

## Overview of Hawai'i Healthy Aging Partnership (HAP)

Leading by the State Unit on Aging (Executive Office on Aging [EOA]) and State Department of Health—Chronic Disease Prevention & Health Promotion Division (CDPHPD), the Hawai'i Healthy Aging Partnership (HAP) has been serving older adults in Hawai'i since 2003.

Mission: To improve the health status of older adults through scientifically proven, evidence-based programs.

Hawai'i HAP is an essential link between clinical support for patients and community resources for lifestyle change.



## What is EnhanceFitness?

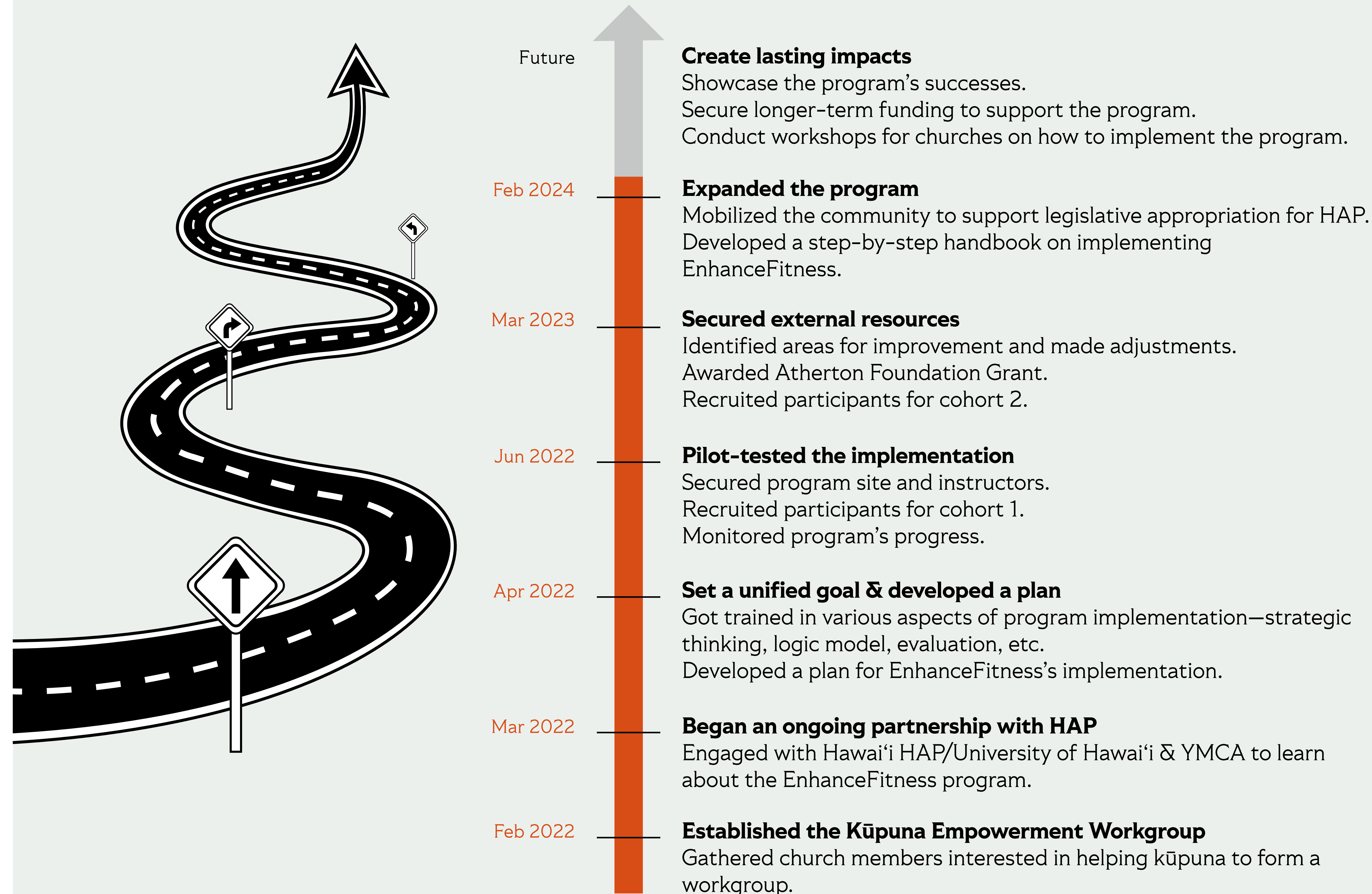
Designed by the University of Washington, EnhanceFitness focuses on improving overall flexibility, balance, and endurance of older adult participants.

- 1-hour x 3 days/week.
- Approved by the U.S. Administration for Community Living.
- Endorsed by the Centers for Disease Control and Prevention.
- Shown positive outcomes in all program sites.
- **Annual healthcare saving = \$945/person (CMS study, 2013).**
- 9 active sites (3 on Kaua'i, 1 on O'ahu, and 5 on Maui)



# Scaling social impact through community partners: An empowerment approach to expand EnhanceFitness in Hawai'i

## The Journey of Pearl City Community Church



## Empowerment Approach

Characteristics of the key players of the Pearl City Community Church:

- **Inspire others to create change**, believe that church, as a natural place of gathering, can play a significant role in pursuing health equity for all.
- **Embrace the challenges** in coordinating and managing new programs and the opportunities to learn new skills.
- **Invest in nurturing a caring relationship** with program participants, regardless of whether they are church members or not.
- **Take on many roles**, e.g., coordinate the program, share experience and provide support to other churches interested in the program, advocate for program funding through legislation, etc..
- **Demonstrate strong leadership.**
- **Be a problem solver** when issues emerged and gather people to solve the issues.
- **Be a role model** for others and empowers others to reach their goals.

Reference: Maton, K. (2008). Empowering community settings: Agents of individual development, community betterment and positive social change. *American Journal of Community Psychology*, 41(1-2):4-21.

## Key Achievements & Challenges

The Pearl City Community Church was effective in working with other organizations and individuals in the local and larger communities to address fall prevention and social isolation.

### Key achievements:

- Developed stronger leadership and champions for the program.
- Integrated the program into their organizational priority.
- Supported other communities to implement the program.
- Enhanced partnership for future funding and program expansion.

### Challenges:

- Careful planning and communication required.
- Convincing other churches to implement this program without offering funding.

## Acknowledgments

We acknowledge the Hawai'i Healthy Aging Partnership, a coalition of the Executive Office on Aging, the Area Agencies on Aging, the Department of Health, the University of Hawai'i, and service providers dedicated to expand health promotion options for older adults in Hawai'i.

## Learn more



Scan the QR code for more information about who we are, our programs offered & posters.  
[hawaiihealthyaging.org](http://hawaiihealthyaging.org)



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- 4: YMCA of Honolulu; 5: Kaua'i Agency on Elderly Affairs