

JAINA WELLNESS FOR LIFE PROGRAM



What is Wellness?

Wellness is the quality or state of being healthy in body and mind, especially as the result of deliberate effort. It is an approach to healthcare that emphasizes preventing illness and staying healthy, as opposed to emphasizing treating diseases.

Why Wellness for JAINA?

South Asians are at higher risk of chronic diseases due to their poor diet, sedentary lifestyle and inherited genes. Indians, in particular, have a 2 to 4 time greater risk of having heart disease compared to other populations, regardless of where they live. Unfortunately, vegetarian Indians have a similar increased risk of heart disease and diabetes as non-vegetarians. A striking statistic to remember is: 50% of South Asians with heart disease are under the age 55.

What can we do?

- Bring awareness and inform about the importance of health
- Execute a community initiative for longer and healthier life
- Alert those who are at high risk as early as possible

Here is an example of what one Jain Center has done:

The Jain Center of Southern California (JCSC) conducted a wellness program for 500 members for six months in 2012 through a generous grant from the Sarva Mangal Family Trust (SMFT). The results show that Jains could significantly improve their diet and lifestyle and improve their overall health.

To promote this work to other Jain organizations, a JAINA Wellness Committee has been formed with Dr. Nitin Shah as chairperson, Mrs. Jayana Shah as Coordinator, and Dr. Manoj Jain, Mr. Manu Shah as committee members. The Sarva Mangal Family Trust is one of its major donors.

How will this program work?

This health program is called JWell – JAINA Wellness for Life. With guidance from the JAINA wellness committee, participating Jain organizations will recruit champion(s) to execute this program locally. In addition, JAINA is collaborating with the South Asian Heart Center to offer an evidenced-based lifestyle program for all Jain organizations and its members in North America. This standardized program provides actionable steps for sustained health improvement and disease prevention. Information will be available at www.jainawellness.org.

What is JWell?

- JWell is a platform for Jain Organizations
- JWell is a program for Jain Organization members
- JWell is championed by leads from each local Jain Organization

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

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

JWell: 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 (www.jainawellness.org)
 - 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

JWell: a program for members

A prevention program with focus on early risk evaluation and lifestyle changes:

- Individualized health evaluation
- Expert, evidence-based education and group classes
- Coach based facilitation for ongoing lifestyle management
- For future: Self-monitoring & tracking through use of wearable devices and mobile apps

Goals for JWell program participants

- Identify lifestyle changes to reduce risk and enhance longevity
- Daily practice of physical activity: Target: Average 30 minutes 3 times/week
- Daily consumption of vegetables: Target: Average 4 servings/day
- Daily routine of restful alertness as practiced through meditation: Target: Average 10 minutes/day
- Daily routine of restful sleep of 7-8 hours/night
- Increased compliance to prescribed medication
- Improved self-perception of wellbeing and contentment

Goals for JWell participating Jain organizations

- Build team of champions to engage and onboard program participants
- Introduce nutritionally balanced menu in dining halls
- Offer classes on emotional well-being (depression etc.) and yoga practices
- Participate in health fairs and develop health kiosks for blood pressure and BMI

www.jainawellness.org website content:

- JWell Program Details
- Lifestyle Resources - peer reviewed, evidence-based resources adapted for the Jain community
- FAQs - how to become a champion, enrollment costs, duration of program, current list of participating centers, etc.
- Member Jain Organization - click to get content pertaining to JAINAWELLNESS local teams including local calendar of events
- Testimonials - champions and participant stories
- News and Events

We are looking for Volunteers from each Jain Organization/society to lead JWell for their organizations!
Please call Mrs. Janaya Shah, Coordinator (714-856-4256) and/or Dr. Nitin Shah at (562-244-9035)

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