



Jain Center of Southern California

Wellness Challenge



The Problem - Heart



- Incidence of Heart Disease is **4 times greater** in South Asians.
- 50% of South Asians with Heart Disease are under the age of 50.



The Problem - Diabetes



- Every third diabetic person in the world is Indian
- Risk of Type 2 diabetes is **four times higher in Indians**
- Nearly half of Indians have Metabolic Syndrome

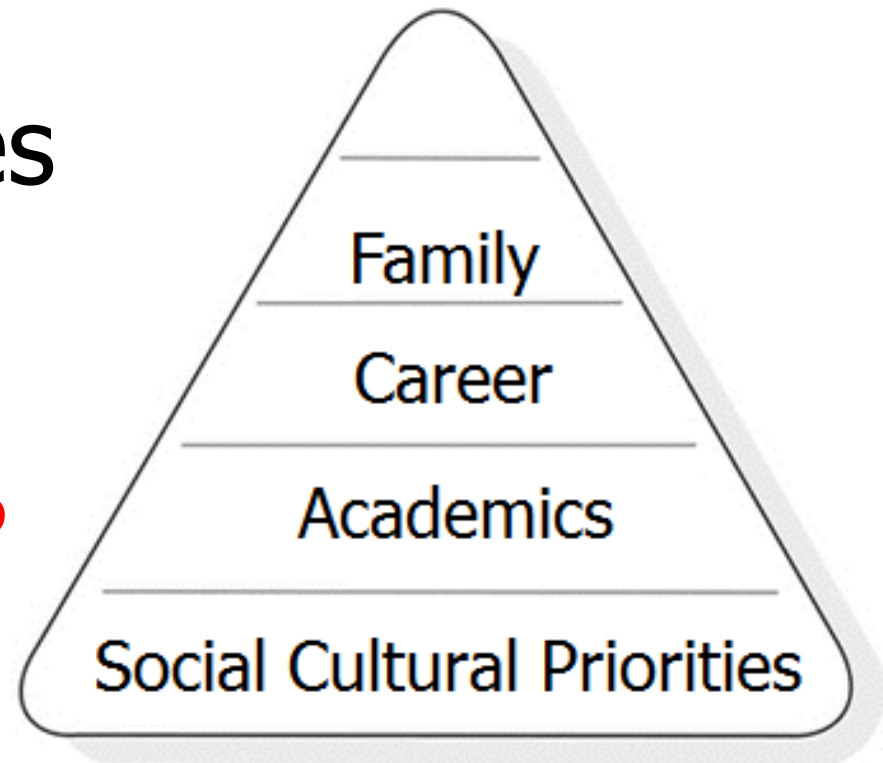


Why Us?



- South Asians have inherited high risk genes
- Diet
- Lifestyle choices

Nutrition?
Physical Activity?



Why Us?

Diet

- Refined carbohydrates
- Saturated fats

High calorie intake

No fruits and minimal vegetables



Fried Puri

High Saturated Fats



GRANDPARENTS

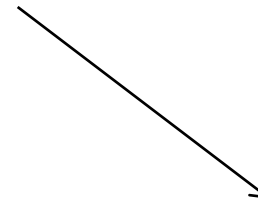
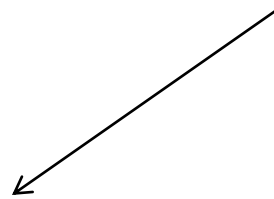


PARENTS

25 – 45 years age group



CHILDREN



DO NOTHING?

Pass the gene
to the next
generation

Family Wellness

- (1) Take the challenge
- (2) Improve health
- (3) Make the difference



What can we do?



- To improve our health?
- To allow our community to have a longer and healthier life?
- To alert those who are at high risk as early as possible?



Wellness Phase 1



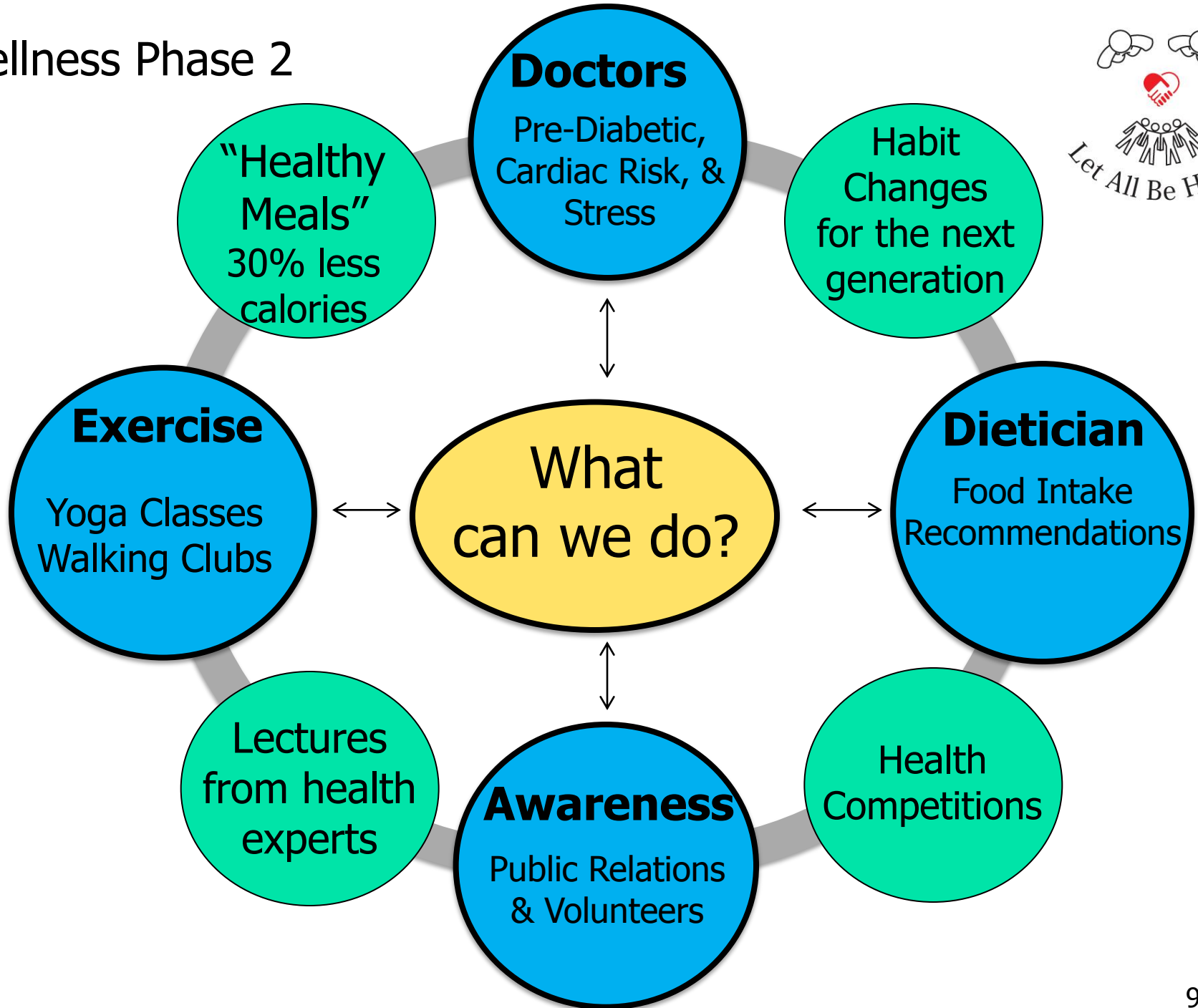
April 29th, 2012 and May 6th, 2012

500 participants from the community can obtain baseline Biometrics reading:
BP, BMI (Height and Weight), Sugar, HgbA1c, and Lipid Profile.

Results will be kept confidential.

Where we are?

Wellness Phase 2



Wellness Phase 3



- Biometric measurements and blood tests will be repeated after six months.
- Allow our community to have a longer and healthier life

Improvement by 20%?



No change?

