

# Did you know Fraser Health is home to Canada's second largest South Asian population?

There are approximately 239,000 South Asian residents, representing 15% of the total Fraser Health population.

## The risks

Research has shown that people of South Asian descent are more likely to develop heart disease, kidney disease, stroke, and diabetes - and at a younger age - compared to other ethnic groups. Emergency room attendances and overnight stays in hospital by South Asian patients are higher, and many patients suffer avoidable complications and early death.

Some of the risk factors are genetic such as family history, gender, age and ethnic background while others are lifestyle factors such as stress, obesity, diet and activity level.

## Improving health in the South Asian population

The goal of the South Asian Health Institute is to support Fraser Health programs and services to improve the health and health outcomes of the South Asian population in a culturally appropriate way through innovative, evidence based care, research and local, national and international partnerships.

To address the high occurrence of diabetes and cardiovascular disease within the South Asian population, Fraser Health has created the South Asian Health Institute with Dr. Arun Garg as the Medical Director. Dr. Garg is the Program Medical Director of Laboratory Medicine and Pathology at Fraser Health, Clinical Professor of Pathology in the Faculty of Medicine, Program Director for the Global Outreach Cooperation and Engagement office in the Department of Pathology Medicine of the University of British Columbia and Special Advisor to the Dean of Health Sciences of British Columbia Institute of Technology on India. The goal of the South Asian Health Institute is to better understand the South Asian health needs and to support Fraser Health programs and services to ensure the South Asian population is served in a culturally appropriate way through innovative, evidence based care, research and local, national and international partnerships.

The South Asian Health Institute's vision for innovation in primary health care supported the development of the concept of the South Asian Health Centre in Surrey. This centre, which opened in 2013, showcases a collaborative effort between physicians, health authority and community to better understand and optimally manage chronic conditions and improve the overall health in the South Asian community.

## 2014 Canada India Network Initiative Conference

South Asian health will also be the focus of a conference this weekend. On June 20-22 the Canadian India Network Society (CINS) will be hosting the 2014 Canada India Network Initiative (CINI) conference in Surrey. The focus of the two day conference, of which Fraser Health is a co-sponsor, is health and civil society.

The conference will feature globally recognized experts from health care organizations, academia and technology. Future perspectives, new research, treatment, social/public policy and prevention, as well as innovation will be showcased throughout the conference. Attendees will include researchers, clinicians, public health providers, health innovation professionals, public policy advisors, health care professionals, physicians, health care associations, and government agencies.

**For more information about the CINI 2014 conference, please visit: <http://www.thecins.org/>**

## More information

For more information about Fraser Health programs and services that support the South Asian population, please follow this [link](#).