Culturally Grounded Health Programs and Resources to Heal Historical Trauma

Culturally grounded health programs and resources are developed from the "ground up" and consider "the values, behaviors, norms, and worldviews of the population they [intend] to serve."

### Ola Hou i ka Hula
**Restoring Health through Hula**

**What is it?**
Hula-based intervention focused on reducing systolic blood pressure (SBP) among Native Hawaiians and Pacific Islanders diagnosed with hypertension.

**What were the results?**
- 72% of participants reduced their SBP by 10mmHg or more.
- Participants also reported:
  - Less body pain and aches
  - Improved social functioning
  - Reduced experienced ethnic discrimination

Follow up from this pilot study noted sustained progress following a six-month intervention.

### Hoʻouna Pono
**To Send with Righteousness**

**What is it?**
Culturally-grounded, video-enhanced curriculum focused on drug prevention among rural, Native Hawaiian youth.

**What were the results?**
Between intervention and control participants:
- No difference in alcohol use.
- Reduced cigarettes/e-cigarette and hard drug use among intervention participants.
- Hawaiian ethnocultural identity was related to:
  - Less substance use offers.
  - Less hard drug use other than methamphetamine (ice).

### Ke Ola o ka ʻĀina
**The Role of ʻĀina Connectedness in Kānaka Health**

**What is it?**
Assessment on the perceptions of ʻāina (land) and ʻāina connection in relation to health and resilience.

**What were the results?**
Themes based on interviews and focus groups included:
- ʻĀina (land) is everything and therefore, we as people are ʻāina.
- ʻĀina is health.
- Community healing resulting from community initiatives.

### Important Considerations

**Culturally grounded vs. culturally adapted**
Culturally adapted is a "top down" approach and refers to modifications to an existing program or resource, such as changing the language, to be compatible with a specific group.

**Community-based participatory research (CBPR)**
Community members and researchers work collaboratively during the research process.

**Data sovereignty**
Communities have full control over data management and ownership. It protects communities' intellectual property and dissemination of knowledge.

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Sources: