



AoA Evidence-Based Disease and Disability Prevention Program

Hawaii State Profile

The Evidence-Based Disease and Disability Prevention Program was designed to expand seniors' access to effective interventions in the effort to reduce their risk of disease, injury, and disability. This profile provides a brief synopsis of how states and leading community aging provider organizations have tailored evidence-based health promotion programs to meet the needs of the older adult communities they serve.

Lead Organization:	Executive Office on Aging
State Health Department:	Hawaii State Department of Health
Project Title:	Healthy Aging Partnership - Empowering Elders (HAP-EE)
Project Period:	September 30, 2006 to July 31, 2009

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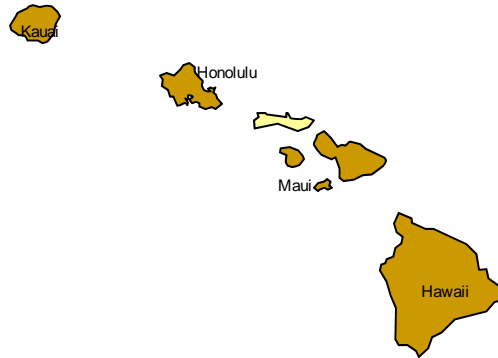
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Arthritis Self-Management Program (ASMP)
- Diabetes Self-Management Program (DSMP)
- EnhanceFitness (EF)

Trainer and Leader Capacity by Program (as of December 2007)

- Chronic Disease Self-Management Program: 2 T-Trainers, 46 Master Trainers, 46 Group Leaders
- Arthritis Self-Management Program: 22 Master Trainers
- Diabetes Self-Management Program: 24 Master Trainers
- EnhanceFitness: 3 Master Trainers plus 17 Instructors

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program, Arthritis Self-Management Program or Diabetes Self-Management Program: 35 sites with coordination by AAAs and Alu Like, Inc.
 - Senior centers, residential, healthcare organization, faith-based organization, community center and community colleges
- EnhanceFitness: 8 sites with coordination by AAAs
 - Community center, parks and recreation departments

Participants by Program

- Chronic Disease Self-Management Program: (through January 31, 2009)
 - 476 enrolled, 88% complete the course
 - 42% Native Hawaiian; 28% Filipino; 16% Japanese; 23% White
 - 35% have diabetes; 40% arthritis; 57% hypertension
- EnhanceFitness: (through March 2009)
 - 197 enrolled, 136 completed their first 4-month follow up
 - 6% Native Hawaiian; 15% Filipino; 56% Japanese; 19% White
 - 24% have diabetes; 40% arthritis; 46% hypertension

Results of pre-post study of Chronic Disease Self-Management Program participants

- Improvements in physical activity; reductions in pain, fatigue and shortness of breath
- Reduction in health care utilization (ER visits, physician visits, and hospitalizations)

Results of pre-post study of EF participants

- Improvements in gait, strength
- Increased levels of physical activity and reduction in falls

Strategic Planning Partners

- State Government
 - Executive Office on Aging
 - Hawaii State Department of Health
 - State Legislator's Office
 - Department of Human Services
 - Office of Veteran's Services
 - Hawaii State Health Planning & Development Agency
- Insurers
 - Blue Cross -Blue Shield
 - Medicaid HMO (Wellcare)
 - UHA
- Health Systems
 - Native Hawaiian Healthcare System
 - Community Health Centers
- Aging Network
 - Area Agencies on Aging (AAAs)
 - Nutrition Sites
 - Senior Services
 - Meals on Wheels
 - Advisory Board
- TITLE VI – Native Hawaiian
 - ALU LIKE, Inc.
 - Hā Kūpuna NRC for Native Hawaiian Elders
- Labor Unions
 - ILWU
 - HGEA (Government)
 - Alliance for Retired Americans
- Other
 - UH Center on Aging
 - U.S. Veterans Affairs
 - Aging With Aloha Coalition
 - UH Medical School

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