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**Sent:** Sunday, March 19, 2017 8:32 PM  
**To:** omhtestimony  
**Cc:** mkhan@hawaiiantel.net  
**Subject:** Submitted testimony for HCR93 on Mar 21, 2017 10:00AM

**HCR93**

Submitted on: 3/19/2017

Testimony for OMH on Mar 21, 2017 10:00AM in Conference Room 312

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Leimomi Khan	Democratic Party of Hawaii, Hawaiian Affairs Caucu	Comments Only	No

Comments: Aloha, The Hawaiian Affairs Caucus, DPH fully supports this resolution. Native Hawaiian culture-based activities, including among other activities, canoe paddling, hula, and lua have been shown to be effective in the management of weight, cardiovascular health, diabetes and chronic kidney disease. Requiring health benefits plans to include coverage for these activities would provide culturally based activities for treatment of obesity, hypertension, diabetes, cardiovascular and cerebrovascular diseases, and certain cancers. Please pass HCR 93.

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Sunday, March 19, 2017 4:44 PM  
**To:** omhtestimony  
**Cc:** hawaiifishingfanatic@gmail.com  
**Subject:** \*Submitted testimony for HCR93 on Mar 21, 2017 10:00AM\*

**HCR93**

Submitted on: 3/19/2017

Testimony for OMH on Mar 21, 2017 10:00AM in Conference Room 312

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

Comments:

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**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Saturday, March 18, 2017 3:08 PM  
**To:** omhtestimony  
**Cc:** mendezj@hawaii.edu  
**Subject:** \*Submitted testimony for HCR93 on Mar 21, 2017 10:00AM\*

**HCR93**

Submitted on: 3/18/2017

Testimony for OMH on Mar 21, 2017 10:00AM in Conference Room 312

<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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**HOUSE COMMITTEE ON OCEAN, MARINE RESOURCES, & HAWAIIAN AFFAIRS**

Representative Kaniela Ing, Chair

Representative Cedric Asuega Gates, Vice Chair

**LATE**

**NOTICE OF HEARING**

Conference Room 312

State Capitol

415 South Beretania Street

**TESTIMONY IN SUPPORT OF HCR 93/HR 55**

**REQUESTING THE AUDITOR TO ASSESS THE SOCIAL AND FINANCIAL EFFECTS OF REQUIRING HEALTH INSURERS TO PROVIDE COVERAGE FOR CERTAIN NATIVE HAWAIIAN CULTURE-BASED ACTIVITIES**

Honorable Chair Ing, Vice-Chair Gates and member of the committee, my name is Shelley Soong and I wish to submit this testimony in strong support of HCR 93/HR 55. These resolutions are a necessary first step toward expanding insurance coverage for traditional Native Hawaiian practices with proven and demonstrable health benefits.

The Native Hawaiian Health Task Force was created during the 2014 legislative session with the goals of articulating priority areas that will help advance health equity for Native Hawaiians, and in turn, the health of Hawai'i's entire population. The task force recently presented its findings as well as 16 specific recommendations to improve the health of Native Hawaiians. One of these 16 recommendations was to expand insurance coverage for traditional Native Hawaiian practices.

I support these resolutions for numerous reasons:

- Kaiser Permanente and HMSA both offer discount programs to their members to engage in physical activity. These activities include going to the gym, tai chi lessons, jazz dance classes, acupuncture treatments, hypnotherapy, and meditation sessions. However, we live in the State of Hawai'i where there are multiple culturally-based physical activities that promote cardiovascular health. These activities should be included in the member benefits for these plans.
- Hula varies in intensity and duration, depending on its choreography, and can be modified for people with low physical capacity. The energy expenditure of hula has been determined to yield a metabolic equivalent (MET) of 5.7 (range 3.2–9.8) and 7.6 (range 4.4–12.0) for moderate-intensity and high-intensity physical activity, respectively. Physical activity resulting in 3.0-6.0 MET (expends 3.5 to 7 kcal/min) is considered moderate physical activity while >6.0 (expends >7 kcal/min) is vigorous.
- Paddling provides is an all-around workout that is a combination of strength training, cardiovascular health, and aerobic calorie burn.
- Lua, similar to other martial arts, is a total body workout, improving cardiovascular health, weight loss, improved reflexes, improved muscle tone, and better mood.
- Cultural-based activities such as hula, paddling, and lua not only offer cardiovascular benefits but the NH value of interconnectedness with the natural surroundings and fosters 'ohana (family) and aloha (compassion) amongst members. Unlike the gym, once people commit to a hula or paddling halau, they go to classes consistently.
- In a recent study, kumu hula (hula educators and experts) were interviewed for their views regarding hula's relation to health and wellbeing. Each kumu hula participant expressed the importance of cultural integrity in health and that hula can be an important cultural practice to include in cardiovascular disease clinical interventions.

Thank you for your consideration.

Respectfully submitted by,  
Shelley Soong

## Native Hawaiian Health Task Force

**LATE**

### Co-chairs:

Keawe'aimoku  
Kaholokula  
Kamana'opono Crabbe  
Virginia Pressler

### Members:

Lola Irvin  
Lorrin Kim  
Noa Emmett Aluli  
Puni Kekauoha  
Kamaki Kanahale  
Nalani Benioni  
Keola Chan  
Diane Paloma  
Dane Keohelani Silva  
Nalei Akina  
Sharlene Chun-Lum  
Claire Hughes  
Joelene Lono  
Michelle Hiraishi  
Kamahanahokulani  
Farrar  
Sheri Ann Daniels  
Kuhio Asam  
Mary Oneha  
Sean Chun  
Joey Gonsalves  
Shawn Kana'iaupuni  
Neil Hannahs  
Keopu Reelitz  
Malia Taum-Deenik  
Mervina Cash-Kaeo  
Maenette Benham  
Mahina Paishon-Duarte

## **HOUSE COMMITTEE ON OCEAN, MARINE RESOURCES, & HAWAIIAN AFFAIRS**

Representative Kaniela Ing, Chair  
Representative Cedric Asuega Gates, Vice Chair

### **NOTICE OF HEARING**

Conference Room 312  
State Capitol  
415 South Beretania Street

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Honorable Chair Ing, Vice-Chair Gates and member of the committee, on behalf of the Native Hawaiian Health Task Force, we wish to submit this testimony in strong support of HCR 93/HR 55. These resolutions are a necessary first step toward expanding insurance coverage for traditional Native Hawaiian practices with proven and demonstrable health benefits.

The Native Hawaiian Health Task Force was created during the 2014 legislative session with the goals of articulating priority areas that will help advance health equity for Native Hawaiians, and in turn, the health of Hawai'i's entire population. The task force recently presented its findings as well as 16 specific recommendations to improve the health of Native Hawaiians. One of these 16 recommendations was to expand insurance coverage for traditional Native Hawaiian practices.

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Thank you for your consideration.

Respectfully submitted on behalf of the Native Hawaiian Health Taskforce.

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**REQUESTING THE AUDITOR TO ASSESS THE SOCIAL AND FINANCIAL EFFECTS OF  
REQUIRING HEALTH INSURERS TO PROVIDE COVERAGE FOR CERTAIN NATIVE HAWAIIAN  
CULTURE-BASED ACTIVITIES**

Honorable Chair Ing, Vice-Chair Gates and member of the committee, I am Robin Miyamoto, a Clinical Psychologist with the Departments of Native Hawaiian Health and Family Medicine and Community Health at JABSOM. I wish to submit this testimony in strong support of HCR 93/HR 55. These resolutions are a necessary first step toward expanding insurance coverage for traditional Native Hawaiian practices with proven and demonstrable health benefits.

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Thank you for your consideration.

Respectfully submitted by,

Robin E. S. Miyamoto, Psy.D.  
Assistant Professor  
Department of Native Hawaiian Health  
Department of Family Medicine and Community Health  
John A. Burns School of Medicine  
University of Hawaii at Manoa  
677 Ala Moana Blvd. 1016  
Honolulu, Hawaii 96813  
Office: 808-692-1012  
Fax: 808-587-8576  
[robinemi@hawaii.edu](mailto:robinemi@hawaii.edu)



**LATE**



**HCR93/HR55**  
**REQUESTING THE AUDITOR TO ASSESS THE SOCIAL AND FINANCIAL EFFECTS OF**  
**REQUIRING HEALTH INSURERS TO PROVIDE COVERAGE FOR CERTAIN NATIVE**  
**HAWAIIAN CULTURE-BASED ACTIVITIES.**

House Committee on Ocean, Marine Resources, & Hawaiian Affairs

March 21, 2017

10:00 a.m.

Room 321

The Administration of the Office of Hawaiian Affairs (OHA) will recommend that the Board of Trustees **COMMENT** on HCR93/HR55, which requests that the Auditor assess the social and financial effects of requiring health insurers to cover certain traditional Native Hawaiian culture-based activities.

While OHA supports further conversation regarding insurance coverage for traditional Native Hawaiian culture-based activities, we are concerned that an audit may be counterproductive. For example, while studies have demonstrated how traditional Native Hawaiian practices such as hula are effective interventions to treat chronic disease, such as hypertension, **an Auditor's financial assessment of the cost-effectiveness of hula and similar activities could potentially discourage health plans from covering them in the future, notwithstanding their indirect but substantial benefits.** Accordingly, the requested assessment may hamper existing efforts to encourage health providers to provide coverage for cultural-based activities and other important preventative care options.

OHA currently participates in Nā Limahana o Lonopūhā Native Hawaiian Health Consortium (Consortium) with health insurance providers and other health agencies, organizations, and professionals. Notably, some of these health providers and insurers already offer coverage for preventative health activities, such as gym memberships, to promote healthy and active lifestyles among their patients. As such, OHA suggests that collaboration through the Consortium may be a better first step to convene discussions on the coverage of cultural activities and other preventive care options.<sup>1</sup>

Finally, the breadth of this measure's current language is unclear. Certain cultural healing modalities may already be covered in certain circumstances pursuant to HRS §453-2(c). Accordingly, should the Committee move HCR193/HR55, OHA recommends the study's scope be more specific about what activities, including any healing modalities, should be covered under the Auditor's actuarial analysis.

Mahalo for the opportunity to testify on this measure.

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<sup>1</sup> See Nā Limanhana o Lonopūhā Native Hawaiian Health Consortium Comendium, *available at* <http://www.oha.org/health2/downloads/NaLimahanaConsortium.pdf>.

**LATE**



**HCR93/HR55**  
**REQUESTING THE AUDITOR TO ASSESS THE SOCIAL AND FINANCIAL EFFECTS OF**  
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