



# JCSC WELLNESS CHALLENGE

Overview, Results, and Analysis

April – December 2012



# GOALS



**Stop passing the high risk gene to the next generation**

**Improve collective and health score cards**

**Raise awareness of risks and start dialogue of health & wellness**



# PLAN OF ACTION

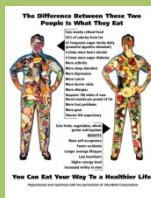




# TOOLS WE USED...



## WEBSITE



**HEALTHY  
JAIN  
COOKBOOK**

[CLICK HERE FOR THE PDF](#)

### HEALTH GUIDE:

- ✓ EXERCISE
- ✓ NUTRITION
- ✓ STRESS MGMT

### SUGGESTED READING



**THE WORLD IS GETTING  
WIDER. WHAT CAN BE  
DONE ABOUT IT?**

## E-MAIL



### BENEFITS OF YOGA

- increased strength
- increased flexibility
- posture improvement
- increases lung capacity



## WELLNESS CORNER HEALTH SEMINARS





# HEALTH ASSESSMENTS



## PHASE 1

**497 REGISTERED**

**62%**

**OVERWEIGHT**

**48% AT RISK  
OF HEART DISEASE**

**42% PRE-DIABETIC**

**15% DIABETIC**

## PHASE 2

**25% PARTICIPATION**

**1521 TOTAL ENTRIES  
IN WEEKLY  
CHALLENGES**

**66% COMPLETED  
CHALLENGES**

## PHASE 3

**60% PARTICIPATION**

**202 participants  
Lost 2-6% weight**

**88 participants  
Gained 1-5% weight**

**1.67% total BMI reduction**

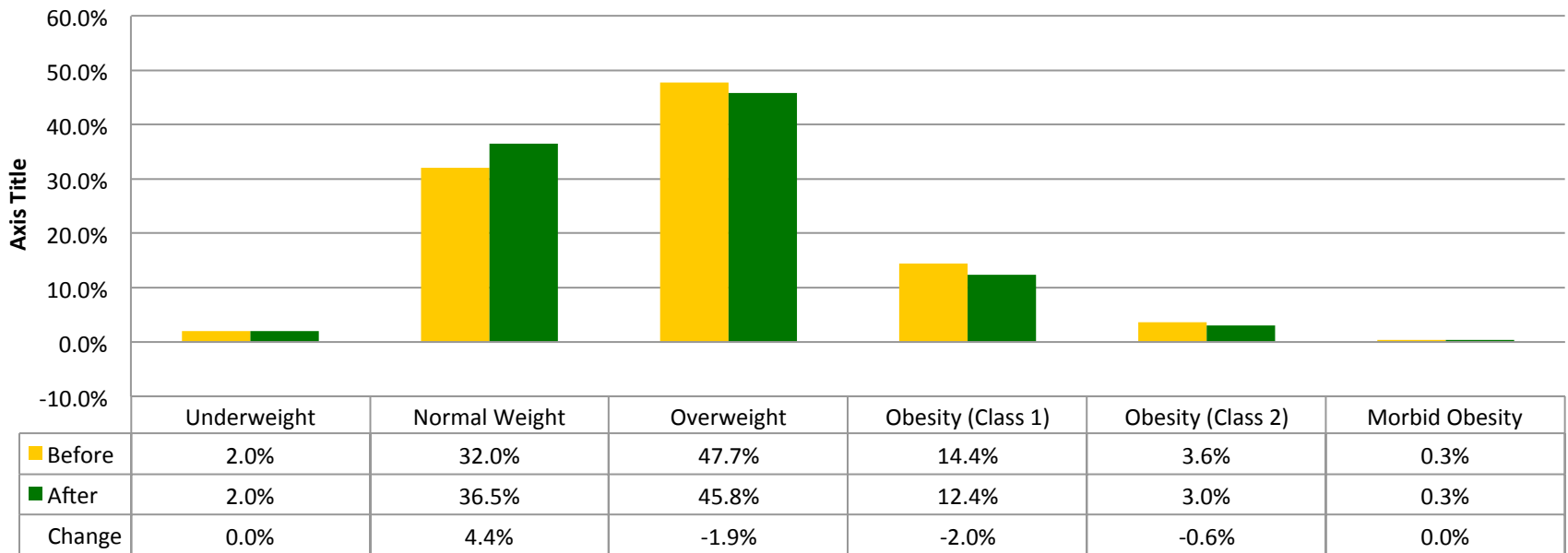


# WEIGHT ASSESSMENTS



- 202 participants lost 2-6%
- 88 participants gained 1-5%
- 4 participants reflected no change

Changes in Weight

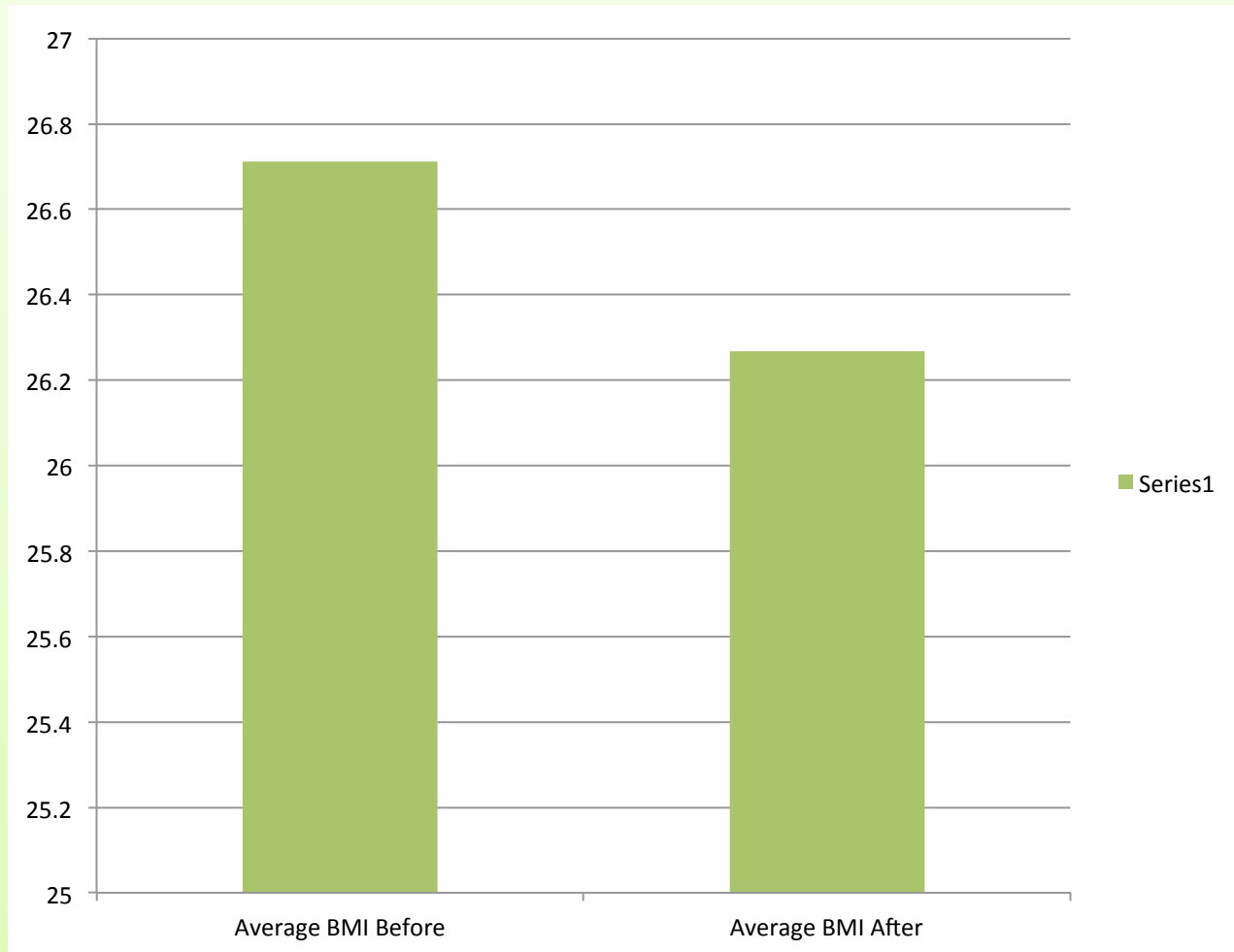




# BMI ASSESSMENTS



1.67% BMI reduction

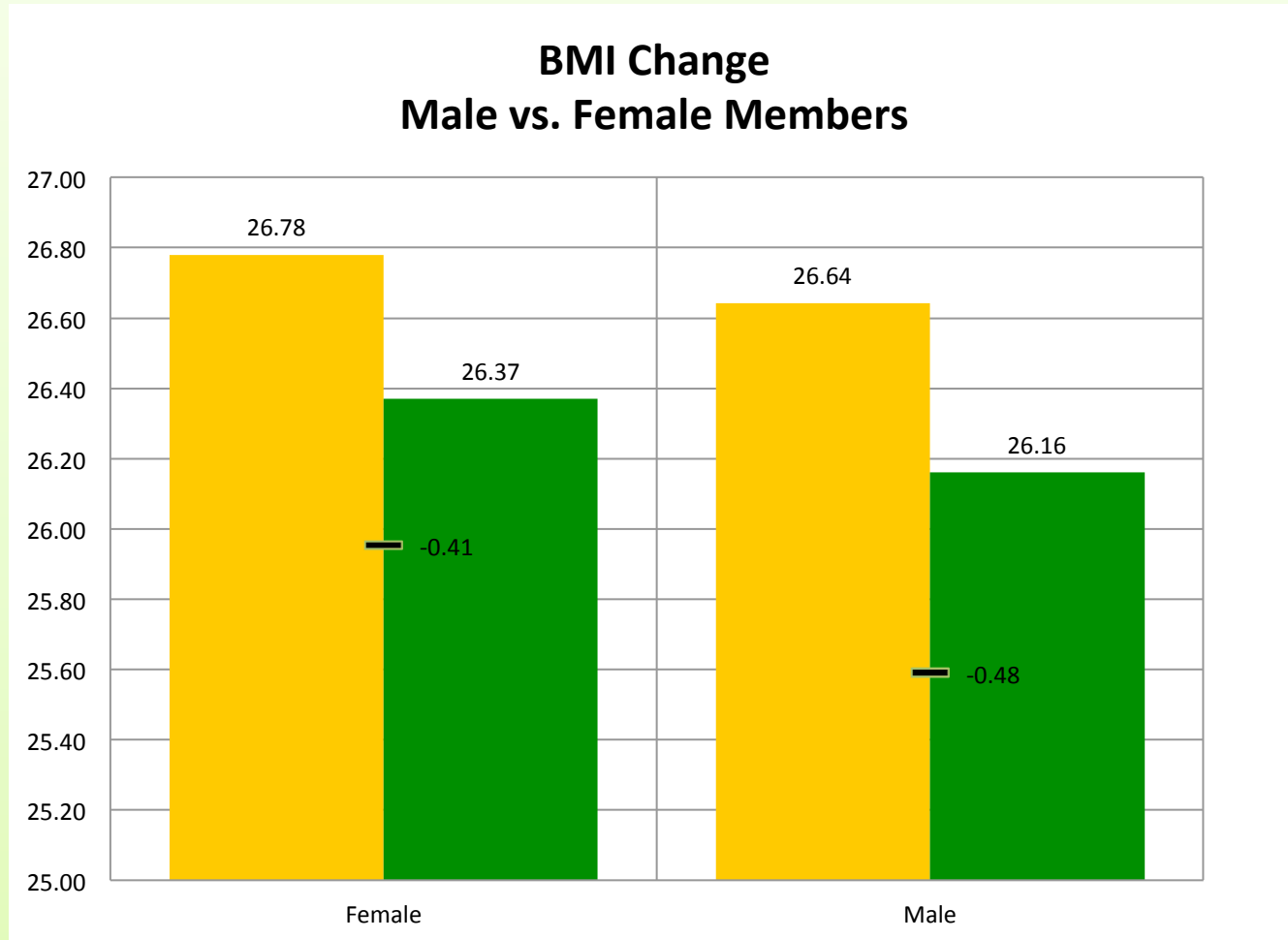




# BMI ASSESSMENTS



BMI Reduction: 1.53% for Female vs. 1.81% for Male members



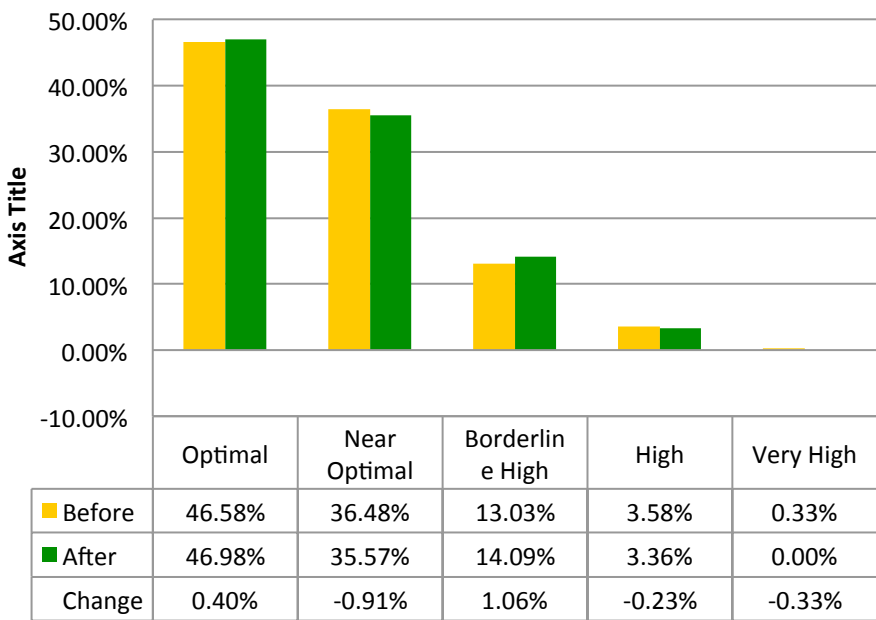




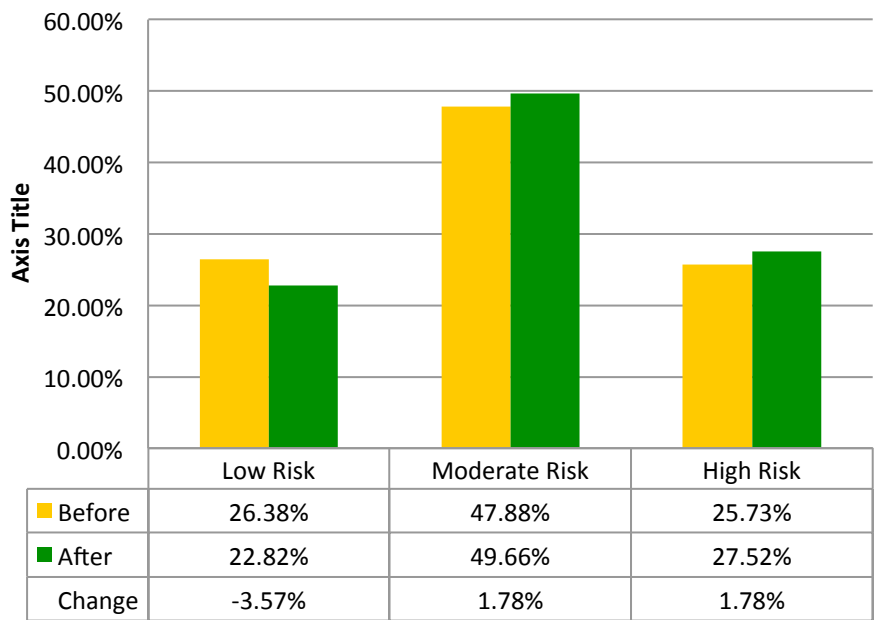
# CHOLESTEROL ASSESSMENTS



Changes in LDL



Changes in HDL



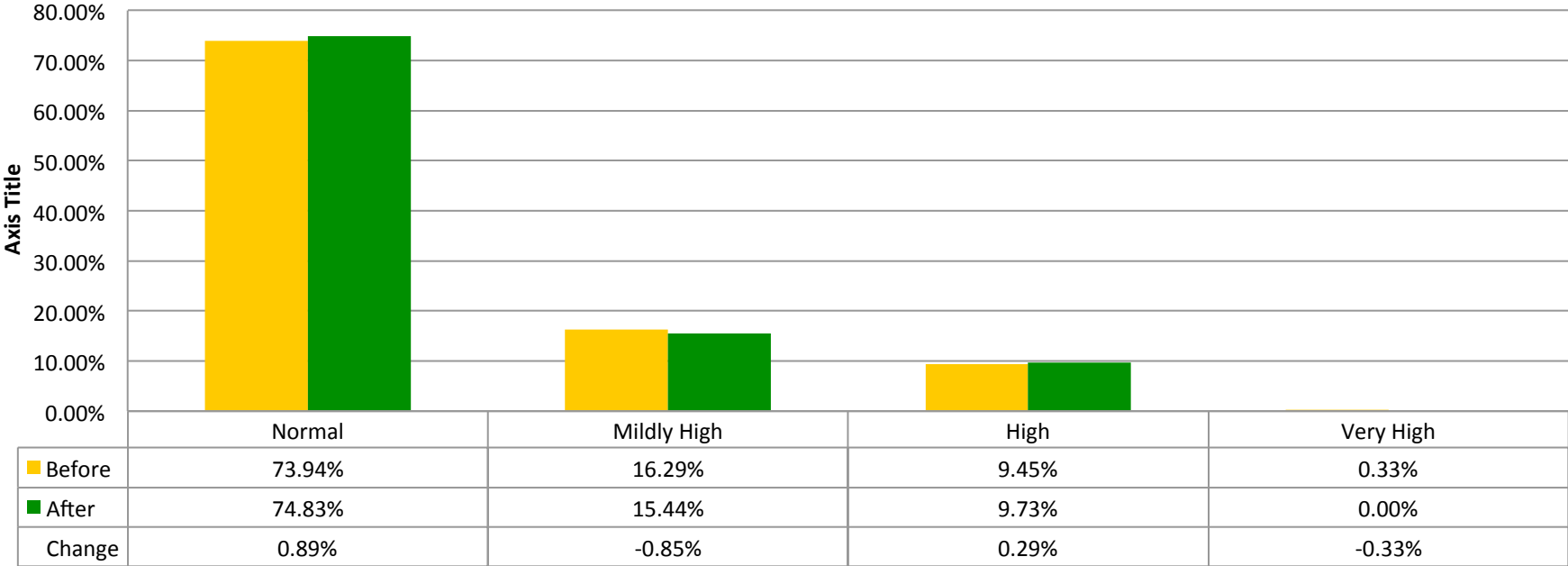
Write up



# CHOLESTEROL ASSESSMENTS



Triglycerides



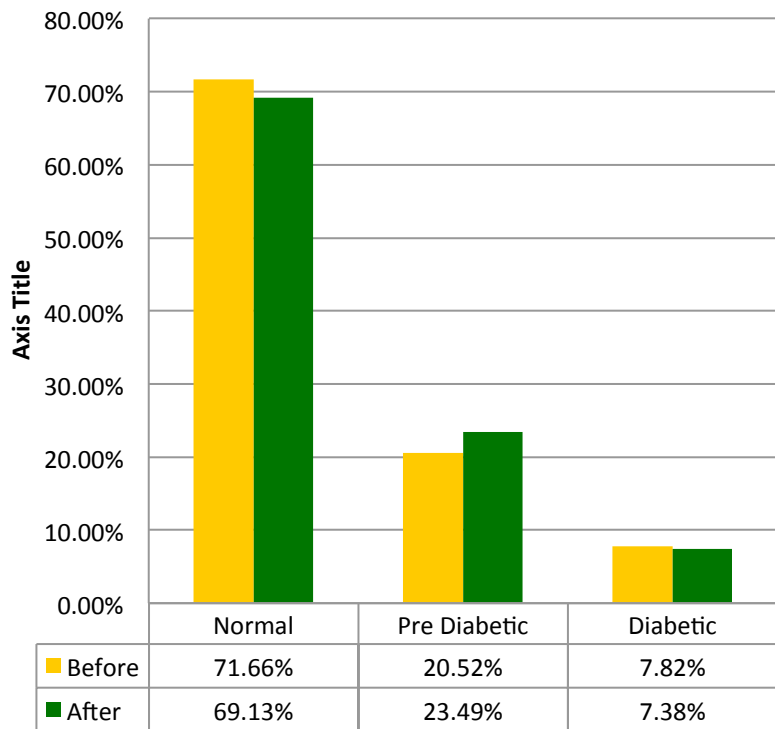
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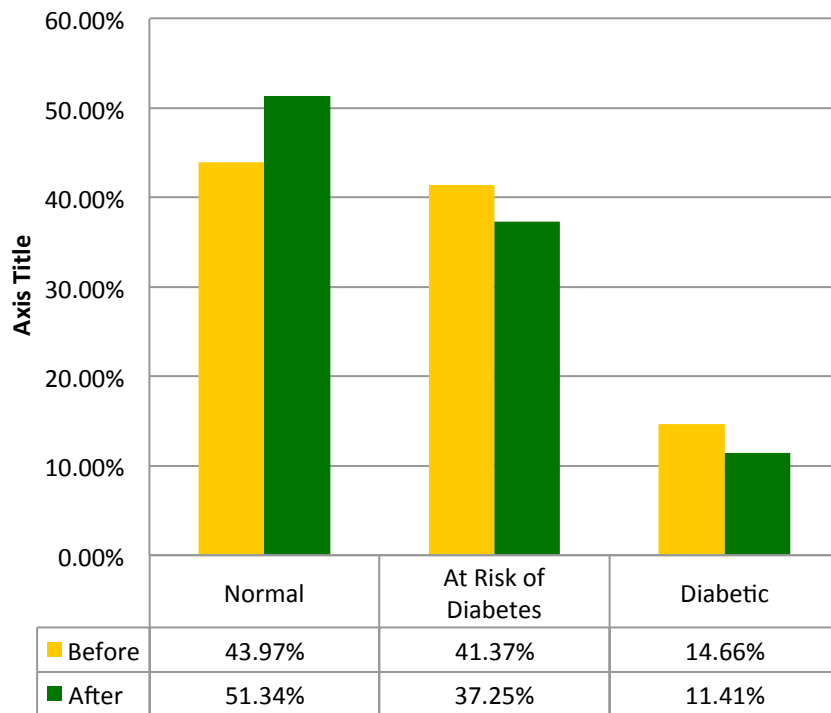
# GLUCOSE & A-1 C ASSESSMENTS



## Glucose



## A1C Results



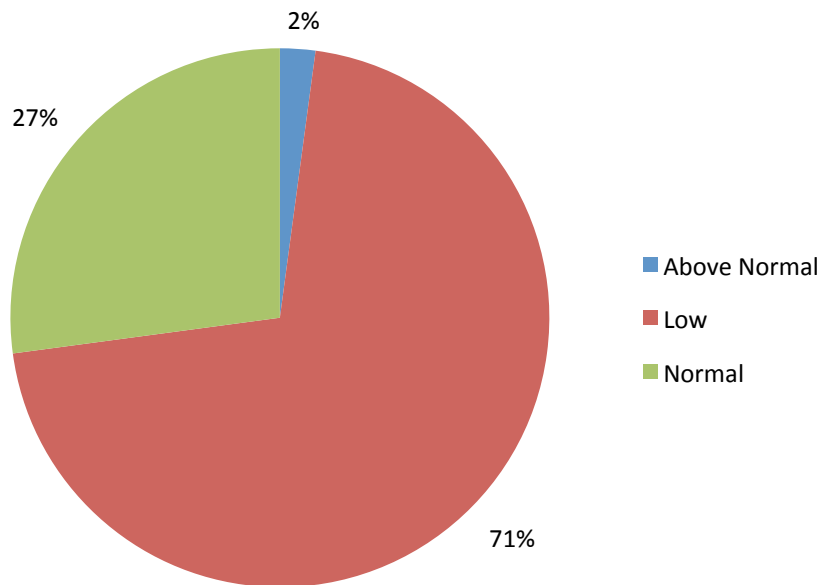
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# VITAMIN D AND B12 RESULTS



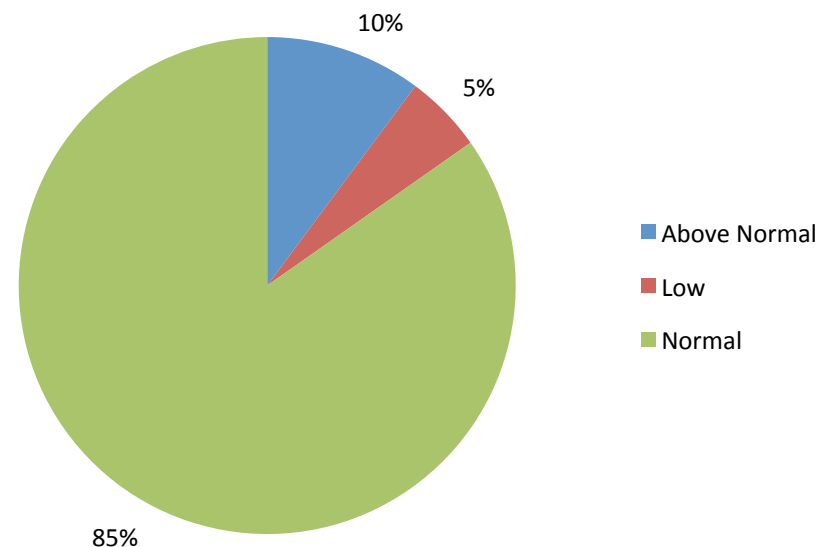
## Vitamin D



Normal: 30-50 ng/mL

**Vitamin D helps the body absorb calcium and phosphorous. Vitamin D deficiency causes pain, hormone problems, muscle weakness and more. Essential for women of every age.**

## Vitamin B12



Normal: 200-900 pg/mL

**Vitamin B12 helps make blood cells and maintains a healthy nervous system. Reduces risk of anemia. Vegetarians have a higher risk of developing anemia and should take a supplement.**



# SUMMARY



60% actual participation

Sarva Mangal family trust graciously void the requirement of 80% participation \$20,000 for expenses plus

**\$12,000 challenge matrix donation to Jain Center**



# OBSERVATIONS BY SPONSOR



## PARTICIPATION

- 40% of participants were considered wellness diehards
  - Attending many seminars
  - Participated in most challenges and classes
  - Asked questions, were involved in a large way
- 43 participants signed up for donations, yet no one followed up with them
- 50 strong volunteers, including youth, are asking **What is next?**



# SURVEY RESULTS



[www.JCSCWellness.org](http://www.JCSCWellness.org)

Highly regarded resource

Helped raise awareness for health and its  
impact on JCSC members



# SURVEY RESULTS



## Nutrition

1. Eating habits changed for many
2. Conscious eating outside
3. Healthy cooking
4. More knowledge of super foods and overall nutrient value

## Exercise

1. Increased physical activity
2. Greater consciousness of positive effects of walking and yoga

## Stress Mg

1. High participation in yoga classes.
2. More awareness to get adequate sleep
3. Observed relaxation techniques





# SURVEY RESULTS



77% prefer challenge led by a religious organization

BOD & Executive Committee must be involved

Started as a challenge for JCSC then SMFT

Food served at Jain Center has not much changed

Healthy Cooking Class permission delayed by 6 weeks



# QUESTIONS TO CONSIDER



- Is Wellness of members as important as religious activity?
- Do Religious and Wellness activity co-exist?
- If yes, why sponsors were asked to share the cultural center usage cost from the Wellness fund?
- Is JCSC ready for Next Step on Wellness?



# SURVEY RESULTS



Coaching based approach instead of  
Challenge based

Those who need help, gets coaching

This has proved very successful in  
Northern California

Involve 2<sup>nd</sup> Generation Jains



# CONCLUSIONS



SMFT thanks all participants for allowing  
to start innovating approach to twin  
epidemics affecting South Asians

Thanks to **Quest Diagnostics** for in Kind Donation

Thanks to **SARATHI** for 24 weeks of Yoga Classes

Even though results are not spectacular,  
we are ready to tweak the program



# CONCLUSION



It also shows habit of generations are not  
easy to change

Richest Minority-Jains wellness score is  
similar to bottom 30% of Americans

Giving up should not be the choice

Make suggestions – we will listen