

JAN 23 2009

A BILL FOR AN ACT

RELATING TO HEALTH.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF HAWAII:

1 SECTION 1. Through the Healthy Aging Partnership, which is
2 a statewide partnership between the executive office on aging,
3 the department of health community health division, the county
4 area agencies on aging, and local non-profit service providers,
5 hundreds of Hawaii's older adults and caregivers have
6 participated in two health promotion programs designed to help
7 keep them healthy, active, and independent: Ke Ola Pono the
8 Chronic Disease Self-Management Program and the EnhanceFitness
9 Program. These programs help family caregivers take care of
10 themselves and their loved ones.

11 Ke Ola Pono, the Chronic Disease Self-Management Program,
12 is a six-week program that teaches participants how to take care
13 of themselves and do the things needed to manage their chronic
14 conditions. Classes are small, allowing classmates to get to
15 know each other and work together to achieve their health goals.
16 Many participants make friends and keep in touch after the
17 sessions, continuing to encourage and support each other. Ke



1 Ola Pono is offered on Oahu, Kauai, Maui, Molokai, and the Big
2 Island through the county area agencies on aging and their
3 partners, as well as through Alu Like.

4 The EnhanceFitness program is an exercise program offered
5 at six neighborhood sites on Kauai through the Kauai county
6 agency on elderly affairs. Participants meet together three
7 times a week for an hour-long class that includes fun aerobic
8 and strength training exercises designed to work the
9 cardiovascular system and improve muscle strength and
10 flexibility while fostering supportive friendships between
11 participants.

12 The purpose of this Act is to continue building the aging
13 network's capacity in evidence-based programming and effectively
14 embed Ke Ola Pono, the Chronic Disease Self-Management Program,
15 and EnhanceFitness in Hawaii's aging network by appropriating
16 funds to supplement its development statewide.

17 SECTION 2. There is appropriated out of the general
18 revenues of the State of Hawaii the sum of \$250,000 or so much
19 thereof as may be necessary for fiscal year 2009-2010 and the
20 sum of \$250,000 or so much thereof as may be necessary for
21 fiscal year 2010-2011 to supplement the development of the Ke



S.B. NO. 820

1 Ola Pono, the Chronic Disease Self-Management Program, and
 2 EnhanceFitness statewide.

3 SECTION 3. The sums appropriated shall be expended by the
 4 executive office on aging for the purposes of this Act.

5 SECTION 4. This Act shall take effect on July 1, 2009.
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INTRODUCED BY: *Suzanne Chun Calalang*

for

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Report Title:

Healthy Aging Partnership; Kupuna Caucus; Appropriation

Description:

Appropriates funds for the healthy aging partnership program operated by the executive office on aging.

