

# South Asian Heart Center

A leader in the prevention of heart disease and diabetes

## South Asia's Twin Epidemics

**60%** 

Global burden of coronary artery disease  
(3 of 5 in 2010)

**50%** 

Global burden of diabetes  
(1 of 2 by 2030)

## Programs and Services

**10,000**

Participants from 38 U.S. states and 6 countries screened, educated, coached, and followed up



### STRUCTURED LIFESTYLE PLATFORM



Meditation



Exercise



Diet



Sleep

### SCREENING, EDUCATION & COACHING

- AIM to Prevent™
- STOP-D™
- SlimFIT™
- AIM to New Beginnings™
- Sweet Success

## Recognitions:

Full Plus National Diabetes Prevention Program Recognition for STOP-D



Recognized AIM to Prevent as Community Strategy in Guidelines on Evaluation and Treatment

## Community and Physician Engagement

**95,000**

Community members educated



**3,000**

Volunteers and donors engaged



**500+**

Center-trained, affiliated physicians refer their patients



## Improving the Health of the Community

**60% Improved Behaviors**

Participants increased vegetable consumption and physical activity



**7 of 10 Improved Biomarkers**

Participants improved HbA1c, 64% their cholesterol ratio, and 68% lost weight



**98.7% Event Free Survival**

Participants avoided adverse heart-related events over a 6-year follow-up



**South Asian Heart Center**  
El Camino Health

Our mission is to reduce the high incidence of diabetes and heart attacks with culturally tailored, science-based and lifestyle-focused services.