

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

Mele Look

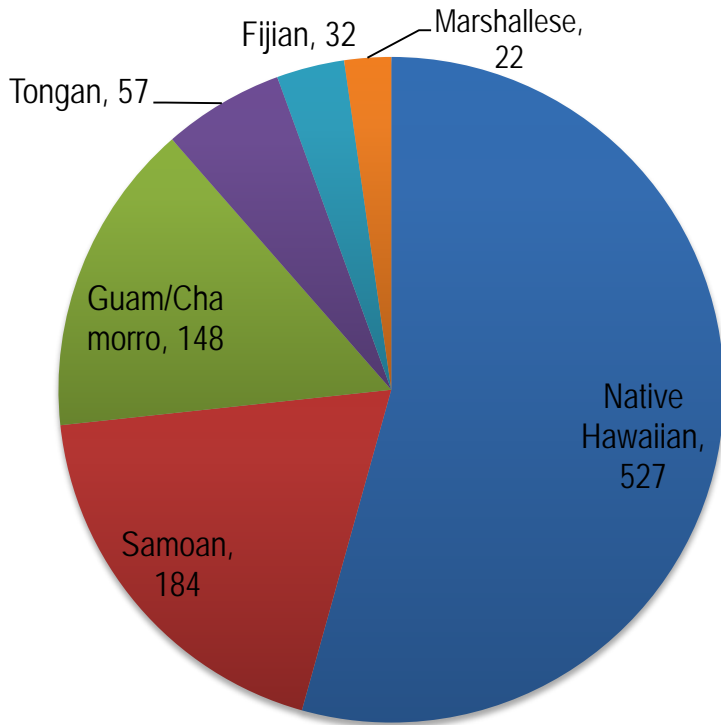
Hawai'i Rural Health Conference
Kaua'i Sheraton Resort
October 23, 2014



DEPARTMENT OF NATIVE HAWAIIAN HEALTH
CENTER FOR NATIVE AND PACIFIC HEALTH DISPARITIES RESEARCH
JOHN A. BURNS SCHOOL OF MEDICINE
UNIVERSITY OF HAWAII AT MĀNOA

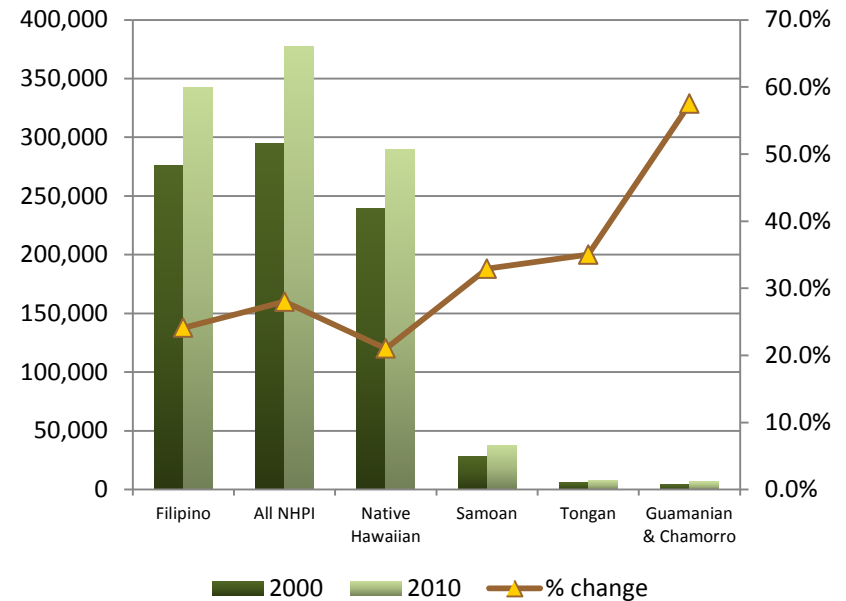
WHO IS INCLUDED?

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

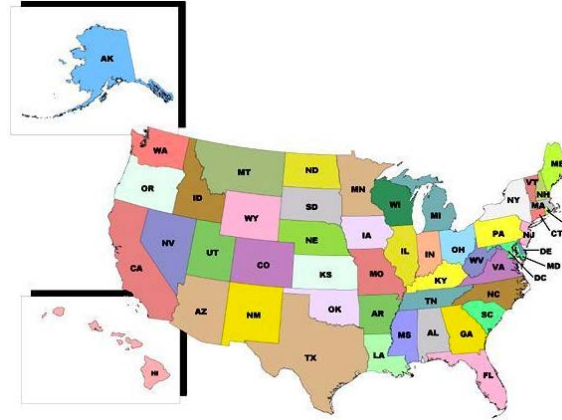


**USA: 1.2 million NHPI
Comprise ~.4% of USA population**

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



WHERE DO WE LIVE?

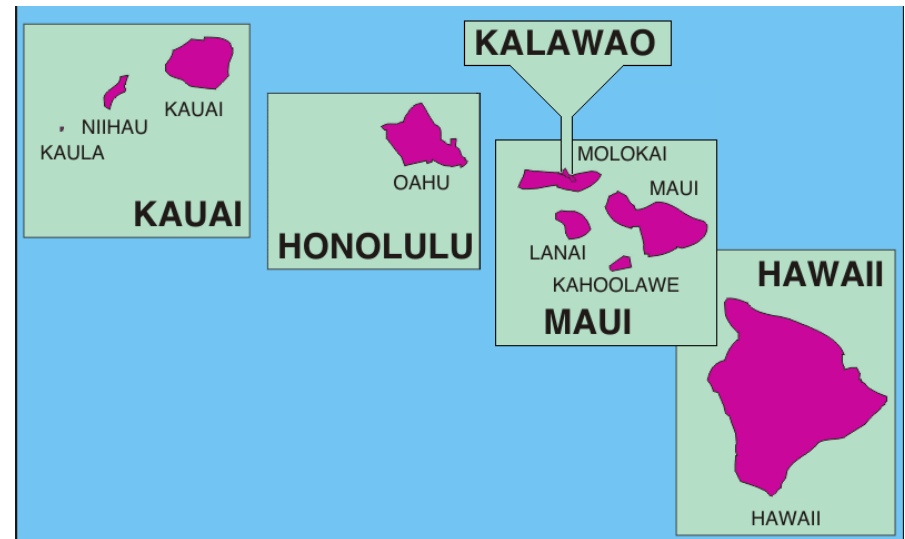


USA

30% NHPI in Hawai'i
23% NHPI in California.

Top 5 Counties - Highest % NHPI

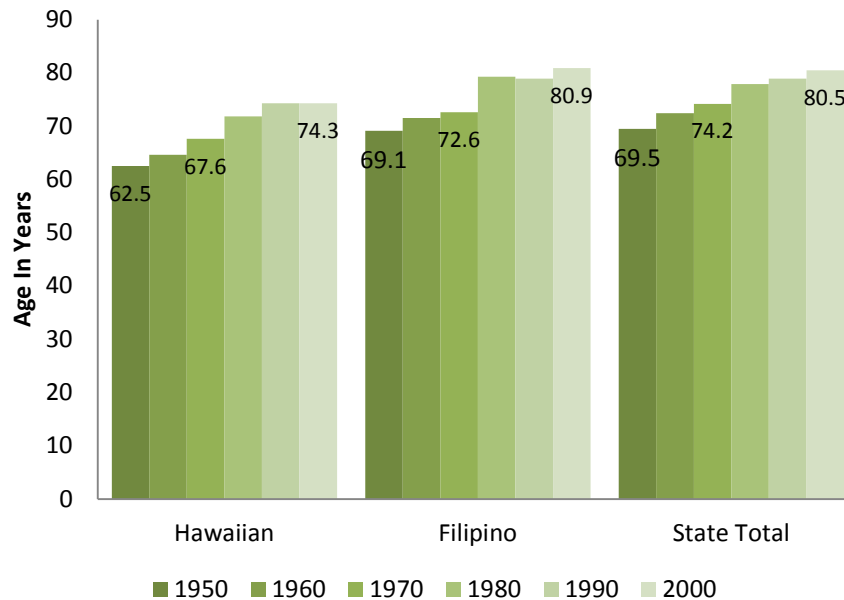
1. Honolulu, HI
2. Hawai'i, HI
3. Los Angeles, CA
4. Maui, HI
5. San Diego, CA



Census 2010

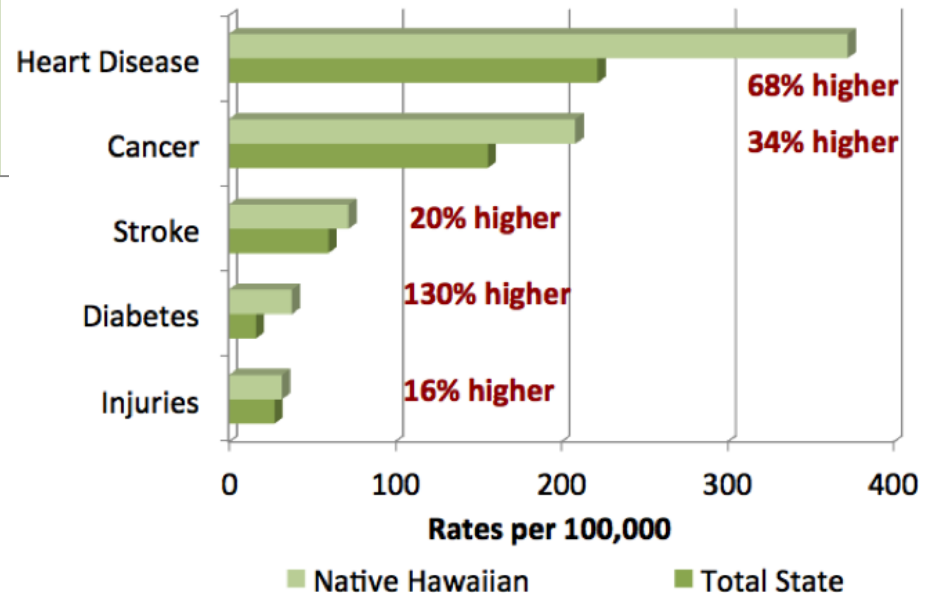
HOW IS OUR HEALTH?

Native Hawaiian life expectancy improved ...
But lags 6 years behind of total State

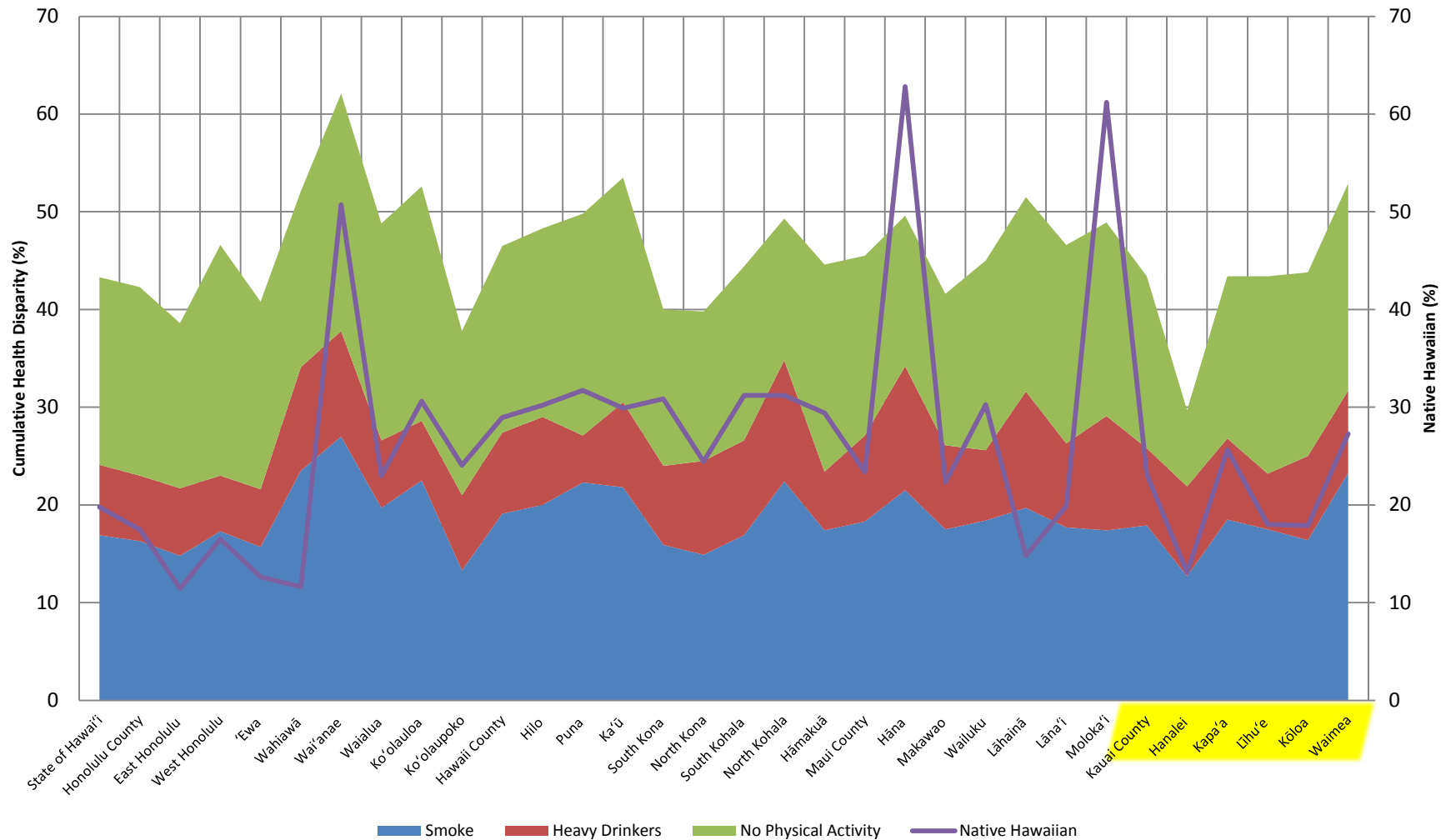


Native Hawaiians die from the same TOP
Causes of Death ... Just at earlier age
and with earlier onset

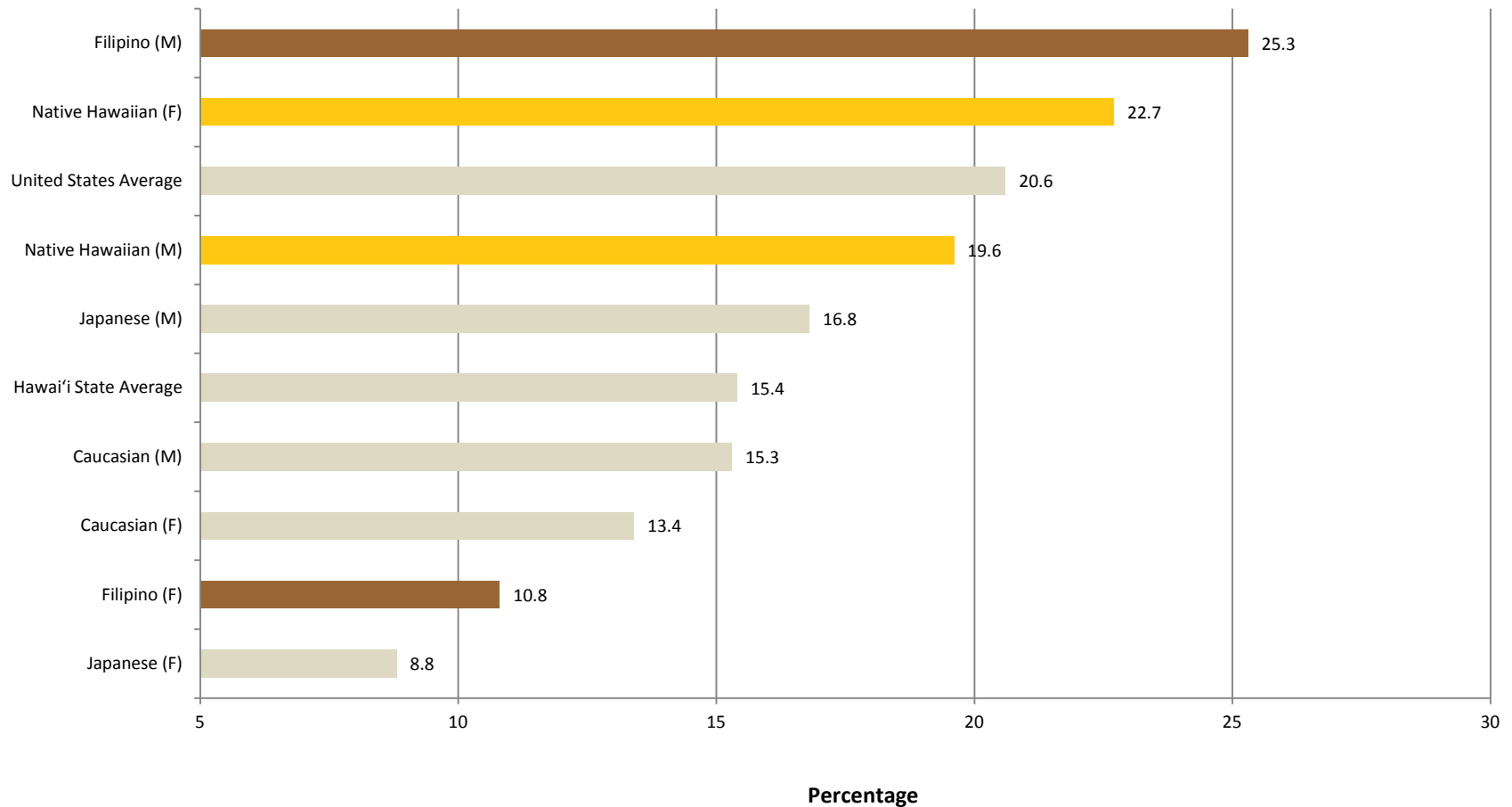
Native Hawaiian Mortality Rates for Top
Causes of Death, 2000



HEALTH BEHAVIORS NEED TO IMPROVE



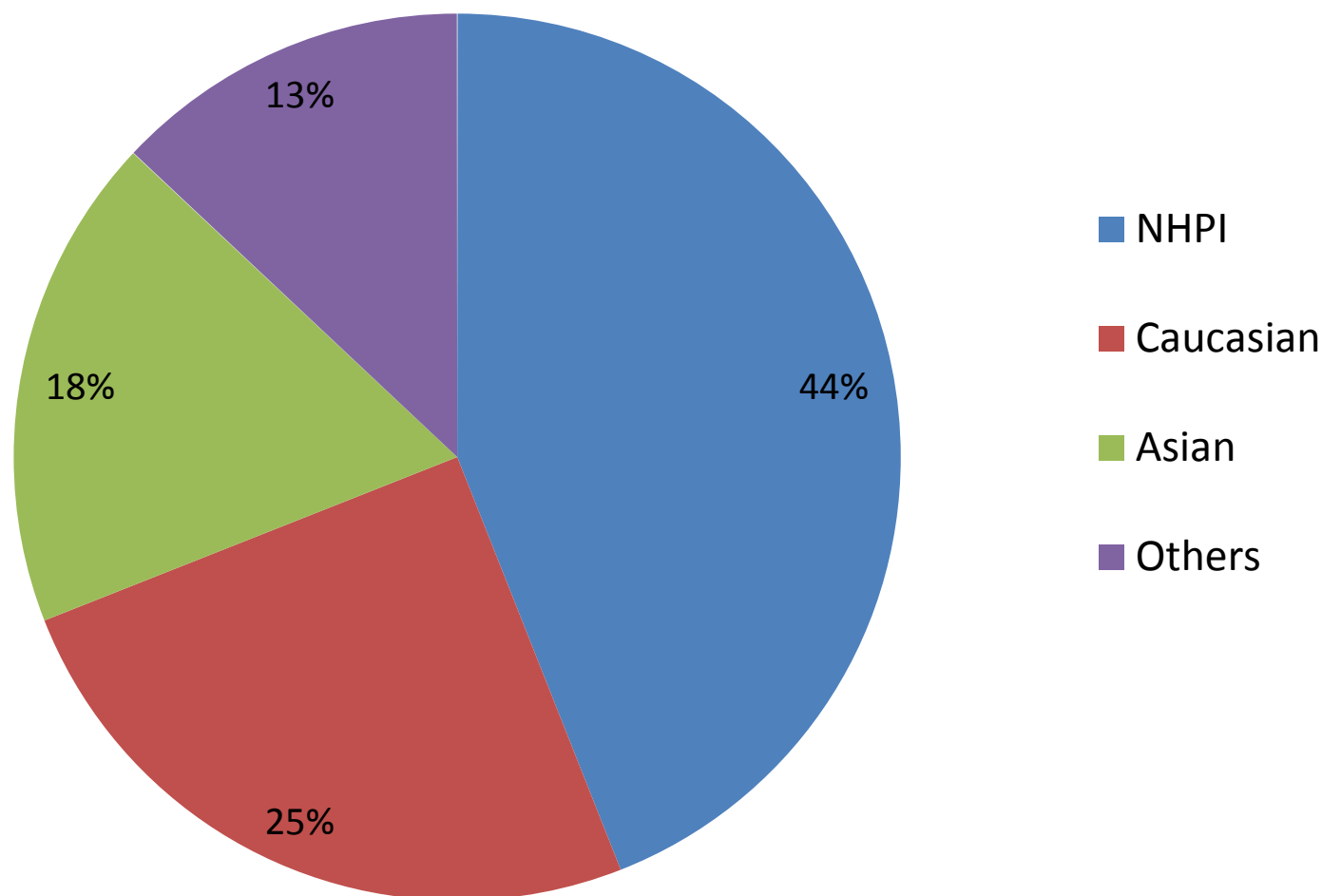
SMOKING & ETHNICITY



Native Hawaiians and Filipino men have significantly higher rates of smoking

COMMUNITY HEALTH CENTERS

Key Health Service Providers



Scientific Knowledge + Community Wisdom = HEALTH



PILI 'Ohana Project is EFFECTIVE in reducing weight & ... Prevent diabetes & metabolic syndrome

- Randomized Control Trial
- Strong CBPR Guidance
- 25+ community sites
- 5 Major Studies
- 9 Years



2013 PILI 'Ohana Project – 5 Co-PIs

R21 MD 001660

Hula & Health Research Studies

Hula helps heart, soul, isle study discovers

The dance benefits cardiac patients and people with high blood pressure

By Susan Essoyan
sessoyan@staradvertiser.com

Learning hula can lower blood pressure for people with persistent hypertension and help rehabilitate patients after heart attacks or cardiac surgery, according to research presented Thursday in Honolulu.

And people tend to like it better than running on a treadmill.

"It is both appealing as well as effective," said Mele Look, an investigator on two hula-based studies by researchers at the University of Hawaii medical school and the Queen's Medical Center.

"We found that they were affected not only on the physical front — by all that movement — but there was



Hula is now PROVEN to improve hypertension management

- Randomized Control Trial
- CBPR guided
- 12 weeks
- Hula 2x week + 3 hr heart health ed



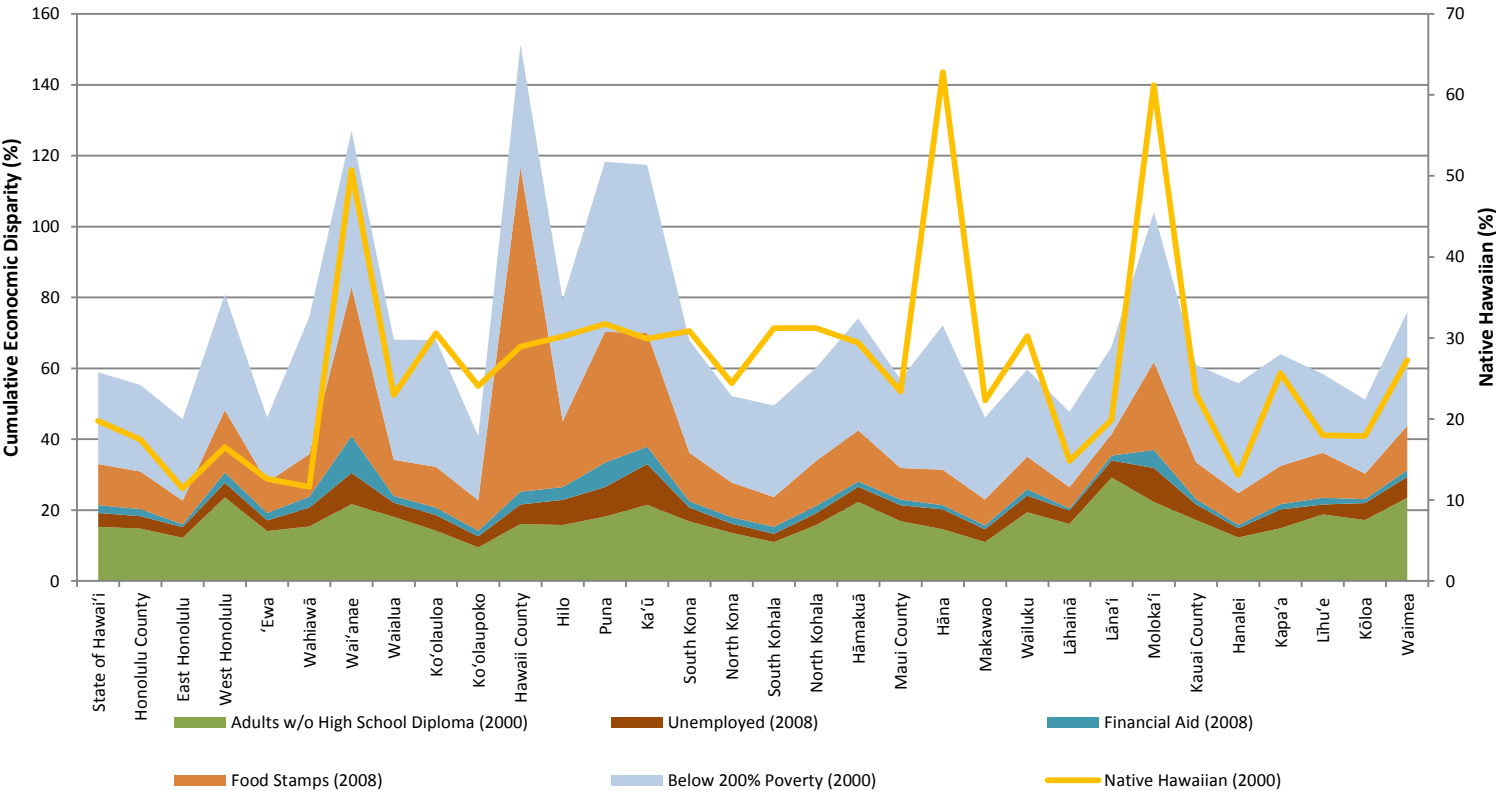
Health is Impacted by Many Factors



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

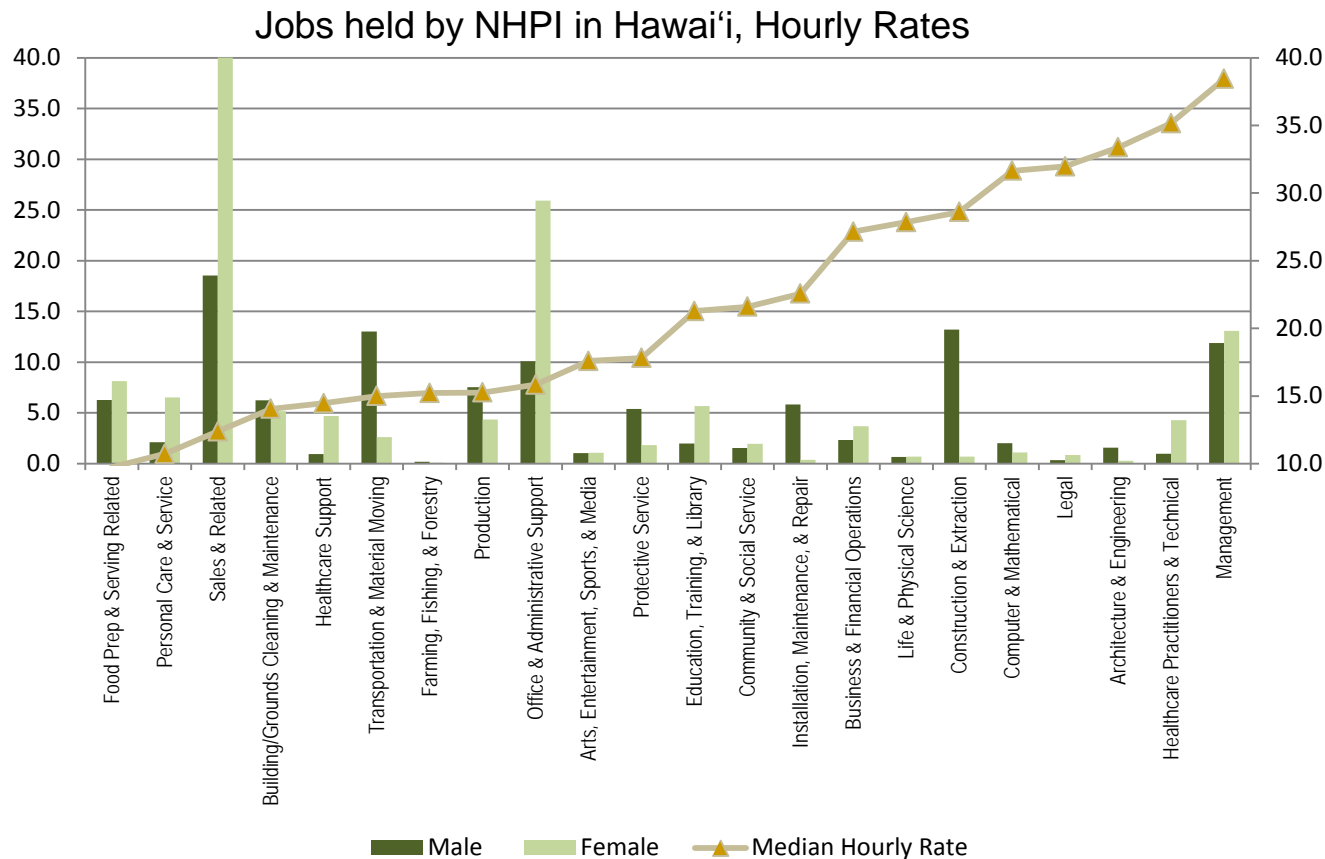
- Economic
- Education
- Social & Cultural
- Emotional & Spiritual

Native Hawaiian and Economic Disparity



Economic Well-being is Critical

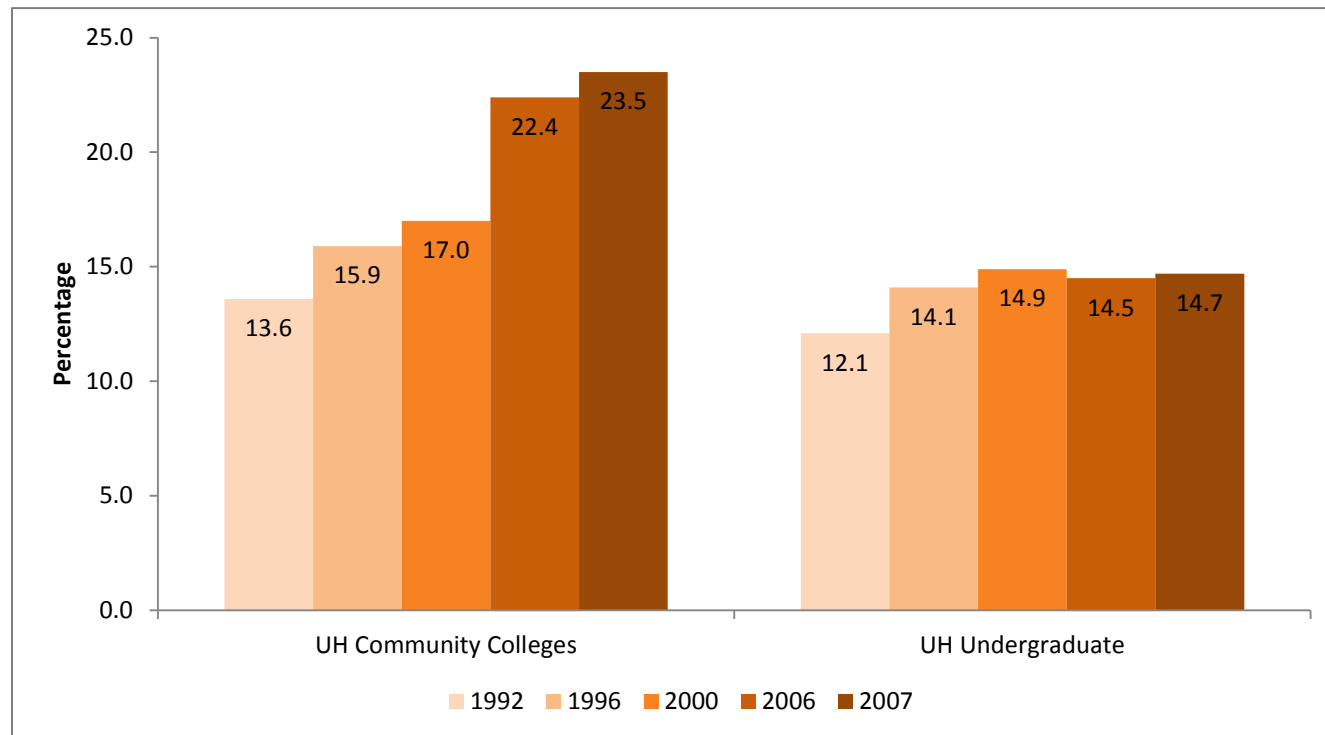
- Poverty contributes to inequitable health outcomes
- NHPP labor force needs more people with college degrees in higher wage fields such as technology, science & business



Better Education = Better Health

- Numerous studies have shown a college degree will lead to better health status
- Hawai'i Community Colleges have been very successful in enrolling Native Hawaiians

Native Hawaiian Student Enrollment



PROMISING TREND

Community College Innovation



UNIVERSITY OF HAWAII
HAWAII
COMMUNITY COLLEGE

*Celebrating 70 years
Seeking Excellence*



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



CRAIG T. KOJIMA / CKOJIMA@STARADVERTISER.COM

Robin Kaai, examining red blood cells, won recognition for his work on using genetically modified viruses 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 Tuthill, assistant professor of molecular biology and microbiology at KCC. "Yet nobody seems to realize it."

Most recently, seven KCC students built a hot-pink "CanSat," or cannister satellite, and trekked 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

Native Hawaiian Health Professional Development

Health School or Department	University of Hawai'i at Mānoa (N)	NH Majored in College/School (N)	NH Majored in College/School (%)
School of Medicine	497	39	8.0
Psychology Department	294	25	8.5
School of Human Nutrition, Food & Animal Sciences	185	23	12.0
School of Nursing & Dental Hygiene	665	96	14.0
School of Social Work	301	63	21.0

Cultural Values & Social Support Impacts Well-being

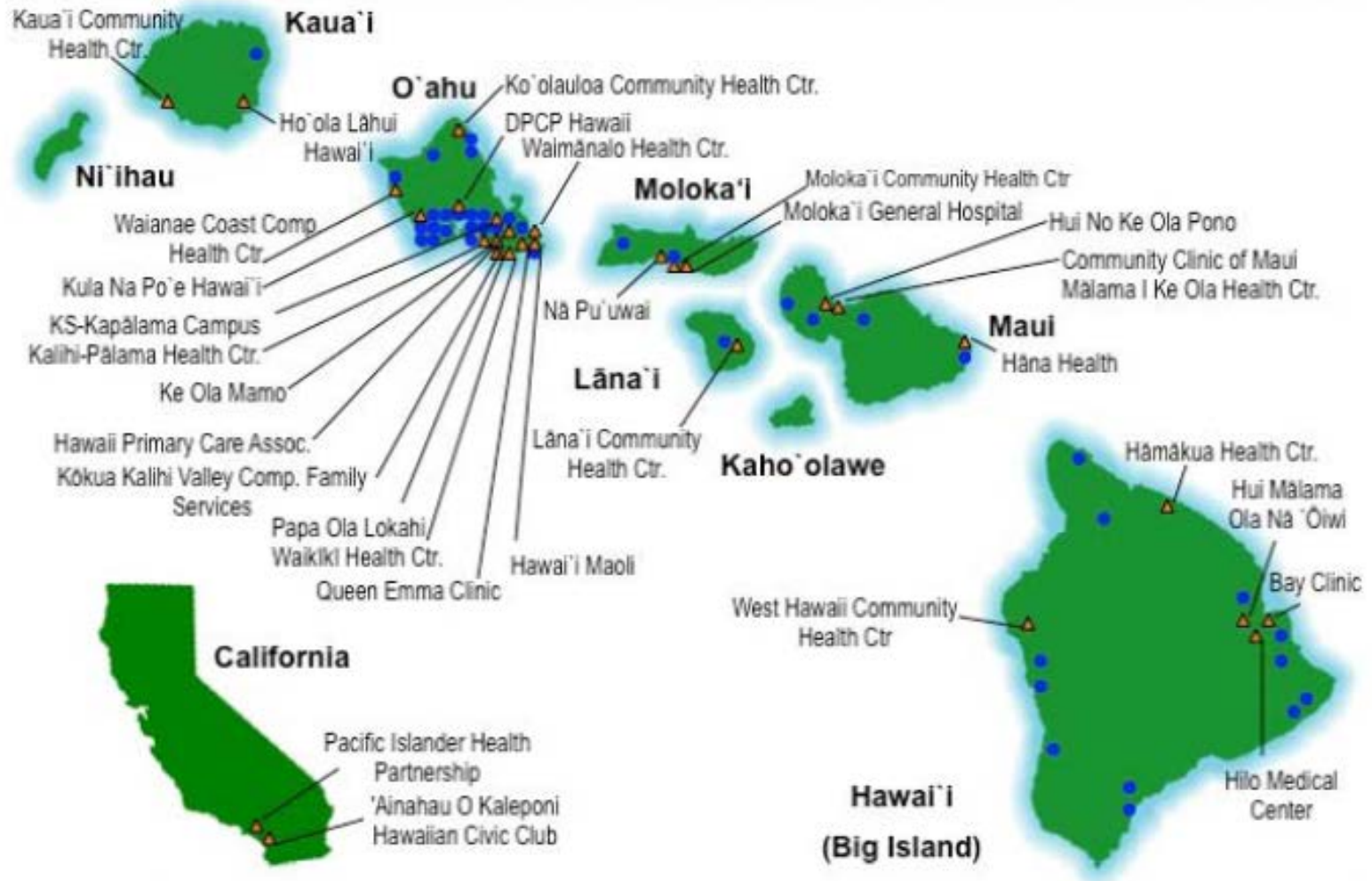
- Traditions & cultural values help families to overcome social challenges
- Cultural re-awakening strengthens identity and well-being
- Interconnections of spiritual and physical health





COMMUNITY SPEAKS OF HEALTH NEEDS

Ulu Network Organizations



93% said Priority Health Areas are:



Diabetes



Heart Disease



Obesity

Neighbor Island Health Service Needs

Specialists in
diabetes & heart
disease

Nutrition
expertise &
education

Behavioral &
mental health



Nutrition
Education in Hilo

Oahu Health Service Needs

Prevention

- Lifestyle Changes
- Diet, Exercise, Healthy Habits

Prevention

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

Native Hawaiian Traditional Healing

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

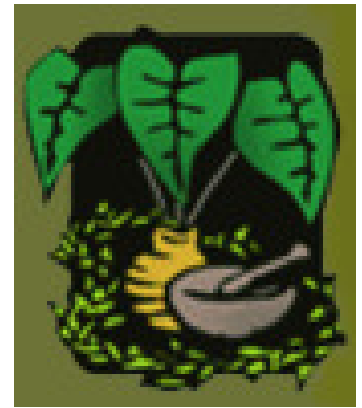


**WAIANAE COAST
COMPREHENSIVE
HEALTH CENTER**
www.wcchc.com

Traditional Healing
Center



WAIKIKI HEALTH



Hui No Ke Ola
Pono, Maui

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

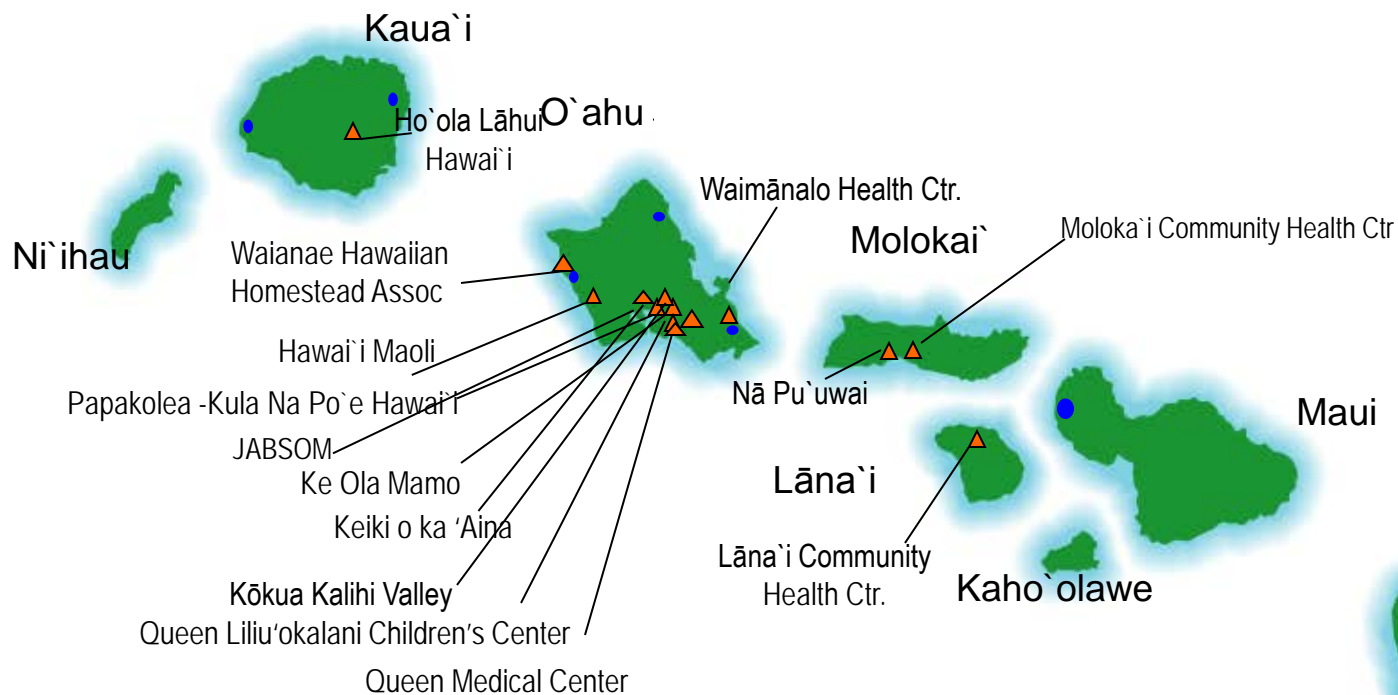
Lifestyle Changes

- Food Gardens
 - Schools
 - Communities
 - Homes

Outstanding Models

- Wai'anae Coast Comp Hlth Center
- Kokua Kalihi Valley Hlth Ctr

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



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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's Working?

- Integrating cultural values & practices with established health promotion strategies
- Addressing the social determinants of health
- Community-placed approaches
- Culturally-competent integrated primary care
- Collaborations & partnerships with innovation & sustainability
- *Growing our own* health care workforce
- Community resources to promote healthy behaviors



Tui Family, Papakolea





*Ulu Hina,
Kū Papa*

-Thriving & Enduring

Mahalo



This presentation was made possible with awards from...

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