The South Asian Total Health Initiative (SATHI) is a comprehensive, multi-faceted initiative to:

- Promote research on South Asian health.
- Address health disparities and improve the delivery of culturally competent health care.
- Educate, engage, and empower the community to promote wellness and health literacy
- Provide technical assistance and consultation to health care policy makers and other key stakeholders and constituency groups

“A comprehensive, multi-faceted initiative to improve the delivery of culturally competent health care, and the education, engagement, and empowerment of the South Asian community to improve their health outcomes.”
The South Asian Total Health Initiative (SATHI) was established in 2007 at Rutgers Robert Wood Johnson Medical School with the mission to improve health outcomes in South Asians living in the United States. SATHI serves as a platform to engage multidisciplinary professionals such as researchers, health practitioners, public health experts, community-based organizations and community members in promoting research, education, and outreach to improve the health of South Asian Americans.

SATHI Programs:

- **Research:** Population-based research related to health issues among South Asians, in collaboration with the Rutgers School of Public Health and faculty members from Robert Wood Johnson Medical School and other collaborating institutions.

- **Education:** Professional and community education programs through large conferences, small group lectures, and seminars focusing on health disparities in South Asians and promotion of culturally competent health care.

- **Outreach:** SATHI is committed to community education and outreach through community-based health education and screening programs at health fairs, through radio and other media outlets, and through development of educational materials in regional South Asian languages.

The Need

- South Asians suffer from a substantially high risk of diseases such as coronary heart disease, metabolic syndrome, diabetes, and cancer.
- South Asians have a poor understanding of disease prevention.
- Disparities in access to care, service utilization, quality, and health outcomes are increasingly being documented.
- Data suggests a lack of awareness about preventable dental disease in this population.
- Impact of stigma, mental illness, and other physical, behavioral, and cognitive disabilities has been seen.

Who Are South Asians?

South Asians are persons who originate from the Indian subcontinent, which includes Bangladesh, Bhutan, India, Nepal, Pakistan, and Sri Lanka.

According to the 2010 U.S. Census, more than 3.2 million Asian Indians now reside in the United States. With approximately 200,000 South Asian residents, New Jersey has the third-largest statewide population of South Asians and one of the highest proportions (2.3%) of South Asian residents in the United States. This community has experienced a phenomenal population increase in the state (approximately 133%) between 1990 and 2010. New Jersey’s South Asian communities are primarily concentrated in three counties (Hudson, Bergen, and Middlesex), with the largest concentration of South Asians living in Middlesex County.

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