

Holistic Integrative Approach to Health- Experience with Building Healthy Civil Society

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Abstract—Chronic Diseases such as Coronary artery, renal disease, diabetes, are much more prevalent amongst south Asian heritage people as compared to general European heritage population in Fraser health. A personal interest and commitment to lower this burden initiated establishment of Canada India Network Society and several bi lateral conference (CINI 2010, CINI 2014 and upcoming CINI 2018. www.thecins.org).

The main focus of the intervention is related to Pre and Post of family practioner office visit. And health promotion and prevention interventions. Canada India Network Society has provided strategic support and frame work of culturally applicable solutions. There are several groups in the province of British Columbia, Canada, which are active in these program. I have personally involved with most of these activities in various interactions.

This presentation will share and discuss some of these programs, innovations. The principles of most intervention is engagement, empowerment and education of provider and patients, and members of the community. In the context of 2018 Holistic Health conference, the experience and challenges of such interactions will be discussed. The presentation will also address personal journey and leadership required to lower the burden of Tsunami of Diabetes and life style diet behavior change which si required. Some of these interactions may be applicable in India.