

**Child and Family Service**  
91-1841 Ft. Weaver Road  
Ewa Beach, Hawaii 96706

LATE

Bill No: SB820	Title: Relating to Health – Healthy Aging Partnership
Committee: Committee on Human Services, Committee on Health	Hearing Date/Time: Tuesday, February 10, 2009 1:15pm Place: State Capitol, Room 016
Submitted by: Name: Howard Garval Title: CEO, Child and Family Service	Contact Information: Phone: 681-3500 Fax: 681-1449
Testimony in: (X) SUPPORT ( ) OPPOSITION of proposed bill.	

Child and Family Service supports SB820 – Relating to Health Care Health Aging Partnership

The mission of Child and Family Service is to Strengthen Families and foster the healthy development of children. We do this by providing services from Keiki to Kupuna. We are a member of the Healthy Aging Partnership Empowering Elders and currently offer 3 EnhanceFitness® Classes and have provided 5 Chronic Disease Self Management classes on Oahu.

Prevention is a cost effective practice and it is especially important for seniors who face increasing health care costs. The Healthy Aging Partnership - Empowering Elders is a part of the national focus on imbedding evidence based programs in our community. This partnership brings together a number of community organizations and the Area Agencies on Aging to provide an effective program at minimal costs.

EnhanceFitness® is a three day a week exercise class that has been shown to reduce the risk of falls and reduce the costs of health care for seniors. A cost analysis by the University of Washington on members of a local health management organization showed healthcare utilization costs of EnhanceFitness® participants were 79% of non participants' costs to their HMO after one year.

The Chronic Disease Self Management Program (CDSMP) developed by Stanford University, teaches seniors how to manage their chronic disease. In a five-year research project, CDSMP was evaluated in a randomized study involving more than 1000 subjects. This study found that people who took the program, when compared to people who did not take the program, improved their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improved their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and decreased their days in the hospital.

The Executive Office on Aging received one of 24 states given funds by the Administration on Aging to implement evidence based programs. They are one of eight states given funds by the National Council on Aging to develop strategies for sustainability of the program. The community agencies are

a part of this process and the hope is to be self sustaining in a few years. The CDSMP stresses the use of volunteer leaders for the classes which helps to keep the program cost effective. Community organizations have implemented the program and are in the process of growing the programs utilizing volunteers and seeking out funding from a variety of sources. It is important that we do not lose state funding at this point. We have come so far in the process it would be a shame to lose the ground we have gained.

We ask that you consider passing this bill to better the lives of our seniors and prevent further impact on our economy by the increased need for health care by our Kupuna.

The Honorable Suzanne Chun Oakland, Chair  
And Members of the Committee on Human Services  
The Honorable David Y. Ige, Chair  
And Members of the Committee on Health  
State Capitol  
Honolulu, Hawaii 96813

Deborah Arendale, Executive on Aging  
Maui County Office on Aging  
MCOA Staff members  
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LATE

Tuesday, February 9, 2009

Support of SB 820, Relating to Health

This bill would support the Healthy Aging Partnership Empowering Elders' (HAPEE) current initiatives and hard work to effectively imbed evidence based programming currently being implemented, Ke Ola Pono, the Chronic Disease Self-Management Program (CDSMP) and Enhanced Fitness. HAPEE is comprised of the State Executive Office on Aging, The Department of Health, neighbor island Area Agencies on Aging, and local non-profit organizations.

Since 2007, the MCOA with its local partnership including Molokai and Lanai have worked together and witnessed the impact that the Chronic Disease Self-Management Program has had on our senior participants. Older adults with Chronic illnesses are empowered to manage their health through doable methods especially goal setting and action planning in a six week series of classes. Data collected by the University of Hawaii have proven that these senior participants enrolled in CDSMP, over 109 in Maui County, have shown a decrease in healthcare utilization and costs. More importantly, these folks who have often faced challenges that made them feel it impossible to reach optimal health have experienced otherwise and are now demonstrating through CDSMP that they can take control of their lives.

The demonstration grant from the federal government ends July 31, 2009. Your support of SB 820 is important to supplement its development statewide and assist HAPEE to sustain its current efforts. Enabling people to make behavioral changes will result in reduced healthcare costs, reduce their risk of disease and disability and improve their ability to live a healthier active life. The goals and outcomes of CDSMP are highly desirable given the economic plight, ever increasing medical costs and healthcare challenges our State faces. Your consideration to appropriate the sum of \$250,000 funds in fiscal years 2009-2010 and 2010-2011 is greatly appreciated. Thank you.