

SUPPORT KŪPUNA TO STAY HEALTHY



HAWAI'I HEALTHY AGING PARTNERSHIP

Led by the Executive Office on Aging (EOA) and the Chronic Disease Prevention & Health Promotion Division (CDPHPD) of the Department of Health, the Hawai'i Healthy Aging Partnership (HAP) was formed in 2003 to improve older adults' health status through two scientifically proven, evidence-based programs. HAP is an essential link between clinical support for patients and community resources for lifestyle change.

Better Choices Better Health (BCBH) program is a **6-week self-management workshop** developed and tested by Stanford University **for older adults and caregivers**. The workshop does not replace prescribed treatment. Instead, the workshop augments and supports medical-professional-recommended treatment plans. Participants learn skills to manage chronic health conditions and interact with their healthcare providers.



EnhanceFitness is an **ongoing group exercise program for older adults**. Classes meet **three times a week for one hour** and consist of cardio, strength, balance, and flexibility exercises. Nationally certified fitness instructors lead these classes. The program is proven to improve participants' upper and lower body strength, balance, and mobility, increase time spent in exercise, and decrease the risk of falls among participants.

PROBLEMS

Chronic diseases account for 86% of our nation's money spent on health care,¹ and the direct medical cost of falls was \$50 billion.² **Hawai'i's healthcare costs of chronic diseases was projected to be \$9 billion** annually (from 2016–2030),³ with the burden of chronic diseases concentrated among adults 60 years and older. The latest data showed that **84% of Hawai'i residents 60 years or older have one or more chronic diseases**.⁴

Older adults with chronic conditions and their caregivers can improve their quality of life by **focusing on self-management as an integral method** to avoid long-term complications of chronic conditions.

HAP does not have enough funding to expand or sustain the evidence-based programs. It currently offers programs on a reduced budget. There is no other funding to support HAP in the coming state fiscal year beginning July 1, 2024.

SOLUTION

Secure \$600,000 for HAP to support:

- **220 kūpuna and caregivers** statewide through **BCBH**, saving \$144,058 in healthcare costs;
- **575 kūpuna** through **EnhanceFitness**, saving \$789,000 in healthcare costs; and
- expansion of **BCBH and EnhanceFitness** programs.

Without funding, Hawai'i HAP will lose the team of certified trainers, instructors, and other experienced personnel critical to offering evidence-based programs.

WHY SHOULD YOU SUPPORT FUNDING FOR HAP?

- HAP has provided **evidence-based programs to 5,117 individuals statewide** since 2007.
- HAP has been working on qualifying for **3rd party reimbursement** and **streamlining the referral process** from physicians and the Aging and Disability Resource Center to HAP programs.
- HAP data has shown to **save healthcare costs** (estimated savings of **\$654.81 per participant for BCBH** and **\$1,373 per participant for EnhanceFitness**)^{5,6}
- HAP programs have **improved participants' quality of life** as well as their **physical performance level**.
- HAP in Hawai'i is **nationally recognized** (NOMA Award for Excellence in Multicultural Aging, 2013).
- HAP works closely with **aging and public health networks** (i.e., eldercare providers, healthcare organizations, and federally qualified health centers).
- HAP is a **core component of Hawai'i State Plan on Aging, 2023–2027**, where goal 1 is "Hawai'i older adults have opportunities to live well," and objective 1-4 stated, "expand wellness and health maintenance programs that are evidence-based leading to greater health outcomes for older adults."

CONCLUSION

Despite the proven success in increasing the quality of life of kūpuna and reducing health care costs, Hawai'i HAP has only been funded intermittently by the legislature. Investing in HAP will sustain and expand the BCBH and EnhanceFitness programs, empower kūpuna to improve their health, and avert higher-cost interventions. HAP is a crucial investment for supporting the health and independence of our kūpuna.

Hawai'i HAP statewide partners:

The Executive Office on Aging and Chronic Disease Prevention & Health Promotion Division of the State Department of Health (co-lead), Hawai'i County Office of Aging, Kaua'i County Agency on Elderly Affairs, Maui County Office on Aging, City & County of Honolulu Elderly Affairs Division, Alu Like (Title IV), Hawai'i Primary Care Association, and the University of Hawai'i Center on the Family.



REFERENCES

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