



JCSC WELLNESS CHALLENGE



End Of Challenge Survey Results

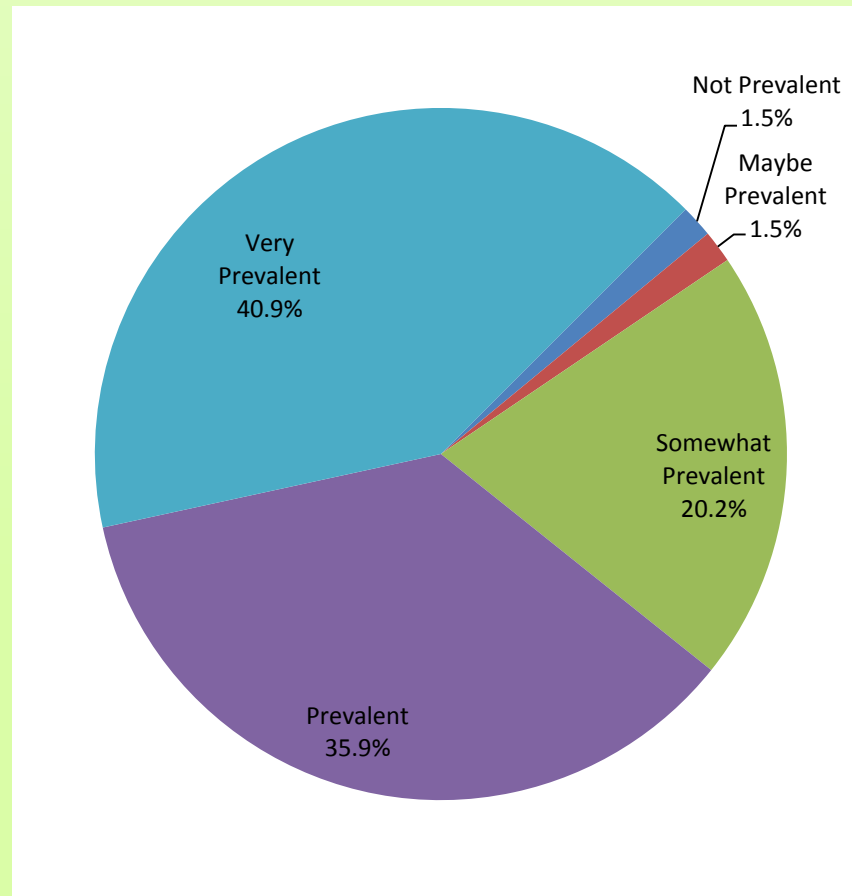
Survey is based on 200 participants



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How prevalent are the twin epidemics (heart disease and diabetes) in the South Asian community? More specifically within the Jain Community?

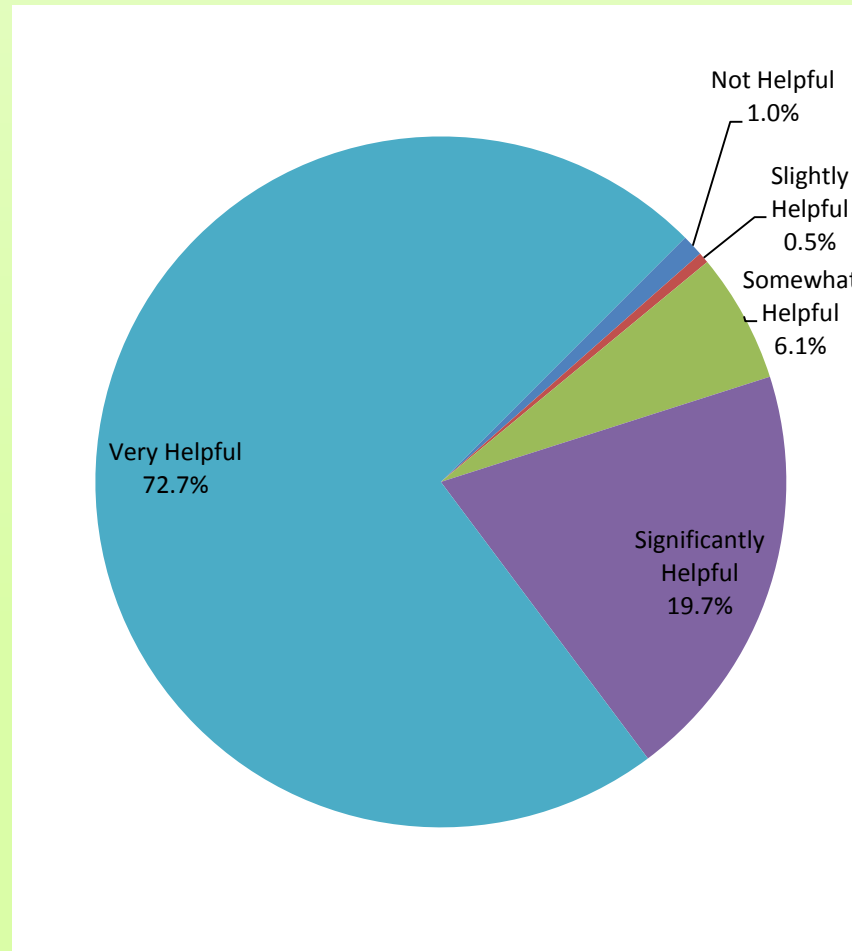




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How helpful was the JCSC Wellness Challenge?

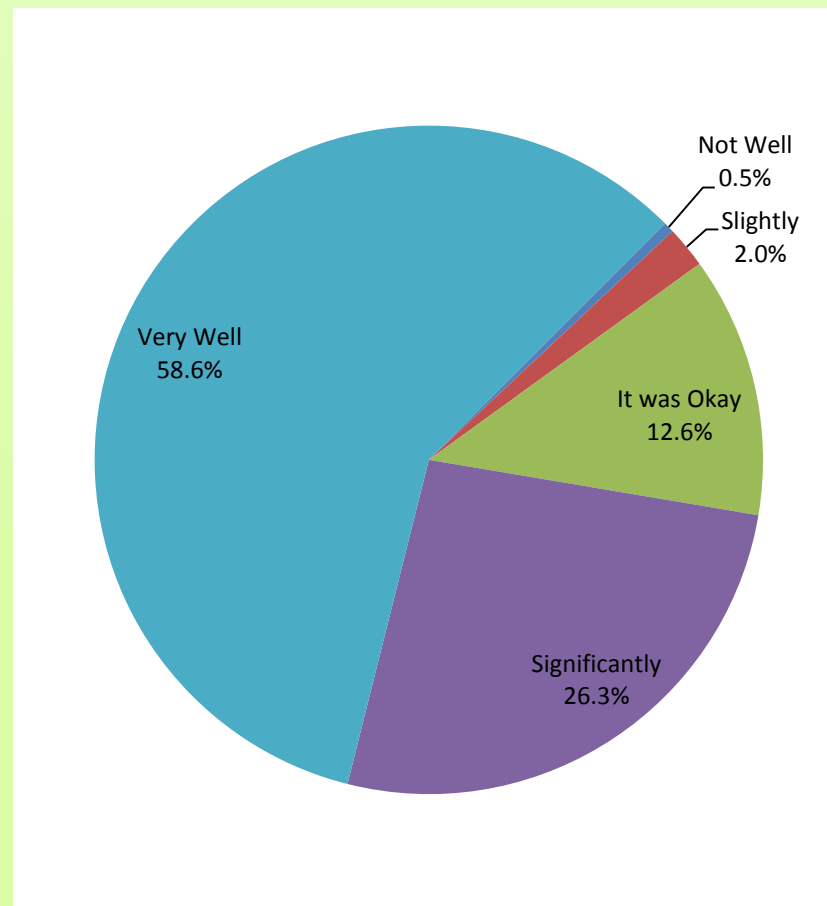




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How well did the JCSC Wellness Challenge help address your health concerns?

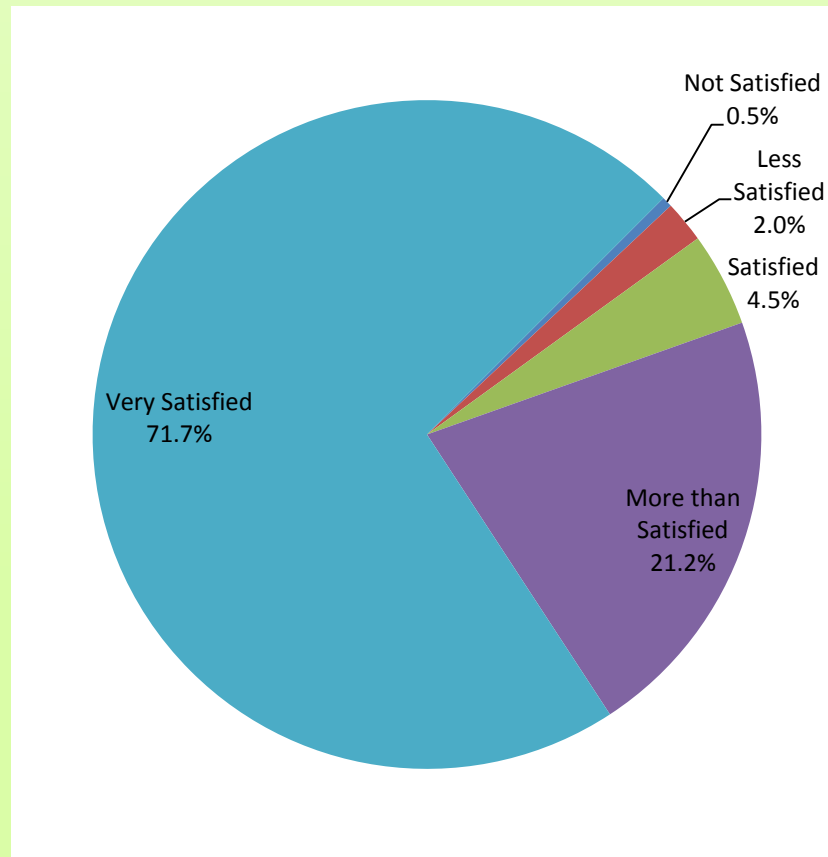




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How satisfied are you with the program overall?

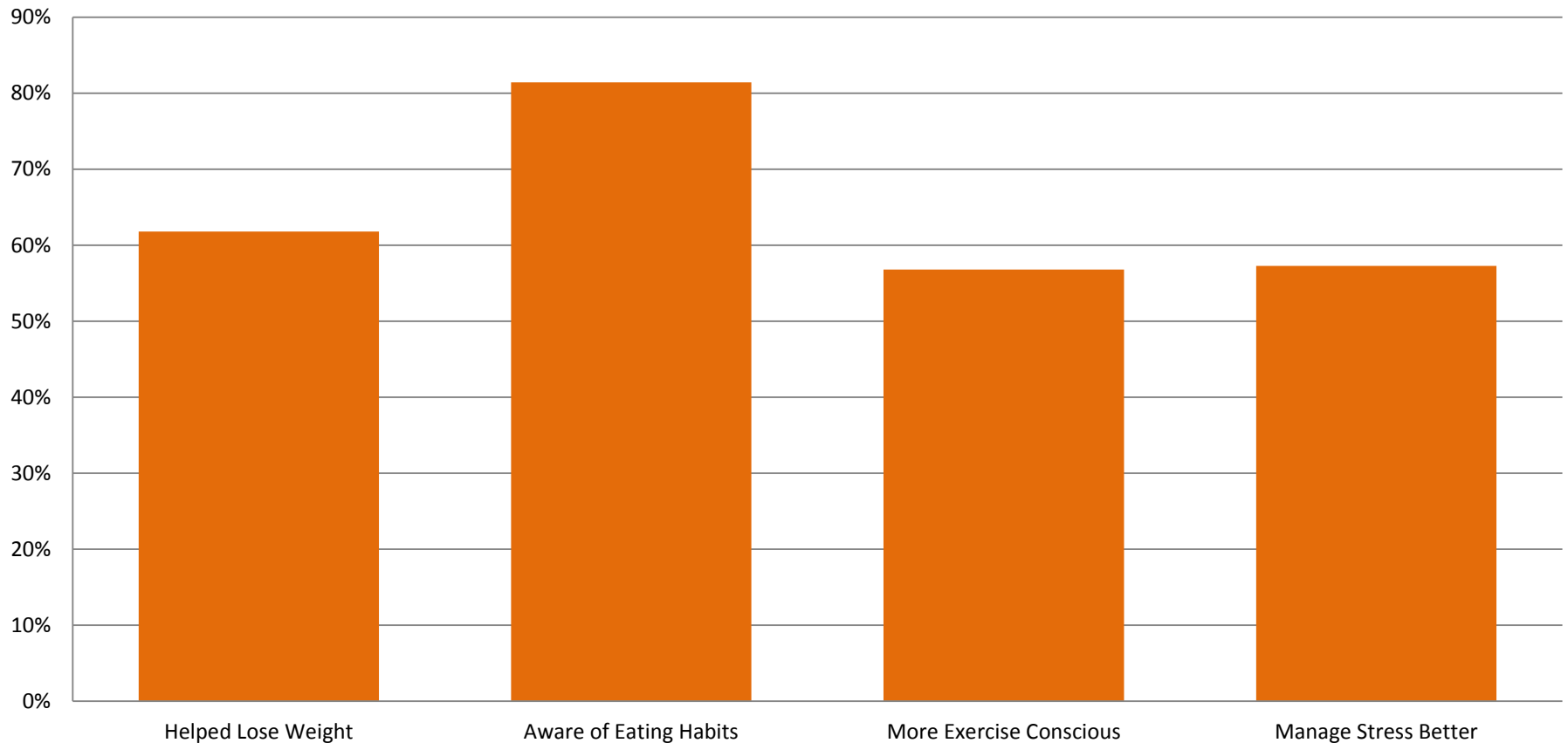




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What were the direct effects of the challenge?

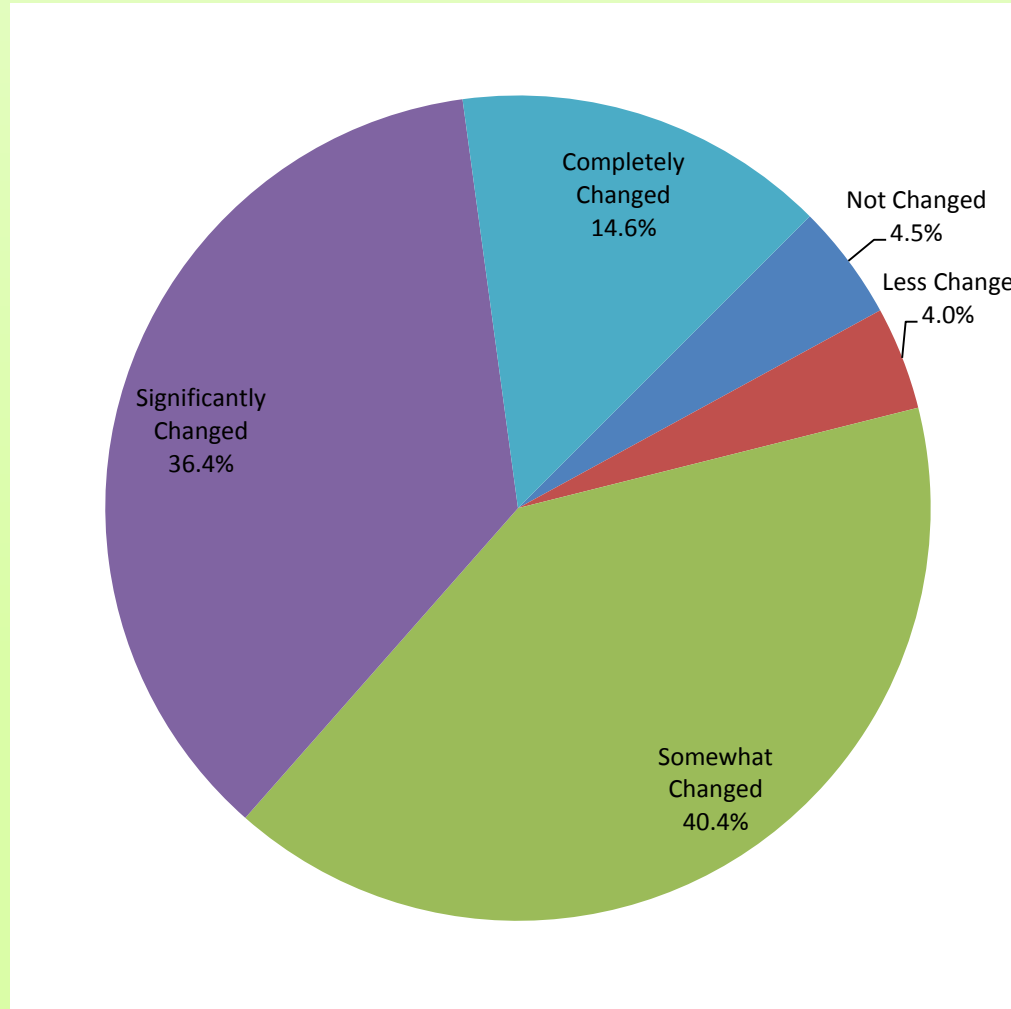




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Were there any changes in eating habits?

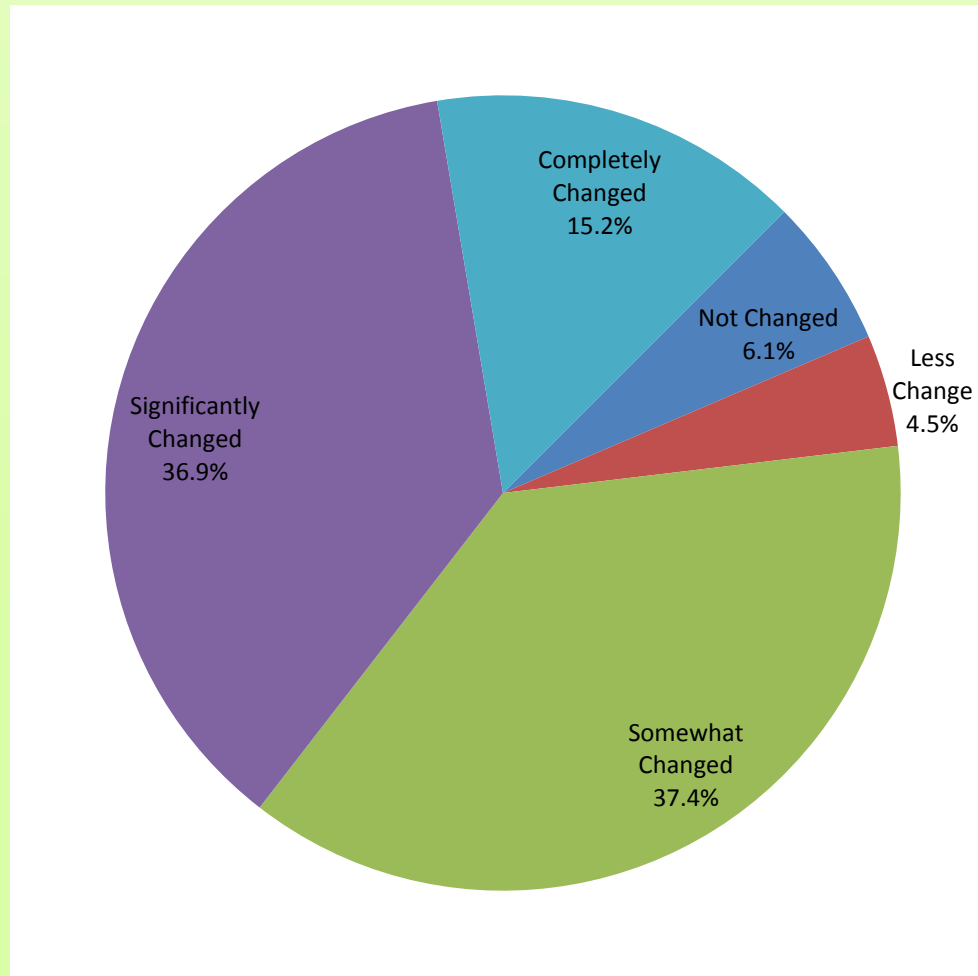




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Were there any changes in exercise habits?

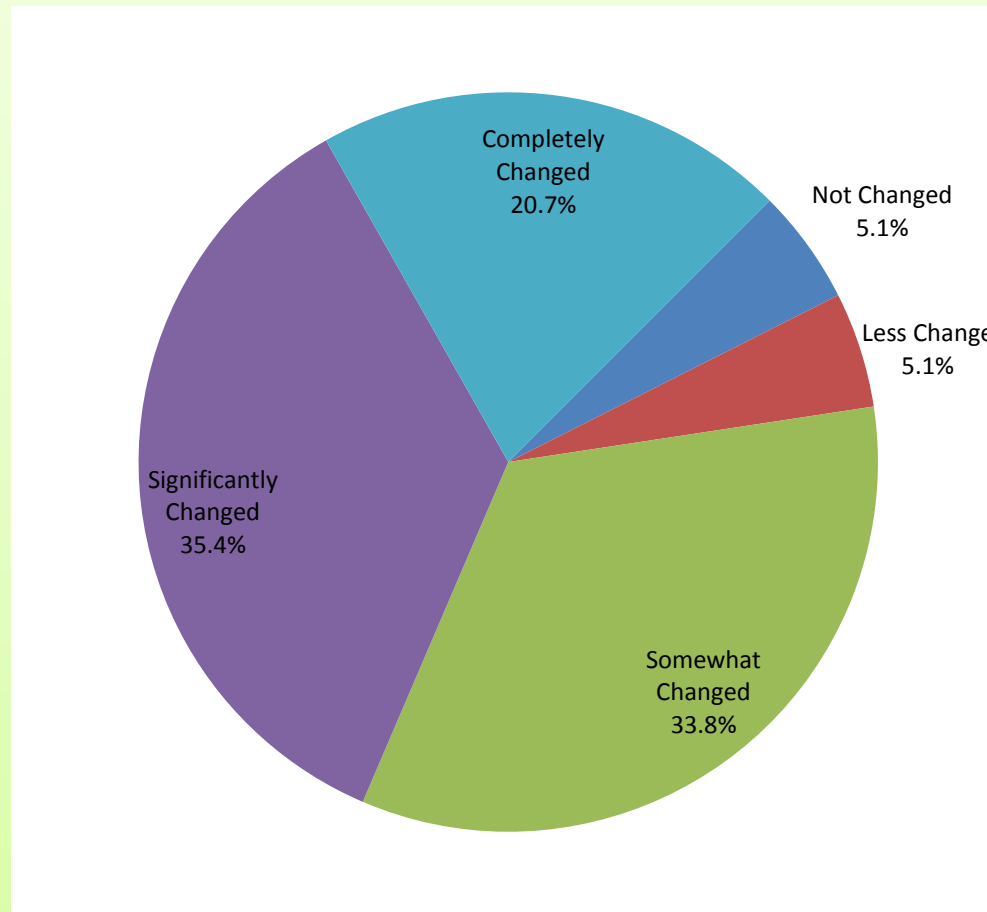




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How significantly did the challenge affect/change the types of food you purchased?

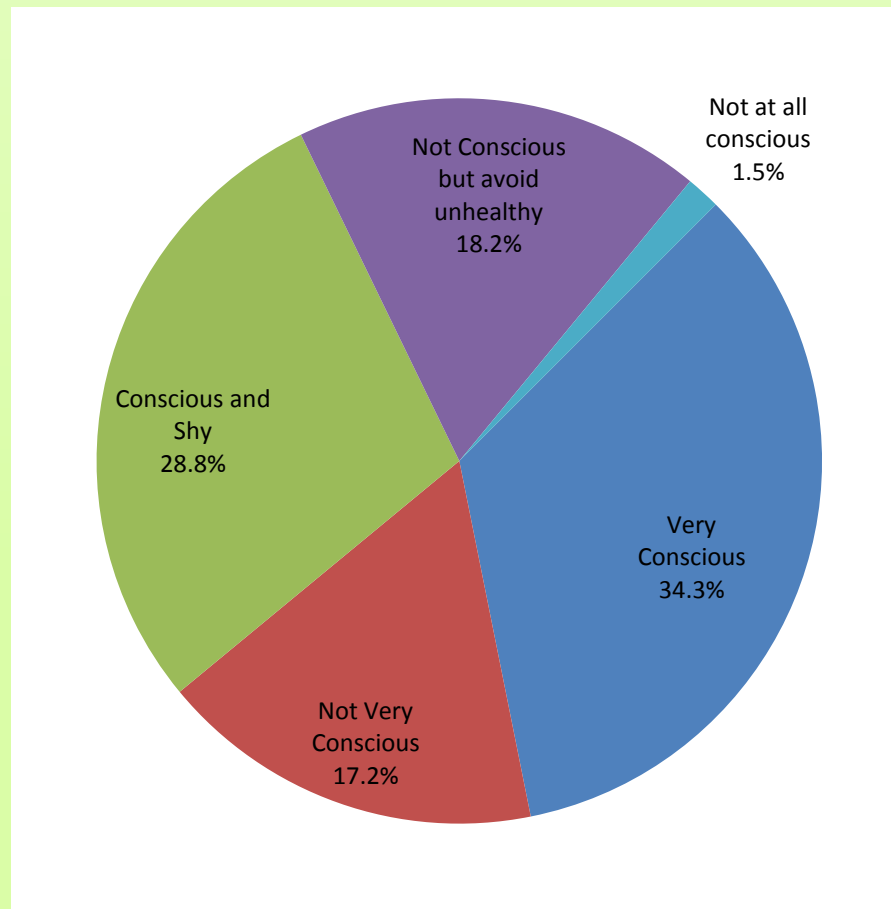




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How conscious are you about health and nutrition in social situations?

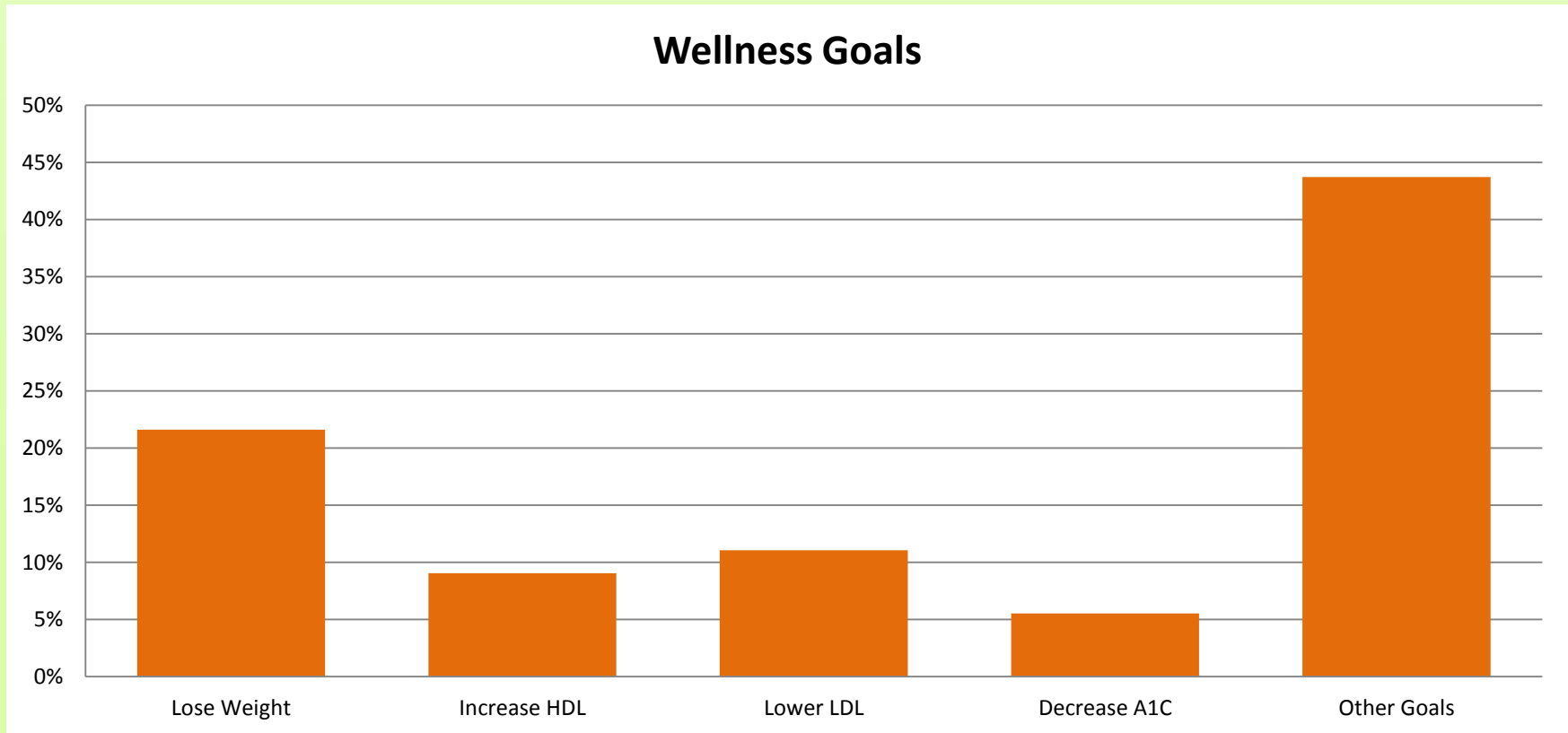




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What were your health goals when starting the program?

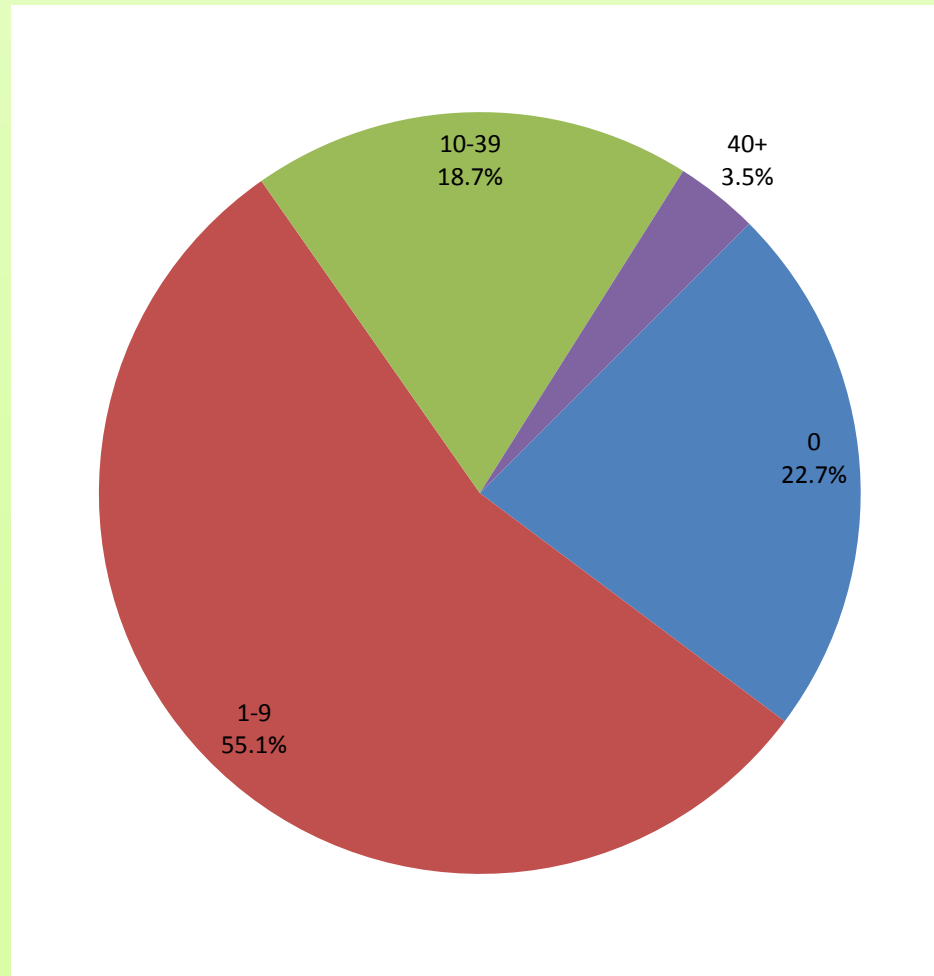




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How many people did you share this program with?

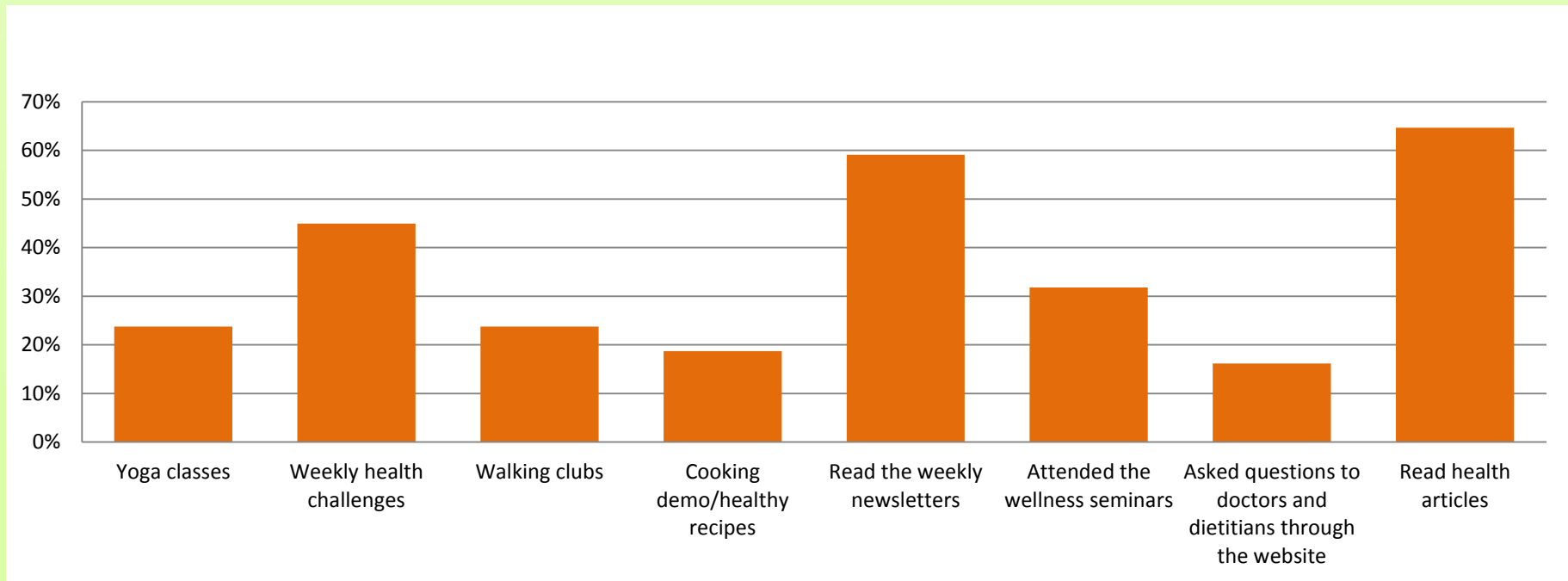




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What part of the wellness program were you involved in most? Mark all that apply.





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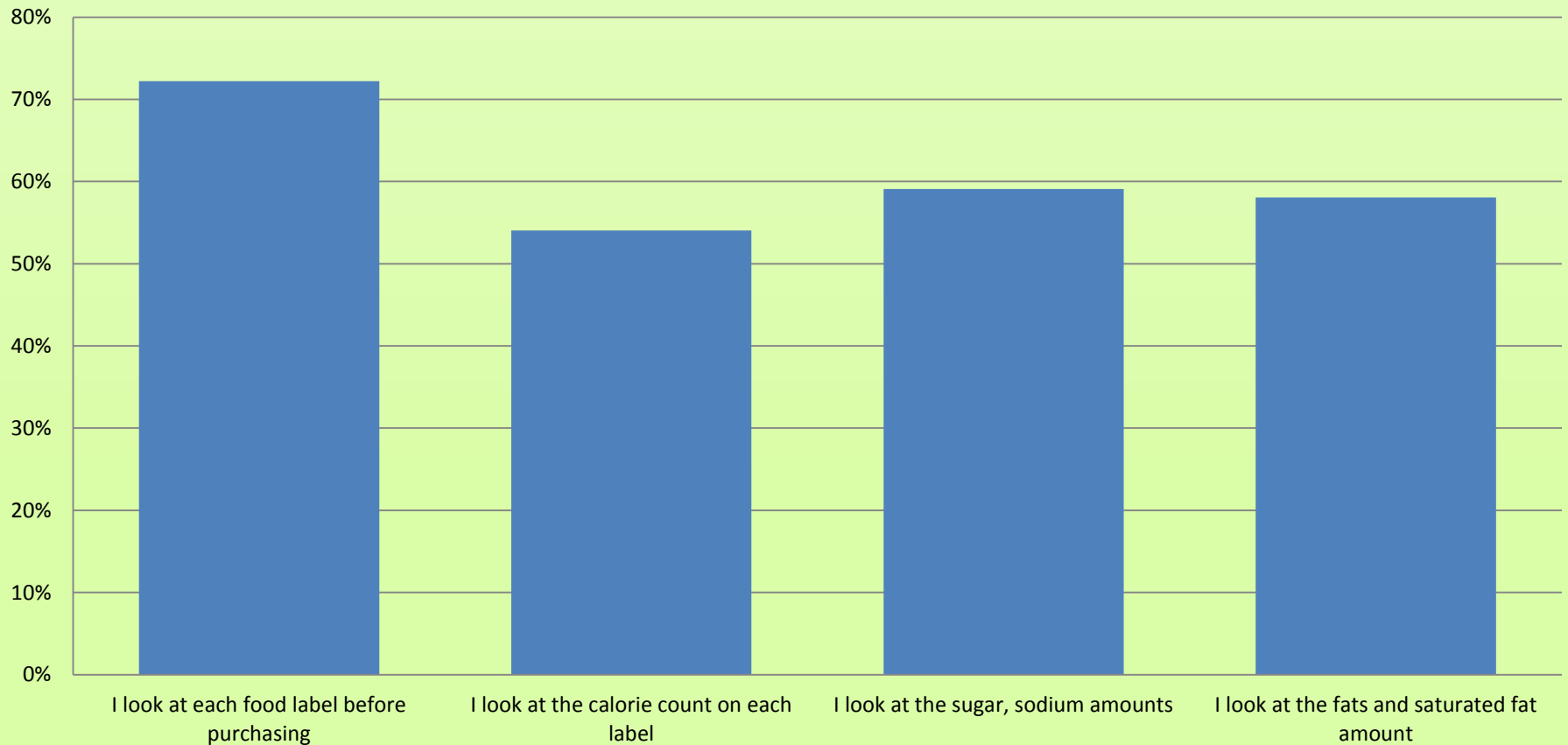
Would you like to see this program continue?



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When purchasing food items, how conscious are you of food labels?

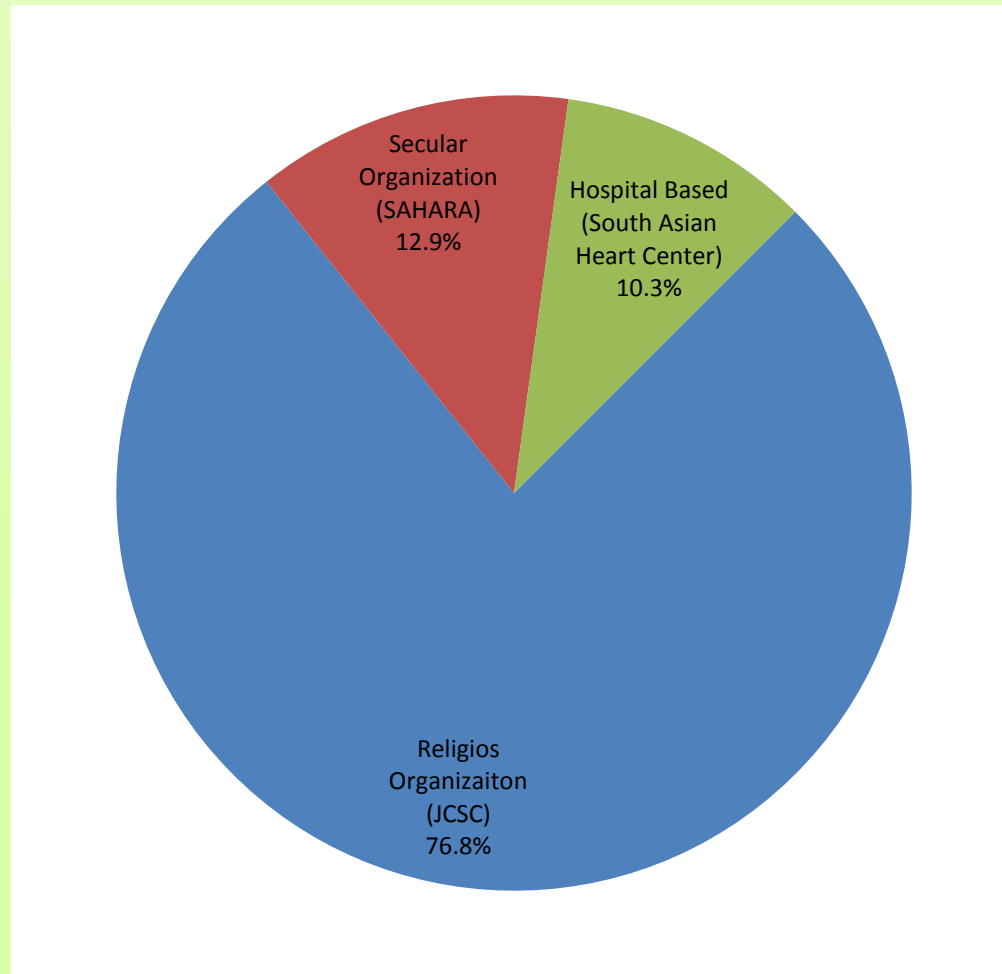




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Should a Wellness Challenge like this be promoted through...

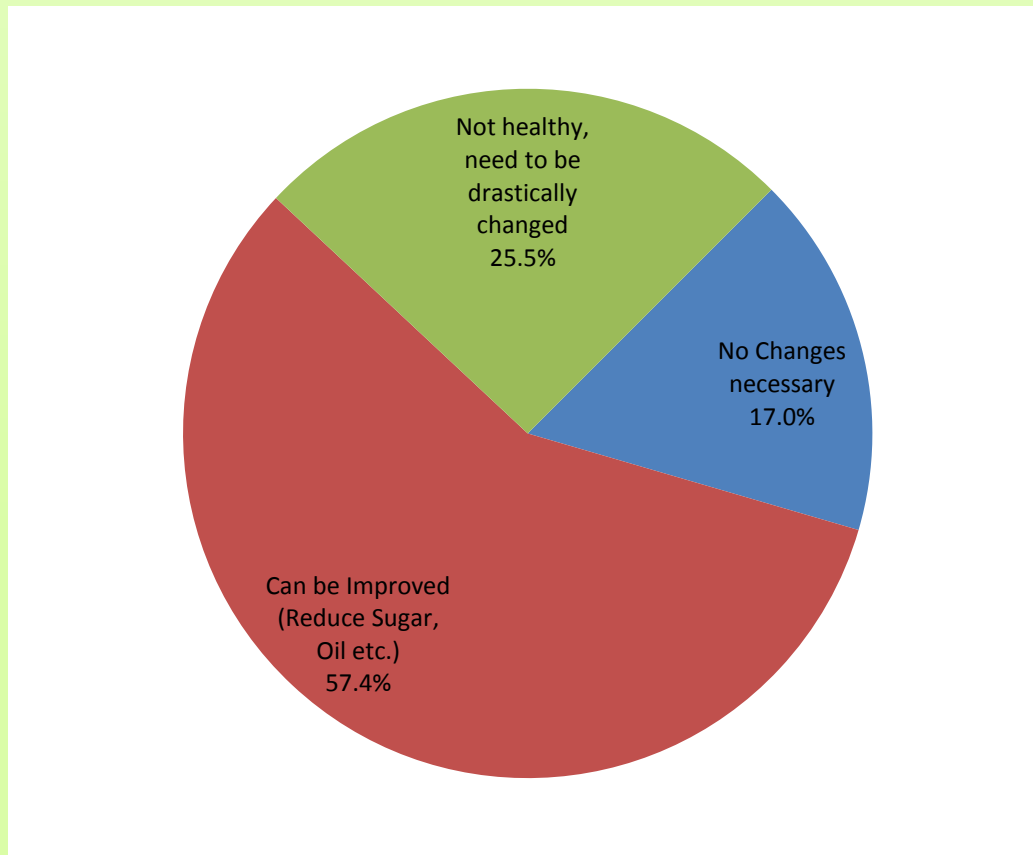




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The food being served at Jain Center such as Patshala and other meals are...

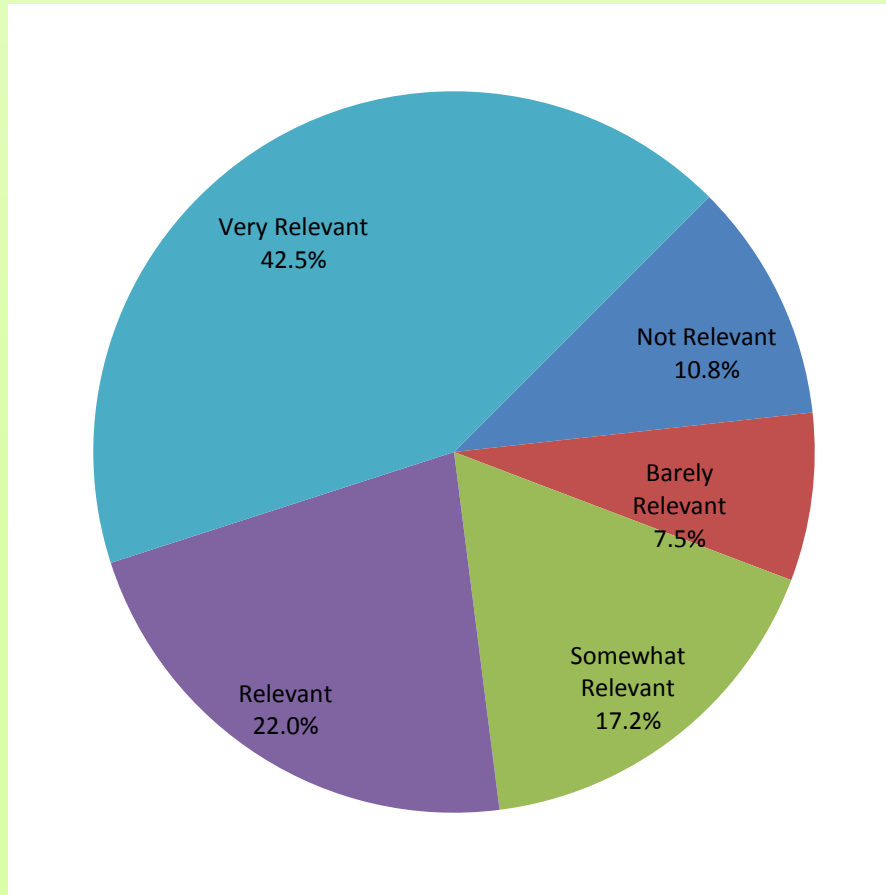




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Is the participation by the Jain Center Board Members and the Executive Committee relevant to this program?





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Other Thoughts...

I would like to see more participation from younger American Born Jains

Program became a conversation topic during social gathering with friends and family.

I would like to see more Healthy Jain recipes.

More one-on-one in-person seminar may be helpful. More one hour seminars on health are very helpful.

Alerting our food vendors to provide healthy food quality by reducing oil and spices can help improve our health.