

Project SMILES

(Stronger India through a Million Health Educated Students)

- Target Population - College Students
- Target Age Group - 18-25 years
- Efforts Required - Anthropometric Measurements

Height (cm)

Weight (Kg)

Waist Circumference (cm)

Hip Circumference (cm)

Neck Collar Size (cm)

Do you feel tired all the time?

Are you often getting skin acne?

Are you struggling to find clothes of your size and like?

Are you concerned about it?

All these struggles can be a reflection of unhealthy lifestyle.

ARE YOU AT RISK OF FATTY LIVER



1 in **4** Indian adults
have **Fatty Liver Disease**

If you are 18-25 years of age, please scan the QR code
below for self assessment of risk of fatty liver in under 10 minutes.

Scan this QR code



or

open the following link in web browser

<https://forms.gle/GxEyWMA4gOMTzvAaA>

INSTITUTE OF LIVER AND BILIARY SCIENCES

An Autonomous Society Under Govt. of NCT of Delhi

D-1, Vasant Kunj, New Delhi - 110070

Tel.: + 91 11 46300000, Liver Helpline: 1 800 11 5354, Web: www.ilbs.in

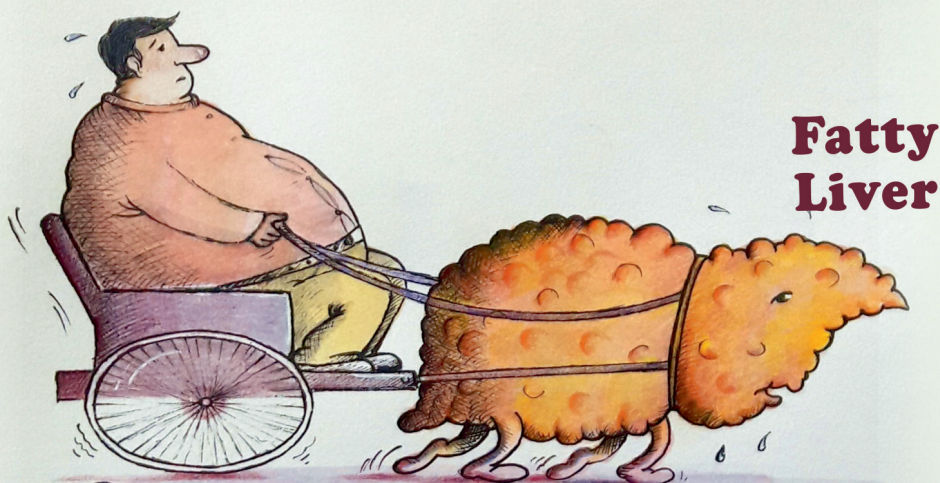


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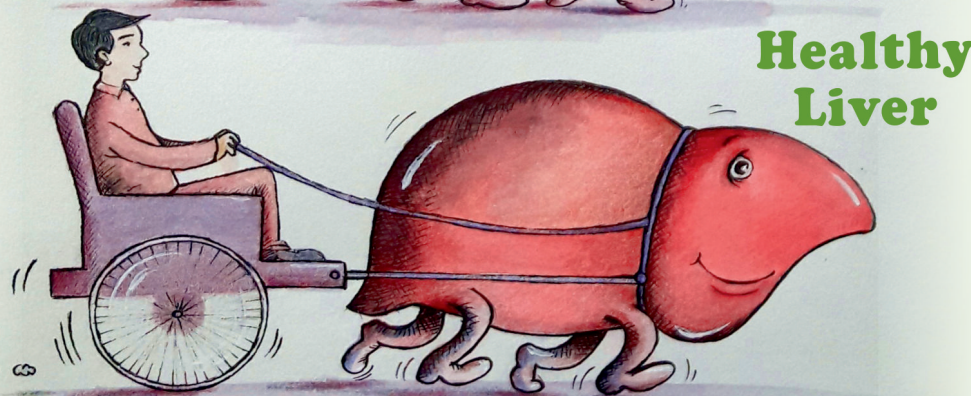
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Which of these scenarios do you prefer?



Fatty Liver



Healthy Liver

Ideal waist circumference

- Males < 90 cms
- Females < 80 cms

If your waist circumference is more than these values, you might be at risk for fatty liver.

If you are 18-25 years old, spare 10 minutes to know your risk of fatty liver by opening the following link in web browser
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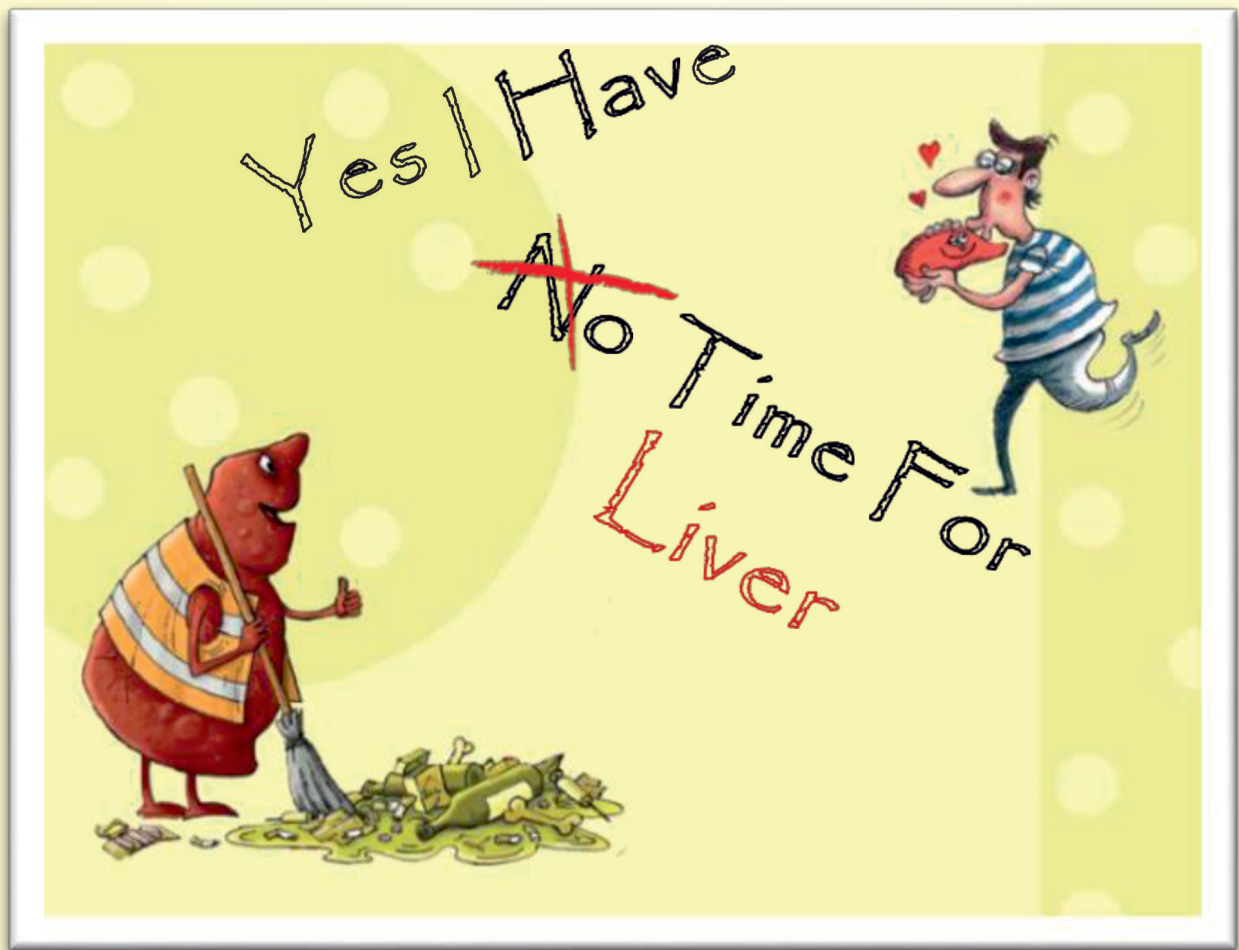


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Do you have time for your Liver?



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Do you want to know which risk category you belong to?

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