

# World Heart Day 2025

## The India Inc Heart Index: Risks & Action



Early risk is rising

Millennials face a **70% surge** in heart risk factors.



30,000+  
Employees



20+  
Corporations

Sample Count: Based on health data from 30,000+ employees across 20 corporations

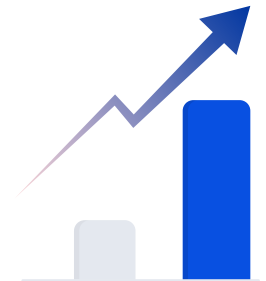
# Is India Inc. ignoring the silent epidemic among professionals?

Heart risk factors among Millennials have surged by 70% in just three years, highlighting the urgent need for early screening, lifestyle changes, and preventive health measures to curb future cardiac issues.

**70%**  
*Surged in just  
3 years*

Heart disease cases have risen by 40%, largely driven by chronic stress and demanding work schedules, with metro city employees showing significantly higher vulnerability compared to those in smaller towns.

**40%**  
*Heart disease  
cases have risen*



65% of employees report getting less than 30 minutes of physical activity per day, contributing to rising obesity, hypertension, and long-term cardiac risks across the urban workforce.

**65%**  
*Employees reports getting  
less than **30 minutes***

Note: This growing problem connects to age, lifestyle, and corporate culture, and sets the stage for deeper insights.

# Increase in Heart-Related Issues

The rise in heart conditions among working professionals is driven by unhealthy work habits, poor diets, chronic stress, and a lack of exercise. Modern work culture, digital overload, and irregular routines compound the problem, making early intervention critical.

## Key Observations:



Sedentary work styles and high screen time weaken both body and mind






Relying on processed foods and sleeping poorly disrupts healthy routines rapidly



There is rising workplace stress, especially among India's busy white-collar professionals

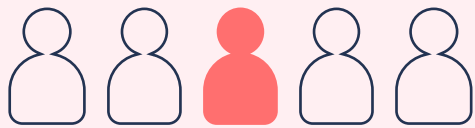
# Midlife in Crisis: Age Groups Most at Risk

Age group	 35 - 45 (Millennials)	 45 - 55	 Below 30
Heart Risk Surge	+70% in 3 years	Moderate	Lowest
Prevalence of Diagnosed Conditions	Rising rapidly	Highest diagnosed cases	Low
Early Warning Signs	Hypertension, Cholesterol, BMI	Persisting heart risks	Sedentary, stress makers rising

**Key Observations:** Younger professionals are developing risk factors earlier, hinting at future waves of diagnosed heart disease if trends persist.

# Rising Heart Risks in the Workforce

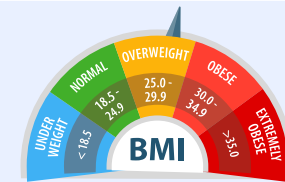
The rise in heart risk factors is already showing serious implications. Hypertension now affects one in five employees, while high cholesterol impacts 38% of those aged 30 to 40. Obesity rates, with BMI levels above 25, are steadily climbing across city workforces. If this trend continues, it could put immense pressure on healthcare systems and significantly reduce workplace productivity, making proactive health interventions a critical priority for employers



One in five are getting affected with Hypertension



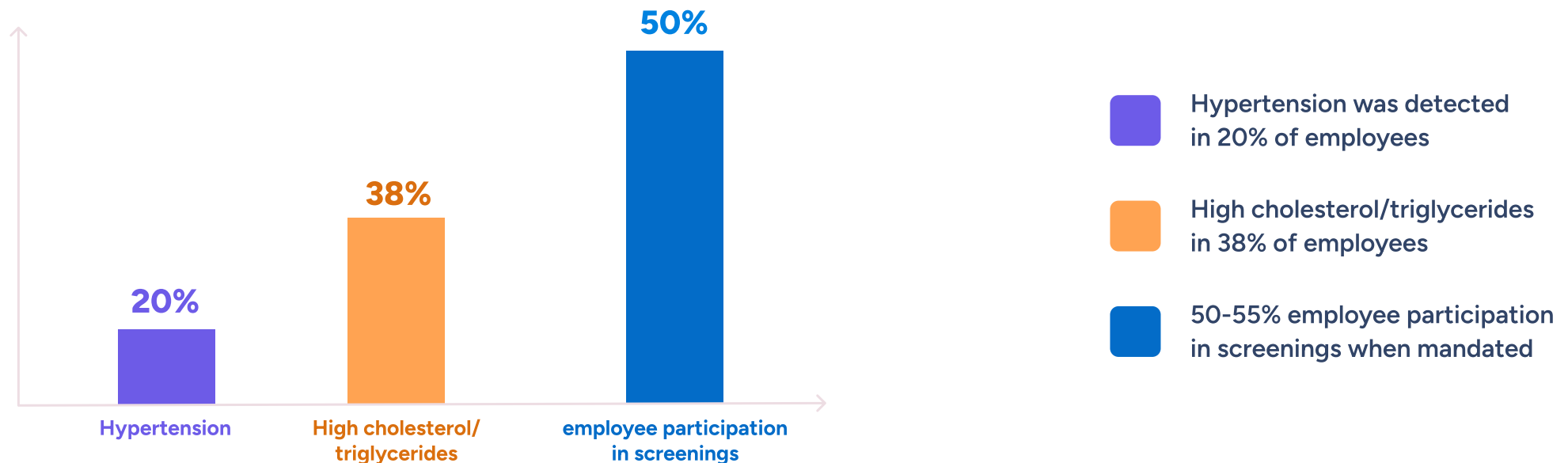
High Cholesterol impacts 38% of those aged 30 to 40



BMI levels above 25, climbing across city workforces

# Corporate India Fights Back: Integrating Heart Health at Work

Companies are broadening wellness programs to include **OPD benefits**, expanding access to cardiology consults, diagnostics, nutrition, and stress management. Participation in preventive checkups rises to 50-55% when mandated or sponsored by employers. Heart health awareness campaigns, step challenges, and proactive screenings are now standard in progressive organizations.



# Emerging Trends in Corporate Heart Health

Corporate India is witnessing a transformation in heart health strategies focused on proactive prevention and better engagement through technology and wellness integration.

- Mandatory annual or bi-annual health screenings are now standard in many progressive companies.
- Digital health nudges, including app reminders and gamified step counts, effectively boost employee participation.
- Increased adoption of mental well-being sessions, yoga, and workplace fitness challenges indicates a holistic wellness focus.



Health screening



Digital Engagement



Wellness Activities



Healthy Heart

# Solutions for Corporate Heart Health Challenges

Effective heart health management involves a blend of lifestyle changes, supportive corporate policies, and continuous employee engagement.

- Promoting active lifestyles through regular breaks, fitness incentives, and ergonomic workstations.
- Instituting stress reduction workshops, mindfulness practices, and mental health support programs.
- Implementing preventive health screenings and incentivizing participation with rewards and awareness campaigns.



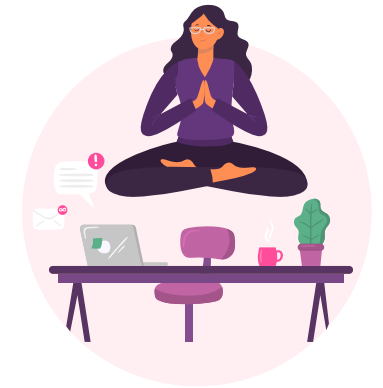
Active Lifestyle  
Promotion



Stress  
Management



Preventive  
Screenings



Enhanced Employee  
Wellbeing