

SB531

Measure Title: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

Report Title: Kupuna Caucus; Healthy Aging Partnership; Appropriation (\$)

Description: 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.

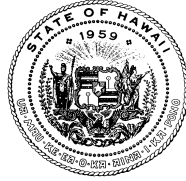
Companion: [HB615](#)

Package: Kupuna Caucus

Current Referral: CPH/HMS, WAM

Introducer(s): IHARA, ESPERO, GREEN, HARIMOTO, K. RHOADS, Baker, S. Chang, Galuteria, Inouye, K. Kahele, Keith-Agaran, Kim, Nishihara, Riviere, Ruderman, Taniguchi

DAVID Y. IGE
GOVERNOR OF HAWAII



TERRI BYERS
DIRECTOR

VIRGINIA PRESSLER, M.D.
DIRECTOR OF HEALTH

STATE OF HAWAII
EXECUTIVE OFFICE ON AGING
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Testimony in SUPPORT of SB0531
Relating to Aging

COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH
SENATOR ROSALYN H. BAKER, CHAIR
SENATOR CLARENCE K. NISHIHARA, VICE CHAIR

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: February 1, 2017
2:45 P.M.

Room Number: CONF. ROOM 016

- 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 FY18 for the Healthy Aging
5 Partnership in the amount of \$550,000.
- 6 **Purpose and Justification:** Led by the Executive Office on Aging (EOA) and Department of
7 Health Chronic Disease Branch, Hawaii's Healthy Aging Partnership (HHAP) was convened in
8 2003 to improve health of older adults through two evidence-based intervention programs, Better
9 Choices Better Health (BCBH) and EnhanceFitness®. HHAP serves as an important linkage
10 between clinical support for patients and community resources for lifestyle change.

1 BCBH is a six-week self-management workshop developed by Stanford University that teaches
2 participants skills to better manage their health conditions and interact with their health care
3 providers. The workshop does NOT replace prescribed treatment but supports medical-
4 professional treatment plans.

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

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

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

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

21 **Recommendation:** HAP is not part of the Administration's budget request. We support
22 advancing this measure provided that its enactment does not reduce or replace priorities with the

- 1 Administration's budget request. Should there be a surplus of funds available for this measure,
- 2 we would be very supportive of funding this important and effective public health intervention.

TO : SENATE COMMITTEE ON COMMERCE, CONSUMER PROTECTION
AND HEALTH
Senator Rosalyn H. Baker, Chair
Senator Clarence K. Nishihara, Vice Chair

SENATE COMMITTEE ON HUMAN SERVICES
Senator Josh Green, Chair
Senator Stanley Chang, Vice-Chair

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

SUBJECT: SB 531 Relating to the Healthy Aging Partnership Program

HEARING: 2:45 pm Wednesday , February 1, 2017
Conference Room 016, Hawaii State Capitol

POSITION: The Hawaii Family Caregiver Coalition **strongly supports SB 531** 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.
- SB 531 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 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.



ALAN ARAKAWA
Mayor

DEBORAH STONE-WALLS
Executive on Aging

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MAUI COUNTY OFFICE ON AGING
AN AREA AGENCY ON AGING

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WAILUKU, HAWAII 96793

Senate Committee on Commerce, Consumer Protection, and Health

Senator Rosalyn H. Baker, Chair
Senator Clarence K. Nishihara, Vice Chair

Senate Committee on Human Services

Senator Josh Green, Chair
Senator Stanley Chang, Vice Chair

SB 0531 RELATING TO THE HEALTHY AGING PARTNERSHIP

Testimony of Deborah Stone-Walls
Executive on Aging, Maui County Office on Aging (MCOA)

Hearing Date: Wednesday, February 1, 2017, 2:45 p.m.
Room Number: Conf. Room 016

MCOA's Position: Maui County Office on Aging (MCOA) is in **strong support** of SB 0531 that appropriates funds for the Healthy Aging Partnership (HAP) Program.

Purpose and Justification: Census projections indicate that the senior population in Hawaii will almost double between the period between 2010 and 2020 with the highest percentage increase occurring in those over the age of 85. In order to minimize the potential **financial strain** of the burgeoning aging population on the State, **proactive** efforts are required now. ***Keeping seniors healthy and at home is the most cost-effective manner*** to address the needs of one of our most valuable societal resources, and SB 0531 will ensure that evidence based health and fitness programs for seniors and their caregivers are made available across the state.

MCOA supports appropriation for the statewide HAP in the amount of at least \$550,000. MCOA assists seniors and individuals over the age of 55 to improve overall health

through two evidence-based programs—Better Choices, Better Health (using Stanford’s Chronic Disease Self-Management—CDSMP— Diabetes Self-Management—DSMP— and Cancer Thriving and Surviving –CTS Programs) and EnhanceFitness™ (EF). Because our population is aging rapidly and funding amounts for home and community-based services cannot keep pace with this increase, MCOA believes that efforts to improve overall health of seniors and their family caregivers is paramount to ensuring independence and dignity. In Maui County, Better Choices, Better Health (BCBH) and EF assisted over 400 seniors and individuals over the age of 55 to improve overall health in FY16.

Successful implementation of these Healthy Aging programs will eventually lead to MCOA’s ability to directly bill Medicare for each participant, thereby lessening the State and County burden to provide these important interventions. Funding for the HAP appropriated by this bill will support direct services statewide that have been proven to improve health, increase self-management of chronic illness, increase strength and flexibility, and generally assist seniors in living at home in a more healthy manner. While we cannot ignore those who need assistance with the basic functions of daily living, we must also work diligently to assist our aging citizens and their family caregivers to live as healthily as possible for as long as possible in the most cost effective manner as possible.

Maui County EF participants have exhibited **sustained** longevity in program participation with 78% demonstrating consistent **improvement** or **maintenance of physical well-being** as evidenced by the mandatory routine fitness measurement tests. However, due to the lack of funding for two consecutive years coupled with participant longevity in EF enrollment, MCOA remains unable to clear waitlists and allow even more eager seniors to enjoy the benefit of this evidence-based exercise program. Resumption of funding would allow these seniors to join EF and improve fitness.

Thank you for the opportunity to provide testimony regarding this matter.



The Senate
Committee on Commerce, Consumer Protection and Health
Committee on Human Services
Wednesday, Feb. 1, 2017
2:45 p.m.
Conference Room 016

To: Senator Rosalyn Baker, Chair
Senator Josh Green, Chair

RE: **SB 531 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 nearly 150,000 members in Hawaii. AARP advocates for issues that matter to Hawaii families, including the high cost of long-term care; access to affordable, quality health care for all generations; providing the tools needed to save for retirement; and serving as a reliable information sources on issues critical to people over the age of fifty.

AARP Hawaii **strongly supports** SB 531 which appropriates funds to the Healthy Aging Partnership. In the 2015 and 2016 legislative sessions, the Healthy Aging Partnership (HAP) was unfortunately cut despite its success as an evidenced-based health promotion and disease prevention program. 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 serve at least 795 participants statewide.

Thank you for the opportunity to testify in support for SB 531.

Audrey Suga-Nakagawa, Advocacy Director, AARP Hawaii

To: Senate Committee on Commerce, Consumer Protection and Health, Senator Rosalyn Baker, Chair

To: Senate Committee on Commerce, Consumer Protection and Health, Senator Josh Green, Chair

Date: Feb 1, 2017

RE: SB 531 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

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

To: Senate Committee on Commerce, Consumer Protection and Health, Senator Rosalyn Baker, Chair

Date: February 1, 2017

RE: Senate Bill 531

The purpose of this correspondence is to express my **strong support for SB 531**, 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 SB 531, because the Healthy Aging Partnership works!

Thank you for the opportunity to express my support for SB 531.

Aloha, Bill Beadle

Waikiki

Testimony

SB 531

RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

Appropriates funds for the healthy aging partnership program to further the program's role in improving the health and well-being of Hawaii's kupuna.

CPH/HMS WAM 016 2/01/2017 2:45 PM

Chairs and members of the CPH/HMS/WAM committees:

Senators:

IHARA, ESPERO, GREEN, HARIMOTO, K. RHOADS, Baker, S. Chang, Galuteria, I
Keith-Agaran, Kim, Nishihara, Riviere, Ruderman, Taniguchi

I am in strong support of this measure for a healthy aging partnership program.

This evidence based program has proven its worth many times over by helping seniors manage their lifestyles and wellness efforts through education, exercise and other preventive measures. Prevention has been very effective in delaying and or preventing disability and disease in the elderly and in improving the overall quality of life for our Kupuna. Yet, prevention is underappreciated and underfunded, often the first to be cut in times of shortfalls. This is very shortsighted and results in added health care costs in the long run.

This program in Hawaii is in jeopardy of being lost due to the lack of funding. Your support is extremely important to assure its very survival.

Mahalo for your consideration of this request.

Marilyn Seely
46 402 Haiku Plantations Drive
Kaneohe, HI 96744
marseel@aol.com

Aloha Chair Baker, Vice Chair Nishihara, Chair Green, Vice Chair Chang and committee members

I am a senior citizen and a resident of House District 19 and Senate District 9. Though I'm a member of several senior organizations, I am submitting this testimony as an individual.

I'm testifying in strong support of SB531, 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

From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, January 31, 2017 2:19 PM
To: CPH Testimony
Cc: glcasburn@gmail.com
Subject: *Submitted testimony for SB531 on Feb 1, 2017 14:45PM*

SB531

Submitted on: 1/31/2017

Testimony for CPH/HMS on Feb 1, 2017 14:45PM in Conference Room 016

Submitted By	Organization	Testifier Position	Present at Hearing
Geoffrey Casburn	Individual	Support	No

Comments:

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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TO: Senate Committee on Commerce, Consumer Protection and Health, Senator Rosalyn Baker, Chair and Senate Committee on Human Services, Senator Josh Green, Chair

FROM: Barbara Dove, 1720 Ala Moana Blvd. #1406A, Honolulu

DATE: Feb. 1, 2017 at 2:45 PM in Conference Room 016

RE: SB531 Healthy Aging Partnership Program

Chairs Baker and Green and Committee Members,

Thank you for the opportunity to submit written testimony in support for SB531, requesting continued funding for the Healthy Aging Partnership Program. **I strongly support this bill and would appreciate your support.**

There is nothing like education and prevention to help a kupuna, or anyone, live a long and healthy life. Education and prevention has been statistically shown to lower health care costs, but it's also about the quality of life.

My name is Barbara Dove and I am a concerned resident of Hawaii. I have been noticing the variety of educational opportunities available through this program and feel we need to continue this program not only for my aging family, but for my fellow Hawaiian neighbors. Promoting a healthy lifestyle is not only good for the individual and their family, but the community as a whole as it can keep the cost of health care lower by keeping many people from requiring health care service because, through programs like this, they have learned about prevention and a healthy life style.

Thank you very much for the opportunity to submit my testimony and I urge you to support SB531.

Sincerely,

Barbara Dove

Waikiki

(808) 282-7207