



ANNUAL IMPACT REPORT

2016

Highlights



SANSAR

THANK YOU FOR HELPING US CREATE A HEALTHIER SOUTH ASIAN COMMUNITY.



SANSAR was created with one mission in mind – to help South Asian families tackle their high risk for heart disease. Whether it was through advanced screening opportunities, or through community education, we knew we had to do something about the increasing prevalence of heart disease and its associated risk factors, including diabetes.

Today, thanks to the generous support we have been fortunate to receive from community and business leaders, we are proud to be fulfilling SANSAR’s mission through a multifaceted approach to heart disease prevention. Our programs are supporting South Asian families, walking side by side with them as they build heart-healthy lifestyles for themselves and for generations to come.

There is, of course, still a long way to go. Creating meaningful impact and long-lasting change will require innovation, persistence, and continuous effort. We must keep learning about the needs the community, keep finding effective ways to address those needs, and keep fighting for a heart healthy future for all South Asians.

Thank you for joining us in this journey. With your support and encouragement, we will continue to reduce the high burden of heart disease in the South Asian community.

Sincerely,

Milan Gupta
Chair, Board of Directors, SANSAR



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THE UNMET NEED

Every 7 minutes, someone in Canada dies from heart disease, and South Asians are at a higher risk than any other ethnic group in the country.

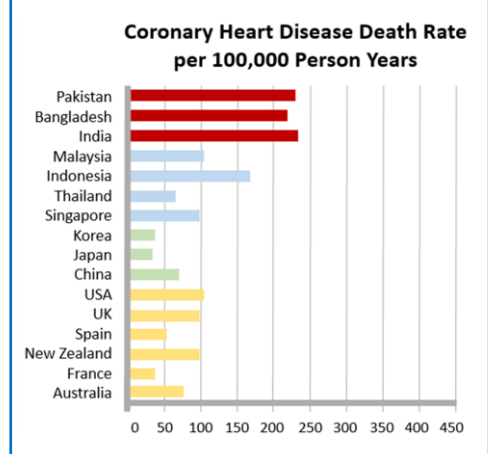
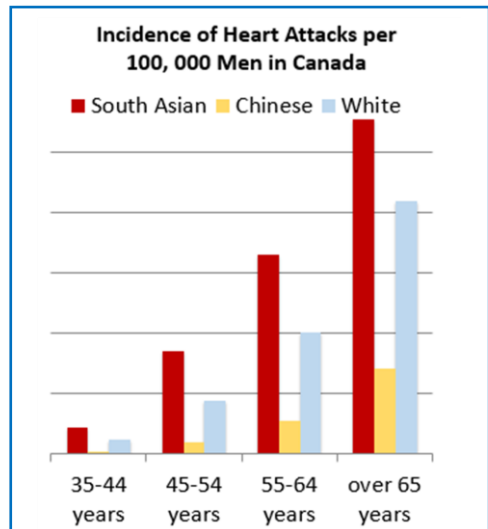
South Asians (those originating from India, Pakistan, Sri Lanka, Nepal or Bangladesh) now represent the largest and fastest growing visible minority in Canada, numbering over 1.6 million in 2011.

However, several studies have demonstrated that persons of South Asian origin are at heightened risk for type 2 diabetes and premature coronary artery disease. In fact, South Asian subjects in the well-known INTERHEART study suffered their first heart attack on average almost one decade earlier than others. Furthermore, South Asians exhibit a worse prognosis in the setting of established coronary heart disease when compared to their Caucasian counterparts.

Currently, the consensus is that lifestyle modification remains the cornerstone of preventive therapy to reduce cardiovascular risk. Research has shown that diet, physical activity, stress management, However, lack of awareness of risk factors, compliance with and understanding of medical treatments, as well as ineffective adoption of healthy lifestyle interventions may prevent South Asian patients from achieving optimal cardiovascular health.

Accordingly, our team at SANSAR feels it is absolutely essential to develop culturally and socially sensitive assessment, education and counseling programs that can not only identify, but also manage cardiovascular risk in high-risk South Asian adults.

Some of SANSAR’s programs, which are all free of charge for the South Asian community, include: South Asian Cardiovascular Risk Assessment Clinic, Mera Dil (My Heart) Healthy Living Classes, South Asian Adolescent Diabetes Awareness Program, Kids at heART and Bringing Resources to Eliminate All Tobacco through Health Education (BREATHE).



WORKING TOWARDS A HEART-HEALTHY FUTURE

UNDERSTANDING THE RISK.

Heart disease is a silent killer, with the warning signs often going undetected and unnoticed. SANSAR encourages South Asian community members to take a step back to learn and understand what their risk level really is. We believe in creating awareness, starting discussions and opening up the dialogue about what is putting people at risk, and what they can do to mitigate that risk.



SUPPORTING THE COMMUNITY.

Making lifestyle changes involving food, exercise and stress management can be extremely challenging. Through a number of different initiatives, SANSAR is providing useful resources and tools to individuals to support them. We are also educating and raising awareness in the process, teaching people more about heart disease, strokes, diabetes and hypertension.



GATHERING MORE INFORMATION.

Conducting and supporting research initiatives is very important to SANSAR. Through these, we can gain valuable insight about the causes and risk factors of disease, and methods of prevention and treatment. At SANSAR, we are also evaluating our programs for their effectiveness. This will hopefully help us create better and even more effective programs in the future.



SPREADING THE WORD.

One of our key objectives is to raise awareness about heart disease and to let people know that it can be preventable, if the right precautions and steps are taken. The South Asian community needs to understand this, and they need to know that SANSAR is here to help. All the programs and services we offer are for free, and are available to the community now.



THE SANSAR TEAM

Board of Directors

Dr. Milan Gupta
Dr. Narendra Singh
Dr. Nadia Khan
Michelle Tsigoulis

Staff

Shalini Aggarwal
Avantika Mathur
Lalitha Bhagavatheeswaran
Nilofur Aga



SANSAR has been very instrumental in providing the health that I didn't know I needed. I didn't know this was available in Canada, and I really appreciate the guidance and overall results that I'm seeing.

- Mohammad Omer Ahmad (Patient)



SANSAR has changed my life and I wish that this stays with me forever, so that whatever life I have left, I can live it fully, in a healthy way. That's why I come here.

- Mukesh Sabharwal (Patient)

THANK YOU TO OUR 2016 DONORS

These individuals and organizations helped to create a healthier South Asian community by donating to SANSAR. We are very thankful for their support and contribution. Developing and executing our programs could not be possible without their help.

\$20,000 OR MORE

*Kothari Group
Aquanta Group Inc.*

\$10,000 - \$19,999

*Bayer
Burgundy Asset
Management Ltd.
Dilawri Group of
Companies*

\$1,000 - \$4,999

*Gopal Bhatnagar
Vivek Gulati
Osler Cardiology
Associates, Inc.
Neelam Narula
Sayal Charitable
Foundation
RBC Foundation
Trio Fertility
Canadian Collaborative
Research Network
Vimal Kapoor
Maplegate Pharmacy
Dynacare
Ruchi Kumar*

\$1 - \$999

*Dinesh Aggarwal
Birinder Singh Ahluwalia
Naseem Ahmad
Akram Ali
Humaira H. Ali
Naheed Ali
Mark Allen
Rajan Arora
Sonia Arora
Ranju Bansal
Jitesh Bhabra
Taran Chabdhok
Motilal Champsee
Nisha Chandra
Naheed Chaudhry
Waqar Cheema
John Coroza
Romel Dhillon
Jag Dhillon
Manpreet Dhillon
Pardeep Dupar
Ritu Dhupar
Kushal Dighe
DMT Development Systems
Group Inc.
Poonam Gera
Rajesh Gupta
Duwa Harichandran*

*Sadiq Hasan
Asma Iftihkar
Investors Group
Kedar Nath Gupta
Konica Jain
Ken Jandoo
Harjit Jaswal
Roger Jauhal
Jags Josan
Ranjit Kahlon
Mahesh Kajil
Vijay Kalra
Nabila Kanji
Nidhi Kanwar
Ajay Kapur
Anup Kaushal
Nitin Kaushal
Priya Kothari
Avnish Kumar
Suresh Madan
Arun Mathur
Avantika Mathur
Madhvi Mathur
O.G. Mathur
Monika Monga
Vinita Mongia
Eufemiano Moniz
Rohit Nagpal
Raju Pandey
Roy Pathak
Veena Pohani
Anil Puri*

\$1 - \$999 Cont'd

Rashid & Quinney

Neeta Rathee

Seema Rathee

Yvonne Rydeen

Saveena Sayal

Bal Sekand

Vasudha Seth

Anita Sharma

Ashu Tosh Sharma

Sunny Sharma

Lawrence Shuttleworth

Ruby Singh

Teresa Sison

Ashley Thomson

Michelle Tsigoulis

Randolph Valdez

Mohammad Zia



Thank you for your ongoing support.

REACHING FURTHER WITH YOUR GIFT

SUMMARIZED STATEMENT OF REVENUE AND EXPENDITURES	
April 1, 2016 through March 31, 2017	
REVENUE	
Annual Gala	\$ 127,624
Grants	101,100
Other donations	33,702
Total revenue	\$ 262,426
EXPENDITURES	
Programs	\$98,871
Fundraising	45,640
Administration	14,730
Total expense	\$ 159,241
Excess of revenue over expenditures (expenditures over revenue)	\$ 103,185

TOTAL EXPENDITURE

■ Programs ■ Fundraising ■ Administration



A large component of our fundraising budget is used for SANSAR's annual gala. This is our main fundraising event, which generates a large amount of revenue for the charity. We also use this annual fundraising gala as a platform to educate and raise awareness among the South Asian community.

The above statements have been reviewed by the accounting firm Shaw & Shaw Services Ltd.

HOW YOU IMPACTED LIVES THIS PAST YEAR



EARLY ASSESSMENT

Understanding the risk.

You supported the South Asian Cardiovascular Risk Assessment Clinic, which ran 44 clinic days with 5 South Asian physicians. We consulted one-on-one with 612 patients, at no cost to the patient. Each patient received an individualized heart health report card and counseling about reducing their risk for heart disease. We also supported 36 patients through Bringing Resources to Eliminate All Tobacco through Health Education (BREATHE), offering them counseling and tools to help them quit or reduce tobacco use.



EDUCATION

Supporting the community.

With your help, we hired 4 dietitians, 2 kinesiologists and 1 nurse educator to facilitate free group classes so we could give community members the information and tools they need to make healthy lifestyle changes. We scheduled 15 group classes, reaching 77 patients and their family members with important information about risk factors, diet, exercise, stress management and medication adherence. We also created *Cardiovascular Disease in South Asians – A Canadian Perspective*, a fully reviewed, comprehensive and evidence-based resource to educate physicians and other healthcare professionals.



RESEARCH

Gathering more information.

We hired a research coordinator as we launched the South Asian Adolescent Diabetes Awareness Program (SAADAP). This program studies the effectiveness of a novel intervention focused on teenagers who have a parent or grandparent with type 2 diabetes. We also recruited a research assistant and several volunteers to help us collect data for SANSAR's Mera Dil classes, including information about the feasibility and effectiveness of the sessions. We also awarded \$5,000 through our Young Investigator Award to a researcher whose activities focus on improving the health of South Asians.



COMMUNITY OUTREACH

Spreading the word.

We attended 5 community events, through which we spoke to over 300 people and raised awareness about the high prevalence of heart disease in the South Asian population. We also took the opportunity to speak to community members one-on-one about how SANSAR can work with them, at no cost, to help them manage and reduce their risk for heart disease.

HIGHLIGHTS FROM THE PAST YEAR

We raised over \$50,000 at our 2016 Annual Fundraising Gala.



We are extremely thankful to our sponsors for our annual gala,
SANSAR Masquerade Crystal Ball 2016.



We created the team for our new South Asian Diabetes Awareness Program.



We started our Mera Dil group education classes.



We launched a new website.



Our Purpose

The South Asian Network Supporting Awareness and Research (SANSAR) serves South Asian communities across Canada by promoting cardiovascular health through community awareness, research and education. As well, we conduct and promote research into the causes, prevention and management of heart disease and diabetes. South Asians are at a higher risk for developing heart disease and diabetes compared to other ethnic groups in the country. We are working to provide a variety of community and research initiatives to improve the health and reduce the risks faced by this population. [Learn more.](#)

Please Donate to SANSAR

[DONATE NOW](#)

Healthy Eating

Food provides the body with the nutrition it needs so that it can grow and function well. In fact, a healthy diet can help to protect the body against many diseases, including heart disease and diabetes. The right habits in your daily life can help to maintain your blood pressure, cholesterol and can help you keep off excess weight.

For example, eating breakfast or dinner outside the home can increase your risk of obesity. Even simply skipping breakfast has been associated with a 450% increased risk of obesity, which is a major risk factor for diabetes and heart disease.

• Basic Nutritional Tips

What to increase in your diet and what to decrease. Explanations, tips, examples and more.

• Healthier Cooking

Tips, substitutions, ideas for children's meals, and more.

• Eating Out

How to make healthier choices at parties, restaurants, etc.

• Grocery Shopping

Tips and tricks, reading nutrition labels, etc.



Applications for the 2016 Award are now closed. The winner will be announced on December 9th.



We took opportunities to engage with the community.



We selected our 2016 Young Investigator Award winner.



We ran two train-the-trainer sessions for our physician education initiative.

Cardiovascular Disease in South Asians A CANADIAN PERSPECTIVE



Outline

- Global Perspectives
- South Asians In Canada
- Mechanistic Insights
- Risk Factors
- Prevention Strategies
- Treatment Strategies
- Challenges, Resources and Future Research
- Summary

LOOKING FORWARD



SANSAR runs live workshops with students in the Peel District School Board to teach them about the importance of prevention and risk reduction strategies from a young age. Through these sessions, we focus on empowering students and motivating them to live heart-healthy lifestyles. With the support of our steering committee, we plan to modify the program to be more scalable using videos and technology available in schools. This would allow us to implement the Kids at heART initiative much more easily, and in a lot more schools, reaching significantly more children.



These are free group educational classes about healthy eating, exercises, stress reduction and medication adherence. The goal of these classes is to help individuals and families learn how to make practical and achievable lifestyle changes to reduce their risk. We would like to improve this program by providing patients with better tools and resources. We would also like to offer it more widely in community centres, places of worship and cultural institutions across the GTA. We would like to hire more staff and be able to offer even more support to our patients.



**South Asian Cardiovascular
Risk Assessment Clinic**

Through this clinic, patients receive comprehensive cardiovascular screening to help determine their risk for heart disease and diabetes. South Asian physicians work with the patients to promote earlier risk factor modification and lifestyle intervention. We plan to improve our educational materials, being able to offer them in a variety of South Asian languages. In order to address literacy concerns, we also plan to create short video clips that will be easily accessible on our website and YouTube. These clips will present health information in short snippets in the South Asian languages. We would also like to execute a marketing initiative to encourage more physicians to refer patients, and a strategy to increase retention of annual patients.



SANSAR

3 Conestoga Drive
Suite 301
Brampton, ON
Canada L6Z 4N5

www.sansar.org

905-452-6213

