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
WHO IS INCLUDED?

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

- Native Hawaiian, 527
- Samoan, 184
- Guam/Chamorro, 148
- Fijian, 32
- Marshallese, 22
- Tongan, 57
- Filipino

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

Hawaii’s Native Hawaiian, Pacific Islander & Filipino Populations are Growing
WHERE DO WE LIVE?

Top 5 Counties - Highest % NHPI

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

USA
30% NHPI in Hawai‘i
23% NHPI in California.

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

- Heart Disease: 68% higher
- Cancer: 34% higher
- Stroke: 20% higher
- Diabetes: 130% higher
- Injuries: 16% higher
HEALTH BEHAVIORS NEED TO IMPROVE

[Chart showing cumulative health disparity, with categories for Smoke, Heavy Drinkers, No Physical Activity, and Native Hawaiian]
Native Hawaiians and Filipino men have significantly higher rates of smoking.
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

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

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

Hula is now PROVEN to improve hypertension management
Health is Impacted by Many Factors

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

- Economic
- Education
- Social & Cultural
- Emotional & Spiritual
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
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
Small school stands tall as science powerhouse

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

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 Tidhill, assistant professor of molecular biology and microbiology at KCC. “Yet nobody seems to realize it.”

Most recently, seven KCC students built a hot-pink “Canidat,” or cannister satellite, and trekked to Bastrop, Texas, to face off against teams that came from as far as India. KCC’s crew took the top name in the NASA-sponsored
# Native Hawaiian Health Professional Development

<table>
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<tr>
<th>Health School or Department</th>
<th>University of Hawaiʻi at Mānoa (N)</th>
<th>NH Majored in College/School (N)</th>
<th>NH Majored in College/School (%)</th>
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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

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
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 ‘Oiwi
- Waimanalo  Waimanalo Hlth Ctr
- Hana & Wailuku  Hui no ke Ola Pono

Hilo, Hui Malama Ola na ‘Oiwi
Kalihi, KKV
Role Models & Innovators

• Tight relationship with Waiʻanae community
• Focus on enabling services
• Incorporation of Hawaiian culture
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"
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
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