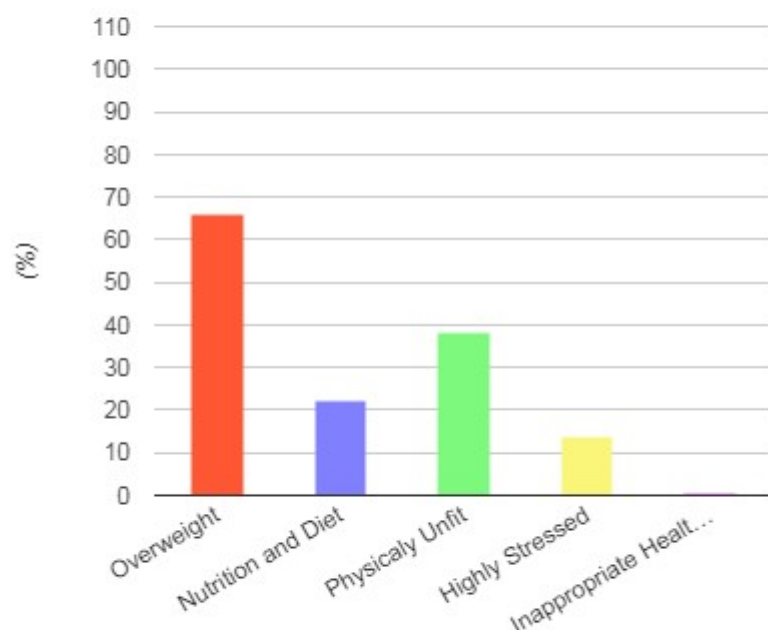
Weight status

Physical Evaluation	Number	Percentage
Underweight	69	22
Normal Weight	36	12
Over Weight	205	66



Lifestyle Status

- A) **Overweight:** 66% of students are overweight/overfat, as compared to the acceptable ranges for their age & gender
- B) **Nutrition and Diet:** 22.2% students have a faulty diet with a high intake of fast foods and inadequate intake of healthful foods
- C) **Physically Unfit:** 38% of the students are physically unfit due to insufficient amounts of appropriate physical activity
- D) **High Stress:** 13.4% 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:

1% of the children are on medication or have an existing medical ailment.

B) Dental Ailment:

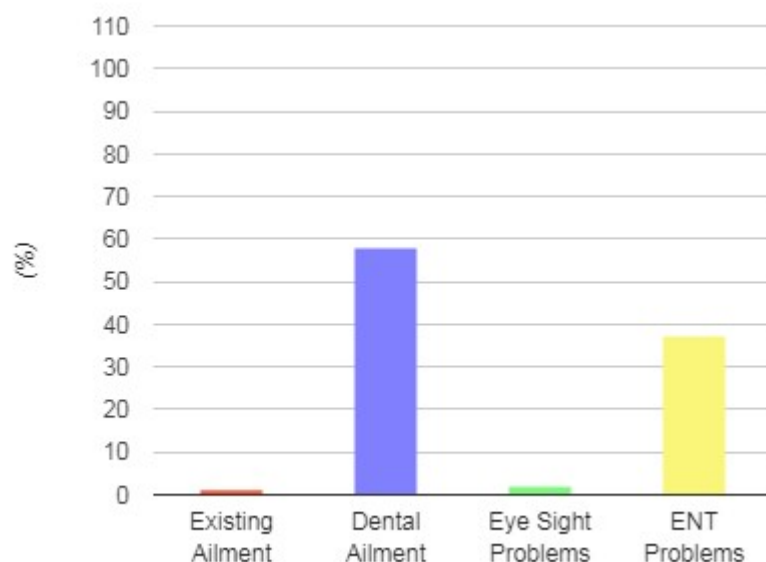
58% of children have dental ailments and gum problems etc.

C) Eye Sight Problems:

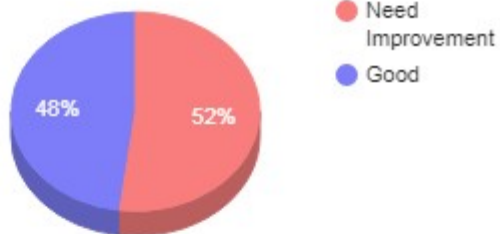
2% of the children have visual acuity problems

D) ENT Problems:

37% of the children have ear, nose, throat problems.

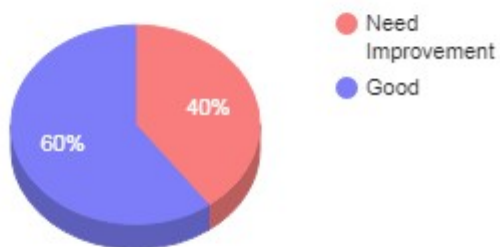


Ear Screening



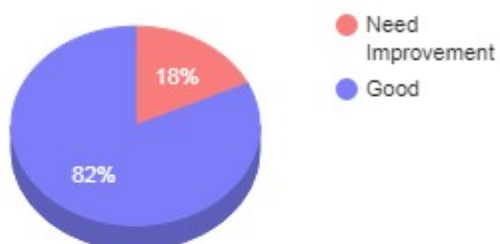
Ear Screening	Number	Percentage
Need improvement	162	52
Good	148	48

Nose Screening



Nose Screening	Number	Percentage
Need improvement	125	40
Good	185	60

Throat Screening



Throat Screening	Number	Percentage
Need improvement	55	18
Good	255	82

Micro Health & Lifestyle Analysis

A – Nutrition & Diet

Sl. No	Parameter	Yes	No
1	Daily intake of fruits or vegetables	84	16
2	Milk/ Curd or Eggs daily	80	20
3	6 – 8 glasses of water daily	71	29
4	Frequent intake of sweets, aerated drinks, fast food	87	13
5	Do you eat meat or beans, lentils, grams 3 to 6 times weekly	67	33

B- Exercise and Fitness

SL No.	Parameter	Yes	No
1	Touch your toes	78	22
2	Outdoor activities 1 –2 hours, 5-6 days a week	46	54

C- Stress

Sl No.	Parameter	Yes	No
1	Happy in School	97	3
2	Happy and comfortable at home	100	0
3	Many friends	99	1
4	Enough sleep and relaxation time	95	5
5	Are you uncomfortable with anyone	42	58

D- Healthy Behaviour

Sl No.	Parameter	Yes	No
1	Smoke/Sheesha	0	100
2	Alcohol and Drugs	0	100
3	Rash and Negligent driving	0	100

