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Testimony in OPPOSITION to HB 763
Relating to the Elderly

REPRESENTATIVE DELLA AU BELATTI, CHAIR
HOUSE COMMITTEE ON HEALTH

Testimony of Caroline Cadirao
Grants Chief, Executive Office on Aging
Attached Agency to the Department of Health

Hearing Date: FEBRUARY 18, 2015
8:30 a.m.

Room Number: CONF. ROOM 329

1 **EOA's Position:** The Executive Office on Aging (EOA), an attached agency of the Department
2 of Health, is in opposition to this measure. Though this measure is well intended to provide a
3 three year senior playground pilot project to address the health needs of older adults, we are not
4 in support as it is duplicative of programs already in place by the Department of Health and the
5 Executive Office on Aging. Our reasons include the following:
6 The measure addresses the playground as a fitness park for older adults to exercise to serve as
7 preventative care to the propensity for falls. EOA Profile of Successful Aging Among Hawaii's
8 Older Adults, January 2013 rates Hawaii's older adults engage in more leisure and exercise time
9 compared to older adults nationally at a rate of 76.8%, compared the national average of 67.6%.
10 In addition, since 2006 the Executive Office on Aging has implemented Evidenced Based
11 Interventions through the Healthy Aging Partnership to address chronic conditions as well as
12 fitness and falls. These programs are scientifically proven to work, as we hold true to the fidelity

1 of the program and the evaluation components. We implement two evidenced based
2 interventions namely the Stanford Chronic Disease Self-Management Program and the
3 EnhanceFitness. CDSMP has engaged 1,914 people (mean age 70 years) in the program that
4 includes 6 weekly classes, each 2.5 hours long. Outcomes of the project include decrease in visits
5 to physicians' offices, ER, and hospitals, increase minutes spent in physical activity, and fewer
6 negative symptoms from chronic conditions reported. 2) The EnhanceFitness (EF) consists of
7 one hour classes, three times a week. Every 16 weeks participants are asked to take physical
8 performance tests. Classes are facilitated by a certified fitness trainer with additional training in
9 EF. The fitness instructors lead older adults through structured group exercise sessions of
10 stretching, low-impact aerobics, and strength training to become more active, energized and
11 empowered to sustain independent lives.

12 EF Evaluation Findings: HAP-EE has provided 565 seniors with EF. Hawai'i EF participants
13 are, on average, 77 years old. The majority of EF participants are non-White (41% Japanese,
14 21% Filipino, 7% Native Hawaiian, and 30% White). Many EF participants report having
15 chronic conditions, for example, 44% have hypertension, 42% have arthritis, and 25% have
16 diabetes. Findings from the physical performance tests, comparing baseline to 16-week data, are
17 available for 363 Hawai'i EF participants. Findings demonstrate that, after 16 weeks in the
18 program:

- 19 • Participants reduce their falls by 28%.
- 20 • Participants increase the number of days spent in physical activity per week by 26%.
- 21 • Participants show improvement in measures of physical function:
- 22 • Improved upper-body strength, as tested by number of arm curls per minute

- 1 • Improved lower-body strength, as tested by number of chair stands per minute
- 2 • Improved balance, speed, and stamina, as tested by the Up-and-Go test

3 Both interventions are provided through the Area Agencies on Aging in each county and utilizes
4 in kind support such as community centers, churches, meals sites and alike to conduct both EF
5 and CDSMP.

6 **Fiscal Implication:** The measure duplicates programs already in place and we recommend
7 supporting the Aging Omnibus Bill HB497 (SB964) which support the Healthy Aging
8 Partnership.

9 **Program Implications:** EOA is unclear as to who would provide the supervision of the
10 playground. From a program management perspective would this be limited to 60 and older?
11 Who would monitor this? In addition, without a certified fitness type instructor or coach to
12 monitor the use of the playground, we are worried about possible misuse of equipment that
13 possesses liability questions for the State. The measure is intended to prevent falls. However,
14 without proper supervision and use, could the intent have an opposite effect? Like a pool would
15 need a lifeguard, what is the safety measure for the senior playground?
16 Will the activities/use of the playground be evidenced based and measurable? EOA notes that
17 the conveyance of land and improvements for the pilot program would rest with EOA as well as
18 other state departments. EOA is actively engaged in the development of it one stop shop no
19 wrong door approach to long term services and supports through its Aging and Disability
20 Resource Center. We are not clear how this would fit into the approach. This would require
21 more staffing to monitor the land improvements whereas EOA 's Healthy Aging Partnership is
22 already established and coordinated within the Counties and the City and County of Honolulu.

1 Also another duplicative factor is that all the counties have well developed Parks and Recreation
2 activities throughout the State for older adults from swimming, tai chi, aerobics and tennis to
3 name a few.

4 **Recommendation:** We respectfully ask that this measure be deferred as there are very high
5 risks involved if this were to move forward.

6 Thank you for the opportunity to testify.

creagan3 - Karina

From: mailinglist@capitol.hawaii.gov
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Cc: norma.circle@co.maui.hi.us
Subject: *Submitted testimony for HB763 on Feb 18, 2015 08:30AM*

HB763

Submitted on: 2/17/2015

Testimony for HLT on Feb 18, 2015 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Norma Circle	Maui County Office on Aging	Support	No

Comments:

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Subject: *Submitted testimony for HB763 on Feb 18, 2015 08:30AM*

HB763

Submitted on: 2/17/2015

Testimony for HLT on Feb 18, 2015 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Nainoa Hughes	Individual	Support	No

Comments:

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Subject: Submitted testimony for HB763 on Feb 18, 2015 08:30AM

HB763

Submitted on: 2/17/2015

Testimony for HLT on Feb 18, 2015 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Nathan Armitage	Individual	Support	No

Comments: Creating a senior playground within the Office of Aging will be better in the long run with our aging population as one of the major causes for hospitalization for the elderly are falls. Playgrounds designed specifically for aging residents have already been established in England, Finland, Germany and throughout Asia and are slowly making their mark in the United States as in Texas and Florida with the help of KaBOOM. We are a family-oriented state. We need to continue taking care of our kupuna as they have done for us. I respectfully ask the Committee on Health to pass HB 763.

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HB763

Submitted on: 2/17/2015

Testimony for HLT on Feb 18, 2015 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Adam H. Patton	Individual	Support	No

Comments:

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Subject: Submitted testimony for HB763 on Feb 18, 2015 08:30AM

HB763

Submitted on: 2/17/2015

Testimony for HLT on Feb 18, 2015 08:30AM in Conference Room 329

Submitted By	Organization	Testifier Position	Present at Hearing
Ryan Anderson	Individual	Support	No

Comments: Senior playgrounds have already been established internationally and recently in the United States with Florida and Texas where equipment in these playgrounds are specifically designed for seniors to help maintain their balance and coordination. We need to help, support, and be there fore Hawaii's aging population as they have for us. Mahalo for your time and please support HB 763

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creagan1 - Dannah

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HB763

Submitted on: 2/17/2015

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Submitted By	Organization	Testifier Position	Present at Hearing
Ruston Utu	Individual	Support	No

Comments:

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