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GOVERNOR OF HAWAII
KE KIA'ĀINA O KA MOKU'ĀINA 'O HAWAII

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STATE OF HAWAII
DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
EXECUTIVE OFFICE ON AGING
NO. 1 CAPITOL DISTRICT
250 SOUTH HOTEL STREET, SUITE 406
HONOLULU, HAWAII 96813-2831

Testimony in SUPPORT of SB2471
RELATING TO FALLS PREVENTION

SENATOR JOY A. SAN BUENAVENTURA, CHAIR
SENATOR HENRY J.C. AQUINO, VICE CHAIR
COMMITTEE ON HEALTH AND HUMAN SERVICES

Testimony of Caroline Cadirao
Director, Executive Office on Aging
Attached Agency to the Department of Health

Hearing: Wednesday, February 14, 2024, 1:00 P.M., Conference Room 225

- 1 **EOA Position:** The Executive Office on Aging (EOA), an attached agency to the Department of
- 2 Health (DOH) **supports** the intent of this measure.
- 3 **Fiscal Implications:** Appropriates funds to support the Department of Health's Senior Fall
- 4 Prevention Campaign. Declares the general fund expenditure ceiling is exceeded.
- 5 **Purpose and Justification:** Falls are a serious health risk for older adults, as it can lead to
- 6 fractures, pain, medication complications, loss of mobility and long-term care admission.
- 7 According to the CDC in 2020, 36,000 fall related deaths in adults, ages 65 and older was
- 8 reported, making it the leading cause of injury death for that age group. Many falls are
- 9 preventable, and education is key. The Department of Health, Falls Prevention Program has a
- 10 successful falls prevention campaign with the CDC stating that we have the lowest fall and

- 1 injury rate in the nation. The funding will allow the DOH to continue its public awareness
- 2 campaign.
- 3 **Recommendation:** EOA supports this measure to fund a public health campaign for falls
- 4 prevention.
- 5 Thank you for the opportunity to testify.



DISABILITY AND COMMUNICATION ACCESS BOARD

1010 Richards Street, Room 118 • Honolulu, Hawaii 96813
Ph. (808) 586-8121 (V) • TTY (808) 586-8162 • Fax (808) 586-8129

February 14, 2024

TESTIMONY TO THE SENATE COMMITTEE ON HEALTH AND HUMAN SERVICES

Senate Bill 2471 – Relating to Fall Prevention

The Disability and Communication Access Board (DCAB) supports Senate Bill 2471 – Relating to Fall Prevention.

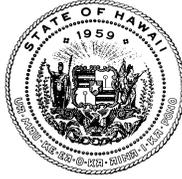
This bill would appropriate funds to support the Department of Health's Senior Fall Prevention Campaign.

Fall related injuries disproportionately impact the elderly, often resulting in a long term disability. This impacts their quality of life and puts a strain on the medical system, the rehabilitation system, and on family caregivers. Reducing the incidence of falls has short and long term positive effects.

Thank you for considering our position.

Respectfully submitted,

KIRBY L. SHAW
Executive Director



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DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
P. O. Box 3378
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**Testimony COMMENTING on SB2471
Relating to Fall Prevention**

SENATOR JOY A. SAN BUENAVENTURA, CHAIR
SENATE COMMITTEE ON HEALTH AND HUMAN SERVICES

Hearing Date: February 14, 2024

Room Number: 225

- 1 **Fiscal Implications:** Appropriates funds to support the Department of Health's Senior Fall
- 2 Prevention Campaign. The Department respectfully defers to the Governor's Executive
- 3 Biennium Budget.
- 4 **Department Testimony:** The Department of Health comments on SB2471. The Bill
- 5 appropriates \$100,000 or so much thereof as may be necessary for fiscal year 2024-2025 for the
- 6 Department of Health's senior fall prevention campaign.
- 7 The Department of Health supports the intent of this bill. Every year Hawaii's seniors experience
- 8 significant mortality and morbidity from falls. This measure would add to the department's fall
- 9 prevention program to include Statewide Public Service Announcements (PSA) about fall
- 10 prevention, fall prevention bus posters, statewide medication reviews for seniors through local
- 11 pharmacies, statewide home safety workshops aimed at removing fall hazards from the home,
- 12 and statewide Tai Chi classes for living with arthritis and fall prevention. The department will
- 13 sponsor fall prevention consortium speakers.
- 14 If appropriated, funds for kupuna fall prevention campaign will benefit Hawaii's kupuna by
- 15 reducing injuries, healthcare costs, stress, and anxiety.
- 16 Thank you for the opportunity to testify on this measure.



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The State Legislature
Senate Committee on Health and Human Services
Wednesday, February 14, 2024
Conference Room 225, 1:00 p.m.

TO: The Honorable Joy San Buenaventura, Chair
FROM: Keali'i Lopez, State Director, AARP Hawaii
RE: Support for S.B. 2471 -Relating to Fall Prevention

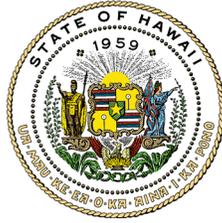
Aloha Chair San Buenaventura, and Members of the Committee:

My name is Keali'i Lopez, and I am the State Director for AARP Hawai'i. AARP is a nonpartisan, social impact organization that advocates for individuals age 50 and older. We have a membership of nearly 38 million nationwide and nearly 140,000 in Hawaii. We advocate at the state and federal level for the issues that matter most to older adults and their families.

AARP supports S.B.2471 which appropriates funds to support the Dept. of Health's Senior Fall Prevention Program.

According to the U.S. Centers of Disease Control and Prevention (CDC), "falls among adults aged 65 and older are common, costly, and are the leading cause of fatal and nonfatal injuries among older adults. In the United States, over 14 million, or one in four, adults ages 65 and older (older adults), report falling each year. While not all falls result in an injury, about 37% of those who fall reported an injury that required medical treatment or restricted their activity for at least one day, resulting in an estimated nine million fall injuries." In most cases, falls are preventable especially if people take steps to reduce the risks by making their homes safer, proper medications and health management, and engage in strength and balance exercises such as tai chi. The Hawaii Department of Health has had a successful senior fall prevention program that includes certified tai chi classes, and it has expanded these classes to over thirty locations and all YMCA5 statewide. Exercise programs like Tai-chi and other falls prevention education and awareness efforts should be continued and supported to reduce the risk of fall-related injuries especially among Hawaii's older residents.

Thank you very much for the opportunity to testify in **support of S.B.2471.**



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Testimony of Caroline Cadirao
Director, Executive Office on Aging
Attached Agency to the Department of Health

Hearing: Wednesday, February 14, 2024, 1:00 P.M., Conference Room 225

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- 10 successful falls prevention campaign with the CDC stating that we have the lowest fall and

- 1 injury rate in the nation. The funding will allow the DOH to continue its public awareness
- 2 campaign.
- 3 **Recommendation:** EOA supports this measure to fund a public health campaign for falls
- 4 prevention.
- 5 Thank you for the opportunity to testify.



CATHOLIC CHARITIES HAWAII

TO: Senator Joy A. San Buenaventura, Chair
Senator Henry J.C. Aquino, Vice Chair
Committee on Health & Human Services

FROM: Rob Van Tassell, President and CEO

DATE: Wednesday, February 14, 2024 (1:00 p.m., Conference Room 225 & Videoconference)

RE: **IN SUPPORT OF SB 2471, Relating to Fall Prevention**

Catholic Charities Hawai'i (CCH) is a tax exempt, non-profit agency that has been serving people in need in the State of Hawaii since 1947.

CCH supports SB 2471, which would provide funding to support the Department of Health's **Senior Fall Prevention Campaign**.

CCH provides services for over 4,000 older adults each year. From hip/shoulder/wrist fractures to traumatic brain injury, the consequences of a fall for a frail older adult can be devastating. Because fall prevention is so critical to independent living, our Lanakila Multi-Purpose Senior Center has integrated a fall risk assessment for every participating older adult – when they join the center and annually thereafter. In addition, tai chi, which is considered a form of exercise that improves balance, is offered at the Center, including a certified volunteer instructor who teaches the evidence-based Tai Chi for Arthritis and Fall Prevention.

The Senior Fall Prevention Campaign is needed to increase public awareness and education for older adults and their families. Making your home safe, activities to improve balance and strength are just some of the ways in which older adults, and caregivers, can proactively increase safety to prevent falls. Fall prevention can lead to reduced medical costs but most importantly, it will ensure that older adults are able to enjoy a better quality of life.

Catholic Charities Hawai'i asks for your support of SB 2471. For more information or questions, please feel free to contact Diane Terada, Division Administrator, at 808-527-4702.

Thank you for this opportunity to provide testimony.



COMMITTEE ON HEALTH AND HUMAN SERVICES

Senator Joy A. San Buenaventura, Chair

Senator Henry J.C. Aquino, Vice Chair

HEARING

DATE: Wednesday, February 14, 2024

TIME: 1:00 PM

Re SB 2471 RELATING TO FALL PREVENTION

Aloha Chairs Aquino and San Buenaventura, Vice Chair Moriwaki, and Members of the Committees:

My name is Linda Dorset, and I am in STRONG SUPPORT of SB2471. The bill Appropriates funds to support the Department of Health's Senior Fall Prevention Campaign. I took the class being presented at the Maui Memorial Medical Center because I was having episodes of light headedness while walking. Aside from the usual diet and exercise advice, there was also useful and otherwise unknown advice on the correct way to walk and to strengthen age related foot muscle deterioration. This is yet another program to allow older people to age at home and keep them out of state financed care institutions. Please support this appropriation and allow others to profit from this program.

Mahalo for the opportunity to testify!

Linda Dorset

Wailuku, Maui



Testimony to the Senate Committee on Health and Human Services
Wednesday, February 14, 2024
1:00 p. m.
State Capitol Conference Room 225 and via videoconference

Re: SB 2471 Relating to Fall Prevention

Dear Chair San Buenaventura, Vice Chair Aquino, and Honorable Members of the Senate Committee on Health and Human Services:

I am Gary Simon, a member of the board of the Hawai'i Family Caregiver Coalition, whose mission is to improve the quality of life of those who give and receive care by increasing community awareness of caregiver issues through continuing advocacy, education, and training. I am testifying as an individual who has worked in healthcare for over thirty-five years, and I am offering testimony on behalf of the Hawai'i Family Caregiver Coalition.

The **Hawai'i Family Caregiver Coalition strongly supports SB 2471**, which appropriates funds to support the Department of Health's Senior Fall Prevention Campaign.

According to the National Council on Aging:

- Falls are the number 1 cause of injury and fatal injury among older adults.
- Falls prevention programs save lives, save money, and are effective in helping older adults stay independent and falls free.

We urge you to support fall prevention and SB 2471, and we urge you to recommend its passage.

Mahalo for seriously considering the bill.

Very sincerely,

A handwritten signature in black ink that reads "Gary Simon".

Gary Simon



Email gsimon@aarp.org