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

Apollo Hospitals launches fifth edition of Health of the Nation 2025 report with focus on preventive care

07 April 2025 | News

Underscores the increasing rates of obesity and pre-hypertension among children



Apollo Hospitals has launched the fifth edition of its *Health of the Nation 2025* (HoN-2025) report with a clear message: “Don’t wait for symptoms—make preventive health your priority.”

Based on health screenings from over **2.5 million** individuals across the Apollo ecosystem in India, the report reveals a silent epidemic, millions are living with undiagnosed chronic conditions despite showing no visible symptoms. Notably,**26% were found hypertensive** and **23% diabetic** despite being asymptomatic, underlining that a symptom-led healthcare model is no longer viable.

Preventive health checks have grown exponentially as recorded by Apollo Hospitals, rising from**1 million in 2019 to over 2.5 million in 2024** — a **150% increase** in just five years. This reflects a growing shift in public awareness and proactive engagement with preventive healthcare.

The insights in *HoN 2025* are drawn from de-identified electronic medical records (EMRs of preventive health checks), structured clinical evaluations, and AI-driven risk stratification across Apollo’s hospitals, clinics, diagnostics labs, and wellness centres.

The report zeroes in on three urgent health challenges: **fatty liver disease**, **post-menopausal health decline**, and **childhood obesity**, emphasising the need for early personalised interventions and lifestyle-based care models.

Of the 257,199 individuals screened, a staggering 65% had fatty liver, and 85% of those were non-alcoholic. More than half had normal blood tests, meaning traditional diagnostics alone are not enough for a thorough evaluation.

The HoN 2025 report highlights a dramatic escalation in health risks for women post-menopause. Diabetes rates spike from 14% pre-menopause to 40% post-menopause, obesity climbs sharply from 76% to 86%, and fatty liver prevalence rises from 54% to 70%.

The report found that 8% of primary school students were already overweight or obese—an early indicator. This prevalence increases significantly through adolescence, reaching 28% among college students, highlighting the compounding impact of lifestyle and dietary changes. Additionally, 19% of college students were found to be pre-hypertensive, showing that non-communicable diseases (NCDs) are taking root much earlier than previously recognized.