



JAINA Wellness Program



When “i”



is replaced By “we”



Even “illness”
becomes
“Wellness”

Health is the best wealth one can ever have and prevention is better than cure.

What is Wellness?

- A quality or state of being healthy in body and mind, especially as the result of deliberate effort
- An approach to healthcare that emphasizes preventing illness and healthy living versus treating diseases

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Sarva Mangal Family Trust

(SMFT) Founder of MS International

sponsored a wellness program at
Jain Center of Southern California in 2012

- Modest goal was to improve the health of community by [20%]
- Alert those who are at high risk as early as possible
- Educate the next generation by practicing a healthy lifestyle
- Provided Diet/Recipe advice, Yoga classes, Walking club, Lectures from experts, Wellness contests, BMI & Blood Pressure monetarizing
- JCSC Wellness website (JCSCWellness.org)

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JCSC Wellness Result



497 MEMBERS PARTICIPATED

62% OVERWEIGHT

48% AT RISK OF HEART DISEASE

42% PRE-DIABETIC

15% DIABETIC

AT THE END OF SIX MONTHS

303 MEMBERS PARTICIPATED

202 participants lost 2-6% weight

88 participants gained 1-5% weight

1.67% total BMI reduction

JCSC now serves “Healthy Meals” (30% less calories) as a choice at most events

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Learning from JCSC experience SMFT decided to sponsor this at JAINA level and offer the wellness program.

While talking to JAINA we learned that the Long Range planning committee of JAINA had been thinking about health and wellness for the members as well.

Combining the efforts JAINA created JAINA Wellness Committee to execute this program at JAINA level.

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What can JAINA do?

To promote this work JAINA Wellness Committee
is introducing
JAINA Wellness for Life program



Develop healthy Jain Dishes & appropriate Cooking Classes



Hold Webinars and Seminars with Health Professionals & Dieticians



Measurements – BMI to Blood profile



Introducing Healthy Meal Serving at Derasar

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The Twin Epidemics for Indians

Global Burden of CAD

60% - 3 of every 5



Younger

50% of heart attacks before age 55

Sicker

2-4x incidence; 2x rate of mortality

Global Burden of Diabetes

25% - 1 of every 4 by 2030



Disproportionate
occurrence of chronic disease
in 17% of World Population

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JAINA Wellness Program (JWell)

JAINA, in partnership with the South Asian Heart Center, is offering an evidence-based lifestyle program for Jains with actionable steps for sustained health improvement and disease prevention.

- JWell is a wellness platform for Jain organizations
- JWell is a wellness program for organization members
- JWell is championed by leads from local Jain organizations

JWell is **NOT** a substitute or replacement for routine medical management by healthcare providers



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The JWell Team

JAINA JWell Leadership Team
Dr. Nitin Shah
Dr. Manoj Jain
Mr. Manu Shah
Ms. Jayana Shah

Local Jain Organization JWell Champions
Physicians
Outreach Coordinators
Lifestyle Experts
Coaches

South Asian Heart Center Support Team			
Tulsi Modi Clinical Programs	Sujatha Suresh Outreach	Vijaya Deo, RD Nutrition	Dr. Cesar Molina Medical Director
Meena Kakani Administration	Priya Dharan Marketing	Anita Sathe Training/Research	Ashish Mathur Executive Director



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JWell Program

A platform for Jain organizations

- Recruit and train JWell champions
- Promote health awareness and education
 - Ongoing focus through periodic (weekly) JWell health kiosks
 - Standardized tools: resources delivered through JWell website
 - Assessment, education, classes, coaching
- Prepare and serve healthy meals at Organization events
 - Guidelines for food preparation
 - Recommended list of recipes
- Share program engagement and health improvements



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JWell Program: Step by Step

PHASE-1: HEALTH EVALUATION

Health and lifestyle risk evaluation[†]

Biometrics: Blood pressure, Body mass index

Review of health report, and lifestyle plan for risk reduction



PHASE-2: LIFESTYLE EDUCATION

Nutrition workshop with dietitian

Exercise orientation with physical trainer

Meditation, sleep, emotional wellbeing & yoga (as available)



PHASE-3: COACHING

Designated personal health coach for 1-year

Monthly interactions to facilitate lifestyle plan

Confirm annual physical/medication compliance



[†]Includes review of cardio-metabolic lab results:
Total cholesterol, HDL, LDL, Ratio, FBS, HbA1c, CRP



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**South Asian
Heart Center**
El Camino Hospital[®]



About the South Asian Heart Center

- Non-profit response to the CAD/DM epidemic in Indians
- Started at El Camino Hospital, Silicon Valley in 2006
- Created AIM to Prevent™ with Lifestyle M-E-D-S™ to provide best-in-class, evidence-based, lifestyle-centric, risk reduction tools

- Recognitions



- US House of Representatives



- CA Legislative Assembly



- Asian Hero - Santa Clara County



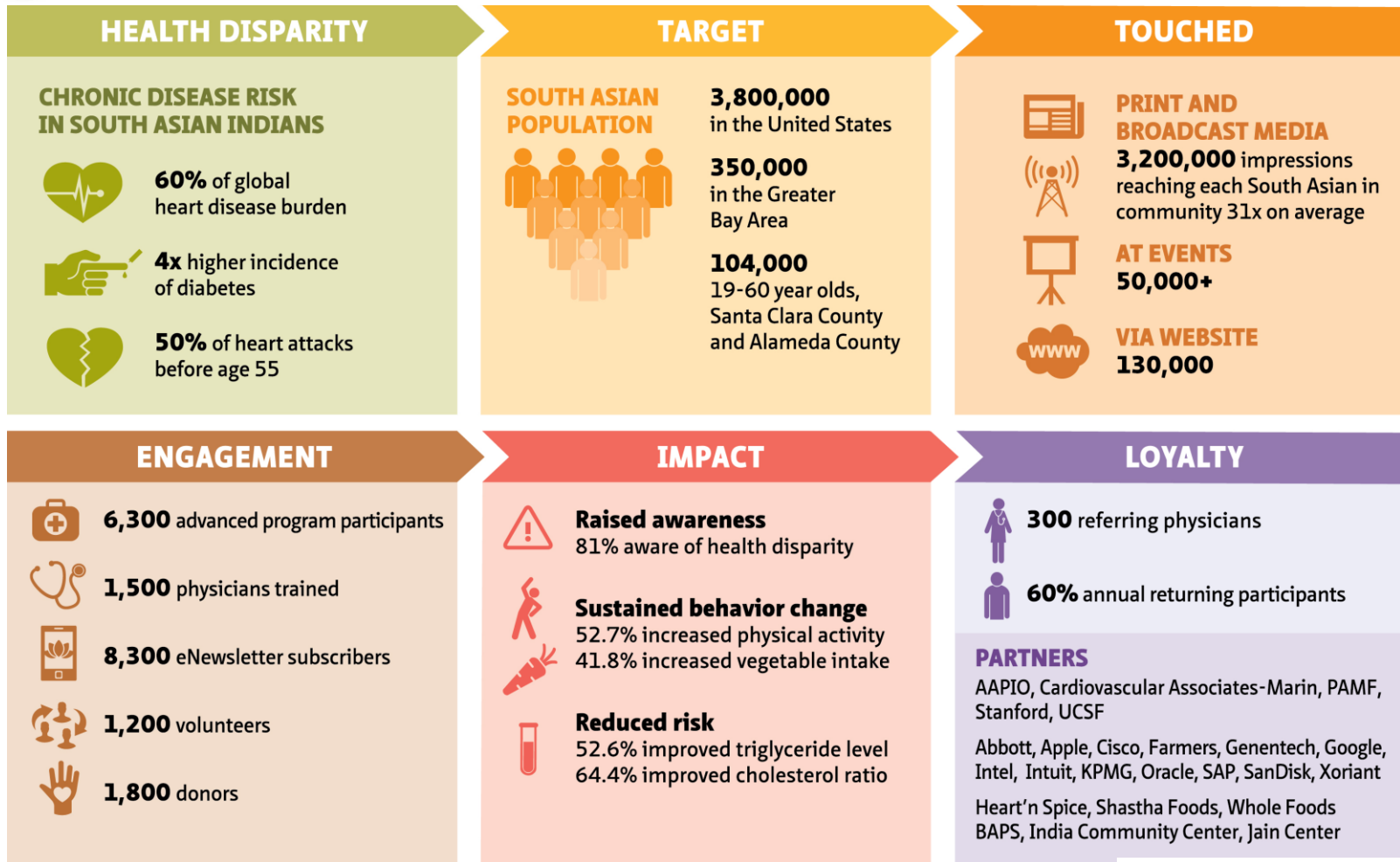
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Accomplishments: 2006-2016



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LIFESTYLE MEDS

MANTRAS

Goals

1

Practice of
restful alertness

20 minutes twice daily

MEDITATION

2

Regular, varied,
vigorous

150 minutes per week

EXERCISE

3

More greens
than grains

0 – 1 – 2 – 12

DIET

4

Routine of restful
sleep

7-8 hours nightly

SLEEP



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JWell Program Targets

Identify lifestyle changes to reduce risk and enhance longevity

Lifestyle Habit	Target
Weekly practice of physical activity	30 min/day at least 3x/week
Daily consumption of vegetables	Average 4 servings/day
Daily routine of restful alertness (meditation)	Average 10 min/day
Daily routine of restful sleep	7-8 hours/night
Increased compliance to prescribed medication	Pre/post questionnaire
Improved self-perception of wellbeing and contentment	Pre/post questionnaire



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JWell Program

Available to ALL

If your Jain organization is not participating or unable to participate, JWell is open for individuals by signing up on the website

www.JAINAWELLNESS.org



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JWell Program

Goals for Jain Organizations

- Build team of champions
 - Outreach and engage program participants
 - Support and participate in health fairs
 - Develop health kiosks for biometrics and to onboard members
 - Schedule classes and manage classrooms/equipment
- Introduce healthy and nutritionally balanced menu in dining halls
- Offer classes on emotional well-being (depression, anger management, etc.) and yoga practices



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Why be a JWell Champion?

- Opportunity to lead and provide vision
- Be an early adopter of the JWell platform
- Be a role model by participating in the JWell program
- Create a lasting legacy for a healthier community



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JWell Champions Needed

- Healthcare
- Outreach and Marketing
- Nutrition
- Exercise
- Coaching
- Yoga
- Emotional Wellbeing



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JWell Champion

Roles & Responsibilities

Responsibilities:

- Join JWELL program as an individual
- Schedule and staff health kiosks periodically
- Manage health kiosks equipment and collateral
- Engage members to sign up for JWell program

Background and experience:

- Leadership and ownership
- Organization skills
- Communication skills
- Intermediate to advanced computer skills

Time Commitment: minimum 4-6 hours/month



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