THE
APPLIC
CHAPT

TWENTY- FOURTH LEGISLATURE

Log No: 84-0

County District 40	E LEGISLATURE	
	GRANTS & SUBSIDIES	For Legislature's Use Only
Chapter 42F, Hawa	AI'I REVISED STATUTES	
Type of Grant or Subsidy Request:		_
X GRANT REQUEST - OPERATING GRANT	REQUEST – CAPITAL SU	JBSIDY REQUEST
"Grant" means an award of state funds by the legislature, by activities of the recipient and permit the community to benefit		pient, to support the
"Subsidy" means an award of state funds by the legislature, appropriation, to reduce the costs incurred by the organization members of the public. "Recipient" means any organization or person receiving a g	ion or individual in providing a service	pecified in the e available to some or
Recipient means any organization of person receiving a g	rant or subsidy.	
STATE DEPARTMENT OR AGENCY RELATED TO THIS REQUEST (1	LEAVE BLANK IF UNKNOWN):	
STATE PROGRAM I.D. NO. (LEAVE BLANK IF UNKNOWN):		
1. APPLICANT INFORMATION:	2. CONTACT PERSON FOR MATTERS APPLICATION:	INVOLVING THIS
Legal Name of Requesting Organization or Individual:	Name:Dr. DIANE NOMURA	
Hawaii Institute of Integrative Health Dba: Hawaii Health Foundation		
DDa: Hawaii Health Foundation	Title:Administrator	
Street Address: 222 Vineyard St. #601	Phone #808-521-3097	
Honolulu, HI 96813	Fax #808-521-3097	
Mailing Address: Same as above		
	e-mail :doc@eBibleDiet.org	
3. TYPE OF BUSINESS ENTITY:	7. DESCRIPTIVE TITLE OF APP	
X Non Profit Corporation	HAWAII HEALTH FOUNDATION HEALTI INTEGRATIVE MEDICINE PROJECT	H COST REDUCTION AND
☐ FOR PROFIT CORPORATION ☐ LIMITED LIABILITY COMPANY	INTEGRATIVE MEDICINE PROJECT	
Sole Proprietorship/Individual		
A February in the	8. FISCAL YEARS AND AMOUNT OF S	TATE FUNDS REQUESTED:
4. FEDERAL TAX ID #:		
5. STATE TAX ID #:	FV 0000 0000 # FF0 000	
6. 33N (IF AN INDIVIDUAL).	FY 2008-2009 \$ _559,808	
9. STATUS OF SERVICE DESCRIBED IN THIS REQUEST:		
_ · · · · · · · · · · · · · · · · · · ·	PECIFY THE AMOUNT BY SOURCES OF FL THE TIME OF THIS REQUEST:	JNDS AVAILABLE
A EXISTING SERVICE (PRESENTET IN OPERATION)	STATE \$	
	FEDERAL \$	
	COUNTY \$	
	PRIVATE/OTHER \$	
	. 	
TYPE NAME & TITLE OF AUTHORIZED REPRESENTATIVE:		
	A	
TERRY SHINTANI, M	D. MPH President	1/30/08 DATE SIGNED

HAWAII HEALH FOUNDATION HEALTH COST REDUCTION INTEGRATIVE MEDICINE PROJECT

I. BACKGROUND AND SUMMARY

(This is an integral part of the "Integrative Medicine Center" CIP GIA requested)

1. Brief description of applicant's background

Background of the Hawaii Health Foundation

Vision: Reduction in Health Care Costs

Imagine a Hawaii in which health improved so much that the need for medication was substantially reduced and the cost of health care declined and life span increased each year.

This is a crucial dream for Hawaii whose health care costs continue to rise out of control, the average person cannot afford health insurance, doctors are leaving, and Hospitals are going broke. This is also of vital importance to Native Hawaiians who suffer the highest rates of death from chronic disease in the nation.

Vision: Hawaii as a World Center of Health

Now, Imagine a Hawaii that is a world leader in improving health through integrative and lifestyle medicine where people look to Hawaii as a source of healing expertise, information, and as a gathering place to share this information.

With this dream in mind, the Hawaii Health Foundation (dba for Hawaii Institute of Integrative Health) was founded in 1995 by Kenneth Brown, the Board Chair of the largest Hospital in Hawaii, (the Queen's Medical Center); Kamaki Kanahele, Founder of the Statewide Council of Hawaiian Homestead Associations (SCHHA); Hooipo DeCambra, the Board Chair of the largest community health center in Hawaii, (the Waianae Coast Comprehensive Health Center); Ronald Sakamoto, a prominent health-care attorney, and Terry Shintani, MD, JD, MPH, award-winning physician widely recognized in Hawaii for promoting health and nutrition, especially among high-risk communities. Joining these founding members of the board of directors are Jim Jacoby, CEO of Jacoby Development, the nation's leading environmentally conscious land development company and Dr. Earl Bakken, inventor of the transistor pacemaker and founder of Medtronic, the largest producer of implantable medical devices.

Mission: To Fix a Broken Health Care System

The Foundation was started in response to the most serious health problem faced by Hawaii and the U.S. — which kills over 67% of all Americans - nutrition-related diseases (heart disease, cancer, diabetes, etc.) and obesity. The founders recognized that the cause of this problem — nutrition - was being neglected by the health-care system in favor of the use of drugs and surgery. In 1989, Dr. Shintani started a nutrition and traditional values based health program in Hawaii in a community with one of the highest risk populations with among the highest rates of obesity and poverty in the nation.

Award-Winning Programs

This program was so effective and innovative that it won the highest national award from the U.S. Secretary of Health and Human Services in 1992. This created great interest across the nation. Because this interest, the founders created the Hawaii Health Foundation as a vehicle to promote health using this innovative community-based strategy with a focus on nutrition, an integrative medicine approach and traditional values. The Hawaii Health Foundation has used this approach to work to positively influence the health of people in Hawaii.

The Foundation has conducted numerous programs in Hawaii and elsewhere and over 500 community health presentations to almost every imaginable group such as University of Hawaii School of Medicine, public and private schools at every level, physicians, nurses, dietitians, low-income housing, senior groups, lawyers, substance abuse treatment houses, prisons, government agencies and workplaces to name a few. It has also conducted three- week diet programs in conjunction with community health centers, community groups and schools. One of its most successful programs was the Hawaii Diet program in which it worked with Hawaii's governor and the Hawaiian Homestead community of Papakolea to create a program that was so successful that it was featured on Dateline NBC.

From that program the Hawaii Diet book was published with its royalties supporting these programs. Currently it is overseeing an innovative program to provide healthy food in the community through the largest local restaurant chain in Hawaii, Zippy's, Inc. Through this program, it is estimated that over 900,000 no cholesterol, low fat meals have been provided to the community. Royalties from this program also are used to support the programs and health promotion advocacy conducted by the Foundation.

Integrative Medicine Center

In an effort to promote Hawaii as a World Center of Health, the Hawaii Health Foundation is initiating a number of integrated initiatives. The first is the Integrative Medicine Health Cost Reduction Project designed around Dr. Shintani's Hawaii Diet program to demonstrate the effectiveness of and integrative approach to health in reducing the need and cost of health care for high risk individuals.

The Second is the development of a sustainable integrative medicine practice to be tied to the John A Burns School of Medicine to enhance its role in this fast growing field.

The Third is the design and construction of a world class integrative medicine center for which a companion CIP grant request has been submitted.

This grant application asks the legislature to support these initiatives

2. Goals and objectives

1. To help improve the health of Hawaii by implementing a demonstration project that demonstrates a reduction in obesity and related diseases through an emphasis on diet and lifestyle; and by creating an electronic

means by which to market and distribute this information to the general public.

- To help reverse spiraling health care costs by creating a model program to show a reduction in cost of medication by improving health through diet and lifestyle.
 - i. To demonstrate the cost effectiveness of a diet and lifestyle management program in the reduction of prescription drug cost of patients who have reversible chronic nutrition-related diseases.
 - ii. To demonstrate the health effect of a diet and lifestyle management program in the reduction of obesity, cholesterol, blood pressure, blood sugar and other nutrition related diseases
- 3. To enhance Hawaii's position as a world center for health through the support of HHF's initiatives in the fields of Lifestyle Medicine, Integrative Medicine, and Native Hawaiian Health, and the development of an integrative medicine/wellness/Hawaiian health complex.
 - i. To continue to develop a model Lifestyle Medicine program that provides and intervention to reverse obesity and obesity related diseases.
 - ii. To work with the John A. Burns School of Medicine's Integrative Medicine program to become a world class program.
 - iii. To support efforts to preserve Native Hawaiian Healing arts
 - iv. To complete plans for an integrative medicine/wellness/ and Hawaiian healing center and office complex.

1. PUBLIC PURPOSE AND NEED SERVED

- i. REDUCE HEALTH CARE COSTS: Health care costs are soaring in Hawaii and there is no end in sight. The burden of health care costs are falling on the general public, Hospitals, and physicians.
 - a. The public is finding that the benefits of a good economy are being swallowed up by increased health care premiums.
 - b. Hospitals are finding that they may require up to \$100,000,000 in state funding to keep them affoat.
 - c. Physicians are simply leaving Hawaii because of low reimbursement and high costs.

Across the nation, health care costs have soared out of control virtually everywhere and insurance premiums rise each year at nearly triple the rate of inflation. The uninsured population is so large because of the cost of

health care, and while Hawaii is a leader in covering uninsured patients, it still costs someone, especially the state an ever-increasing amount of money.

Recently, there have been disturbing reports that health care costs are playing a role in bankrupting companies such as United Airlines. GM downsized and eliminated thousands of jobs and health care costs were cited as an important factor in this decision. Currently, GM pays more for health care than they do for steel. Starbucks Coffee recently reported that it pays more for health care than for coffee.

Hawaii is in a position to be a leader in reversing this trend. While we all look for ways to improve the funding of our health care system, what we really need is and improvement in our health. With the example of the Hawaii Diet program and our integrative medicine department at the John A. Burns School of Medicine, we are in a position to create a program that can demonstrate the reversal of illness and a reduction in health care costs.

For example, one patient was on more than 12 medications for problems related to obesity. After being placed on the lifestyle program, his requirement for medication was reduced to 3 medications at a savings of approximately \$1,000 per month in medications. Considering that this is a recurring savings, month after month, year after year, it highlights the problem we have with our health care system's reliance on medication and how much the potential savings can be. Another patient was about to be placed on dialysis. As a result of our approach, he improved so much that dialysis was unnecessary for five years when he died of other causes. This is a savings of \$70,000 per year or \$350,000 over five years on this one patient.

- ii. IMPROVE HEALTH ELECTRONICALLY AND THROUGH INTERNET PRESENCE: More important than reducing the cost of health care is improving the health of the people. Obesity related disease and nutrition related diseases are the leading causes of death in the U.S. In Hawaii, this problem is magnified in the Native Hawaiian population. This program would serve the people of Hawaii and be a model program that could be implemented around the islands.
- iii. POSITION HAWAII AS A WORLD CENTER FOR HEALTH: Of strategic importance to Hawaii is establishing its position as a world center for health. Health is not only an important factor in tourism, it is also an industry in its own right which makes the most of Hawaii's unique location and cultural healing practices.

iv. CREATE A WORLD-CLASS INTEGRATIVE MEDICINE CENTER THAT INCLUDES A NATIVE HAWAIIAN HEALING CENTER: National research has indicated that people now visit integrative health practitioners more frequently than they do to conventional health practitioners. Creating a world class integrative medicine center in collaboration with the medical school will enhance the position of Hawaii as a leader in this fast-growing field.

2. TARGET POPULATION SERVED

- i. The primary target population will be high risk adults with an emphasis on obesity and nutrition related diseases.
- ii. The secondary target population will be all patients covered by insurance who may benefit by a reduction in premiums.

3. GEOGRAPHIC COVERAGE

- i. The primary target population to be served will be Honolulu, Windward Oahu (Waimanalo), Maui, and the Big Island
- A secondary target population is the whole state, especially any community where a health program may be conducted, and through electronic means including the internet and eteleconferences.

II. SERVICE SUMMARY AND OUTCOME

- 1. Scope of work, tasks and responsibilities
 - i. For the health cost reduction program the scope of work will include conducting health cost reduction integrative health programs and tracking them over time. Tasks will include
 - a. Setting up programs and lectures
 - b. Promoting and recruiting
 - c. Conducting programs and public lectures
 - d. Compiling data
 - e. Writing reports
 - ii. For the integrative medicine program, the scope of work includes setting up lecture series for the public and professionals. Obtaining CME approval if necessary. Advertising and promoting lectures. Conducting lectures, obtaining recordings, and posting them where they may be accessed for fee or free.
 - a. Set up lecture series
 - b. Advertise program and wellness center
 - c. Record lecture series
 - d. Post on web
 - e. Promote and advertise

- iii. For the integrative medicine center, the scope of work includes acquiring the site, planning and developing the land and buildings for the integrative medicine center.
 - a. Planning
 - b. Site investigation
 - c. Negotiation of Lease for the nonprofit entity(s)
 - d. Formation of development team
 - e. Initial construction drawings
 - f. Planning for funding sources
- 2. Timeline (see attached)
- 3. Quality Assurance and Evaluation
 - i. For the demonstration project, data is collected in a manner that may be published and reviewed by peers and the general public.
 - a. Anthropometric data will be collected including
 - i. Weight
 - ii. Blood Pressure
 - b. Blood results will be collected including
 - i. Cholesterol
 - ii. Triglycerides
 - iii. Blood Sugar
 - iv. Hgb alc (in some cases)
 - v. LDL
 - c. Requirement for medication and dialysis will be monitored for
 - i. Dosage
 - ii. Cost
 - d. Health Cost
 - ii. For the Promotion of the Integrative Program, the measure of success will be
 - a. Promotion of the practice
 - i. Planning and implementation of promotional strategy
 - ii. Conduct of the teleseminar series
 - iii. Website development
 - iv. Recordings of practitioners including Native Hawaiian healers
 - v. Revenue
 - b. Promotion of Integrative Medicine Education Program
 - iii. For the Design and Construction of the Integrative Center, the measure of success will be reaching milestones that will satisfy the ultimate financiers of the project.
 - a. Planning
 - b. Site investigation
 - c. Negotiation of Lease for the nonprofit entity(s)
 - d. Formation of development team
 - e. Initial construction drawings
 - f. Planning for funding sources
- 4. Measures of Effectiveness
 - ii. For the demonstration project, measures of effectiveness would include
 - a. Anthropometric data

- i. Weight: Sustained reduction of weight of 5% or 1 unit of BMI
- ii. Blood Pressure: number of individuals in normal range at or below 140.90
- b. Blood results will be collected including
 - i. Cholesterol: 5% reduction
 - ii. Triglycerides: number of individuals below 150 mg/dl
 - iii. Blood Sugar: number in normal range
 - iv. Hgb a1c:, where applicable, number at 7% or below
 - v. LDL: 5% reduction
- c. Requirement for medication and dialysis will be monitored for
 - i. Dosage: Any sustained reduction
 - ii. Cost: 10% reduction in cost of medication
- ii. For the Promotion of the Integrative Program, the measure of success will be
 - a. Promotion of the practice
 - i. Planning and implementation of promotional strategy: number of ads and exposures
 - ii. Conduct of the teleseminar series: number of recorded teleseminars and lectures
 - iii. Website development: website content ie number of recordings posted
 - iv. Recordings of practitioners including Native Hawaiian healers: Number of lectures and attendees
 - v. Revenue
 - b. Promotion of Integrative Medicine Education Program
- iii. For the Design and Construction of the Integrative Center, the measure of success will be reaching milestones that will satisfy the ultimate financiers of the project.
 - a. Planning
 - b. Site investigation and purchase
 - c. Negotiation of Lease for the nonprofit entity(s)
 - d. Formation of development team
 - e. Initial construction drawings: completion and approval of drawings
 - f. Planning for funding sources: securing of add'l funds

III. Financial Budget

- 1. (see budget sheets)
- 2. Quarterly funding requirements

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Costs
83,972	139,952	167,942	167,942	559,808

IV. Experience and Capability

- A. Necessary Skills and Experience
 - The Hawaii Health Foundation has been conducting health programs since 1996. Some of the programs conducted include the Hawaii Diet Program

- with the community of Papakolea, Kamehameha Schools, and Halawa Housing.
- 2. Results of the Hawaii Diet Program has been published in the Hawaii Medical Journal, and featured on Dateline NBC.
- 3. Dr. Shintani is Associate Chair of Complementary and Alternative Medicine at the John A Burns School of Medicine.
- 4. Dr. Shintani recently convinced World reknown professors, Dr. Jerry Jampolsky and Dr. Diane Cirincione, the founders of the Centers of Attitudinal Healing to join our faculty and make their academic base the University of Hawaii. They are now an integral part of this project.
- 5. Kathy Kuniyoshi, RN, recipient of a Hawaii Senate Commendation last year for her work in reversing health problems will be part of the staff if funded.
- 6. We are currently conducting follow up on a program in Waimea, Hawaii with Five Mountains Hawaii to demonstrate a reversal of obesity and obesity related conditions, and planning to conduct programs on Maui and in Waimanalo.
- 7. We currently have a site for an integrative Medicine center affiliated with the Medical School.
- 8. Three of our Board members and the president of the Hawaii Health Foundation were formally designated as "Living Treasures of Hawaii". The president won the "Integrative Medicine Award" from the Hawaii Wellness Institute and is now on the National Advisory Board of the American College of Lifestyle Medicine demonstrating his capabilities in the leadership of this effort.

B. Facilities

Currently, a 1250 sf office is leased in Honolulu for is base of operations. Most of the interventions are off site and in collaboration with other organizations so for current activities this is adequate. For clinical services, a Kakaako site is underway for the integrative clinical practice in conjunction with UCERA, the practice arm of the John A. Burns School of Medicine. The Clinical site is ADA compliant. A companion CIP grant describes our plans to obtain permanent facilities.

V. Personnel: Project Organization and Staffing

A. Proposed Staffing, Staff Qualifications, Supervision and Training

President, Terry Shintani, MD, JD, MPH 20 years of experience in community health, health promotion, and currently associate Chair of the Dept of Complementary and Alternative Medicine at JABSOM.

Administrator, Diane Nomura DPM 11 years experience running the Hawaii Health Foundation

Kathy Kuniyoshi, RN 30 years experience as an RN and supervisory nurse Received Hawaii State Senate commendation last year for her work in Waipahu

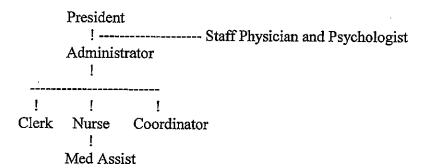
Jerry Jampolsky, MD Founder of Center for Attitudinal Healing in Sausalito CA World reknown for his work with catastrophic illness

Diane Cirincione, PhD Co-Director of Center for Attitudinal Healing 25 years of experience as a clinical psychologist

Clerical Staff

Medical Assistant

B. Organization Chart



VI. Other

A. Litigation

The applicant shall disclose any pending litigation to which they are a party, including the disclosure of any outstanding judgement. If applicable, please explain.

None

B. Licensure or Accreditation

Specify any special qualifications, including but not limited to licensure or accreditation that applicant possesses relevant to this request.

Dr. Shintani is a licensed physician in Hawaii and formally designated a "Living Treasure of Hawaii."

Dr. Jampolsky and Dr. Cirincicone are world-reknown founders of the Centers for Attitudinal Healing

Kathy Kuniyoshi, RN was cited for her community service by the State of Hawaii Legislature in 2006.

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II. HAWAII LIFESTYLE PROGRAM												ļ			_					
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Community Presentations								_	×						×		×		×	-
Seminars/Programs									*		*	*			*	*	*	*	*	
HEALTH PROMOTION/MARKETING											-	_								
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BUDGET REQUEST BY SOURCE OF FUNDS (Period July 1, 2008 June 30, 2009)

Applicant_HAWAII HEALTH FOUNDATION_____

Funds Requested	0 4-11 41		
	Contributions		
(a)	(b)	(c)	(d)
			·
\$314,158	\$244,806	\$71,130	
	·		
		-	
\$1,200			
\$700			
\$250			
\$2,000	\$1,400		
\$35,000	\$35,000		
\$48,000	\$12,000		
\$5,000	\$1,000		
\$1,500	\$300		
\$12,500	\$2,500	\$12,500	
\$12,500	\$2,500		
\$3,500	\$700		
\$6,000	\$1,200	\$6,000	
\$75,000	\$15,000		
\$559,808			
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BUDGET REQUEST BY SOURCE OF FUNDS (Period July 1, 2008 to June 30, 2009)

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Applicant_Hawaii Health Foundation

FULL TIME EQUIVALENT		BUDGETED TO	RIDGETED
	ANNUAL SALARY	REQUEST	IN REQUEST
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0.	0.8 \$124,000	0.4	\$49,600
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	1 \$36,000	l l	000'98\$
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Staff Psychologist Dr. Cirincione 0.		0.4	\$32,000
0.		0.6	\$36,000
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0.5		0.25	\$12,500
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DECLARATION STATEMENT APPLICANTS FOR GRANTS AND SUBSIDIES CHAPTER 42F, HAWAI'I REVISED STATUTES

The undersigned authorized representative of the applicant acknowledges that said applicant meets and will comply with all of the following standards for the award of grants and subsidies pursuant to section 42F-103, Hawai'i Revised Statutes:

- (1) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant or subsidy is awarded;
- (2) Comply with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
- (3) Agree not to use state funds for entertainment or lobbying activities; and
- (4) Allow the state agency to which funds for the grant or subsidy were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and assuring the proper expenditure of the grant or subsidy.

In addition, a grant or subsidy may be made to an organization only if the organization:

- (1) Is incorporated under the laws of the State; and
- (2) Has bylaws or policies that describe the manner in which the activities or services for which a grant or subsidy is awarded shall be conducted or provided.

Further, a grant or subsidy may be awarded to a non-profit organization only if the organization:

- (1) Has been determined and designated to be a non-profit organization by the Internal Revenue Service; and
- (2) Has a governing board whose members have no material conflict of interest and serve without compensation.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

Hawaii Health Foundation (dba for Hawaii (Typed Name of Individual or Organization)	
	1/31/08
(Signature)	(Date)
Terry Shintani, MD, MPH	President
(Typed Name)	(Title)