

# Evidence-Based Health Promotion Programs for Older Adults in Hawai'i: Survey Findings

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## HAWAI'I HEALTHY AGING PARTNERSHIP

February 2024



Updated 3/22/2024

# About the survey

**Purpose:** Assess the availability of evidence-based health promotion programs for older adults in Hawai'i and use the results for public policy advocacy.

**Participants:** Organizations offering health promotion programs for older adults in Hawai'i, as identified by the Steering Committee\* of Hawai'i Healthy Aging Partnership (HAP).

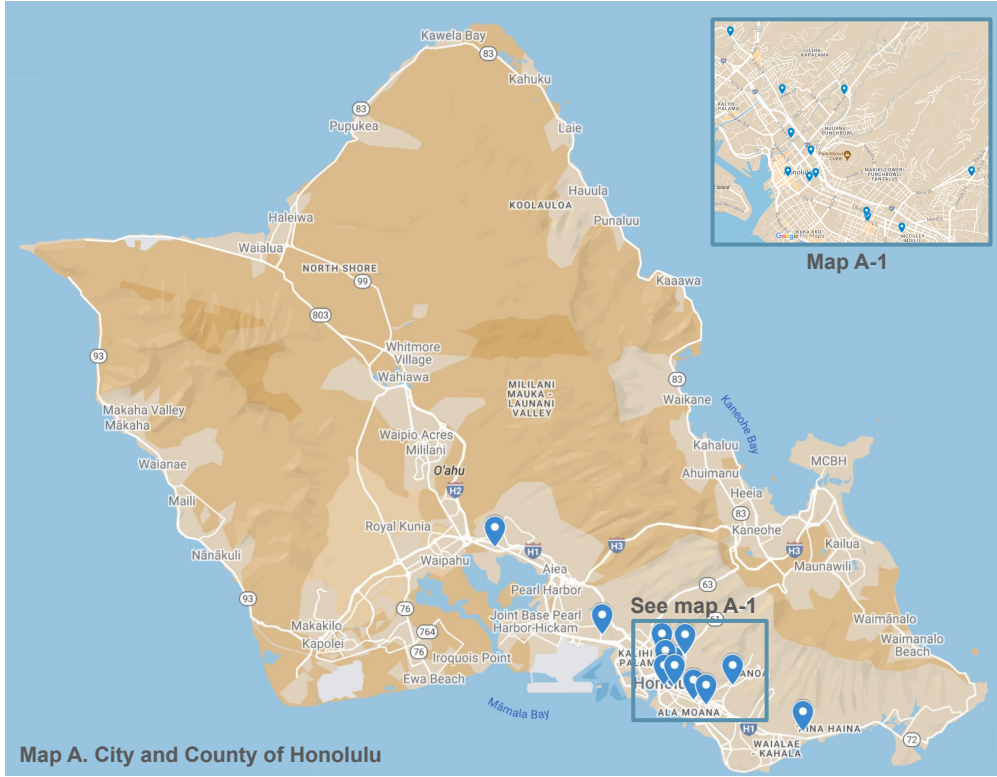
**How:** The survey link was distributed to potential participants via emails and e-newsletters.

**When:** Mid October–late November, 2023

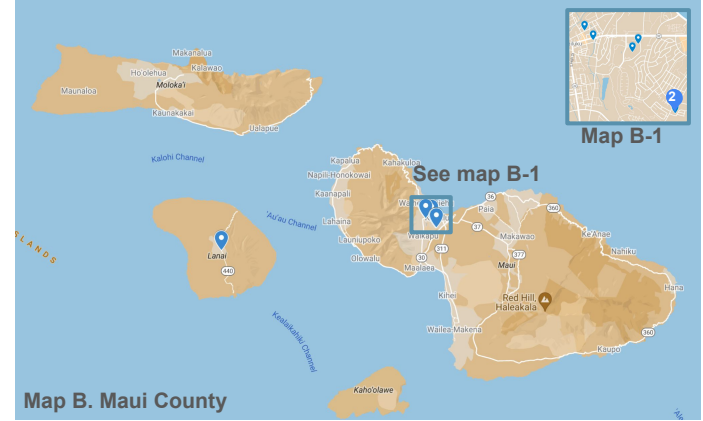
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\* **HAP Steering Committee:** Executive Office on Aging, Hawai'i County Office of Aging, Kaua'i Agency on Elderly Affairs, Maui County Office on Aging, Honolulu Elderly Affairs Division, Chronic Disease Prevention & Health Promotion Division (State Department of Health), ALU LIKE, Inc., Hawai'i Primary Care Association, University of Hawai'i Center on the Family

# 26 organizations responded to the survey



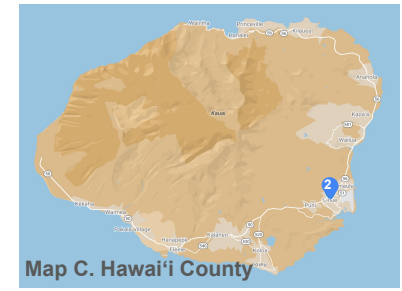
15 organizations in the City and County of Honolulu



7 in Maui County



2 in Hawai'i County



2 in Kauai County

# List of participating organizations

ALU LIKE, Inc.

American Cancer Society

DOH Hawai'i District Health Office

DOH Kaua'i District Health Office

DOH Office of Primary Care

Hale Mahaolu Personal Care Program

Hawai'i County Office of Aging

Hawai'i Family Caregiver Coalition

Hawai'i Primary Care Association

Ho'okele Caregivers Maui

Kaua'i Agency on Elderly Affairs

Kōkua Kalihi Valley

Lāna'i Kina'ole, Inc.

Lanakila Multi-Purpose Senior Center

Maui Adult Day Care Centers

Maui County Office on Aging

Maui Memorial Medical Center

Move with a View

Nā Hoaloha—Maui Interfaith Volunteer Caregivers

National Kidney Foundation of Hawai'i

Pearl City Community Church

Salvation Army Community Assistance Center

The Mediation Center of the Pacific

The Queen's Medical Center

Times Pharmacy

YMCA of Honolulu

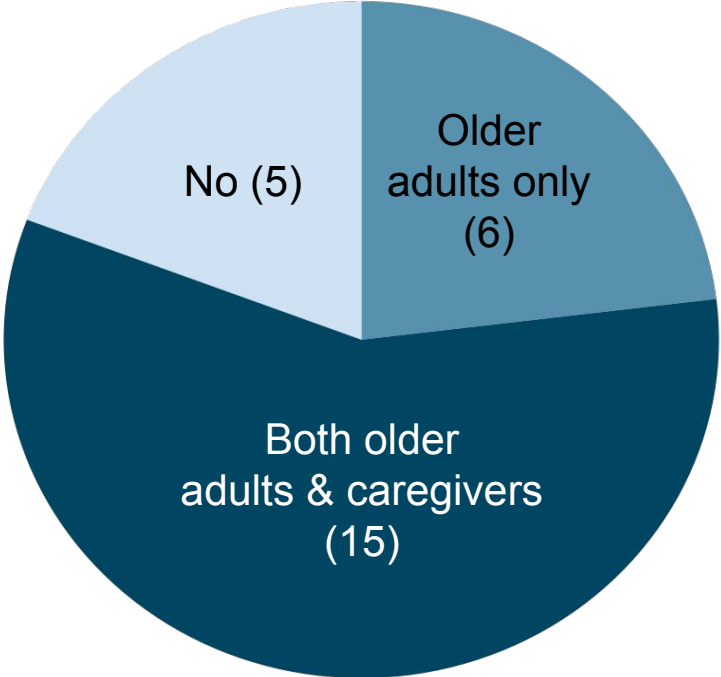
## The survey asked, in 2023...

- Has your organization offered health promotion programs for older adults (aged 60 or above) or their caregivers?
- Are any of these programs evidence-based?
- List the evidence-based (EB) health promotion programs.

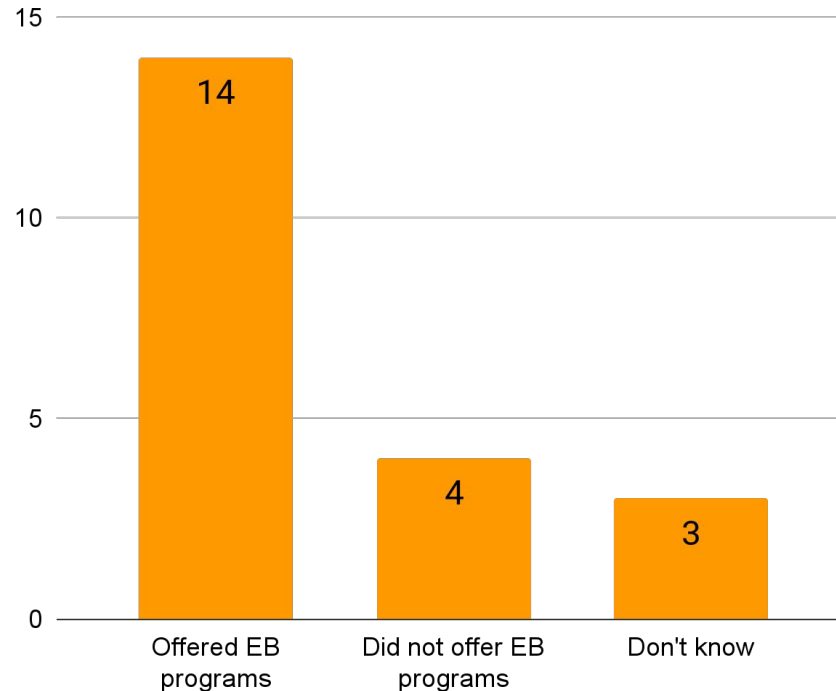
*Notes: In this study, evidence-based programs are defined as programs that meet the Administration for Community Living (ACL) Older Americans Act Title III-D criteria. All responses were verified by the research team.*

- If you collaborated with other organizations in offering the EB, which organization(s) did you collaborate with?

In 2023, 21 organizations offered health promotion programs for older adults and their caregivers.



Two-thirds (14 organizations) implemented ACL approved evidence-based health promotion programs.



# List of organizations offering EB health promotion programs

ALU LIKE, Inc.

DOH Hawai'i District Health Office

DOH Kaua'i District Health Office

Hawai'i County Office of Aging

Hawai'i Primary Care Association

Kaua'i County Agency on Elderly Affairs

Kōkua Kalihi Valley

Lanakila Multi-Purpose Senior Center

Maui County Office on Aging

Maui Memorial Medical Center

National Kidney Foundation of Hawai'i

Pearl City Community Church

The Queen's Medical Center

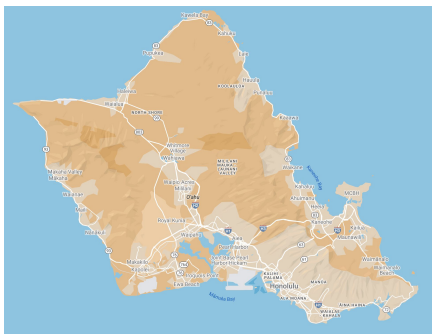
YMCA of Honolulu



# 8 EB programs were available for older adults in Hawai'i

	Behavioral Health	Cancer Survivors	Chronic Disease	Falls Prevention	Medication Management	Nutrition	Pain Management	Physical Activity
<b>A Matter of Balance</b> (3 organizations)				X				X
<b>EnhanceFitness</b> (4 organizations)				X				X
<b>SMRC Chronic Disease Self-Management Program</b> (6 organizations)			X	X	X	X	X	X
<b>SMRC Diabetes Self-Management Program</b> (6 organizations)			X		X	X		X
<b>SMRC Cancer: Thriving &amp; Surviving</b> (1 organization)		X	X		X	X	X	X
<b>CDC Diabetes Prevention Program</b> (2 organizations)			X		X	X		X
<b>Tai Chi for Arthritis and Falls Prevention</b> (2 organizations)			X	X			X	X
<b>Powerful Tools for Caregivers</b> (1 organization)	X							

# EB programs in the City and County of Honolulu



## 8 organizations offered EB health promotion programs

- ALU LIKE, Inc.
- Hawai'i Primary Care Association
- Kōkua Kalihi Valley
- Lanakila Multi-Purpose Senior Center
- National Kidney Foundation of Hawai'i
- Pearl City Community Church
- The Queen's Medical Center
- YMCA of Honolulu

## Partner organizations:

- City & County of Honolulu
- DOH
- Ke Ola Mamo
- Papa Ola Lōkahi
- UH Center on the Family
- HMAA
- HMSA
- Kaiser
- Medicaid
- Medicare
- Waimānalo Health
- Wahiawā Health
- Ko'olauloa Health

**Cost:** None, except 1 program offered by 1 organization

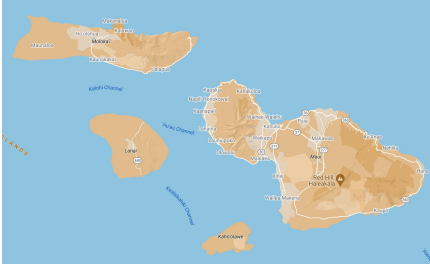
## Target population:

- Older adults (8 organizations)
- Caregivers (5 organizations)

## EB programs

- A Matter of Balance
- EnhanceFitness
- Medicare Diabetes Prevention Program/ National Diabetes Prevention Program
- SMRC Chronic Disease Self-Management Program
- SMRC Diabetes Self-Management Program
- SMRC Cancer Thriving and Surviving Program
- Tai Chi for Arthritis and Fall Prevention

# EB programs in Maui County



## 2 organizations offered EB health promotion programs

- Maui County Office on Aging
- Maui Memorial Medical Center

## Partner organizations:

- DOH Maui District Health Office

**Cost:** None

## Target population:

- Older adults  
(2 organizations)
- Caregivers  
(2 organizations)

## EB programs

- A Matter of Balance
- EnhanceFitness

# EB programs in Hawai'i County



## 3 organizations offered EB health promotion programs

- DOH Hawai'i District Health Offices
- Hawai'i County Office of Aging
- Hawai'i Primary Care Association

## Partner organizations

- Hamakua-Kohala Health Center
- Hawai'i Island Community Health Center
- Hawai'i Community Caregiver Network
- Hawai'i County paramedicine
- Tutu's House
- Kamuela

**Cost:** None

## Target population:

- Older adults  
(3 organizations)
- Caregivers  
(3 organizations)

## EB programs

- Medicare Diabetes Prevention Program/ National Diabetes Prevention Program
- Powerful Tools for Caregivers
- SMRC Chronic Disease Self-Management Program
- SMRC Diabetes Self-Management Program

# EB programs in Kaua'i County



## 2 organizations offered EB health promotion programs

- DOH Kaua'i District Health Office
- Kaua'i Agency on Elderly Affairs

## Partner organizations

- County Parks & Rec
- Kapa'a United Church
- National Kidney Foundation
- Neighborhood Community Centers

**Cost:** None

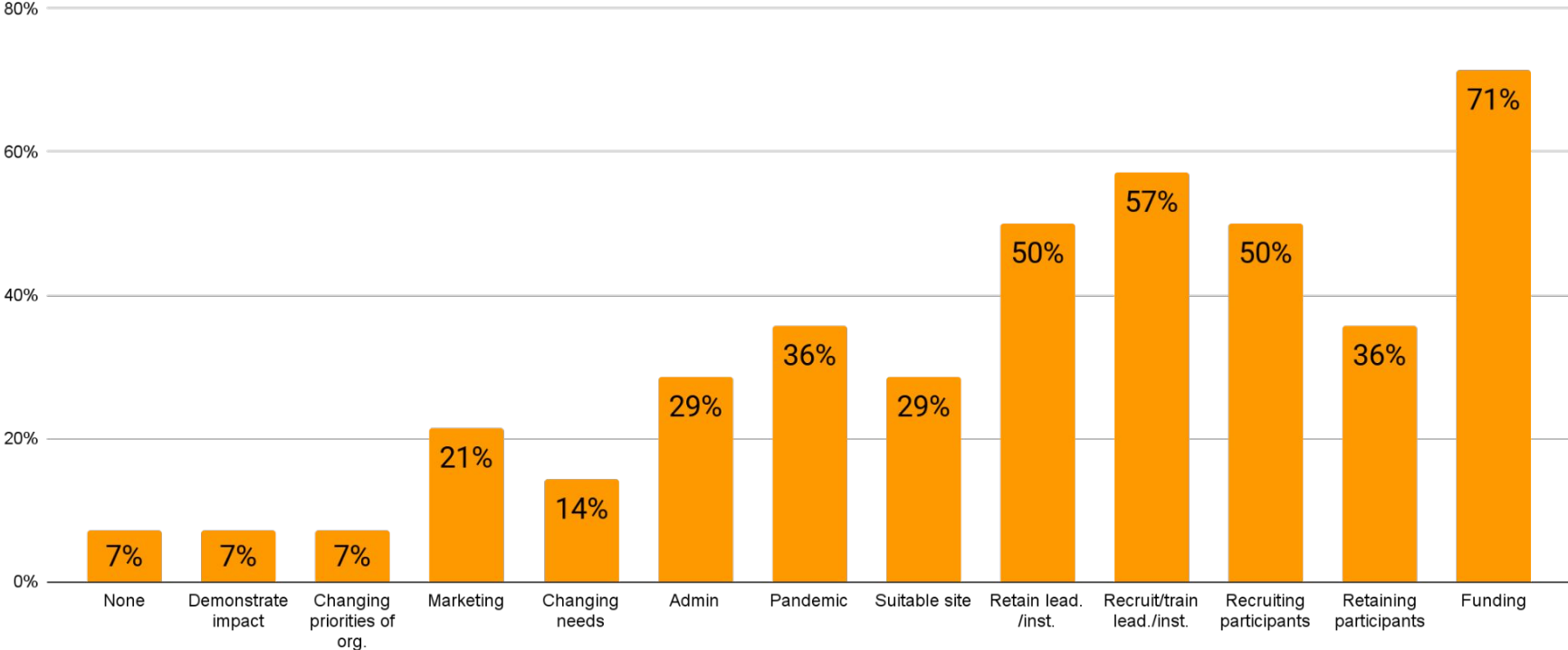
## Target population:

- Older adults  
(2 organizations)
- Caregivers  
(1 organizations)

## EB programs

- A Matter of Balance
- EnhanceFitness
- SMRC Chronic Disease Self-Management Program
- SMRC Diabetes Self-Management Program
- SMRC Cancer Thriving and Surviving Program

# Major challenges in offering and sustaining EB health promotion programs over time



# In 2023, 12 organizations did not offer EB programs, but...

- 7 of them offered health promotion programs for older adults/caregivers.
  - Older adults (7)
  - Caregivers (6)
- 1 of them indicated high likelihood in offering evidence-based health promotion program in 2024.
  - Very likely (1)
  - Neither likely or unlikely (3)
  - Somewhat unlikely (1)
  - Very unlikely (3)
  - Unknown (4)
- 4 of them were interested in exploring collaboration opportunities.
  - American Cancer Society
  - Hawai'i Family Caregiver Coalition
  - Ho'okele Caregivers Maui
  - Salvation Army Community Assistance Center

# Organizations interested in establishing or expanding collaborating with Hawai'i Healthy Aging Partnership

- YMCA of Honolulu\*
- Pearl City Community Church\*
- Kokua Kalihi Valley\*
- Maui County Office on Aging\*
- Maui Memorial Medical Center\*
- Department of Health - Hawaii County District \*
- Lanakila Multi-Purpose Senior Center
- The Queen's Medical Center

\* Existing HAP partners.



For questions about the survey, please contact  
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## HAWAI'I HEALTHY AGING PARTNERSHIP

