

**SB 820**

DEPARTMENT OF COMMUNITY SERVICES  
CITY AND COUNTY OF HONOLULU

715 SOUTH KING STREET, SUITE 311 • HONOLULU, HAWAII 96813 • AREA CODE 808 • PHONE: 768-7762 • FAX: 768-7792



MUFI HANNEMANN  
MAYOR

DEBORAH KIM MORIKAWA  
DIRECTOR

ERNEST Y. MARTIN  
DEPUTY DIRECTOR

February 5, 2009

The Honorable Suzanne Chun Oakland, Chair  
and Members of the Committee on Human Services  
The Honorable David Y. Ige, Chair  
and Members of the Committee on Health  
The State Senate  
State Capitol  
Honolulu, Hawaii 96813

Dear Chair Chun Oakland, Chair Ige, and Members:

**Subject: Providing Comments on S.B. 820  
Relating to Health**

The City and County of Honolulu's Elderly Affairs Division (EAD) is in full support of S.B. 820, Relating to Health.

For the past three years the EAD has been partnering with the State Executive Office on Aging, the Department of Health, neighbor island Area Agencies on Aging, and local non-profit organizations to implement the Chronic Disease Self-Management Program (CDSMP) through a demonstration grant from the federal government. This funding ends July 31, 2009.

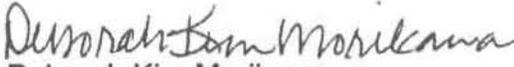
The CDSMP and other evidence-based health prevention programs are especially important to our state as Hawaii's minority populations are disproportionately affected by chronic diseases. Data collected by the University of Hawaii has proven that seniors enrolled in CDSMP have been able to decrease healthcare utilization and costs. Over 300 hundred individuals across the state have already participated in the program. The average age is 75 years. Kupuna learn how to manage their chronic conditions by individualized lifestyle changes, including increasing physical activity, learn how to take medications correctly, interact better with their doctors and use healthcare resources efficiently and effectively, and make healthier nutritional choices.

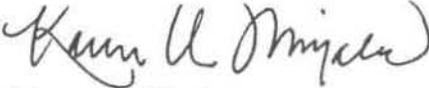
The Honorable Suzanne Chun Oakland, Chair  
and Members of the Committee on Human Services  
The Honorable David Y. Ige, Chair  
and Members of the Committee on Health  
February 5, 2009  
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The EAD strongly urges the committee to appropriate funds to this program. Studies have shown that every \$1.00 spent for prevention saves \$5.60 in health care costs. These programs will also keep seniors in the community and will allow Hawaii's Healthy Aging Partners to continue to assist at-risk kupuna.

Thank you for the opportunity to submit this testimony.

Sincerely,

  
Deborah Kim Morikawa  
Director

  
Karen K. Miyake  
County Executive on Aging  
Elderly Affairs Division

KM:ab  
sb 820

William P. Kenoi  
Mayor



Alan R. Parker  
Executive on Aging

## County of Hawai'i

### OFFICE OF AGING

Aging and Disability Resource Center, 1055 Kino'ole, Suite 101, Hilo, Hawai'i 96720-3853  
Phone (808) 961-8600 • Fax (808) 961-8603 • Email: hcoa@hawaiiintel.net  
Hanama Place, 75-5706 Kuakini Highway, Suite 106, Kailua-Kona, Hawai'i 96740-1751  
Phone (808) 327-3597 • Fax (808) 327-3599 • Email: hcoakona@hawaiiintel.net

The Honorable Suzanne Chun Oakland, Chair  
and Members of the Committee on Human Services  
The Honorable David Y. Ige, Chair  
and Members of the Committee on Health

Tuesday, February 10, 2009

Testimony of Alan R. Parker, County Executive on Aging  
Support of SB 820, Relating to Health

The Hawai'i County Office of Aging (HCOA) is in full support of S.B. 820, Relating to Health. Passage of this act ensures the aging network's ability to continue building capacity in evidence-based programming. It also ensures that hundreds of Hawai'i's older adults and caregivers will have the opportunity to participate in two health promotion programs designed to help keep them healthy, active, and independent: Ke Ola Pono, the Chronic Disease Self-Management Program and the EnhanceFitness Program.

HCOA has implemented the Chronic Disease Self-Management Program (CDSMP) in partnership with local non-profit service providers. Through this program, older adults with chronic illnesses are empowered to better manage their health by learning to do goal setting and action planning with a 6-week series of workshops. Our kupuna so enjoy the workshops they even exchange phone numbers to keep in touch with each other. The CDSMP also requires a 6 month follow-up reunion that we all look forward to. One of our recent participants just made the decision to have major knee surgery. She said learning all that she did after six weeks gave her the courage to schedule the knee surgery after putting it off for so long and suffering in pain.

Healthy aging is about empowering our older adults to make healthier choices to live longer and better lives. It's about making behavioral changes that will reduce the risk of disease, disability, and injury, and also lead to reduced healthcare costs.

Thank you for the opportunity to submit this testimony.



**COUNTY OF KAUA'I**  
**AGENCY ON ELDERLY AFFAIRS**

**Senator Suzanne Chun Oakland, Chair**  
**Senate Committee on Human Services**  
**Senator David Ige, Chair**  
**Senate Committee on Health**

**Tuesday, February 10, 2009**

**Testimony of Ludvina Takahashi, County Executive on Aging**  
**Support of SB 820, Relating to Health**

The County of Kaua'i Agency on Elderly Affairs is in full support of SB 820, which would continue to support Hawai'i's aging network's capacity in evidence-based programming and effectively embed two of the programs currently being implemented, *Ke Ola Pono*, the Chronic Disease Self-Management Program (CDSMP) and EnhanceFitness, a physical activity program for older adults. This bill would support the Healthy Aging Partnership – Empowering Elders' (HAPEE) current efforts and initiative by appropriating the sum of \$250,000 funds in fiscal years 2009 - 2010 and 2010 – 2011 to supplement its development statewide.

For over five years, the KAEA has been a part of the Healthy Aging initiative. Since 2007, the KAEA and its local partnership have been working together to provide the EnhanceFitness program, which has now expanded to six sites here on Kaua'i. We have witnessed the impact on the lives of our seniors who participate at these one hour classes offered 3 times a week. The seniors have enjoyed the classes, seeing the benefits of increased strength, endurance, and balance and the opportunity for socialization in this group exercise program. Performance measures have also shown significant improvement in their lower body strength and agility, an important aspect to fall prevention.

More recently, we also began implementation of the Chronic Disease Self-Management Program, in partnership with the Kaua'i District Health Office. Through this program, older adults with chronic illnesses are empowered to do goal setting and action planning with a 6-week series of classes, learning about topics to help them to better manage their health.

Healthy aging is about empowering our elders to make healthier choices for their future. The evidence is overwhelming that older adults who make healthier choices live longer and better lives. It's about reduced healthcare costs and enabling older people to make behavioral changes that will reduce their risk of disease, disability and injury. The KAEA and its partners have been ***Working Together for a Strong, Healthy Kaua'i***. We appreciate your consideration and thank you for this opportunity to offer testimony in favor of SB 820.

Senator Suzanne Chun Oakland, Chair  
Senate Committee on Human Services  
Senator David Ige, Chair  
Senate Committee on Health

Tuesday, February 10, 2009

**Testimony of EnhanceFitness participants  
Support of SB 820, Relating to Health**

As participants of the EnhanceFitness program, we support SB 820 which would provide funds in the sum of \$250,000 funds in fiscal years 2009 - 2010 and 2010 - 2011 to continue the work that was started in the state and here on Kaua'i to keep seniors healthy and strong.

The County of Kaua'i Agency on Elderly Affairs has been working on the Healthy Aging Project for over five years, and since 2007, the KAEA and partners have been working together to provide the EnhanceFitness program, which is offered at six sites here on Kaua'i. We participate at these one hour classes 3 times a week and have experienced for ourselves the benefits of having more energy, strength and endurance, better posture and balance, which is very important as we get older to help prevent falls. We also enjoy the socialization and friendships that we have made from our participation in the program.

We ask for your consideration and support of this bill. As older adults, we need to keep our mind and body healthy for as long as possible. The EnhanceFitness program helps us to enjoy a better quality of life as we get older. Thank you for this opportunity to offer testimony in favor of SB 820.

Nannette G. Butler  
Laura Hirokawa  
Marjorie Konishi  
Yoshiko (Susan) K  
Shuji Matsumoto  
Sally Hayashida  
Betty Yamamoto  
Anna Navarro  
Mary Clemens  
Shirley Mukai  
Steve S. Okada  
Janie Anta  
Pacita G. Jimenez

Shizuko Shiozaki  
D. Bruce Burson  
Dewey Burson  
Mr. Ueda  
Hatsuzo Ozeki  
Etsuko Yoshida  
Kay Naito

**Lanakila Pacific**  
1809 Bachelot Street  
Honolulu, Hawaii 96817

|   |   |
|---|---|
| Bill No: SB820  | Title: Relating to Health-An appropriation to the Executive Office on Aging (EOA) for the Healthy Aging Partnership |
| Committee: Senate Committees on Human Services  | Hearing Date: February 10, 2009<br>Time: 1:15 p.m.<br>Place: State Capitol Room 016<br>415 South Beretania St       |
| Submitted by:<br>Name: Remedios S. Rueda<br>Title: Director, Lanakila Meals on Wheels | Contact Information: Remy Rueda<br>Phone: 808-356-8558<br>Fax:  |
| Testimony in: (X) SUPPORT      ( ) OPPOSITION      of proposed bill.                  |   |

Founded in 1939, Lanakila Rehabilitation Center, Inc., dba Lanakila Pacific is a private, Hawaii-based non-profit offering programs and social enterprises that build independence for thousands of people with challenged lives each year.

Lanakila Pacific's Programs serve over 2,479 Oahu residents annually with programs that build life skills, which in turn support our greater community, 2,242 of these individuals are Lanakila Meals on Wheels participants and are 60 years and older.

**We are in full support of the S.B. NO. 820 so Hawaii's aging network can continue build its capacity in evidenced-based programming and effectively embed Ke Ola Pono, the Chronic Disease Self Management Program, and Enhanced Fitness in Hawaii's aging network by appropriating funds to supplement its development statewide.**

Having witnessed the changes on seniors' lives once they attend the Chronic Disease Self Management Program, we are convinced that these program helps seniors take care of themselves and do the things needed to manage their chronic condition and live with dignity in their golden years.

We are respectfully requesting you to please make SB 820 as one of your priority projects to be inserted into the budget bill and appropriate \$250,000 for fiscal year 2009-2010 and another \$250,000 for fiscal year 2010-2011.

Thank you very much for all your help!

# Hawai'i Alliance for Retired Americans

AFT Retirees

HGEA Retirees

HSTA – Retired

ILWU Retirees

Kokua Council

Machinists Union Retirees

UPW Retirees

ADA/Hawaii

Hawaii Family Caregivers Coalition

An affiliate of the Alliance for Retired Americans  
c/o AFSCME • 888 Mililani Street, Suite 101 • Honolulu, Hawaii 96813

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(Submitted by email to: [HMSTestimony@Capitol.hawaii.gov](mailto:HMSTestimony@Capitol.hawaii.gov) February 7, 2009)

Joint statement of Al Hamai, President, and Carol Nitta, Legislative Committee  
Member, Supporting SB 820, Relating to Health

## **Joint Hearing of the Senate Committees on Human Services and Health**

**February 10, 2008, 1:15 p.m. Conference Room 016**

Chair Suzanne Chun Oakland, and Members of the HMS Committee, and Chair  
David Y. Ige and Members of the HTH Committee,

We are submitting testimony on behalf of HARA in support of SB 820. The Healthy Aging Partnership Program brings together state, county, and non-profit agencies into a statewide aging network to promote two proactive programs to help and encourage seniors, including family caregivers, to take care of themselves and their loved ones. The Ke Ola Pono Program is a six week chronic disease self-management program. While the Enhance Fitness Exercise Program provides a much needed regular exercise and social well being program. These two programs have been effective and this bill proposes to provide funding so seniors statewide may be able to participate in them.

HARA urges the Senate Human Services Committee and the Senate Health Committee to approve SB 820. Mahalo.

*HARA is a strong voice for Hawaii's retirees and seniors. HARA is an educator, a grassroots organizer, a communicator and a trusted source of information for decision-makers. HARA is a diverse community-based local organization with national roots where our members decide our priorities. We are 21,000 strong and growing.*



KOKUA KALIHI VALLEY (*Comprehensive Family Services*)

Elderly Services Program

1846 Gulick Avenue, Honolulu, Hawaii 96819

Tel: (808) 848-0977 ♦ Fax: (808) 848-8689 ♦

To: The Honorable Suzanne Chun Oakland, Chair  
The Honorable Les Ihara Jr., Vice-Chair  
Committee Members on Human Services

The Honorable David Y. Ige, Chair  
The Honorable Josh Green, MD, Vice Chair  
Committee on Health

From: Merlita Compton, MPH  
Kokua Kalihi Valley Elderly Services Program  
E-mail address: [mcompton@kkv.net](mailto:mcompton@kkv.net)

Hearing: Tuesday February 10, 2009 at 1:15 pm  
Conference Room 016

Subject: Support of SB 820 Relating to Health

Dear Chair Chun-Oakland, Chair Ige and Members:

I am writing to offer my strongest support for **SB 820 Relating to Health**. As a University of Hawaii School of Public Health graduate student, I had the opportunity to conduct a needs assessment for seniors living in Kalihi Valley area. Using the results of that study, Kokua Kalihi Valley Comprehensive Family Services (KKV) created a program to meet these needs. For over seven years, KKV Elderly Services Program has been a vital resource for Kalihi seniors.

Kokua Kalihi Valley has been a part of the Healthy Aging Project Initiative. The Chronic Disease Self-Management Program (CDSMP) an evidenced based health prevention programs are especially important in the interest of the future health and welfare of the many elders of our community. The Kupunas learn how to manage their chronic illness, learn how to take their medication properly, increasing physical activity, communicate effectively with their own doctor, families and friends and use health care services efficiently and effectively. It is important to specifically fully fund the evidenced-based program. Data collected by the University of Hawaii has proven that seniors who participated in CDSMP have been able to decrease healthcare utilization and medical cost.

In addition, Kupuna Care Service provides case management, caregiver support and respite care, health maintenance, individual and family counseling, transportation services, and easy access to dental and medical services to residents who are 60-years-old or older and their families. I strongly support all Senate bills relating to maintaining (preferably increasing) funding for the delivery of Kupuna Care services.

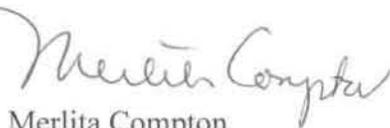
The Honorable Suzanne Chun Oakland, Chair  
And Members of the Committee of Human Services  
The Honorable David Y. Ige, Chair  
And Members of the Committee on Health  
February 09, 2009  
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The funding for these services CDSMP and KUPUNA CARE is critical to help seniors avoid premature institutional placement. Continuing to live in one's own home with adequate support and regular opportunities for participation in meaningful activities, as a member of the community, has been clearly shown to give seniors a greater sense of control over their lives, resulting in healthier seniors and a higher quality of life. The improvement in physical and mental function and reduction in the need for special care, following such simple interventions has since been repeatedly demonstrated in studies across the nation

Working with over five hundred (500) participants in the KKV Elderly Services Program for the past 7 years, I see clear evidence of the improved quality of life for our elders and the savings in health care costs when people have ready access to useful information and activities. Members of the Human Service and Health Senate Committee have an open invitation to visit our program and meet the participants first hand.

Thank you for your work in continuing the support for this very important legislation. I can say with complete assurance, our community will greatly appreciate and benefit from the services these funds can provide. The need is great.

Sincerely,



Merlita Compton  
Program Coordinator  
Kokua Kalihi Valley Elderly Services

Testimony by:  
Lucy Lessard, PT

SB 820, Health  
Senate HMS/HTH Committees  
Tuesday, Feb. 10, 2009, Room 16 – 1:15 pm



**Position: Strong Support**

Chairs Chun Oakland and Ige, and Members of the Senate HMS/HTH Committees:

I am Lucy Lessard, P.T., and Chair of the HAPTA Legislative Committee and member of the Hawaii Chapter – American Physical Therapy Association (HAPTA). HAPTA is comprised of 300 member physical therapists and physical therapist assistants employed in hospitals and health care facilities, the Department of Education and Department of Health systems, and private practice. Our members represent Hawaii at the national American Physical Therapy Association and are delegates for Pediatrics, Women's Health, Parkinson's Disease and other issue sections. We are part of the spectrum of care for Hawaii, and provide rehabilitative services for infants and children, youth, adults and the elderly. Rehabilitative services are a vital part of restoring optimum function from neuromusculoskeletal injuries and impairments.

Hawaii's population is aging, and it has a higher proportion of older aged persons than anywhere else in the nation. It is well reported that inactivity, a decreased social network and isolation can be responsible for geriatric depression, which in turn will lead to a decline in health. Physical activity in the elderly has been shown to maintain health and prevent falls, which are a major precipitant of hospitalization, general health decline and institutionalization.

Ke Ola Pono, the Chronic Disease Self-Management Program, and the EnhanceFitness exercise program are community based, and accessible to seniors who are 60 plus years old. In Hawaii, where many cultures honor and respect our elders, it is important to continue such programs that focus on dignity, independence and healthy living into the later years of life.

Thank you for the opportunity to provide testimony. I can be reached at (808) 547-6292 if there are any questions.

## TESTIMONY IN SUPPORT OF SB 820

Chairs Chun Oakland and Ige:

My name is Anthony Lenzer. I am a Professor Emeritus of Public Health and former Director of the Center on Aging at the University of Hawaii. I am offering testimony on the behalf of the PABEA, the Policy Advisory Board for Elder affairs, which is an appointed board tasked with advising the Executive Office on Aging (EOA). My testimony does not represent the views of the EOA but of the Board.

PABEA strongly supports Senate bill 820, which appropriates funds for the Healthy Aging Partnership program operated by the Executive Office on Aging. This program is a partnership of state and county agencies and nonprofit organizations, and is designed to help older adults better manage their chronic health conditions, and improve their physical functioning, health, and well-being. This program was initially funded by the US Administration on Aging, but state funds are now needed to continue to build the capacity of this program to serve seniors on a statewide basis.

The program has two components, a Chronic Disease Self-Management Program (CDSMP) and an EnhanceFitness (EF) program. CDSMP is a six-week program which teaches participants to take better care of themselves and manage their chronic conditions. EF is an exercise program in which participants meet three times a week for classes which are designed to improve their cardiovascular fitness, strength, and flexibility. Both programs encourage friendships and supportive relationships among the participants. Both programs are also "evidence based," meaning that they have been it extensively tested on the Mainland and shown to work, before being brought to Hawaii.

The overall goal of this program is to delay disability, promote healthy aging, and keep older adults independent as long as possible. I do not need to belabor the personal, economic and social costs of illness and disability. We like to think of Hawaii as "the health state." Yet for many older adults, the health picture is getting worse, not better. For example, in the decade after 1995, for people over 65 in Hawaii, diabetes increased from 11% to 18%; hypertension increased from 38% to 59%; and overweight increased from 32% to 48%. In Hawaii, as on the mainland, these programs have been shown to have positive benefits. For example, over 90% of participants are confident that they will continue to use what they have learned in the programs. A six-month follow-up of participants in the CDSMP program showed that participants were getting more exercise, had fewer illness symptoms, and fewer doctor, emergency room, and hospital visits. And in the first four months of the EF program, participants had 35% fewer falls – a leading cause of disability among older adults. National experience indicates that improving health behaviors is 40% of the answer towards improving health, yet only 4% of health expenditures are designed to improve health behavior.

The healthy aging partnership programs deal directly with this neglected path toward improved health.

PABEA recognizes the financial difficulties facing state government, but hopes that the legislature will, to the extent possible, preserve those programs which are of the greatest social, economic, and health benefit to our older population.

Thank you for this opportunity to testify.

Note: sources for the statistics cited above are available on request

**Senate Committees on Health & Human Services**

**S.B. 1679, Relating to the Emergency and Budget Reserve Fund**

**Testimony of Valorie E. Taylor, LBSW**

**541 Lauiki St. #3  
Honolulu HI 96826**

**February 10, 2009**

**1:15 p.m. Conference Room 016**

I would like to show my support of SB820 – Relating to Health Care Health Aging Partnership

I am a Social Worker in the field of Gerontology and am a member of the Healthy Aging Partnership Empowering Elders in my professional position. I am also a Master Trainer in the Chronic Disease Self Management Program.

Prevention is a cost effective practice and it is especially important for seniors who face increasing health care costs. The Healthy Aging Partnership - Empowering Elders is a part of the national focus on imbedding evidence based programs in our community. This partnership brings together a number of community organizations and the Area Agencies on Aging to provide an effective program at minimal costs.

EnhanceFitness® is a three day a week exercise class that has been shown to reduce the risk of falls and reduce the costs of health care for seniors. A cost analysis by the University of Washington on members of a local health management organization showed healthcare utilization costs of EnhanceFitness® participants were 79% of non participants' costs to their HMO after one year.

The Chronic Disease Self Management Program (CDSMP) developed by Stanford University, teaches seniors how to manage their chronic disease. In a five-year research project, CDSMP was evaluated in a randomized study involving more than 1000 subjects. This study found that people who took the program, when compared to people who did not take the program, improved their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improved their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and decreased their days in the hospital.

The Executive Office on Aging received one of 24 states given funds by the Administration on Aging to implement evidence based programs. They are one of eight states given funds by the National Council on Aging to develop strategies for sustainability of the program. The community agencies are a part of this process and the hope is to be self sustaining in a few years. The CDSMP stresses the use of volunteer leaders for the classes which helps to keep the program cost effective. Community organizations have implemented the program and are in the process of growing the programs utilizing volunteers and seeking out funding from a variety of sources. It is important that we do not lose state

funding at this point. We have come so far in the process it would be a shame to lose the ground we have gained.

I ask that you consider passing this bill to better the lives of our seniors and prevent further impact on our economy by the increased need for health care by our Kupuna.

LINDA LINGLE  
GOVERNOR OF HAWAII



NOEMI PENDLETON  
DIRECTOR

CHIYOME L. FUKINO, M.D.  
DIRECTOR OF HEALTH

Telephone  
(808) 586-0100

Fax  
(808) 586-0185

STATE OF HAWAII  
EXECUTIVE OFFICE ON AGING  
NO. 1 CAPITOL DISTRICT  
250 SOUTH HOTEL STREET, SUITE 406  
HONOLULU, HAWAII 96813-2831

## House Committees on Health/Human Services & Housing

### S.B. 820, Relating to Health Testimony of Noemi Pendleton Director of Executive Office on Aging Attached Agency to Department of Health

February 10, 2009

1:15 p.m. Conference Room 016

1 **Department's Position:** EOA is committed to the implementation, embedding, and expansion of  
2 evidence-based programs; however, at this time EOA is not able to support this bill because of the  
3 state's declining economic outlook and rising State budget deficit.

4 **Fiscal Implications:** There is appropriated out of the general revenues of the State of Hawaii the  
5 sum of \$250,000 for fiscal year 2009-2010 and the same sum for fiscal year 2010-2011 to  
6 continue building the aging network's capacity in evidence-based programming and embed Ke  
7 Ola Pono, the Chronic Disease Self-Management Program, and EnhanceFitness in Hawaii's aging  
8 network.

9 **Purpose and Justification:** The purpose of this Act is to appropriate funds to continue building  
10 the aging network's capacity in evidence-based programming and embed the Ke Ola Pono  
11 Chronic Disease Self-Management Program and EnhanceFitness Program in Hawaii's aging  
12 network, thereby ensuring statewide access so that Hawaii's current and future older adults can  
13 better manage their chronic health conditions, reduce their risk of falling, and improve or maintain  
14 their health, physical functioning, and well-being.

1 EOA is currently working with the Department of Health Community Health Division and the  
2 county offices on aging to ensure the availability of these programs for Hawaii residents since the  
3 office first received federal funding for these programs in 2006. EOA supports the Healthy Aging  
4 Partnership's implementation and use of evidence-based disease prevention programs to empower  
5 seniors in managing their conditions and live healthier lifestyles and to ensure the achievement of  
6 positive health outcomes and cost-effectiveness of provided services. During this period of  
7 economic uncertainty, EOA is encouraging its partners to maximize resources, seek private  
8 philanthropic funding opportunities, and find cost-effective ways of resolving programmatic  
9 issues.

10 Thank you for this opportunity to testify.