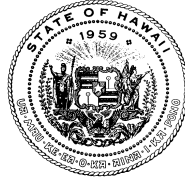


DAVID Y. IGE  
GOVERNOR OF HAWAII



CAROLINE CADIRAO  
DIRECTOR

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**Testimony COMMENTING on SB2335  
Relating to the Healthy Aging Partnership Program**

COMMITTEE ON HUMAN SERVICES  
SENATOR RUSSELL E. RUDERMAN, CHAIR  
SENATOR KARL RHOADS, VICE CHAIR

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

Hearing Date: January 27, 2020  
2:45 P.M.

Room Number: 016

- 1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
- 2 Health, supports this measure provided that its enactment does not reduce or replace priorities
- 3 within the Administration's executive biennium budget.
- 4 **Fiscal Implications:** This measure appropriates \$550,000 for the Healthy Aging Partnership
- 5 (HAP) for FY 2020-2021. HAP is not part of the Administration's budget request.
- 6 **Purpose and Justification:** Led by the Executive Office on Aging and Department of Health
- 7 Chronic Disease Branch, HAP was convened in 2003 to improve the health of older adults
- 8 through two evidence-based intervention programs, Better Choices Better Health (BCBH) and
- 9 Enhance®Fitness.
- 10 Chronic diseases account for 86% of the money our nation spends on health care. The direct
- 11 medical cost of falls was \$34 billion. In Hawaii, 82% of adults have at least one chronic disease
- 12 and over half (53%) have two or more chronic diseases. Hawaii spends an estimated \$470

1 million dollars annually on obesity-related medical costs and about \$770 million on diabetes-  
2 related prevention and management.

3 BCBH is a six-week self-management workshop developed by Stanford University that teaches  
4 participants skills to manage their health conditions and interact with their health care providers.  
5 The workshop does not replace prescribed treatment but supports medical-professional treatment  
6 plans. In the State of Hawaii, an individual spends on average about \$20,477 per year on  
7 emergency room visits and hospitalizations. The National Council on Aging estimates that a  
8 BCBH participant saves an average of \$499.12 per year on health care costs. BCBH program  
9 operates in collaboration with the Hawaii State Department of Health Diabetes Prevention  
10 Program. Since its inception, 2,785 individuals across the State participated in BCBH. Pre-and  
11 post-test data showed fewer visits to physicians' offices and emergency rooms. In SFY 2018, 92  
12 participants engaged in 10 workshops statewide. In addition, HAP has added an additional  
13 intervention called Cancer Thrive to Survive to help cancer patients manage their condition.

14 Enhance®Fitness is an evidence-based exercise program designed to improve the health of older  
15 adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and  
16 balance. In SFY 2018, Enhance®Fitness was available in the counties of Kauai and Maui. The  
17 programs drew a total of 575 participants. Both the BCBH and the Enhance®Fitness programs  
18 have shown that older adults with chronic conditions benefit by a focus on self-management  
19 techniques and exercises to avoid long term complications of chronic conditions.

20 We received an allocation of \$550,000 from the 2019 Legislature for SFY2020. Even though  
21 funding has been sporadic, we have continued to sustain the program. With additional funding,

- 1 EOA will be able to support and expand BCBH and Enhance®Fitness programs to older adults
- 2 in the State of Hawaii.
- 3 **Recommendation:** HAP is not part of the Administration’s budget request. We support funding
- 4 this important and effective public health intervention provided that its enactment does not
- 5 reduce or replace priorities with the Administration’s budget request.
- 6 Thank you for the opportunity to testify.

**SB-2335**

Submitted on: 1/26/2020 5:39:55 AM

Testimony for HMS on 1/27/2020 2:45:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Deborah Stone-Walls	Testifying for Maui County Office on Aging	Support	No

Comments:

**TO :** SENATE COMMITTEE ON HUMAN SERVICES  
Senator Russell E. Ruderman, Chair  
Senator Karl Rhoads, Vice Chair

**FROM:** Eldon L. Wegner, Ph.D.  
Board, Hawaii Family Caregiver Coalition

**SUBJECT: SB 2235 Relating to Health Aging Partnership Program**

**HEARING:** Monday, January 27, 2020, 2:45 pm  
Conference Room 016, Hawaii State Capitol

**POSITION:** The Hawaii Family Caregiver Coalition **strongly supports** SB 2335 which appropriates \$550,000 for FY 2020-2021 to the Healthy Aging Partnership Program in order to promote health and well-being among Seniors, to enhance chronic disease management and to reduce health care costs.

**RATIONALE:**

The Hawaii Family Caregiver Coalition (HFCC) is a coalition of agencies and individuals committed to addressing the needs of family caregivers and improving the ability of family caregivers to provide quality care for their frail and disabled loved ones.

**Healthy Aging Partnership Program**

The Healthy Aging Partnership Program was founded in 2003 to improve the health status of older adults by empowering residents to make healthy decisions and engage in healthier lifestyles. The Partnership has received support from multiple funding streams, including grants and state and country budgets. The partnership entails a public-private partnership, with largely public funding of private providers offering the programs to the public. The University of Hawaii Public Health Program successfully adapted evidence-based health promotion programs and disease prevention programs for the multicultural population in Hawaii and has conducted continuous evaluation of the outcomes of the programs until last year.

The Partnership offers two evidence-based programs: 1) Better Choices, Better Health, a 6-week program on the self-management of chronic disease, and 2) EnhanceFitness, a three-times a week ongoing exercise program designed for older adults.

Better Choices, Better Health, has had a total of 1349 participants. The evaluation research found that participants had a decreased number of visits to physician offices and emergency rooms, and a cost-saving analysis estimated a net saving of \$640.91 per participant.

The EnhancedFitness Program served 1494 participants. After 16 weeks, participants reported fewer falls and increased number of days of being physically active.

Improvements occurred in measures of physical function such as arm curls, chair stands, and up and go exercise. Funding for kupuna and caregivers statewide would save \$141,000 and funding for EnhanceFitness for 575 kupuna would save \$789,000 in health care costs. Prevention programs are always cost-effective in regard to chronic disease.

The Health Aging Partnership Program in Hawaii has received several national awards, including the 2013 multicultural aging award from the American Society on Aging.

### **Inconsistent Support from the Legislature**

Despite the achievements of the Healthy Aging Partnership Program, the Legislature has been sporadic in its support of the program and has not provided resources to allow the program to expand. The program has received numerous national awards, and is one of the few state programs which implements evident-based interventions, has conducted systematic evaluations of the program outcomes, and offers documented evidence of cost-savings to the state

**The proposed appropriation in SB 2335 would enable to program to continue to provided the same level of services as the past year. Without the appropriation, the program would like be closed.**

I implore you to provide the modest appropriation for this very valuable program and hope you will consider expanding its reach to our population in the future.

Thank you  
Eldon L. Wegner, Ph.D  
Professor Emeritus in Sociology  
University of Hawaii at Manoa



**Testimony to the Senate Committee on Human Services  
Monday, January 27, 2020; 2:45 p.m.  
State Capitol, Conference Room 016**

**RE: SENATE BILL NO. 2335, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.**

Chair Ruderman, Vice Chair Rhoads, and Members of the Committee:

The Hawaii Primary Care Association (HPCA) is a 501(c)(3) organization established to advocate for, expand access to, and sustain high quality care through the statewide network of Community Health Centers throughout the State of Hawaii. The HPCA **SUPPORTS** Senate Bill No. 2335, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

The bill, as received by your Committee, would appropriate \$550,000 in general funds for fiscal year 2020-2021, for the Healthy Aging Partnership (HAP) Program to improve the health and well-being of Hawaii's kupuna. It was introduced as part of the Kupuna Caucus legislative package.

By way of background, the HPCA represents Hawaii Federally-Qualified Health Centers (FQHCs). FQHCs provide desperately needed medical services at the frontlines in rural and underserved communities. Long considered champions for creating a more sustainable, integrated, and wellness-oriented system of health, FQHCs provide a more efficient, more effective and more comprehensive system of healthcare.

Established in 2003, the HAP Program consists of two evidenced-based, scientifically proven initiatives to serve an important linkage between the clinical support for patients and the community resources available for lifestyle change. As a member of this partnership with the Executive Office on Aging, and the Chronic Disease Branch of the Hawaii State Department of Health, the HPCA stands committed with the HAP Program in serving the needs of our elderly populations. Enactment of this bill will ensure that the HAP Program will have the necessary resources to continue its worthwhile services for our kupuna.

**For these reasons, the HPCA respectfully urges your support for Senate Bill No. 2335.**

Thank you for the opportunity to testify. Should you have any questions, please do not hesitate to contact Public Affairs and Policy Director Erik K. Abe at 536-8442, or [eabe@hawaiiipca.net](mailto:eabe@hawaiiipca.net).



THE SENATE  
Committee on Human Services  
Monday, January 27, 2020  
2:45 p.m.  
Conference Room 016

**RE: SB 2335 HEALTHY AGING PARTNERSHIP**

To: Senator Russell Ruderman, Chair

AARP is a membership organization of people age fifty and over, with nearly 145,000 members in Hawaii. AARP advocates for issues that matter to Hawaii families, including the high cost of long-term care; access to affordable, quality health care for all generations; providing the tools needed to save for retirement; and serving as a reliable information sources on issues critical to people over the age of fifty.

AARP Hawaii **strongly supports** SB 2335, which appropriates funds to the Healthy Aging Partnership. The Healthy Aging Partnership (HAP) has continued to demonstrate its success as an evidenced-based health promotion and disease prevention program. HAP includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management workshop. According to the University of Hawaii's research evaluation, HAP program participants have reduced hospital stays, emergency room use, falls, and increased their overall physical functioning. Thereby the program provides a cost savings to our health care delivery system.

Thank you for the opportunity to testify in support for SB 2335.

Keali'i Lopez, State Director  
AARP Hawaii





## KOKUA COUNCIL TESTIMONY

January 27, 2020 2: 45 pm Room 016

### SENATE COMMITTEE ON HUMAN RESOURCES

DATE: Monday, January 27, 2020

TIME: 2:45PM

PLACE: Conference Room 016

**RE: KOKUA COUNCIL SUPPORTS THE FOLLOWING BILLS:** SB 2336; SB 2339; SB 2335; SB 2337; SB 2342; SB 2102; and SB 2334. We also generally support all efforts to further protect Kupuna.

Specifically, we offer comments on

**RE SB 2337 MAKING AN APPROPRIATION FOR THE OFFICE OF THE LONG-TERM CARE OMBUDSMAN PROGRAM:** Kokua Council long been a strong advocate for more funding for the Long-Term Care Ombudsman Program. We urge increases in fund to the minimum amount in this bill, and more if you can find it!

**RE SB 2342 RELATING TO THE KUPUNA CAREGIVERS PROGRAM.** Kokua Council supports the amendment and funding. However, we strongly encourage the program to also develop criteria to prioritize the circumstances of caregivers to ensure that these limited funds go to those who are most likely to continue in the workforce, and less likely to retire in the immediate future.

**RE SB 2339 AND SB 2102 RELATING THE ALZHEIMERS PROGRAMS.** Kokua Council supports these efforts and encourages the Department of Health to include Dementia and Early Dementia in their focus on Mental health. We also encourage amending the insurance statues to ensure that early onset dementia is covered by our Prepaid Health Law.

**RE SB 2334 RELATING TO CRIMINAL OFFENSES AGAINST SENIORS,** Kokua Counsel welcomes the added focus and consequences of elder abuse. We suggest adding an appropriation section so that WAM and other committees can ensure that there is adequate funding not only for the increase in elder abuse prosecution resources that may follow from this bill, but also funding for case managers and other agency complementary support services to work with families to avoid situations that may lead to abuse.

Mahalo for your serious consideration of this testimony.

**SB-2335**

Submitted on: 1/26/2020 2:26:36 PM

Testimony for HMS on 1/27/2020 2:45:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Sarah Yuan	Testifying for Policy Advisory Board for Elder Affairs	Support	No

Comments:

The Policy Advisory Board for Elder Affairs has a statutory obligation to advocate on behalf of the senior citizens of Hawaii. While we advise the Executive Office on Aging, we do not speak on its behalf.

The PABEA strongly supports bill **SB2335** which appropriates funds out of the general revenues of the State of Hawaii the sum of \$550,000 for Hawaii Healthy Aging Partnership Program for 2020-2021. The EnhanceFitness® and Better Choices Better Health programs are evidence-based programs and have shown to be effective in improving the health of Hawaii's seniors. The legislature appropriated \$550,000 for the program in 2019-2020 but without continuous funding, the HHAP may lose trainers for BCBH and EnhanceFitness®, be without statewide program evaluation, and may be forced to downsize program offering across the state.

Thank you for your consideration of this testimony.

Senator Russell E. Ruderman, Chair  
Senator Karl Rhoads, Vice Chair

SB 2335

Relating to Healthy Aging Partnership Program

Chair Ruderman, Vice Chair Rhoads and members of the Committee:

My name is Beverly Gotelli and I'm writing to express my support of SB 2335 Relating to the Healthy Aging Partnership Program. This bill is requesting funds for the Health Aging Partnership (HAP) program to further the program's role in improving the health and well-being of Hawaii's Kupuna. I know this bill refers to Healthy Aging Partnership and refers to two programs Better Choice Better Health and Enhance Fitness.

I'm not familiar with Better Choices Better Health and will focus on the Enhanced Fitness program that I participate in. As a participant of the Enhanced Fitness Program I can tell you it is a very worthwhile program. The sessions are three times a week and an hour long. There are sessions throughout Kauai island at various Neighborhood Centers or other facilities.

Healthy Aging Partnership was nationally recognized and has provided evidence – based programs to more than 4,000 individuals statewide. We are routinely monitored to see how our health has improved since starting the program. In order to participate in the Enhanced Fitness Program, you must have your physicians' consent. My physician was very happy to sign the consent as he felt it was a proactive measure to keep me physically fit and ensure I was getting some type of physical activity.

I will say the program does provide me with a better quality of life and physical performance.

It is also a goal of the Hawaii State Plan on Aging to: *Maximize opportunities for older adults to age well, remain active and enjoy quality lives while engaging in their committees.*

As Hawai'i is considered to be the healthiest place to live, I believe programs such as this are beneficial to our kupuna who are living longer and staying fit.

Funding is needed in order to continue to provide our kupuna with a healthy living program. I'm confident that the Hawaii legislature has shown leadership by supporting our kupuna through this legislation.

As a member of the Hawaii State Teachers Association-Retired and the Policy Advisory Board of Elderly Affairs. This is one of our issues that we are monitoring during this Legislative Session.

Thank you for considering my testimony.

Beverly A. Gotelli  
6286 Opaekaa Road  
Kapaa, HI 96746

Committee on Human Services  
Monday, January 27, 2020  
2:45 p.m.  
Conference Room 016

Testimony and Comments in Support of SB 2335  
Relating to Healthy Aging Partnership Program

Aloha Chair Senator Russell E. Ruderman, Vice-Chair Senator Karl Rhoads and  
Members of the Committee:

My name is Anna Filler, and I am writing to express my support of Senate Bill 2335, relating to Healthy Aging Partnership program. This bill appropriates funds for the healthy aging partnership program to further its role in improving the health and well-being of our kupuna. There are other important bills that improve lives of Hawaii's kupuna and their families.

Thank you for considering my testimony for SB 2335.

Anna Filler  
Kakaako, District 12  
afiller@twc.com

**SB-2335**

Submitted on: 1/26/2020 2:42:08 PM

Testimony for HMS on 1/27/2020 2:45:00 PM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Barbara J. Service	Individual	Support	Yes

Comments:

Aloha Chair Ruderman, Vice Chair Rhodes and committee members.

Please support SB2335, funding for Healthy Aging Partnerships. These evidence-based programs, primarily concerned with Chronic /Disease Management and EnhanceFitness, demonstrate that those who participate have fewer need fewer medical and other services than those who don't participate. Unfortunately, the programs are only funded every other yea, leaving providers to scramble for funding in the alternate years.

Please support these valuable programs.

Mahalo!

Barbara J. Service MSW (retired)

Senior Advocate

**SB-2335**

Submitted on: 1/26/2020 8:13:43 PM

Testimony for HMS on 1/27/2020 2:45:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Dale	Individual	Support	No

Comments:

Aloha: This bill is worthy of passage as it is pro-active for healthy aging, a growing percentage of our population.

Sincerely, Dale Head sunnymakaha@yahoo.com

The Thirtieth Legislature  
Regular Session of 2020

THE SENATE  
Committee on Human Services  
State Capitol  
Conference Room 016  
Monday, January 27, 2020; 2:45 p.m.

**STATEMENT OF THE LWU LOCAL 142 ON S.B. 2335  
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 **supports** S.B. 2335, which appropriates funds for the Healthy Aging Partnership Program to further the program's role in improving the health and well-being of Hawaii's kupuna.

The Healthy Aging Partnership Program is an evidence-based health promotion and disease prevention program that, on one hand with "Better Choices Better Health," helps individuals manage their chronic diseases and, on the other hand with "Enhance Fitness," helps individuals improve their fitness and well-being with effective, research-driven exercise programs.

Since the Healthy Aging Partnership Program was started in Hawaii in 2003, funding support for these two components of the Program has been inconsistent. We are not clear why. But if benefits of the Program are to be expanded, funding must be continuous. These programs help develop evidence of what works in managing chronic diseases and what fitness programs are best for seniors to maintain their health and well-being. The numbers served by the programs are limited because of funding but are even more limited when funding is provided only every other year.

The ILWU urges that funding be consistently provided and that S.B. 2335 be passed. Thank you for the opportunity to offer our comments.



**SB-2335**

Submitted on: 1/27/2020 11:40:02 AM

Testimony for HMS on 1/27/2020 2:45:00 PM

**LATE**

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Tanya Aynessazian	Individual	Comments	No

Comments:

Aloha and mahalo for this opportunity to submit comments re: SB2335, which designates \$550,000 for the Healthy Aging Partnership Program. Where can the public find a budget for this program for the last two years in which money was appropriated, and the \$550k 2020-2021 budget, and where can we find a report outlining the outcomes of money invested into this program?

Thank you.

Tanya Yamanaka Aynessazian

Keaau, HI 96749