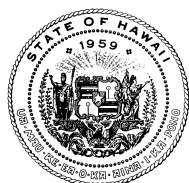


DAVID Y. IGE
GOVERNOR OF HAWAII



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 COMMENTING on SB2438
Relating to the Healthy Aging Partnership

COMMITTEE ON HUMAN SERVICES
SENATOR JOSH GREEN, CHAIR
SENATOR STANLEY CHANG, VICE CHAIR

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

Hearing Date: January 26, 2018 Room Number: CONF. ROOM 016
2:45 P.M.

- 1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
- 2 Health, supports this measure provided that its enactment does not reduce or replace priorities
- 3 within the Administration's executive supplemental budget.
- 4 **Fiscal Implications:** This measure appropriates an unspecified level of funding for the Healthy
- 5 Aging Partnership for FY2019.
- 6 **Purpose and Justification:** Led by the Executive Office on Aging and Department of Health
- 7 Chronic Disease Branch, Hawaii's Healthy Aging Partnership (HHAP) was convened in 2003 to
- 8 improve health of older adults through two evidence-based intervention programs, Better
- 9 Choices Better Health (BCBH) and Enhance®Fitness.
- 10 BCBH is a six-week self-management workshop developed by Stanford University that teaches
- 11 participants skills to manage their health conditions and interact with their health care providers.
- 12 The workshop does not replace prescribed treatment but supports medical-professional treatment

1 plans. In the State of Hawaii, an individual spends on average about \$20,477 per year on
2 emergency room visits and hospitalizations. The National Council on Aging estimates that a
3 BCBH participant saves an average of \$499.12 per year on health care costs. The State of
4 Hawaii BCBH program operates in collaboration with the Hawaii State Department of Health
5 Diabetes Prevention Program. Since its inception, 2,785 individuals across the State participated
6 in BCBH. Pre-and post-test data showed fewer visits to physicians' offices and emergency
7 rooms. In SFY 2017, 183 participants engaged in 19 workshops statewide.

8 Enhance@Fitness is an evidence-based exercise program designed to improve the health of older
9 adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and
10 balance. In SFY 2017, Enhance@Fitness was available in the counties of Kauai and Maui. The
11 programs drew a total of 373 participants.

12 Both the BCBH and the Enhance@Fitness programs have shown that older adults with chronic
13 conditions benefit by a focus on self-management techniques and exercises to avoid long term
14 complications of chronic conditions.

15 HHAP received funding last year from the Hawaii State Legislature through ACT 103. HHAP
16 was unsuccessful in its competitive bids for federal funds in 2017. Without additional funding,
17 the HHAP may not be able to continue to offer the BCBH and Enhance@Fitness programs to
18 older adults in the State of Hawaii at its current level.

19 **Recommendation:** HHAP is not part of the Administration's budget request. We support
20 advancing this measure provided that its enactment does not reduce or replace priorities with the
21 Administration's budget request. Should there be a surplus of funds available for this measure,
22 we would be very supportive of funding this important and effective public health intervention.

The Twenty-Ninth Legislature
Regular Session of 2018

THE SENATE

Committee on Human Services
Senator Josh Green, Chair
Senator Stanley Chang, Vice Chair
State Capitol, Conference Room 16
Friday, January 26, 2018; 2:45 p.m.

**STATEMENT OF THE ILWU LOCAL 142 ON S.B. 2438
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 **supports** S.B. 2438, 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 and 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. 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 S.B. 2438 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 S.B. 2438. Thank you for the opportunity to provide testimony on this measure.

SB-2438

Submitted on: 1/25/2018 2:36:34 PM

Testimony for HMS on 1/26/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Melodie Aduja	OCC Legislative Priorities	Support	No

Comments:

**PRESENTATION OF THE
OAHU COUNTY COMMITTEE ON LEGISLATIVE PRIORITIES**

DEMOCRATIC PARTY OF HAWAII

TO THE COMMITTEE ON HUMAN SERVICES

THE SENATE

TWENTY-NINTH LEGISLATURE

REGULAR SESSION OF 2018

Friday, January 26, 2018

2:45 p.m.

Hawaii State Capitol, Conference Room 16

RE: Testimony in Support of SB 2438, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

To the Honorable Josh Green, Chair; the Honorable Stanley Chang, Vice-Chair and Members of the Committee on Human Services:

Good afternoon, my name is Melodie Aduja. I serve as Chair of the Oahu County Committee ("OCC") Legislative Priorities Committee of the Democratic Party of Hawaii. Thank you for the opportunity to provide written testimony on Senate Bill No. 2438, relating to the Healthy Aging Partnership Program. The OCC Legislative Priorities Committee is in favor of Senate Bill No. 2438 and support its passage.

Senate Bill No. 2438, is in accord with the Platform of the Democratic Party of Hawai'i ("DPH"), 2016, as it 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. Specifically, the DPH Platform states, "We support community health initiatives that provide opportunities for the overall health of communities through strategic projects and programs focusing on increased interaction and physical activities among all age groups, as well as on better nutrition." (Platform of the DPH, Lines 378-380 (2016)).

Given that Senate Bill No. 2438 appropriates funds for the Healthy Aging Partnership Program in furtherance of improving the health and well-being of Hawaii's kupuna, it is the position of the OCC Legislative Committee to support this measure.

Thank you very much for your kind consideration.

Sincerely yours,

/s/ Melodie Aduja

Melodie Aduja, Chair, OCC Legislative Priorities Committee

Email: legislativepriorities@gmail.com, Tel.: (808) 258-8889

SB-2438

Submitted on: 1/23/2018 2:49:51 PM

Testimony for HMS on 1/26/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Kathryn Braun		Support	No

Comments:

Honorable Senators:

Thank you for this opportunity to submit testimony for [SB 2438](#) Related to the Healthy Aging Partnership Program. This program offers classes that help older adults prevent falls and that help older adults prevent and control chronic diseases. Classes are offered on all islands in collaboration with the state and county offices on aging. Without these programs, more older adults would access emergency and acute health services for falls and chronic diseases. As our population ages, we need to put more effort into keeping our kupuna healthy and at home, and out of more costly care facilities.

I am a professor of public health at the University of Hawaii specializing in gerontology, but testifying as an individual.

Aloha - Kathryn L. Braun, 625 Iolani Ave, #504, Honolulu 96813

SB-2438

Submitted on: 1/23/2018 11:11:32 PM

Testimony for HMS on 1/26/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
De MONT R. D. CONNER	Ho'omanapono Political Action Committee (HPAC)	Support	Yes

Comments:

Aloha Ke Kaua! We STRONGLY SUPPORT this bill. NÄ• KÄ«puna has always been the guiding force of NÄ• KÄ• naka & it is our duty to care for our KÄ«puna. Mahalo.

SB-2438

Submitted on: 1/24/2018 2:21:37 AM

Testimony for HMS on 1/26/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Sarah Yuan		Support	No

Comments:

Aloha Chair Josh Green, Vice Chair Stanley Chang, and members of the Committee on Human Services.

I strongly support SB2438. The Healthy Aging Partnership offers effective evidence-based programs focusing on exercise and chronic disease management. Through doing exercise regularly and learning how to manage medications and other chronic health conditions, participants showed significant improvements in their overall health and strength, as well as declines in out-patient and ER visits. Without the state's appropriation, it would be very difficult for these great programs to continue and expand, which are much needed for our rapidly aging population in Hawaii.

I appreciate the opportunity to testify.

Sarah Yuan, PhD

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Adelina Sandi. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I have learned more knowledge about chronic conditions, how to maintain healthy weight, selfmanagement like exercising, breathing techniques, reading labels, action plan and healthy eating means.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Adel 63 yrs old
Kokua Kaeihi Valley Elders

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is DANIELO FERRELL. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I learned ways to manage my high blood pressure, how to maintain a healthy weight. I learned to eat healthy foods with the portions and right times. I feel better and happier after attending the CDSMP workshop bec. my stress, depression, and weight is lessened.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Stanley 74 yrs old
Kokua Kae'hi Valley Seniors*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Teresita Fencer. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

After attending the 6 weeks workshop I learned about healthy eating. We are taught how to make weekly action plan. How to manage pain & short breath. I learned how to monitor exercise intensity and the importance of regular exercise. Now I am better/healthier physically, mentally, & emotionally.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Tessie 73 yrs old
KKV*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Stella Jacinto. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

seeing the participants better manage their chronic health conditions thus living a happier & healthier life. as a lay leader, it is worth facilitating & making them mentally & physically active and emotionally fit.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Stella Jacinto
Stella Jacinto
Kokua Kalahi Valley Elder Care Program

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is JOSIE SAGEIS. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

Self-Management tool box

I learned different tools to manage my condition and keep me healthier, and happy

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

JOSIE SAGEIS
KKU

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Romula Duldulao. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I learned how to read food labels, so I choose foods that are good for my health. I mastered making actions plans of things I want to do especially things that improves my health.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Romula
KKU

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Cornelia Villanueva. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I am healthier and happier bec. I learned how to manage my depression, insomnia and high blood pressure. I learned the value of helping each other as participants. Exercise makes the mind & body active.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Cornelia

85 yrs. old

KKV Elderly

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Leticia Janice Garcia. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been
Improved my knowledge about my diabetes and how to manage. I learn the tools how to reduce my stress. I learn how to eat the right food at the right time.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Leticia 74 yrs.
KKO Elderly Program

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Rosemary Alonina. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

It helped me make a healthier mind and body... I think positive line happier. Being active is one way to make ^{us} physically and mentally active. It is imp. To make frequent visit to your doctor and take medication as prescribed

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Rosemary
70 years old.
KIKU*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Calista K. Campos. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I learned how to make an action plan. I learned how to eat the right kind and right amount of food in every meal. I also learned the right way of taking in medicine in the right time. I learned also how to overcome depression.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Calista K. Campos

79 years old

Kokua Kaliahi Valley Seniors

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Stacia A. Jones. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I learned the importance of ~~my~~ taking
my medications as prescribed
Exercise makes me ~~a~~ healthy

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Stacy - 73 years old
KKV Elderly Program

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

RE: SB 2438: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Victoria J. Molina. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

The most significant for me is to make an action. The importance of an action is to make you know your daily activities. Another is the importance of medication that means that you should always be on the dot

To take in your medicine every day. Another is to have your stress every day be healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Vicky - 81 years old.
Kohala Kaihi Valley Elderly Program*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Marcelina Arreola. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

1. I learned how to read food labels
2. I become more healthy by eating the right food
3. I learned to overcome my depression

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Marcelina Arreola
76 yrs. old
K.K.U. Seniors

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Estelle Aaron. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

1. I learned how to manage my diabetes, High Blood Pressure, a High cholesterol
2. I learned the importance of taking my medications as prescribed.
3. Now I know the importance of having regular exercise
4. I learned how to make an action plan

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Estelle

80 year old

KKO Elderly Program

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Norma V. Gelo. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

*Learned to interact w/ fellow participants.
I want to take care of my health while getting older.
I enjoyed socializing w/ my fellow participants on ~~how~~ ^{learned}
how to deal w/ self when in the process of aging*

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Norma V. Gelo
78 years old
KKU Seniors*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is ROSARIO VAQUEZ. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I LEARNED PLENTY WHEN I ATTENDED THIS CLASS AND IT HELPS ME W/ MY GOOD HEALTH CAUSE WE LERNEED TO MANAGE HOW TO TAKE THE RIGHT FOOD, HOW TO USED YOUR MEDS. AT THE RIGHT TIME AND MOST IMPORTANTLY ~~YOU~~ I LERNEED TO MANAGE MYSELF IN MY GOOD DECISION.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely, ROSE

65 YEARS OLD
KKU Elderly Program

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Raul Santiago. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I am very grateful to KKV Elderly Program for all the benefits that I learned & gained in the CDSMP workshop. We become more active self managers in dealing with the chronic health conditions we have.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Raul 58 yrs. old
KKV Elderly Program*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Francis Palmar. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

Regular exercise makes us healthier and live longer. We develop flexibility, strength, endurance and balance. We exercise our body, mind and spirit. I learned how to self manage my diabetes, pain, stress & depression. I am better & happier now.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Francis 80 yrs. old
KKU Elderly Program*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Noemi Rodriguez. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I learned how to read food labels - eat the right food, right proportion. Now I know the difference between side effects & allergy to medicine. Medications must not be shared to anybody.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Noemi 58 yrs. old
KKU Seniors Program

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Leizel Dait. I live on the island of Oahu.

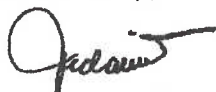
I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

to see the clients | participants happier and healthier - as they become better in managing their chronic conditions and take control of their health. It has been significant ^{for me} as a lay leader to help them build their confidence so that they can be successful in adopting healthier behaviors.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,



Leizel Dait

Kokua Kalihikalea

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Clarita Cabuga. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I am more patient w/ my spouse who has diabetes. Learned how + what food to prepare for him to eat. there is harmony between us bec. I understand his situation now.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

*Clarita 64 yrs old
KKU Seniors Program*

Date: 1/24/2018

Dear Members of the Committee on Human Service

Senators: Chair Josh Green
Vice Chair: Stanley Chang

**RE: SB 2438: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM**

My name is Cornelia Villanueva. I live on the island of Oahu.

I have recently participated in the Chronic Disease Self- Management Program. This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been

I am healthier and happier bec. I learned how to manage my depression, insomnia and high blood pressure. I learned the value of helping each other as participants. Exercise makes the mind + body active.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Cornelia

85 yrs. old

KKV Elderly

SB-2438

Submitted on: 1/25/2018 5:42:00 PM

Testimony for HMS on 1/26/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Kay	county of Kauai Agency on Elderly Affairs	Support	No

Comments:

Aloha,

I am writing to support SB2438 and funding for Healthy Aging Partners and exercise programs like EnhanceFitness.

Seniors are our fastest growing population and I work with them daily. They need activities and exercises geared specifically for them. EnhanceFitness is an evidence-based exercise program that includes cardio, strength, balance and coordination exercises designed for seniors. It is safe and effective and helping our kupuna on Hawaii. I am especially proud to work with EnhanceFitness Kauai and positively help the health of over 100 registered participants, some who have been coming since we started in 2008.

Please continue to support our kupuna by allocating funding to continue exercise programs like EnhanceFitness.

Mahalo,

Kay Holt

EF Kauai

Master Trainer

SB-2438

Submitted on: 1/26/2018 9:19:40 AM

Testimony for HMS on 1/26/2018 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Kaleb Glass		Support	No

Comments:

Date: 01/19/2018

Dear (Members of the HUMAN SERVICES Committee)

RE: SB/HB 2438 : RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Laraine Kawasaki. I live on the island of Maui/Kauai/Oahu/Hawaii.

I have recently participated in the Chronic Disease Self Management Program/Diabetes Self Management Program/Cancer Thriving and Surviving Program (choose one). This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP/DSMP/CTS is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been awareness and life style change.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Laraine Kawasaki

Date: 1/19/18

Dear (Members of the HUMAN SERVICES Committee)

RE: SB/ HB 2438 : RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Sharon T. Crivello. I live on the island of Maui/Kauai/Oahu/Hawaii.

I have recently participated in the Chronic Disease Self Management Program Diabetes Self Management Program Cancer Thriving and Surviving Program (choose one). This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP DSMP /CTS is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been Helping me understand my health conditions (diabetes, Heart) and helping me make healthier decisions to maintain a better life!

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,



Date: January 18, 2018

Dear (Members of the HUMAN SERVICES Committee)

RE: SB/ HB 2438: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Mary McLaughlin. I live on the island of Maui/Kauai/Oahu/Hawaii

I have recently participated in the Chronic Disease Self Management Program/Diabetes Self Management Program/Cancer Thriving and Surviving Program (choose one). This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP/DSMP/CTS is an evidence based program that meets once per week for 6 weeks and I have learned a lot. If I put these tools to good use, I am sure that I will be more healthy and happy.

The most significant outcome for me has been Knowledge and understanding day-to-day impacts and solutions.

Please provide funding for the Healthy Aging Partnership Program so that other seniors can participate in these programs and get healthier. Staying healthy and having a good quality of life is very important to me and to other senior citizens.

Sincerely,

Mary McLaughlin