# Case Study of Native Hawaiian Kupuna, Chronic Back Pain, and Opioid Use

**This is Kekoa:**
- 60-year-old grandfather
- History of chronic back pain
- Uses prescription (Rx) opioids
- Wife shares Rx opioids
- Retiree with fixed income

**This is Kekoa's living situation:**
- Lives in Molokaʻi (rural)
- Multi-generational home with one car
- Lack of transportation
- Family travels for work
- Needs to care for grandchildren
- Difficult to cook

Let's look at **social determinants of health (SDOH)** to address Kekoa's back pain and Rx opioid use. SDOH are "conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks."

## Food & Natural Environment

- **Nā Puʻuʻuai (Food & Health Resource)**
  - **Kūpuna Nutrition Program:** Provides breakfast, lunch, and snacks daily
  - Lomilomi (massage) & lāʻau lapaʻau (herbal medicine): Complement Rx opioids to relieve pain

- **Sustʻāinable Molokaʻi (Community Resource)**
  - Garden to Farm classes

## Women, Infant, Children

- **Maui Family Support Services, Inc. (Child Care Resource)**
  - **Home Day Care & After School Program:** Child care options for infants and children
  - **Puni Ke Ola (Substance Use Prevention Resources)**
    - Using photography to teach traditional Hawaiian practices: Eliminates substance use Promotes well-being

## Neighborhood & Built Environment

- **Alu Like (Transportation Resource)**
  - **Ke Ola Pono no Nā Kūpuna (Elderly Services Program):**
    - Transportation to health appointments, pharmacies, and recreational and cultural activities

- **Hawaiian Community Assets (Housing Resource)**
  - Provides housing counseling to receive financial and housing education

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**Sources:**

Resources as of 07/15/2021