

Expanding Community Partnership: Partnering with Nontraditional Organizations to Promote Healthy Aging in Community



September 8, 2023

Hawai'i Healthy Aging Partnership (HAP)

- Formed in 2003 to improve older adults' health through scientifically proven, **evidence-based programs.**
- Leads by the
 - Executive Office on Aging
 - Chronic Disease Prevention and Health Promotion Division of the Department of Health
 - University of Hawai'i
- Offers two programs:

Better Choices Better Health - Ke Ola Pono:
Health Self-Management Education



Enhance®Fitness:
Fall Prevention Physical Activity

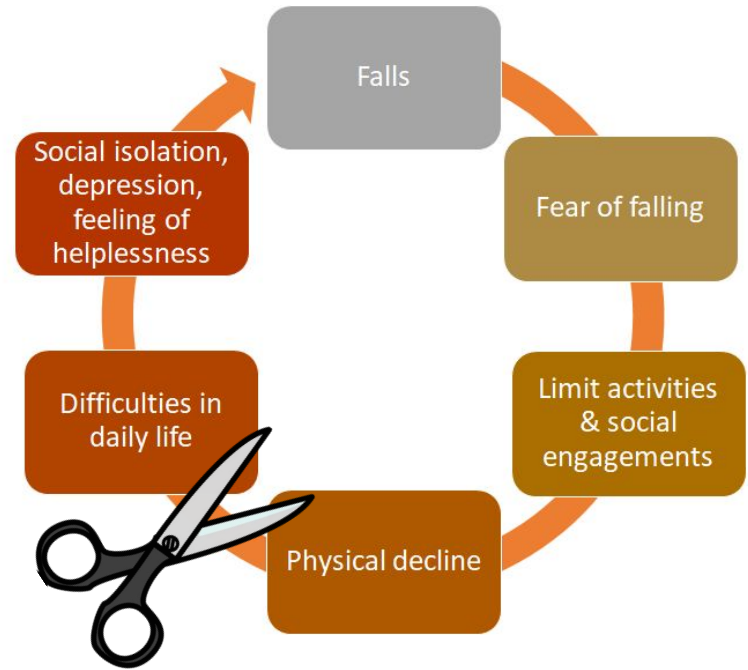
WHAT is Enhance®Fitness?

Falls are preventable!

Falls are common:
1 in 4 older adults
falls each year
Falls are the leading
cause of fatal and
nonfatal injuries

Falls are costly:
Cost of fall injuries =
\$50 billion (2015)
May reach over \$101
billion by 2030.

**Live alone/Social
isolation:**
Has the same harm
as smoking 15
cigarettes a day.



**Regular physical activity can
REDUCE
the risk of falls!**

BUT not all kūpuna have the
opportunity to participate.

Enhance®Fitness

- Evidence-based fall prevention exercise program
- Designed by the University of Washington
 - Group exercise program designed for elders to improve overall flexibility, balance, and endurance
 - 1-hour class runs 3 days/week for 4 months (one cycle) or ongoing
 - Each class:
 - 5-minutes warm up
 - 20-minutes aerobic workout
 - 5-minutes cool-down
 - 20-minutes strength training
 - 10-minutes stretching



- Approved by the U.S. Administration for Community Living
- Endorsed by the Centers for Disease Control and Prevention
- Shown to have measurable outcomes on Kaua'i and Maui
- Annual medical saving = **\$945/person** (CMS study)

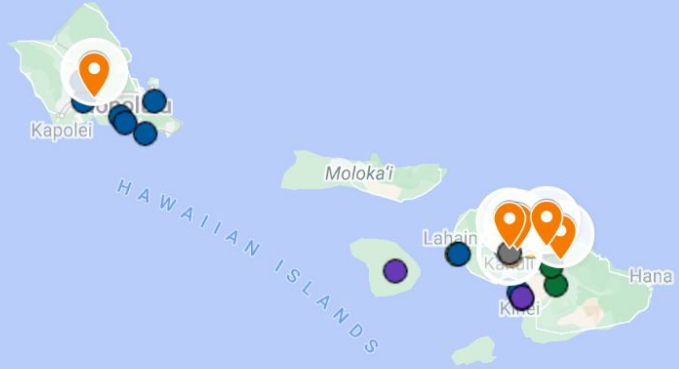
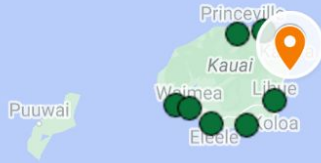
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**3 mins DEMO by
Johnny**

**WHERE are the
Enhance®Fitness sites?**

Since 2007,
HAP has offered
the program at
33 sites, including
the virtual class.

- Department of P & R (10)
- Other (8)
- 📍 Faith-based organization (6)
- Residential facility (4)
- Senior center (2)
- Community center (1)
- Multi-purpose social services org (1)
- Virtual (1)





📍 Closed (24)
📍 Active (9)

As of September 2023

- 9 active sites
 - 18 classes
- 24 closed sites



Reasons for closed sites:

- Pandemic impacted (lost active instructors, other priorities)
- No funds to continue
- No instructors available (Lānaʻi)
- Wildfire (Lāhainā)



**WHY do we partner with
faith-based organizations?**

Reasons

- Reach broader population
- Create access for the underserved
- Offer program where kūpuna gather:
Faith-based organizations =
natural gathering places
- Share pursuit for equity / address health disparities:
Reaching those with greatest economic and social needs
- Foster program sustainability



Partnering with faith-based organizations



Opportunities



Challenges

Opportunities



- **Share** ownership, responsibility, and accountability
- **Expand** the program reach, especially the underserved
- Recognize faith-based organizations as **trusted and inclusive space**
- **Share** resources (facility, funds, talents/ volunteers): WIN-WIN
- **Build capacity** for program development and implementation success
- Tap into **partners' strengths**

Challenges



- Takes **time** to change organization's culture and practice (partnership development, data driven program, etc.)
- Need to adopt **new concepts**:
evidence-based program and fidelity
- Need to offer intensive **technical support** for program's start up
- **Compete** with other activities on the site
(facility has to be available 3 days/week)

**WHO participated & WHAT is the
impact of Enhance®Fitness?
Are the participants at
faith-based sites different?**

Evidence-based = Evaluation is necessary

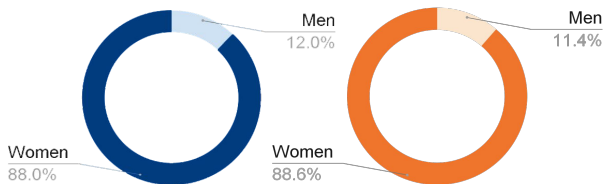
- Enhance®Fitness has at least 4 evaluation forms.
 - Participant Information including health history form (at baseline)
 - Attendance Sheet (every class)
 - Pre-post “Fitness Check”: Physical Performance Tests (baseline & at the end of the cycle)
 - Program Evaluation (at the end of the cycle)
 - Fidelity Monitoring by Master Trainer (1st Month, 4th month, every 4 months)

Since 2007, HAP served 1,997 participants!

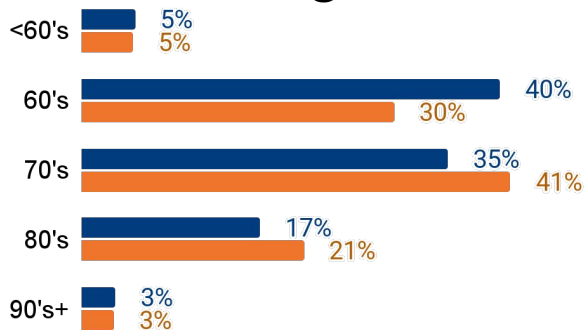
Who participates in Enhance®Fitness?

■ Non-Faith-Based ■ Faith-Based

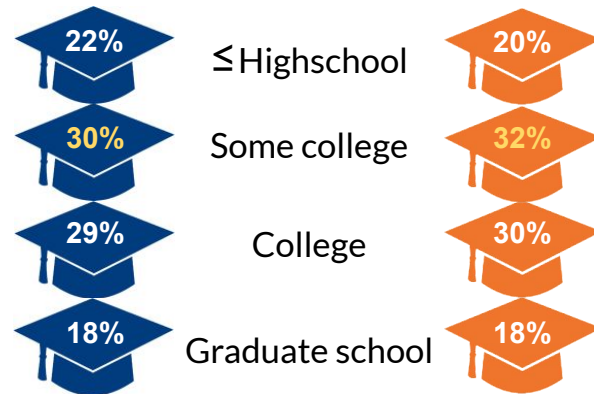
Gender



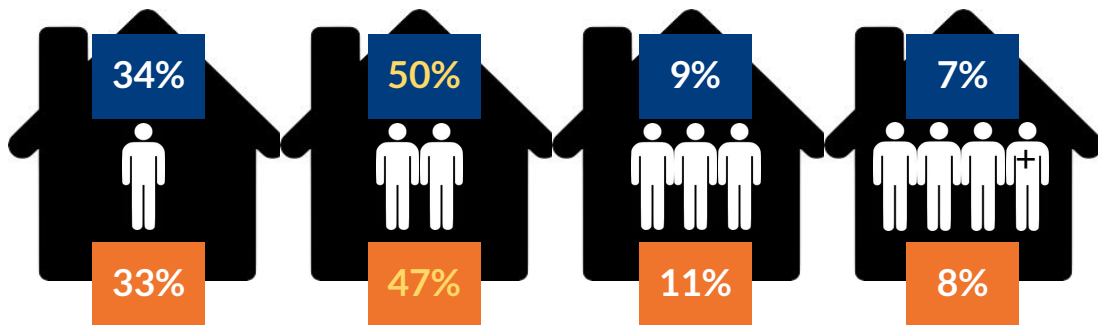
Age*



Education Attainment



Household size



*denotes $p < .05$, Chi-square test of significant difference.

Chronic Conditions



Arthritis



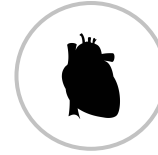
Hypertension



Diabetes



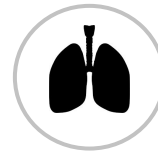
Cancer



Heart disease



Depression

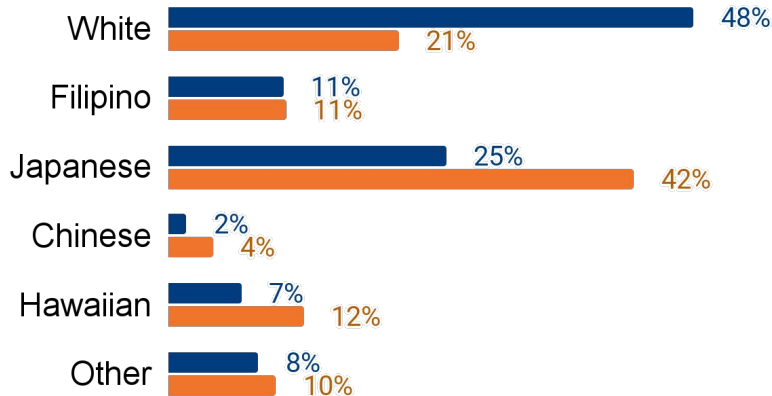


Lung disease

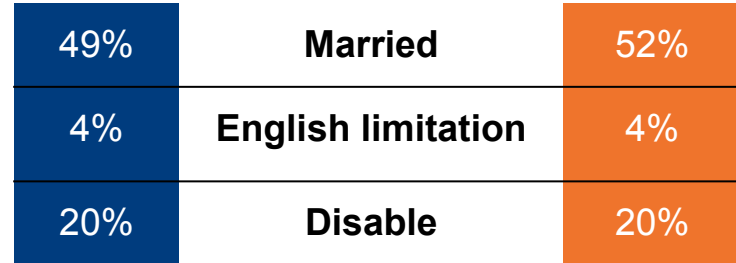
Condition	Non-Faith-Based	Faith-Based
Arthritis	38%	38%
Hypertension	33%	37%
Diabetes	19%	20%
Cancer	10%	13%
Heart disease	10%	9%
Depression	9%	7%
Lung disease	7%	7%

■ Non-Faith-Based ■ Faith-Based

Ethnicity

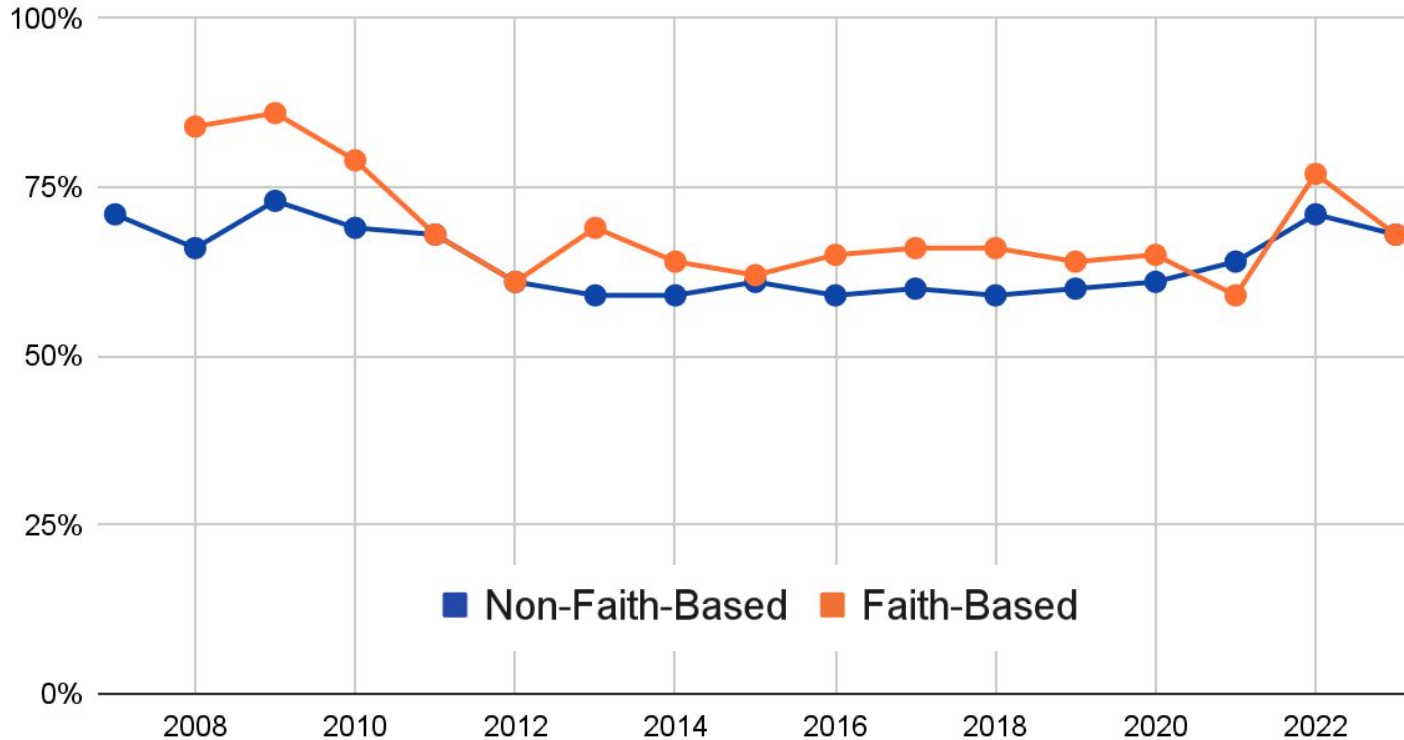


Other Characteristics



Attendance

Average attendance rate by type of organization



Reasons for missing classes:

- Travel
- Family/ caregiving
- Sick
- exposure to someone w/ positive COVID
- Doctor appointment
- No ride

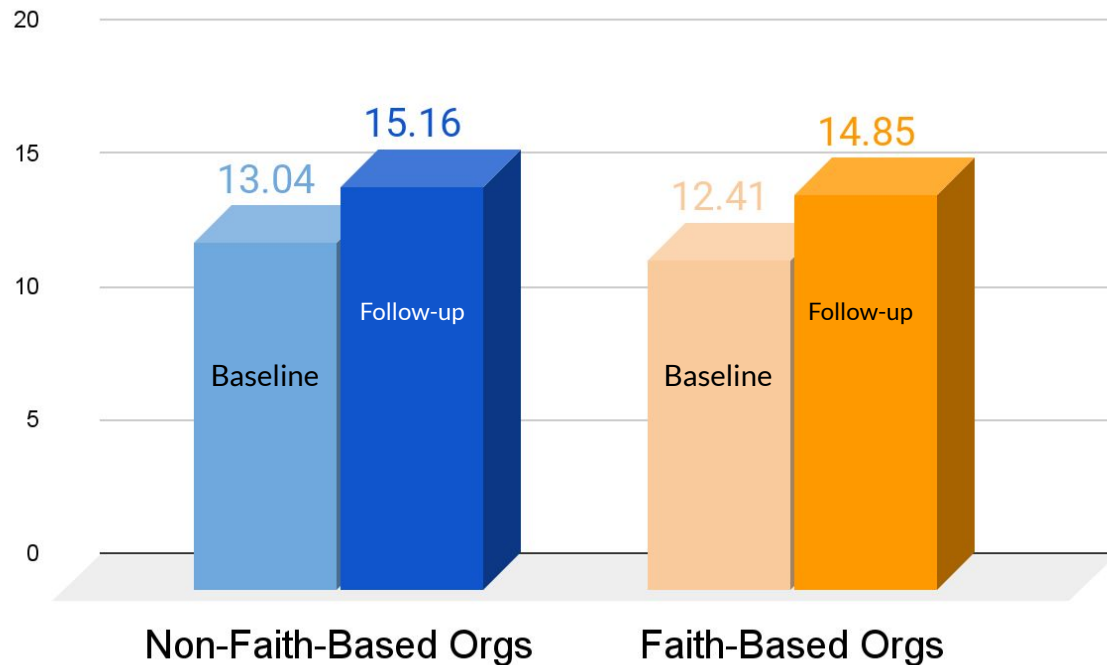
Assessing physical performance: Arm Curl

N=900 NFB
N=348 FB
(paired t-test)

Arm Curl



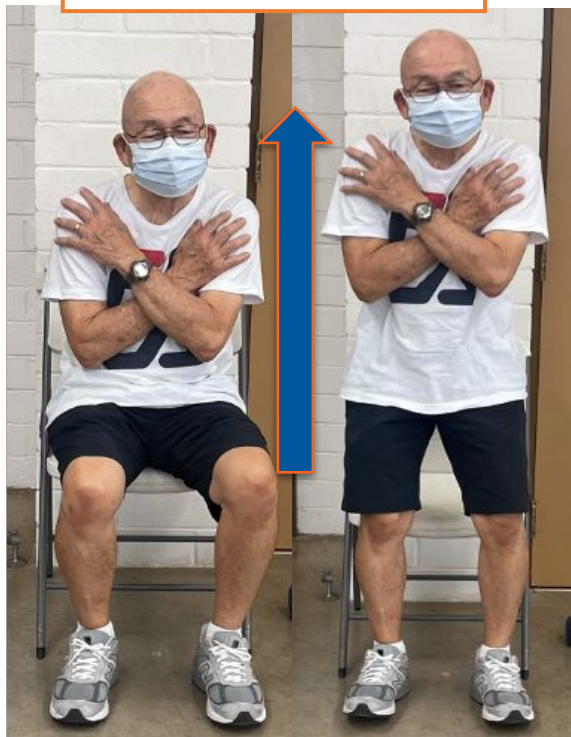
of repetitions: ↑



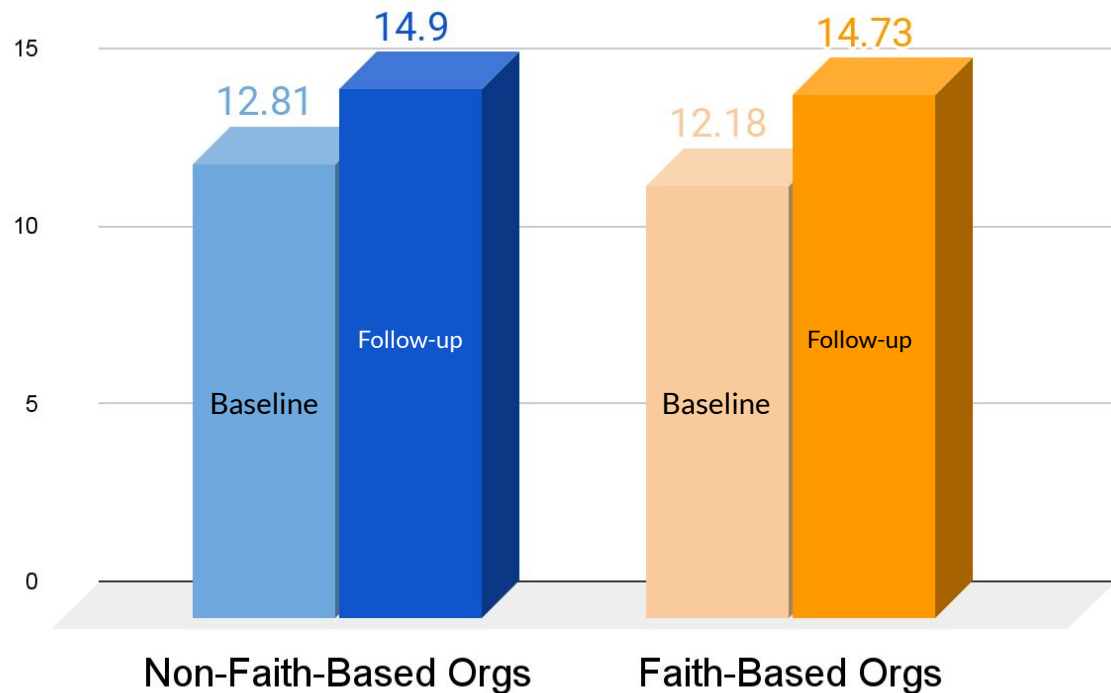
Assessing physical performance: Chair Stand

N=886NFB
N=346 FB
(paired t-test)

Chair Stand



of repetitions: ↑



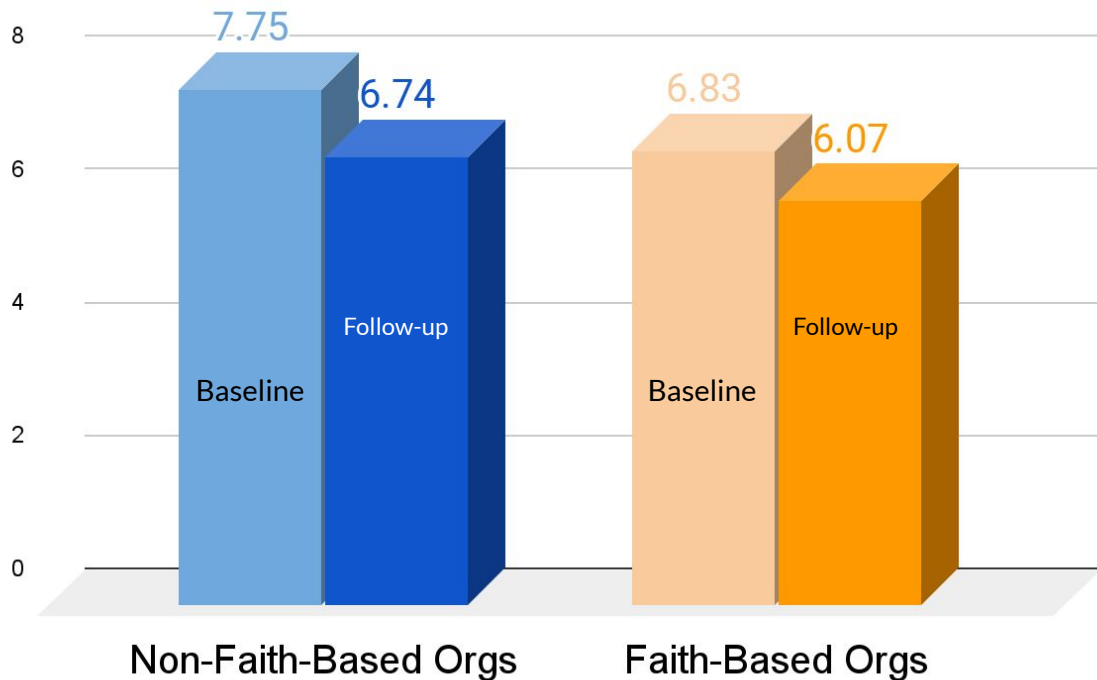
Assessing physical performance: Up & Go

N=899NFB
N=345 FB
(paired t-test)

Up & Go



of seconds: ↓



**HOW did Pearl City
Community Church offer
Enhance®Fitness?**

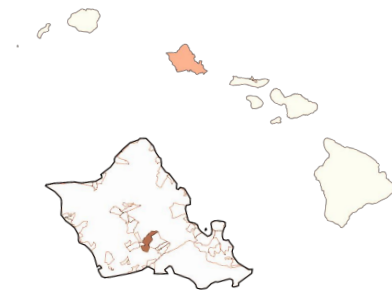
Growing needs in promoting healthy aging in Pearl City

Older adult population is growing.

They represent 26% of the total population.

Compared to Honolulu County, Pearl City kūpuna (60+ yrs) are more likely to

- Have one or more disabilities
- Experience poorer health
- Have at least one chronic condition
- Do not participate in physical activity



- Pearl City (65+yrs):
- 19% Living alone
 - 6% Below poverty
 - 36% Have disability

Pearl City Community Church's Journey



Roles & Responsibilities Among the Partners

Pearl City Community Church	YMCA of Honolulu	University of Hawai'i/ HAP
<ul style="list-style-type: none">● Secure \$, MOA, site● Ensure safety protocol● Purchase program materials● Publicize & recruit participants● Host working meetings● Secure volunteers● Seek donations, apply for grants● Host showcase	<ul style="list-style-type: none">● Offer Enhance®Fitness with fidelity● Secure instructors● Secure all administrative forms● Perform pre-post assessments	<ul style="list-style-type: none">● Consultation/ Be liaison with other HAP partners● Provide technical assistance● Provide training● Evaluate & analyze the program impact● Showcase

Meet at least monthly to:

- Share updates, challenges, successes, and lessons learned
- Track the progress
- Review the plan and adjust as needed
- Sustain the program





"It's more than exercise!"

How Has EnhanceFitness Benefited You?

- builds my confidence to volunteer at the church!
- Increased my stamina for walking without getting out of breath also it was/is a 'fun' class
- Improved agility makes undertaking household chores easier and safer as we maneuver around obstacles thus preventing falls.
- Increased my ability to do more things and keep up my stamina and strength and always careful not to fall.
- Helps my mind, body & soul as well as build my bones & muscles!



I Benefited from our class...

Have met new people and seem to have less aches + pain.

Little more flexible and improved balance and most importantly got me back into an exercise routine

Blood pressure and cholesterol is down to almost normal... I think it is because of the class.

I have more strength, stamina and improved balance!

I'm more confident, able to increase walking distance.

I feel more sure about my balance & feel more energized. Love the fellowship
This program has helped tremendously with my strength, balance & focus. Also being more discipli discipline helps with my blood sugar control. Mahalo

This is a program that transcends the classroom and becomes a part of your every day life as you tackle tasks with improved coordination, strength, & agility.

AS A SENIOR, SOCIALIZATION IS A GREAT BENEFIT
BIT MORE FLEXIBLE AND FEEL BETTER STRONGER.
SOCIALIZING IS GREAT!



**HOW can we start a
partnership with faith-based
organizations?
WHERE to start?**

Process varies, but general steps are:

1. **Identify** the potential faith-based organizations you want to partner & conduct an **informal check-in to learn** what they do and their needs.
2. Find a **champion** within the faith-based organization and work with the champion to **introduce** yourself and **explain** how the program can meet their needs.
3. Explore a **shared vision, set a goal**, and **work together to define** roles and responsibilities (i.e., MOA).
4. **Pilot test** the program.
5. **Evaluate** and discuss future directions.

Questions?

Contact Information:

- Michiyo Tomioka, Hawai'i Healthy Aging Partnership, mtomioka@hawaii.edu, (808) 728-0570
- Johnny Yago, County of Kaua'i Elderly Affairs, iyago@kauai.gov, (808) 241-4470
- Mylene Ibera, Jean Kimoto, and Shirley Kidani
Pearl City Community Church, mylene@pccc-hi.org, (808) 455-4148