ASSESSMENT AND PRIORITIES FOR HEALTH & WELL-BEING IN NATIVE HAWAIIAN & OTHER PACIFIC PEOPLES
Hawai‘i State Capitol Rm 329
September 24, 2013

DEPARTMENT OF NATIVE HAWAIIAN HEALTH
CENTER FOR NATIVE AND PACIFIC HEALTH DISPARITIES RESEARCH
JOHN A. BURN'S SCHOOL OF MEDICINE
UNIVERSITY OF HAWAI‘I AT MĀNOA

Health Equity for Native Hawaiians

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The Queen’s Health Systems Board of Trustees
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Significance of Findings
For Hawai‘i & JABSOM

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Assessment & Priorities Report

• Focus on health and well-being of Native Hawaiians and other Pacific Peoples (NHPP)
• Review of scientific literature, government reports, academic assessments
• Interviews with 30 organizations across Hawai‘i serving NHPP
Continual Challenges & Innovative Solutions

• Challenges
  o Diabetes, Heart Disease, Obesity
  o Health Behaviors are hard to change
  o Health is impacted by many factors, from genetics to jobs

• Solutions
  o Innovation through community – university collaborations
  o Building science and research infrastructure
  o Preparing health professionals to service communities throughout Hawai‘i

DEMOGRAPHIC & HEALTH DISPARITIES HIGHLIGHTS

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What do you mean “Health Disparities”?

A Conceptual Model of Health Disparities

What do you mean “Health Disparities”?

“Unjust” Differences in Health (Disadvantaged Populations)

Health Policy

Population Health Status

Biological (unavoidable) differences In Health

Healthy People 2020

• Defines a health disparity as “a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage.

• Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”

What every policymaker needs to know about these DATA … But is afraid to ASK!

WHO is included?

**USA:** Native Hawaiians & Pacific Islander Populations in 2010, (thousands)

- Native Hawaiian, 527
- Samoan, 184
- Tongan, 57
- Fijian, 32
- Marshallese, 22
- Guamanian, Chamorro, 145

**FACT:** 1.2 million NHPs live in U.S. … Increase of 40% since 2000. Comprise ~4% of US.

**Hawaii's Native Hawaiian, Pacific Islander & Filipino Populations are Growing**

- Filipino
- All NHPs
- Native Hawaiian
- Samoan
- Tongan
- Guamanian & Chamorro

**Graph:**
- 0% to 70% change
- 2000 to 2010
- % change
WHERE do WE LIVE?

FACT: Top 5 Counties - Highest Percentage of NHPIs
1. Hawai‘i County
2. Maui County
3. Kauai County
4. Honolulu County
5. Anchorage, AK

FACT: NHPIs live in Hawai‘i and California.

HOW is our HEALTH?

NH Life Expectancy Improved …
But lags 6 years behind of Total State

NH Infant Death Improved …
But remains higher than State

FACT: Worldwide the 4 leading NC Diseases:
cardiovascular disease, diabetes, cancer and chronic respiratory diseases …
3 of 4 same in NHPIs
WHAT have we LEARNED?

We Already KNEW that … Diabetes, Heart Disease, Hypertension, Obesity HIGHER in NHPIs

FACT: Diabetes is the STRONGEST Risk Factor for Heart Disease & Kidney Failure in NHPIs!
To Prevent HD and KF … Stop Diabetes and Improve Diabetes Care!!

“Clustering” of Risk Factors = Metabolic Syndrome

FACT: REDUCING Metabolic Syndrome Risk Factors … can REVERSE TRENDS of ALL Diseases

Percent of Adults with Metabolic Syndrome

Grandinetti, Kaholokula, Theriault, Mau. 2010

Education & Learning WHERE it’s NEEDED is KEY

Papakolea 2005 – PILI ‘Ohana Project
NHPI Diabetes Prevention & Self-Management Programs

FACT: The PILI ‘Ohana Project is Effective in Reducing Weight & … Prevent Diabetes & Metabolic Syndrome in NHPIs +

2013 PILI ‘Ohana Project – 5 Co-PIs

FACT: Kulia Ola Kino Maika’i was 1st Diabetes Education Program (1993) designed & implemented by NH Communities (N Kohala, W Kaua’i)

Heart Care Programs for NHPIs: Hospital >> Home

Malama Pu’uwai Programs:

FACT: Malama Pu’uwai (151 enrolled) & Ho’omau Ka Pu’uwai (500+) have reached more than 650 NHPIs with CVD

U01 HL 079163, P20 MD 000173-S1
Heart Programs Incorporate the Healing Effect of Hula

Hula Empowering Lifestyle Adaptation Study (HELA)

FACT: Hula is now PROVEN to be rigorous exercise ... and safe for People with Heart Disease!

Diabetes Programs WHERE its Needed

FACT: Few PC Providers have Enough Time or Training to Advise Patients on Lifestyle Behavior Changes

FACT: There is a Shortage of Specialty Care Access in Rural Areas (Diabetes, Kidney, Heart, etc.)
Promising Programs by NHPIs

Kokua Kalihi Valley’s Ho’oulu ‘Āina Community Park

Community-based gardens
Hui Malama Ola Na O'iwi- Land & Health Prg.

Native Hawaiian Traditional Healing Center

FACT: For many NHPIs, seeking care from Traditional Healers is “1st line treatment.”

What’s on the Horizon?
• To prepare the NEXT GENERATION
  o Leading Experts in NHPI health & health care

  **FACT:** Most (if not all) of the “expert” leadership in NHPI health disparities are HOMEGROWN!

• Health care professionals of tomorrow
  o Will need a “new” SKILL SET to be successful

  **FACT:** UH health profession schools have a plan: “Hui of Deans”

• The “near” HORIZON needs enabling Policy Makers

  **FACT:** We need YOU!

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**Standing on the Foundation of My Ancestors, Mentors & Teachers**
Health is Impacted by Many Factors

Where we live, learn, work, and play impacts our health

- Economic Well-being
- Education
- Social & Cultural Well-being
- Emotional & Spiritual Well-being
Economic Well-being is Critical

- Poverty can contribute to inequitable health outcomes
- Native Hawaiian labor force need more people with college degrees in higher wage fields such as technology, science & business

Better Education = Better Health

- Many scientific studies have shown having a college degree will lead to better health
- Community Colleges have been very successful in enrolling Native Hawaiians
Cultural Values & Social Support
Impacts Well-being

- Traditions & cultural values help families to overcome social challenges
- Cultural re-awakening strengthened cultural identity and boosted social-well being
- Core cultural values emphasize interconnection between spiritual health and physical health

Finding Solutions

- Native Hawaiian Job Pathways are needed into science, technology, business
  - Scholarships
  - Internships
  - Educational Enrichment Opportunities
- Native Hawaiian Educational Pathways have been successful in Community Colleges
  - Cultural practices
  - Native values, History, Beliefs
Promising Trend
Community College Innovation

CNA–LPN–RN Pathway
Windward Community College

Star Advertiser
Small school stands tall as science powerhouse

COMMUNITY SPEAKS
OF HEALTH NEEDS
HIGHLIGHTS

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Ulu Network Organizations in Hawai‘i

LEGEND:
- Ulu Network Organization Main Site
- Ulu Network Organization Satellite

93% said Priority Health Areas are:

- Diabetes
- Heart Disease
- Obesity
Oahu Health Service Needs

Prevention
- Lifestyle Changes
- Diet, Exercise, Healthy Habits

Prevention
- Disease management
- High blood pressure, diabetes, heart disease

Neighbor Island Health Service Needs

Specialists in diabetes & heart disease

Nutrition expertise & education

Behavioral & mental health

Nutrition Education in Hilo
Native Hawaiian Traditional Healing

- 28% offer traditional healing services
- Most others are very interested but need assistance
  - Financial support
  - Administrative issues
  - Educating staff

Support for Prevention

Health insurance usually doesn’t cover prevention programs
Promising Practices

Programs That Work
- PILI ‘Ohana
- Land Food & Health

Lifestyle Changes
- Food Gardens
- Schools
- Communities
- Homes

Outstanding Models
- Wai’anae Coast Comp Hlth Center
- Kokua Kalihi Valley Hlth Ctr

Scientific Knowledge + Community Wisdom = HEALTH

- PILI ‘Ohana Lifestyle Program
  - UH-JABSOM, Dept Native Hawaiian Health
  - Kula no na Po’e Hawai’i – PAPAKOLEA
  - Kokua Kalihi Valley Hlth Center – KALIHI
  - Ke Ola Mamo – WAI’ANAE, HONOLULU, KO’OLAULOA, KO’OLAUPOKO
  - Hawai’i Maoli – Hawaiian Civic Clubs

Tui Family, Papakolea
PILI Program Locations

Food Gardens
Returning to ‘Āina

- Kalihi Kokua Kalihi Valley
- Wai’anae Wai’anae Coast Comp Hlth
- Wai’anae, Honolulu, Koolaupoko, Koolauloa Ke Ola Mamo
- Hilo Hui Malama Ola na ‘Oiwi
- Waimanalo Waimanalo Hlth Ctr
- Hana & Wailuku Hui no ke Ola Pono

Hilo, Hui Malama Ola na ‘Oiwi

Kalihi, KKV
Role Models & Innovators

- Tight relationship with Wai’anae community
- Focus on enabling services
- Incorporation of Hawaiian culture

Role Models & Innovators

Kokua Kalihi Valley

- Focus on Social Determinants like community empowerment
- Native Hawaiian beliefs & practices in programs
- Returning to ‘āina seen as a bold health strategy

“neighbors being neighborly”
What help is needed?

Prevention Program support
- Create reimbursement or way to have low cost programs
- PILI ‘Ohana, gardening, heart health education, pre-diabetes education

Support for more new models
- Culturally-aligned health services & programs
- Traditional Native Hawaiian Healing

Replication of Best Innovation
- Bring the best of KKV & WCCHC to other places

NEXT STEPS & CLOSING

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What’s Working

• Programs that integrate cultural values & practices with established health promotion strategies
• Programs that address the social determinants of health
• Community-placed approaches to health promotion
• Culturally-competent, integrated primary care services
• Collaborations & partnerships that lead to innovation & sustainability
• “Growing our own” health care workforce
• Investments in community resources to promote healthy behaviors

Next Steps

• Establish a State Task Force to establish a Native Hawaiian Health Improvement Plan
  • Improve access to Native Hawaiian specific data from State agencies
  • Utilize existing collaborations, systems, and partnerships to leverage resources and maximize outcomes
  • Promote legislation to address social determinants of health
  • Support community-organizations in promoting their own health
  • Increase preventive services available in Native Hawaiian communities

Mōhala i ka wai, ka maka o ka pua

Flowers thrive where there is water, as thriving people are found where living conditions are good.
Mahalo

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Ulu Network Organizations in Hawai‘i

LEGEND:
- Ulu Network Organization Main Site
- Ulu Network Organization Satellite