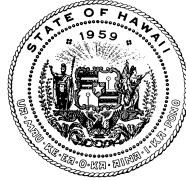


DAVID Y. IGE  
GOVERNOR OF HAWAII



TERRI BYERS  
DIRECTOR

VIRGINIA PRESSLER, M.D.  
DIRECTOR OF HEALTH

**STATE OF HAWAII**  
**EXECUTIVE OFFICE ON AGING**  
NO. 1 CAPITOL DISTRICT  
250 SOUTH HOTEL STREET, SUITE 406  
HONOLULU, HAWAII 96813-2831  
eoa@doh.hawaii.gov

**Testimony in SUPPORT of HB0615**  
**Relating to the Healthy Aging Partnership Program**

COMMITTEE ON HUMAN SERVICES  
REPRESENTATIVE DEE MORIKAWA, CHAIR  
REPRESENTATIVE CHRIS TODD, VICE CHAIR

COMMITTEE ON HEALTH  
REPRESENTATIVE DELLA AU BELATTI, CHAIR  
REPRESENTATIVE BERTRAND KOBAYASHI, VICE CHAIR

Testimony of Terri Byers  
Director, Executive Office on Aging  
Attached Agency to the Department of Health

Hearing Date: February 8, 2017, Room Number: 329  
9:00 am

1 **EOA's Position:** The Executive Office on Aging (EOA), an attached agency to the Department  
2 of Health, supports this measure provided that its enactment does not reduce or replace priorities  
3 within the Administration's executive biennium budget.

4 **Fiscal Implications:** This measure appropriates funds for the Healthy Aging Partnership in the  
5 amount of \$550,000 for fiscal year 2017 -2018 and the same sum as may be necessary for fiscal  
6 year 2017-2018.

7 **Purpose and Justification:** Led by the Executive Office on Aging (EOA) and Department of  
8 Health Chronic Disease Branch, Hawaii's Healthy Aging Partnership (HHAP) was convened in  
9 2003 to improve the health of older adults through two evidence-based intervention programs,

1 Better Choices Better Health (BCBH) and EnhanceFitness®. HHAP serves as an important  
2 linkage between clinical support for patients and community resources for lifestyle change.  
3 BCBH is a six-week self-management workshop developed by Stanford University that teaches  
4 participants skills to better manage their health conditions and interact with their health care  
5 providers. The workshop does NOT replace prescribed treatment but supports medical-  
6 professional treatment plans.

7 The State of Hawaii BCBH program currently operates in collaboration with the Hawaii State  
8 Department of Health Diabetes Prevention Program (DPP). Over 2,028 individuals across the  
9 State participated in BCBH. Pre and post test data showed a decreased number of visits to  
10 physicians' offices and emergency rooms. At 6-months, participants reported exercising more  
11 and experiencing fewer symptoms of pain, fatigue, and shortness of breath.

12 EnhanceFitness® is an ongoing exercise program designed for older adults and meets 3 times per  
13 week and are led by nationally certified fitness instructors. It consists of cardio, strength, balance  
14 and flexibility exercises. Program results include increased upper and lower body strength,  
15 balance and mobility, increase exercising, and fewer falls.

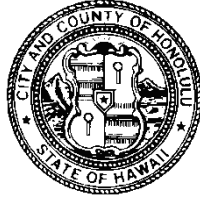
16 Both the BCBH Program and the EnhanceFitness® Program have shown that older adults with  
17 chronic conditions and their caretakers will benefit by a focus on self-management as an integral  
18 method to avoid long term complications of chronic conditions.

19 HHAP currently offers programs on a reduced budget. There are no funds to sustain the program  
20 in the upcoming state fiscal year beginning July 1, 2017. Without additional funding, the HHAP  
21 may not be able to continue to offer the BCBH and EnhanceFitness® Programs to older adults in  
22 the State of Hawaii.

1 **Recommendation:** HAP is not part of the Administration's budget request. We support  
2 advancing this measure provided that its enactment does not reduce or replace priorities with the  
3 Administration's budget request. Should there be a surplus of funds available for this measure,  
4 we would be very supportive to continue this initiative as it is consistent with EOA's goals and  
5 objectives. EOA respectfully requests your support of HB0615.  
6 Thank you for the opportunity to testify.

DEPARTMENT OF COMMUNITY SERVICES  
**CITY AND COUNTY OF HONOLULU**

715 SOUTH KING STREET, SUITE 311 • HONOLULU, HAWAII 96813  
PHONE: (808) 768-7762 • FAX: (808) 768-7792  
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KIRK CALDWELL  
MAYOR

GARY K. NAKATA  
DIRECTOR

GAIL KAITO  
ACTING DEPUTY DIRECTOR

**TO: THE HONORABLE DEE MORIKAWA, CHAIR  
THE HONORABLE CHRIS TODD, VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON HUMAN SERVICES**

**THE HONORABLE DELLA AU BELATTI, CHAIR  
THE HONORABLE BERTRAND KOBAYASHI, VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON HEALTH**

**FROM: NALANI AKI, COUNTY EXECUTIVE ON AGING  
DEPARTMENT OF COMMUNITY SERVICES**

**SUBJECT: SUPPORT FOR HB 615, RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM**

The Elderly Affairs Division (EAD) is Honolulu's designated Area Agency on Aging and operates in accordance with the Older Americans Act of 1965 to coordinate, advocate and improve services to assist older persons in leading independent, meaningful and dignified lives in their own homes and communities for as long as possible. We also serve as the designated Aging and Disability Resource Center (ADRC) for Honolulu.

This bill includes funding for important programs that support the needs of the increasing population of elderly residents in Hawaii. The funding included in this bill is essential to maintain the health and welfare of our most vulnerable seniors and their caregivers. We strongly support funding for HB 615.

Through the Healthy Aging Partnership, the State Executive Office on Aging implements Stanford University's Chronic Disease Self-Management Program, an evidence-based program that provides education, training, and support groups to persons with chronic conditions to assist them in managing their own care. Also implemented is Enhance Fitness, an exercise program that focuses on maintaining strength, flexibility, and balance to maintain health and function of older adults. Since both these programs are evidence based, there are empirical data to support the effectiveness of both these programs in maintaining and/or improving the health status of the elderly participants of these programs.

TO: THE HONORABLE DEE MORIKAWA, CHAIR  
THE HONORABLE CHRIS TODD, VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON HUMAN SERVICES

THE HONORABLE DELLA AU BELATTI, CHAIR  
THE HONORABLE BERTRAND KOBAYASHI, VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON HEALTH

February 6, 2017  
Page 2

There are several other evidence based programs that have been identified by the Federal Administration on Aging. [https://aoa.acl.gov/AoA\\_Programs/HPW/Title\\_IIIID/index.aspx](https://aoa.acl.gov/AoA_Programs/HPW/Title_IIIID/index.aspx) The criteria used to determine whether a program is evidence based, includes:

- Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults; and
- Proven effective with older adult population, using Experimental or Quasi-Experimental Design; and
- Research results published in a peer-review journal; and
- Fully translated in one or more community site(s); and
- Includes developed dissemination products that are available to the public.

We would urge the committee to approve funding for this program in light of the rising healthcare costs associated with the rapidly growing elder population in Hawaii.

We urge the committees on Human Services and on Health to support funding of this vital program. Thank you for the opportunity to provide this testimony.

**todd2 - Chloe**

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**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Tuesday, February 7, 2017 8:31 AM  
**To:** HUSstestimony  
**Cc:** deborah.stone-walls@co.maui.hi.us  
**Subject:** \*Submitted testimony for HB615 on Feb 8, 2017 09:00AM\*

**HB615**

Submitted on: 2/7/2017

Testimony for HUS/HLT on Feb 8, 2017 09:00AM in Conference Room 329

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Deborah Stone-Walls	Maui County Office on Aging	Support	No

Comments:

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The House  
Committee on Human Services  
Committee on Health  
Wednesday, Feb. 8, 2017  
9:00 a.m.  
Conference Room 329

To: Rep. Dee Morikawa, Chair  
Rep. Della Belatti, Chair

RE: **HB 615 MAKING AN APPROPRIATION FOR THE HEALTHY AGING PARTNERSHIP**

I am Audrey Suga-Nakagawa, Advocacy Director for AARP Hawaii. AARP is a membership organization of people age fifty and over with more than 150,000 members in Hawaii. AARP advocates and provides information on issues that matter to our kupuna and their families, including affordable, accessible, quality healthcare, financial resiliency, and livable communities.

HB 615 appropriates \$550,000 for the Healthy Aging Partnership. This Partnership offers evidenced based health promotion and disease prevention programs.

AARP Hawaii **strongly supports** HB 615. In the 2015 and 2016 legislative sessions, the Healthy Aging Partnership (HAP) was unfortunately cut despite its success in helping older adults manage their chronic diseases such as diabetes, hypertension and arthritis, and maintain their health and fitness. HAP includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management workshop. According to the University of Hawaii's research evaluation, HAP program participants have reduced hospital stays, emergency room use, and falls and increased their overall physical functioning.

We support that this valuable program be fully funded and restored. The requested appropriation will be able to serve at least 795 participants statewide.

Thank you for the opportunity to testify in support.



**HAWAII CHAPTER - AMERICAN PHYSICAL THERAPY ASSOCIATION**

(800) 554-5569 x13 • [www.hapta.org](http://www.hapta.org) • [info@hapta.org](mailto:info@hapta.org)

**HB 615, Relating to the Healthy Aging Partnership Program  
House HUS/HLT Committee Hearing  
Wednesday, Feb. 8, 2017 – 9:00 am  
Room 329  
Position: Support**

Chairs Morikawa and Belatti and Members of the Joint HUS/HLT Committee:

I am Gregg Pacilio, PT and Board President of the Hawaii Chapter of the American Physical Therapy Association (HAPTA), a non-profit professional organization serving more than 300 member Physical Therapists and Physical Therapist Assistants. Our members are employed in hospitals and health care facilities, the Department of Education school system, and private practice. We are movement specialists and are part of the spectrum of care for Hawaii, and provide rehabilitative services for infants and children, youth, adults and the elderly. Rehabilitative services are a vital part of restoring optimum functioning from neuromusculoskeletal injuries and impairments.

HAPTA supports the request for funding for the Healthy Aging Partnership program which has successfully adapted evidence-based health promotion programs and disease prevention programs for the multicultural population in Hawaii. It provides accurate information to our kupuna. It provides classes about healthy living, chronic disease management, arthritis management, and diabetes management to empower kupuna and their caregivers.

For example, the Enhanced Fitness program on Kauai allows kupuna to exercise in a safe manner, allowing for increased physical activity which has been shown to improve overall health factors and balance.

The Healthy Aging Partnership program is a valuable resource for the community as well as for physical therapists and other health professionals to refer people for both prevention and post-injury/medical complication for education and improved health.

Your support of HB615 is appreciated. Thank you for the opportunity to testify. Please feel free to contact Abi Leddy, HAPTA's Elder Care Chair at (214) 883-8329 for further information.



**TO :** HOUSE COMMITTEE ON HUMAN SERVICES  
Rep Dee Morikawa, Chair  
Rep. Chris Todd, Vice Chair

HOUSE COMMITTEE ON HEALTH  
Rep. Della Au Belatti, Chair  
Rep. Bertrand Kobayashi, Vice-Chair

**FROM:** Eldon L. Wegner, Ph.D.,  
Hawaii Family Caregiver Coalition (HFCC)

**SUBJECT:** **HB 615 Relating to the Healthy Aging Partnership Program**

**HEARING:** 9:00 am Wednesday , February 8, 2017  
Conference Room 329, Hawaii State Capitol

**POSITION:** The Hawaii Family Caregiver Coalition **strongly supports HB 615** which proposes an appropriation of \$550,000 to the Executive Office on Aging for supporting the Healthy Aging Partnership Program. This program is offered through the County Offices on Aging and contracts with non-profit services agencies and the University of Hawaii.

**RATIONALE:**

I am offering testimony on behalf of the Hawaii Family Caregiver Coalition (HFCC), which is a coalition of agencies and individuals committed to addressing the needs of family caregivers and improving the ability of family caregivers to provide quality care for their frail and disabled loved ones.

The Healthy Aging Partnership (HAP), established in 2003, aims to implement evidence-based prevention and disease self-management strategies to empower older adults to stay healthy, active, and socially engaged.

The HAP offers two programs:

- EnhanceFitness®, a low-cost, highly adaptable exercise program that has proven to be effective for older adults who are active as well as unfit or near frail. These one-hour group classes are designed to work the cardiovascular system and improve participants' balance, flexibility, and muscle strength.
- Chronic Disease Self-Management (CDSMP), a six-week workshop series in which a small group of participants meet once a week for 2.5 hours to learn how to better manage their chronic conditions, improve their quality of life, and lower health care costs.
  - General Chronic Disease Management—The *Ke Ola Pono: Healthy Living* focuses on all types or combinations of chronic conditions, including high blood pressure, cancer, being overweight, diabetes, stroke, asthma, and heart disease.
  - Diabetes Self-Management—*Living Well with Diabetes* is designed for individuals with Type 2 Diabetes or Pre-diabetes and their caregivers.

- Evaluation research conducted by the University of Hawai'i Center on Aging shows that these programs reduced hospital stays, emergency room use, and falls among the frail elderly and increased physical functioning, thus resulting in substantial reductions in health care costs. Furthermore, national studies conclude that the annual total health cost of these participants was \$642 compared to non-participants at \$1,175. Those who attend the EnhanceFitness class once a week show a health care costs savings of 6%. Those who attend more than once a week show a cost savings of 21%.
- However, the state didn't fund this program in either FY16 or FY17. In FY16, the program was supported by carry over funds, which are depleting rapidly. Some of the programs were terminated this year due to lack of funding, while some counties enabled others to continued due to County funding.
- HB 615 requests \$550K for FY18 to fund the Health Aging Partnership. The requested budget will allow the state to serve 220 participants statewide through 22 Chronic Disease Self-Management Program (CDSMP) workshops (\$92,400) and 575 participants through classes for EnhanceFitness (\$344,600).
- Preventing disease and disability is far less expensive than the resulting health and social services for persons needing treatment. The requested appropriation merely restores the program to the level of a few years ago. We should be thinking of how to expand this program for to cover many more eligible participants. The HAP program is very cost effective for the state and we urge your approval of this appropriation.

Thank you for allowing me to offer testimony.

**todd2 - Chloe**

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**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Friday, February 3, 2017 1:35 PM  
**To:** HUSstestimony  
**Cc:** mendezj@hawaii.edu  
**Subject:** \*Submitted testimony for HB615 on Feb 8, 2017 09:00AM\*

**HB615**

Submitted on: 2/3/2017

Testimony for HUS/HLT on Feb 8, 2017 09:00AM in Conference Room 329

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Javier Mendez-Alvarez	Individual	Support	No

Comments:

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**todd2 - Chloe**

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**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Sunday, February 5, 2017 2:36 PM  
**To:** HUS testimony  
**Cc:** dovebarbara@hotmail.com  
**Subject:** \*Submitted testimony for HB615 on Feb 8, 2017 09:00AM\*

**HB615**

Submitted on: 2/5/2017

Testimony for HUS/HLT on Feb 8, 2017 09:00AM in Conference Room 329

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Barbara Dove	Individual	Support	No

Comments:

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William Beadle  
1720 Ala Moana, 1406A  
Honolulu, HI 96815

To: House Committee on Human Services, Rep. Dee Morikawa, Chair and Committee on Health, Rep. Della Belatti, Chair

Date: February 8, 2017, 9 a.m., Room 329

RE: House Bill 615

The purpose of this correspondence is to express my **strong support for HB615**, which provides funding for the Healthy Aging Partnership. As I myself am getting older, I find it more difficult to do things that I used to take for granted. In talking with friends and family, I find that I am not alone. The programs provided through the Healthy Aging Partnership assist people like me to transition from youth to maturity in a healthy manner, both physically and mentally. As the population ages, healthy lifestyles among our kupuna will eliminate additional cost for care and the related burdens upon our society.

This is a proven program that has shown successful results. It makes perfect sense to provide services that keep the elderly healthier, happier and engaged in their communities. I am in support of HB615, because the Healthy Aging Partnership works!

Thank you for the opportunity to express my support for HB615.

Aloha,

Bill Beadle

Waikiki

**todd2 - Chloe**

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**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Monday, February 6, 2017 12:44 PM  
**To:** HUSstestimony  
**Cc:** alohagirl777@hotmail.com  
**Subject:** \*Submitted testimony for HB615 on Feb 8, 2017 09:00AM\*

**HB615**

Submitted on: 2/6/2017

Testimony for HUS/HLT on Feb 8, 2017 09:00AM in Conference Room 329

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Ailina	Individual	Support	No

Comments:

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TO: House Committee on Human Services, Representative Dee Morikawa, Chair  
House Committee on Health, Representative Della Au Bellati, Chair  
Date: Wednesday, February 8, 2017, State Capitol Conference Room 329, 9 am  
RE: HB615 RELATING TO HEALTHY AGING PARTNERSHIP PROGRAM

To Chair Morikawa, Chair Bellati and Members of the Committees,

I strongly support HB 615, Relating to Healthy Aging Partnership Program because it will help older adults live a fuller, healthier life as life spans increase. My name is Paul Nishimura and I am a 59 year old resident of Waipahu. Studies show that programs such as the Healthy Aging Partnership reduce hospital stays, emergency room visits, and falls among the elderly. This results in reduced health care costs for those who participate in the program which is important since those costs increase as a person ages. We want our kupuna to enjoy doing the things they like to do for as long as possible.

I can tell you from experience that life is better after starting a program to get in shape both physically and mentally. You feel energized and more willing to get involved socially. So this bill is not only about physical health it is about mental health, too.

Thank you for this opportunity to submit testimony.

Paul Nishimura  
Waipahu

Joint Committees: House Committee on Human Services, and  
Committee on Health

Chairs: Rep Dee Morikawa, Chair and Rep Della Belatti, Chair

Date: Feb 8, 2017

Time: 9:00 a.m.

Room 329

**RE: HB 615 Relating to the Healthy Aging Partnership**

Chair Morikawa, Chair Belatti and Committee members:

Thank you for the opportunity to submit written testimony in  
**STRONG SUPPORT** of HB 615 Relating to The Healthy Aging  
Partnership.

My name is Geoffrey Casburn and I am a retired Civil Engineer.  
My wife and I live in Hilo and we are former in-home caregivers.

The passage of this bill would fund older adult participation in  
programs addressing personal fitness, control of high blood  
pressure, cancer, diabetes, stroke, arthritis, etc.

This proactive approach to health improves the participant's  
quality of life and reduces the cost of health care.

Thank you,

Geoffrey Casburn  
District of Hilo



Aloha Chair Morikawa, Vice Chair Todd, Chair Belatti, Vice Chair Kobayashi and committee members

I am a senior citizen and a resident of House District 19 and Senate District 9. I am a member of AARP, Kokua Council, the Hawaii Alliance for Retired Americans and serve on the PABEA Legislative Committee.

I'm testifying in strong support of HB615, an appropriation relating to the Healthy Aging Partnership program which improves the health and well-being of kupuna.

The program provides health promoting programs such as Better Choices, Better Health and EnhanceFitness, which have been shown to improve lives as well as to reduce medical costs.

For the past two years, the Healthy Aging Partnership program has not been funded by the state. Because of the program's success and the desire to continue, the agencies involved have been forced to cut other important services.

Please support the modest request to fund the Healthy Aging Partnership program.

Thank you for the opportunity to testify.

Barbara J. Service

To: Joint Committees: House Committee on Human Services and Committee on Health  
Chairs: Rep Dee Morikawa, Chair, Rep. Della Belatti, Chair  
Date: Feb 8, 2017  
RE: HB 615 RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

Thank you for the opportunity to submit written testimony in STRONG SUPPORT of SB 531 Relating to the Healthy Aging Partnership Program. My name is Linda Dorset and I am a concerned aging resident and live in the Wailuku area. Maui already has this program and it has been very successful. Statistics have shown that many seniors who participate have been able to avoid nursing facilities. This program is also very popular, so popular in fact that there are many more seniors who would like to participate but there is no room. The program exists now because the County of Maui supports it, but as I said the program needs to be expanded; and also the other neighbor islands have not been able to implement this program for lack of funds. The passage of this bill is important to me because I would like to participate but cannot get a spot.

Please allow this bill to move forward out of committee with the appropriation intact.

Mahalo

The Twenty-Ninth Legislature  
Regular Session of 2017

**LATE**

HOUSE OF REPRESENTATIVES

Committee on Human Services

Rep Dee Morikawa, Chair

Rep. Chris Todd, Vice Chair

Committee on Health

Rep. Della Au Belatti, Chair

Rep. Bertrand Kobayashi, Vice Chair

State Capitol, Conference Room 329  
Wednesday, February 8, 2017; 9:00 a.m.

**STATEMENT OF THE ILWU LOCAL 142 ON H.B. 615  
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 **supports** H.B. 615, which appropriates funds for the Healthy Aging Partnership program to further the program's important role in improving the health and well-being of Hawaii's kupuna.

The Healthy Aging Partnership is a program that facilitates chronic disease management and exercise and fitness programs for the elderly to maintain their health. An evidence-based health promotion program, the Healthy Aging Partnership helps seniors to become more aware of their health, provides them with education and tools to help them eat right, adjust their lifestyles, exercise, and use medication and doctor visits appropriately. The program is nationally recognized, and Hawaii's program received an award from the American Society on Aging in 2013.

A significant component of this program is that it is evidence-based and adds to the data that demonstrates what happens when chronic disease is properly managed and exercise and fitness are components of an elderly person's routine and lifestyle. Kupuna participating in the Healthy Aging Partnership are more active, healthier, and enjoy life.

The only drawback is that the Healthy Aging Partnership only serves a limited number of kupuna. But if the appropriation called for in H.B. 615 is not provided, even fewer kupuna, and possibly none, will benefit from this program that has been able to keep seniors healthy and active. Replication of the program with a "train the trainer" component using volunteers may be an option to increase the numbers who could benefit from the Healthy Aging Partnership.

The ILWU urges passage of H.B. 615. Thank you for the opportunity to provide testimony on this measure.