

LATE

Twenty-Seventh Legislature
Regular Session of 2013

THE SENATE

Committee on Human Services
Senator Suzanne Chun Oakland, Chair
Senator Josh Green, M.D., Vice Chair
State Capitol, Conference Room 229
Saturday, January 26, 2013; 1:15 p.m.

**STATEMENT OF THE ILWU LOCAL 142 ON S.B. 106
RELATING TO AGING**

The ILWU Local 142 strongly supports S.B. 106, which appropriates funds for programs and services that support the State's elderly population, including Kupuna Care, the Aging and Disability Resource Center, senior centers (Lanakila, Moiliili and Waikiki), and the Healthy Aging Partnership program. The bill also establishes and funds a position for an Alzheimer's disease and related dementia services coordination within the Executive Office on Aging.

Hawaii's population is growing older. In a few years, if not already, we will have more people over the age of 65 than under the age of 18. As people age, there is a greater likelihood that they will need more services to remain independent and in the community. The programs being funded by Kupuna Care, the senior centers, and the Healthy Aging Partnership are designed to help keep the elderly living in their own homes and not becoming institutionalized. The ADRC also provides much-needed support for the elderly and their families to find the resources they need to avoid becoming entirely dependent on others.

The funding proposed under S.B. 106 will be a good investment of public dollars. The alternative is more costly in terms of real dollars and human capital--more people becoming institutionalized, unable to pay the exorbitant costs of nursing home care, and forced to rely on Medicaid, which taxpayers must fund anyway.

The ILWU urges passage of S.B. 106. Thank you for the opportunity to share our views.

January 29, 2013

TO: Senate Committee on Human Services
Senator Suzanne Chun Oakland, Chair
Senator Josh Green, Vice Chair

FROM: PAULA KEELE
Maui (Lay leader for Better Choices Better Health and Co-coordinator/Master
Trainer/Instructor of EnhanceFitness)

SUBJECT: SB106

HEARING: Tuesday, January 29, 2013, 1:30 p.m. Room 016

POSITION: Support of SB106

I am offering testimony on behalf of the Better Choices Better Health (BCBH) and EnhanceFitness programs. As a former participant of, and lay leader for BCBH, and an instructor and Master Trainer for EnhanceFitness I am offering support of Bill SB106.

This bill, in part, supports evidence based programs to improve the health of older adults through two evidenced based programs, namely Better Choices Better Health and EnhanceFitness.

Better Choices, Better Health (Ke Ola Pono –Healthy Living) is a nationally-acclaimed Chronic Disease Self Management Program designed for people with chronic diseases to better manage their symptoms and improve their overall health. Evaluators from the University of Hawaii (2011) have reported the program's participants experienced a 19% decrease in hospitalization, a 25% decrease in symptoms, and a 31% increase in the number of days spent doing physical activity per week.

As a former participant and as a current lay leader of BCBH I continue to live a healthier lifestyle and maintain the weight loss that occurred as a result of this program.

Enhance Fitness© is a group exercise program and complements the Better Choices, Better Health workshops. EnhanceFitness© (EF) helps near-frail elders to improve their health status and reduce their health care utilization through structured exercise sessions of stretching, low impact aerobics and strength training. UH Evaluators have reported in 2011 that the program's participants experienced 39% fewer falls, 19% improved measures of upper body strength, and 11% improved mobility and balance.

As an Instructor/Master Trainer and Co-coordinator of the EnhanceFitness program on Maui I have seen first hand the improvements made by the over 60 individuals enrolled in EnhanceFitness classes on Maui. I am not exaggerating when I say every class I receive comments from participants on how much they appreciate this program, how they feel better, have more energy, and can now do simple activities of daily living they were unable to do before starting the program. For example, their experiences include such things as being able to walk without a cane now, being able to put pants on without holding on to something, being able to step over things without falling, being able to reach up to shelves in their kitchen, being able to carry a large carton of milk, and being able to go for a walk without pain.

Mahalo for your support of these important measures to keep our kupuna healthy and independent.

LATE

To: Senate Committee on Human Services
Senator Suzanne Chun Oakland, Chair
Senator Josh Green, Vice Chair

From : Josephine C. Reyes

Subject: SB106

Hearing Tuesday, January 29, 2013, 1:30 p.m. Room 016

Support of SB106

I am offering support on SB106. I am currently a Master Trainer of the Better Choices Better Health program and have personally benefitted from the program. After being trained in 2007 I got rid of 5 of my seven chronic conditions. No Longer Diabetic, asthmatic, overweight, skin disorders, and have heart problems. The 2 remaining neuropathy and HBP is under control thru lower doses of medication. Throughout Maui I have witnessed participants change their life styles and improve their health.

Better Choices, Better Health is a nationally acclaimed Chronic Disease Self Management Program designed for people with chronic diseases to better manage their symptoms and improve their overall Health. Evaluations from the University of Hawaii (2011) have reported the program's participants experienced a 19% decrease in hospitalization, a 25% decrease in symptoms, and a 31% increase in the number of days spent doing physical activity per week.

Enhance Fitness is a group exercise program and complements the Better Choices Better Health Workshops, Enhance Fitness(EF) helps near frail elders to improve their health status reduce health care utilization through structured exercise sessions of stretching, low impact aerobics and strength training. UH Evaluation have reported in 2011 that the participants experienced 39% fewer falls, 19% improved measures of upper body strength and 11 % improved mobility and balance.

Mahalo for your support of these important measures to keep our Kupuna Healthy and independent.