

**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. BURNS SCHOOL OF MEDICINE
UNIVERSITY OF HAWAII AT MĀNOA

**Health Equity
for
Native Hawaiians**

Maenette Benham, PhD

The Queen's Health Systems Board of Trustees
Chair, Native Hawaiian Health Committee
Dean, Hawaiinuiākea- School of Hawaiian Knowledge
University of Hawai'i



**Significance of Findings
For Hawai'i & JABSOM**

Jerris Hedges, MS, MD
Dean, John A. Burns School of Medicine
University of Hawai'i

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



ASSESSMENT AND PRIORITIES FOR
HEALTH & WELL-BEING IN NATIVE
HAWAIIANS & OTHER PACIFIC PEOPLES

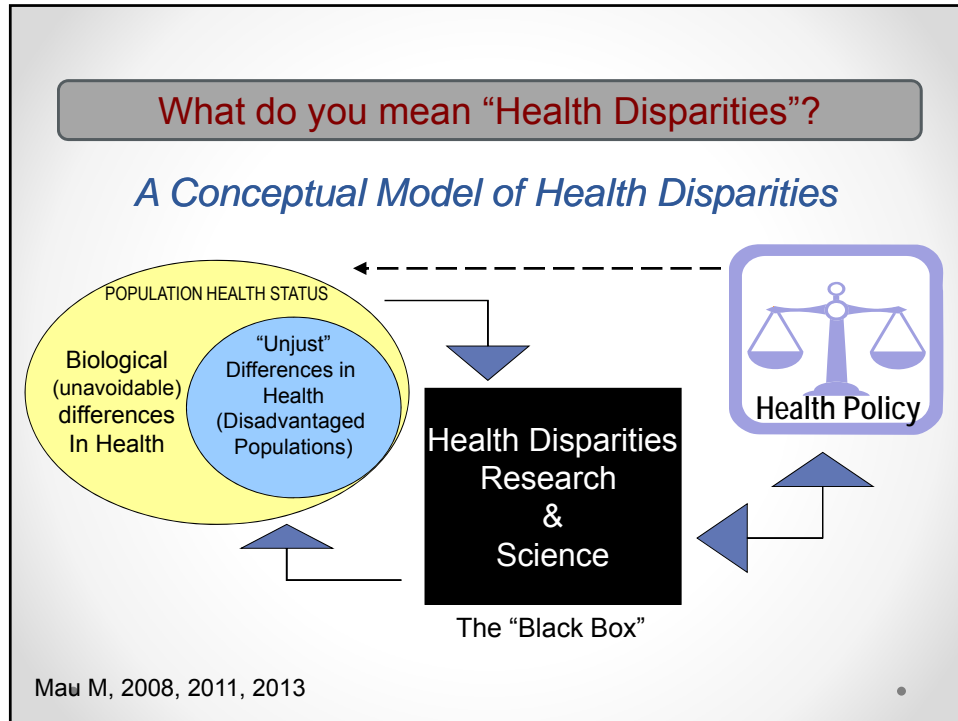
Continual Challenges & Innovative Solutions

- Challenges
 - Diabetes, Heart Disease, Obesity
 - Health Behaviors are hard to change
 - Health is impacted by many factors, from genetics to jobs
- Solutions
 - Innovation through community – university collaborations
 - Building science and research infrastructure
 - Preparing health professionals to service communities throughout Hawai'i



DEMOGRAPHIC & HEALTH DISPARITIES HIGHLIGHTS

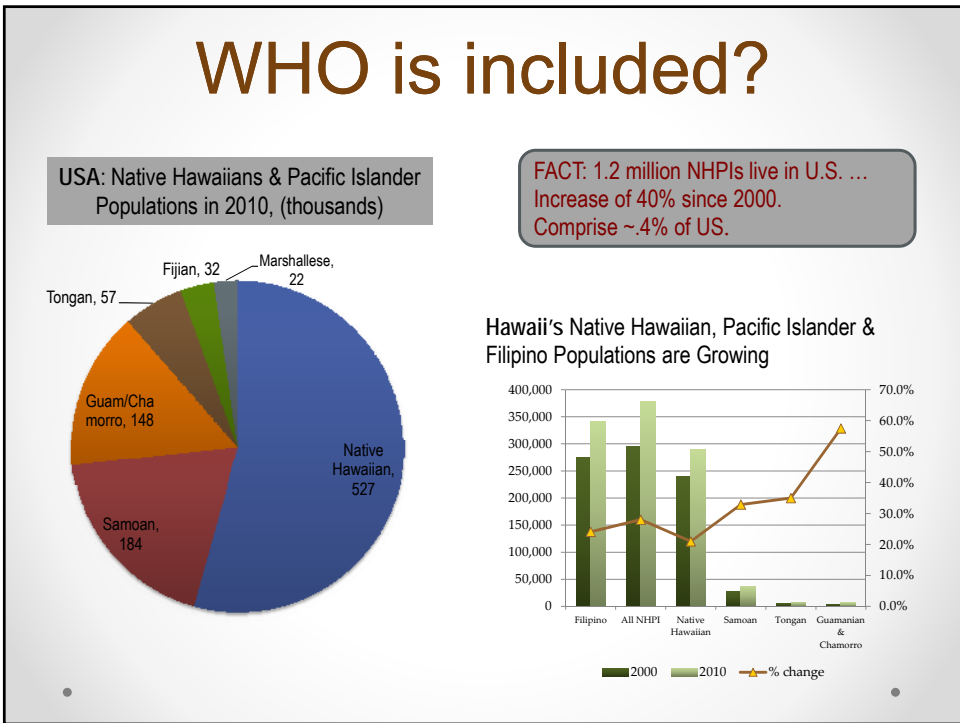
Marjorie Leimomi Mala Mau, MS, MD, FACP
Professor, Department of Native Hawaiian Health
Director & Principal Investigator
Center for Native & Pacific Health Disparities Research
University of Hawai'i, John A. Burns School Medicine



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.**”

U.S. DHHS. The Secretary’s Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020. Phase I report: Recommendations for the framework and format of Healthy People 2020.
http://www.healthypeople.gov/hp2020/advisory/PhaseI/sec4.htm#_Toc211942917.



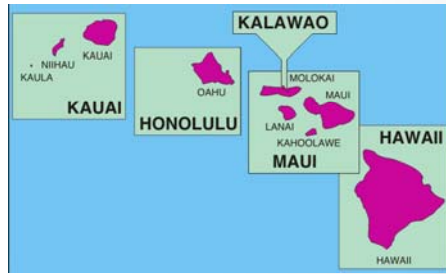
WHERE do WE LIVE?



FACT: 350K (~30%) NHPs live in Hawai'i and 286K (~23%) NHPs live in California.

FACT: Top 5 Counties - Highest Percentage of NHPs

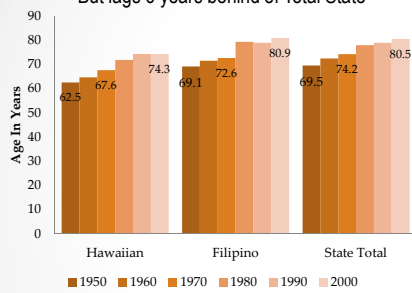
1. Hawai'i County
2. Maui County
3. Kauai County
4. Honolulu, County
5. Anchorage, AK



Census 2010

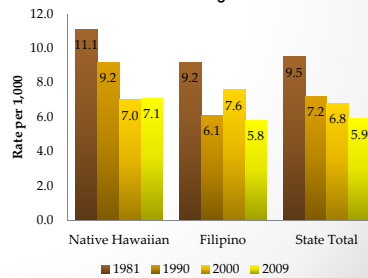
HOW is our HEALTH?

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



FACT: NH die from the same TOP Causes of Death ... Just at Earlier Age

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 NHPs

WHAT have we LEARNED?

We Already KNEW that ... Diabetes, Heart Disease, Hypertension, Obesity HIGHER in NHPs

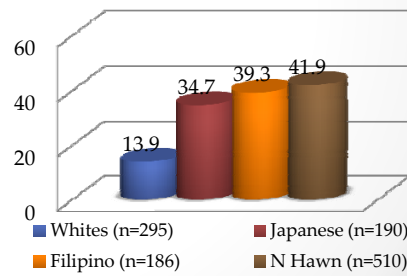
FACT: Diabetes is the STRONGEST Risk Factor for Heart Disease & Kidney Failure in NHPs!
To Prevent HD and KF ... Stop Diabetes and Improve Diabetes Care!!

"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 +

Kulia Ola Kino Maika'i



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

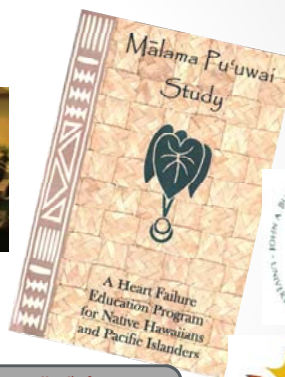


2013 PILI 'Ohana Project – 5 Co-PIs

R01 DK 48136, R21 MD 001660

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



CENTER FOR NATIVE & PACIFIC HEALTH DISPARITIES RESEARCH



U01 HL 079163, P20 MD 000173-S1

Heart Programs Incorporate the Healing Effect of Hula

Hula Empowering Lifestyle Adaptation Study (HELTA)

Ola Hou
I KA HULA



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

.

.

Diabetes Programs WHERE its Needed



Molokai Site

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



Lana'i Site

The Hanapū Study



Hanapu Study Staff - Hilo Site

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

.

.

Promising Programs by NHPs

Kokua Kalihi Valley's Ho'oulu
'Āina Community Park



Community-based gardens

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

FACT: For many NHPs, seeking care from
Traditional Healers is "1st line treatment".

Native Hawaiian Traditional Healing
Center



WAIANAE COAST
COMPREHENSIVE
HEALTH CENTER



What's on the Horizon?

- To prepare the NEXT GENERATION

- 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

- 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!

Standing on the Foundation of My Ancestors, Mentors & Teachers





OTHER DETERMINANTS OF HEALTH HIGHLIGHTS

Brent Kakesako, JD

Executive Director, Hawai'i Alliance for
Community Based Economic Development

Health is Impacted by Many Factors

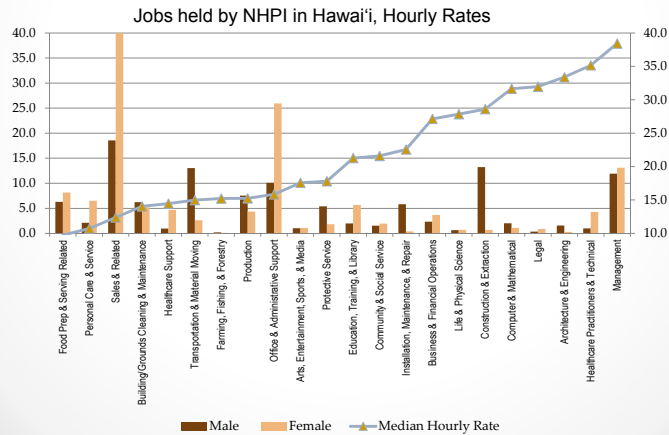


Where we live, learn,
work, and play impacts
our health

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

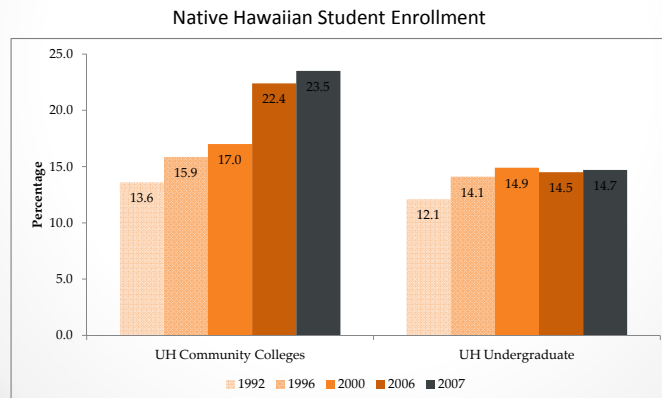
Economic Well-being is Critical

- 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

Hula helps heart, soul, isle study discovers

The dance benefits cardiac patients and people with high blood pressure

By Susan Escayan

escayan@starbulletin.com

Learning hula can lower blood pressure for people



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



Noe Hoapili
"The pathway creates positive change for healing, empowerment, spirituality, self-identity and cultural pride. By incorporating Hawaiian cultural beliefs we not only

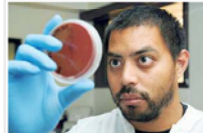


Star Advertiser

Tuesday, August 27, 2013 86.0°F

Small school stands tall as science powerhouse

Students have prevailed in competitions thanks to a pioneering and intense focus on STEM education



GRAND T. HOAPILI / CHOWLING@STARADVERTISER.COM
Rohan Kulkarni, examining petri dishes, won recognition for his work on using genetically modified strains to produce antibodies.

Kapiolani Community College is best known for training top-notch chefs such as Alan Wong, but the school on the slopes of Diamond Head is quietly making its mark in another field.

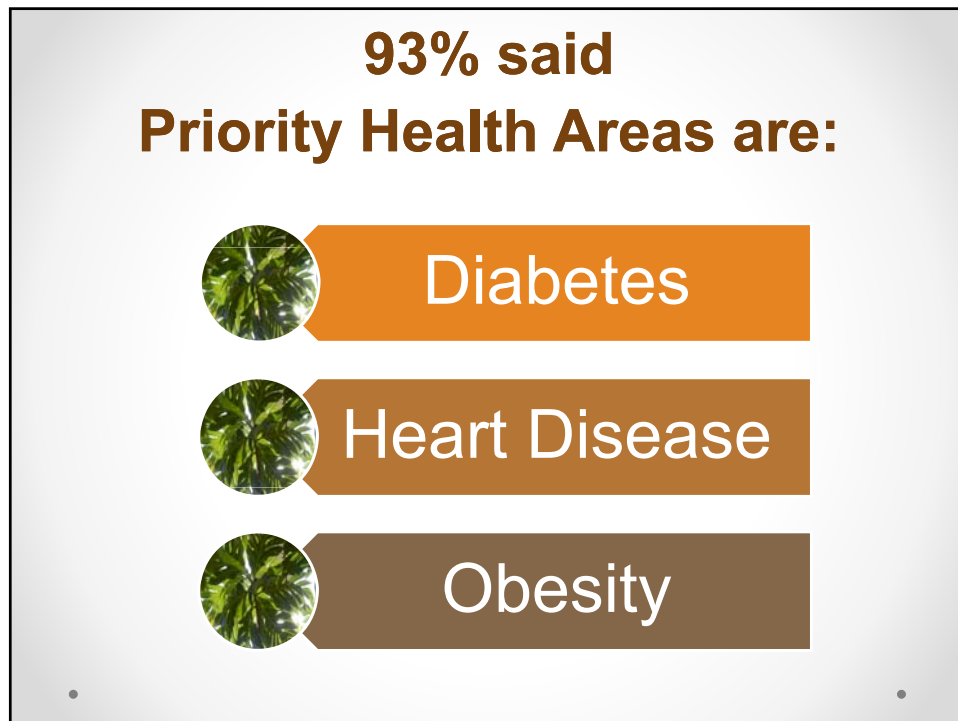
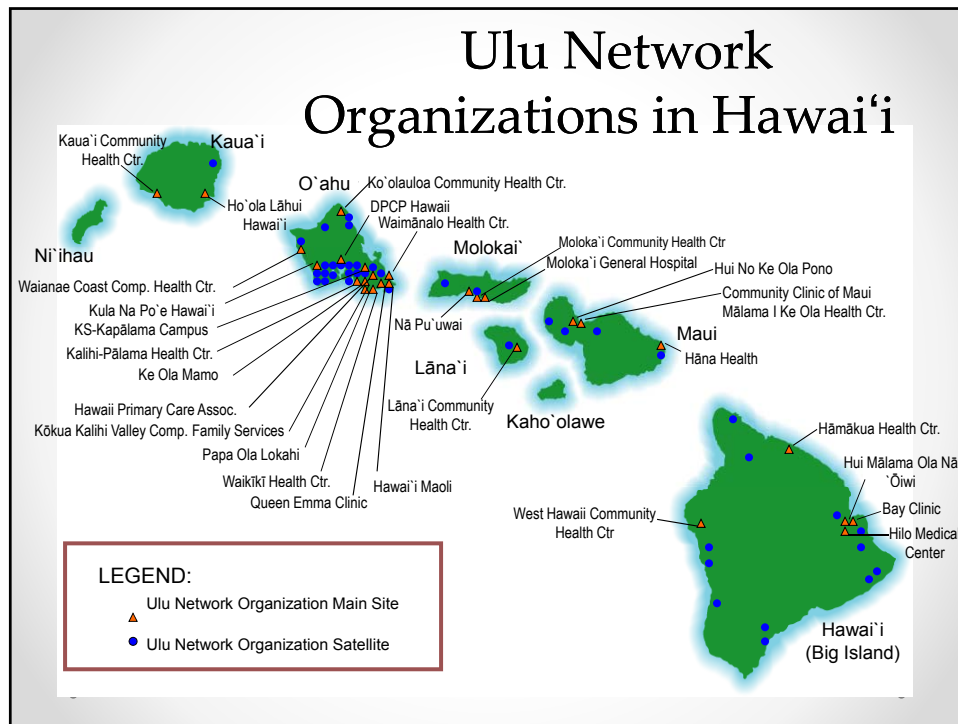
Its students are going head-to-head against teams from four-year universities in scientific competitions and winning — for the caliber of their research, team-work and sheer effort.

"They win as much as the cooking students do," said Matthew Tutuila, assistant professor of molecular biology and microbiology at KCC. "No one seems to realize it."

Most recently, seven KCC students built a hot pink "Cardiac" or canister satellite, and headed to Burkett, Texas, to face off against teams that came from as far as India. KCC's crew took the top prize in the NASA-sponsored

COMMUNITY SPEAKS OF HEALTH NEEDS HIGHLIGHTS

Mele Look, MBA
Director, Community Engagement
Department of Native Hawaiian Health
John A. Burns School of Medicine
University of Hawai'i



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



Lomilomi at Hui
No Ke Ola Pono,
Maui

WAIKIKI HEALTH



WAIANAE COAST
COMPREHENSIVE
HEALTH CENTER

Traditional Healing Center

Support for Prevention

Health insurance usually doesn't cover prevention programs

PILI Program, Papakolea



Hilo Food Garden & Diabetes
Hui Mālama Ola nā 'Ōiwi

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 – PAPA KOLEA
 - 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 'Oiwī
- **Waimanalo** Waimanalo Hlth Ctr
- **Hana & Wailuku** Hui no ke Ola Pono




Kalihi, KKV

Hilo, Hui Malama Ola na 'Oiwī

Role Models & Innovators

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



**WAI‘ANAE COAST
COMPREHENSIVE
HEALTH CENTER**
‘O WAI‘ANAE ‘ŌHANA



WCCHC, Staff training

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”

Star Bulletin
mobile edition
May 16, 2006



Recolonizing Kalihi

Pacific isle women get a workout and healthy harvests
through an innovative agricultural initiative

By Katherine Nichols
knichols@starbulletin.com

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

J. Keawe'aimoku Kaholokula PhD
Chair, Department of Native Hawaiian Health
John A. Burns School of Medicine
University of Hawai'i

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



The PILI 'Ohana Community-Academic Partnership

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

This presentation was made possible with awards from...

- The National Institute of Minority Health & Health Disparities of the National Institutes of Health (P20MD00173;U54MD007584)
- The Queen's Health Systems, Native Hawaiian Health Program

