



## **Testimony to the House Joint Committee on Human Services and Homelessness and Health**

**Friday, January 31, 2020; 9:30 a.m.  
State Capitol, Conference Room 329**

**RE: HOUSE BILL NO. 1866, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.**

Chair San Buenaventura, Chair Mizuno, and Members of the Joint Committee:

The Hawaii Primary Care Association (HPCA) is a 501(c)(3) organization established to advocate for, expand access to, and sustain high quality care through the statewide network of Community Health Centers throughout the State of Hawaii. The HPCA **SUPPORTS** House Bill No. 1866, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

The bill, as received by your Committee, would appropriate \$550,000 in general funds for fiscal year 2020-2021, for the Healthy Aging Partnership (HAP) Program to improve the health and well-being of Hawaii's kupuna. It was introduced as part of the Kupuna Caucus legislative package.

By way of background, the HPCA represents Hawaii Federally-Qualified Health Centers (FQHCs). FQHCs provide desperately needed medical services at the frontlines in rural and underserved communities. Long considered champions for creating a more sustainable, integrated, and wellness-oriented system of health, FQHCs provide a more efficient, more effective and more comprehensive system of healthcare.

Established in 2003, the HAP Program consists of two evidenced-based, scientifically proven initiatives to serve an important linkage between the clinical support for patients and the community resources available for lifestyle change. As a member of this partnership with the Executive Office on Aging, and the Chronic Disease Branch of the Hawaii State Department of Health, the HPCA stands committed with the HAP Program in serving the needs of our elderly populations. Enactment of this bill will ensure that the HAP Program will have the necessary resources to continue its worthwhile services for our kupuna.

**For these reasons, the HPCA respectfully urges your support for House Bill No. 1866.**

Thank you for the opportunity to testify. Should you have any questions, please do not hesitate to contact Public Affairs and Policy Director Erik K. Abe at 536-8442, or eabe@hawaiiPCA.net.



THE HOUSE OF REPRESENTATIVES  
Committee on Human Services and Homelessness  
Committee on Health  
Friday, January 31, 2020  
9:30 a.m.  
Conference Room 329

**RE: HB 1866 HEALTHY AGING PARTNERSHIP**

To: Representative Joy San Buenaventura, Chair  
Representative John Mizuno, Chair

AARP is a membership organization of people age fifty and over, with nearly 145,000 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** HB 1866, which appropriates funds to the Healthy Aging Partnership. The Healthy Aging Partnership (HAP) has continued to demonstrate 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, falls, and increased their overall physical functioning. Thereby the program provides a cost savings to our health care delivery system.

Thank you for the opportunity to testify in support for HB 1866.

Keali'i Lopez, State Director  
AARP Hawaii

Representative Joy San Buenaventura, Chair Human Services & Homelessness  
Representative Nadine Nakamura, Vice Chair Human Services & Homelessness

Representative John Mizuno, Chair Health  
Representative Bertrand Kobayashi, Vice Chair Health

HB 1866

Relating to Healthy Aging Partnership Program

Chairs San Buenaventura, Mizuno, Vice Chairs Nakamura, Kobayashi and  
members of the Committee:

My name is Beverly Gotelli and a member of the Policy Advisory Board for Elder Affairs which has a statutory obligation to advocate on behalf of the senior citizens of Hawaii. While we advise the Executive Office on Aging, we do not speak on its behalf.

I'm writing to express my support of HB 1866 Relating to the Healthy Aging Partnership Program. This bill is requesting funds for the Health Aging Partnership (HAP) program to continue and further the program's role in improving the health and well-being of Hawaii's Kupuna. I know this bill refers to Healthy Aging Partnership and refers to two programs Better Choice Better Health and Enhance Fitness.

I'm not familiar with Better Choices Better Health and will focus on the Enhanced Fitness program that I participate in. As a participant of the Enhanced Fitness Program I can tell you it is a very worthwhile program. The sessions are three times a week and an hour long. There are sessions throughout Kauai Island at various Neighborhood Centers or other facilities.

Healthy Aging Partnership was nationally recognized and has provided evidence – based programs to more than 4,000 individuals statewide. We are routinely monitored to see how our health has improved since starting the program. In order to participate in the Enhanced Fitness Program, you must have your physicians' consent. My physician was very happy to sign the consent as he felt it was a proactive measure to keep me physically fit and ensure I was getting some type of physical activity.

I will say the program does provide me with a better quality of life and physical performance.

It is also a goal of the Hawaii State Plan on Aging to: *Maximize opportunities for older adults to age well, remain active and enjoy quality lives while engaging in their committees.*

As Hawai'i is considered to be the healthiest place to live, I believe programs such as this are beneficial to our Kupuna who are living longer and staying fit.

Funding is needed in order to continue to provide our Kupuna with a healthy living program. I'm confident that the Hawaii legislature has shown leadership by supporting our Kupuna through this legislation.

Thank you for considering my testimony.

Beverly A. Gotelli  
6286 Opaekaa Road  
Kapaa, HI 96746

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Dorothy Sasaki. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2011. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been able to keep busy & fit.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Dorothy Sasaki

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Laurel Francis. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2010. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment. 2012

EnhanceFitness has had a positive impact on my life. The most significant outcome has been flexibility strength balance

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Laurel Francis

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is LOUISE LEON GUERRERO. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since just started. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Exercise, Fun, Social.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Louise Leon Guerrero*

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Jenny Conley. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2013. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been better balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Jenny Conley  
(Nancy Jane Conley)



1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Mary Cameron. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since just started. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been fitness.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Mary Cameron

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is BERENICE BURKHANT. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been TO HAVE THIS GREAT OPPORTUNITY TO EXERCISE RIGHT HERE IN KILAUEA. AWESOME PROGRAM!  
Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Berenice P. Burkhat*

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

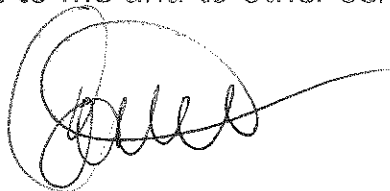
My name is Carole Madson. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2015. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been healthier.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,



1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Arinda Silverberg. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been stronger and more flexible.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Arinda Silverberg

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Janet Graves. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 5/2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Brighter outlook on life - Strength  
more energy & happier - more content - inspired  
Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is FERN Merle Jones. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been more strength + flexibility.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,



1/27/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Susan Bleylock. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2015. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been best for strength and balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Susan J Bleylock*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is ELIA LAGOC. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2010. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Keep moving.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely, Elia Lagoc



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Marina Gali. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2015. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Stay in fitness.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely, Marina Gali

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Annie Okubo. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2010. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Fitness, Healthy.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Annie Okubo*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is HOA T TRAN. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since APRIL 2018. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been STAY FIT & MOVING  
KEEP

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*HOA T TRAN*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Leatrice Tanaka. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2011. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been ~~2011~~ more flexible, less fatigued.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Leatrice Tanaka

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Amorosa Delgracia. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Motivation to do more/keep coming.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely, Amorosa

It's just fun and stuff we wouldn't do alone!

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

My name is Lois Inouye. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 9-2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Stamina, strength & endurance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Diane Horita. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2009. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my blood test results.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Diane E Horita*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Lorna Kawaró. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2008. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been \_\_\_\_\_.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Lorna Kawaró



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is JAN Thompson. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2018. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been feeling better.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Jan Thompson*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Shirley Shibus. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 9/2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been more energy-stamina-strength, etc.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Shirley Shibus

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Eve Weibel. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my STAMINA and MUSCLE TONE.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Eve Weibel

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Matsuko Uyeda. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2008. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been at 92 years of age - still independent.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

M Uyeda

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is *Saili Shrivastava*. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been *I have better balance*.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Saili Shrivastava*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Harvey A. Muka. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2016. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my balance has improve.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Harvey A. Muka

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

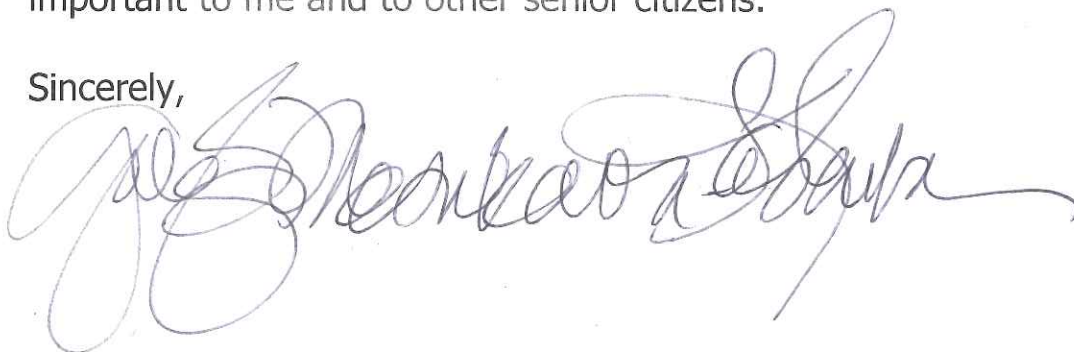
My name is Gale S. Masukawa-Kashuba I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been feeling better physically & mentally

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Grace Fujii. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been \_\_\_\_\_.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Grace Fujii*



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

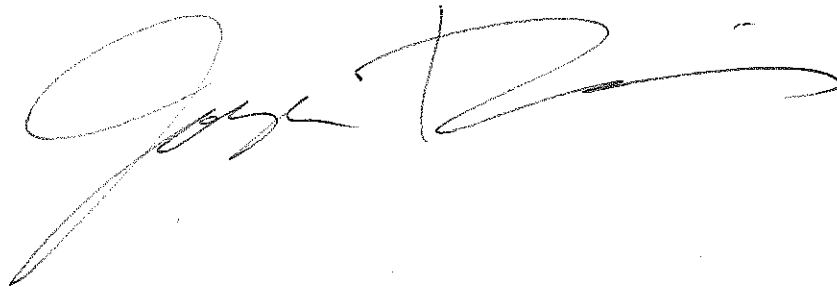
My name is Joyce DAVIS. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2010. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been \_\_\_\_\_.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

A handwritten signature in black ink, appearing to read "Joyce Davis", written in a cursive style.

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Elizabeth MALAPIT. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2009. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been strenuous and moving around more,

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely, Elizabeth Malapit

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Alice Tsuda. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2009. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been to be able to attend classes.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Alice Tsuda*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

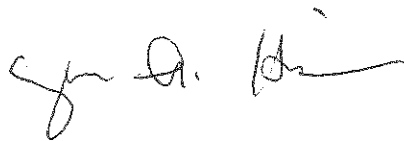
My name is Yvonne Hokushin. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2016. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment

EnhanceFitness has had a positive impact on my life. The most significant outcome has been it keeps me healthy.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Gloria Kenney. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been the encouragement from peers to

continue in being active by regular attendance!

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Gloria Kenney*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Carol Saiti. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2016. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been better balance & muscles!!.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Carol Saiti

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

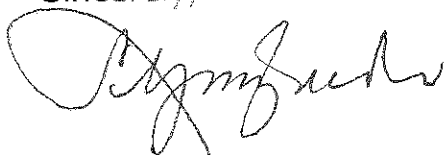
My name is Lynn Kudo. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been aid in joint pain and less stress.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Maria Ogata. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2008. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant <sup>house</sup> outcome has been being with people, getting out of your ~~self~~ <sup>being fit</sup>.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Maria Ogata



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Priscilla Adamos. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2010. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been \_\_\_\_\_.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Priscilla Adamos*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Esther Nakata. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Keeps me actively moving + taking care of myself.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely, Esther Nakata

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Kay Naito. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2008. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been better Balance & working.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Yvonne Motilla. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improved strength and balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

*Yvonne Motilla*

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Linda Kitabayoshi. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been no falling for a year!.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Maue June Alejo. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2016. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improvement balance & overall health + mind.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Maue Alejo

Harry Kim  
Mayor



William H. Farr  
Acting Executive on Aging

## County of Hawai'i

### OFFICE OF AGING

Aging and Disability Resource Center, 1055 Kino'ole Street, Suite 101, Hilo, Hawai'i 96720-3872  
Phone (808) 961-8600 • Fax (808) 961-8603 • Email: hcoa@hawaiiintel.net  
West Hawai'i Civic Center, 74-5044 Ane Keohokālole Highway, Kailua-Kona 96740  
Phone (808) 323-4390 • Fax (808) 323-4398

January 30, 2020

The Honorable Representative John M. Mizuno, Chair  
The Honorable Representative Joy A. San Buenaventura, Chair  
Hawaii State Capitol  
415 South Beretania Street  
Honolulu, HI 96813

**Re: Strong Support of HB1866, relating to MAKING AN APPROPRIATION FOR THE  
HEALTHY AGING PARTNERSHIP PROGRAM**

**9:30 A.M., January 31, 2020, Conference Room 329**

Dear Representative Mizuno, Committee on Health, and Representative San Buenaventura,  
Committee on Human Services & Homelessness:

I am writing this letter in strong support of the Kupuna Caucus initiative to appropriate funds to the Hawaii Healthy Aging Partnership (HAP) program. This program is designed to improve the health of older individuals and to reduce higher levels of health care cost.

The HAP program provides two evidence-based programs for seniors and individuals with chronic health conditions. These programs are designed to encourage and empower seniors to stay healthy, stay active, and to age in place. The HAP programs help educate our seniors on better ways to manage their health, and how to safely reside at home and prevent falls.

The strong scientific evidence presented through the evidence-based HAP programs, demonstrates that many of Hawaii seniors who live with a disability and/or chronic health conditions, are living longer. By continuing support for the HAP program, Hawaii Seniors will have greater opportunities to pursue a better quality of life.

In supporting this appropriation, we will continue to ensure Hawaii Seniors will remain healthy, and continue to reside safely in their homes.

Thank you,

A handwritten signature in blue ink that reads "William H. Farr".

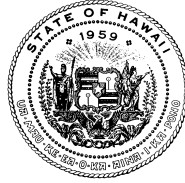
William "Horace" Farr  
Acting Executive on Aging  
Hawaii County Office of Aging



*An Area Agency on Aging*

*Hawai'i County is an equal opportunity provider and employer.*

DAVID Y. IGE  
GOVERNOR OF HAWAII



CAROLINE CADIRAO  
Director

BRUCE ANDERSON  
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 HB1866**  
**Relating to the Healthy Aging Partnership Program**

COMMITTEE ON HUMAN SERVICES & HOMELESSNESS  
REPRESENTATIVE JOY A. SAN BUENAVENTURA, CHAIR  
REPRESENTATIVE NADINE K. NAKAMURA, VICE CHAIR

COMMITTEE ON HEALTH  
REPRESENTATIVE JOHN MIZUNO, CHAIR  
REPRESENTATIVE BERTRAND KOBAYASHI, VICE CHAIR

Testimony of Caroline Cadirao  
PSM Manager, Executive Office on Aging  
Attached Agency to the Department of Health

Hearing Date: January 31, 2020  
8:30 A.M.

Room Number: 329

- 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 biennium budget.
- 4 **Fiscal Implications:** This measure appropriates \$550,000 for the Healthy Aging Partnership
- 5 (HAP) for FY 2020-2021. HAP is not part of the Administration's budget request.
- 6 **Purpose and Justification:** Led by the Executive Office on Aging and Department of Health
- 7 Chronic Disease Branch, HAP was convened in 2003 to improve the health of older adults
- 8 through two evidence-based intervention programs, Better Choices Better Health (BCBH) and
- 9 Enhance@Fitness.



1 Chronic diseases account for 86% of the money our nation spends on health care. The direct  
2 medical cost of falls was \$34 billion. In Hawaii, 82% of adults have at least one chronic disease  
3 and over half (53%) have two or more chronic diseases. Hawaii spends an estimated \$470  
4 million dollars annually on obesity-related medical costs and about \$770 million on diabetes-  
5 related prevention and management.

6 BCBH is a six-week self-management workshop developed by Stanford University that teaches  
7 participants skills to manage their health conditions and interact with their health care providers.  
8 The workshop does not replace prescribed treatment but supports medical-professional treatment  
9 plans. In the State of Hawaii, an individual spends on average about \$20,477 per year on  
10 emergency room visits and hospitalizations. The National Council on Aging estimates that a  
11 BCBH participant saves an average of \$499.12 per year on health care costs. BCBH program  
12 operates in collaboration with the Hawaii State Department of Health Diabetes Prevention  
13 Program. Since its inception, 2,785 individuals across the State participated in BCBH. Pre-and  
14 post-test data showed fewer visits to physicians' offices and emergency rooms. In SFY 2018, 92  
15 participants engaged in 10 workshops statewide. In addition, HAP has added an additional  
16 intervention called Cancer Thrive to Survive to help cancer patients manage their condition.

17 Enhance®Fitness is an evidence-based exercise program designed to improve the health of older  
18 adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and  
19 balance. In SFY 2018, Enhance®Fitness was available in the counties of Kauai and Maui. The  
20 programs drew a total of 575 participants. Both the BCBH and the Enhance®Fitness programs  
21 have shown that older adults with chronic conditions benefit by a focus on self-management  
22 techniques and exercises to avoid long term complications of chronic conditions.

1 We received an allocation of \$550,000 from the 2019 Legislature for SFY2020. Even though  
2 funding has been sporadic, we have continued to sustain the program. With additional funding,  
3 EOA will be able to support and expand BCBH and Enhance®Fitness programs to older adults  
4 in the State of Hawaii.

5 **Recommendation:** HAP is not part of the Administration's budget request. We support funding  
6 this important and effective public health intervention provided that its enactment does not  
7 reduce or replace priorities with the Administration's budget request.

8 Thank you for the opportunity to testify.

To: Rep. John Mizuno and Rep. Joy A. San Buenaventura

Re: **SB2335** HEALTHY AGING PARTNERSHIP/ **HB1866** HEALTHY AGING PARTNERSHIP

*The Hawaii County Office of Aging* strongly urge the *Committee on Health* to approve **SB2335/****HB1866**, which will support expanding and sustaining Hawaii Healthy Aging Partnership (HAP) to improve health of older adults and to avert higher health care cost.

HAP offers two evidence-based health promotion programs for seniors and people with chronic health conditions to empower them to stay healthy, active, and age in place. These programs aim to empower kupuna to better manage their health and prevent falls.

Evidence-based health promotion programs have strong scientific evidence that demonstrate they work. Many Hawaii residents are living longer but some of them live with a disability and/or chronic health conditions. Continuing HAP will support these people to pursue a better quality of life.

**SB2335/****HB1866** addresses the urgent need for funding for HAP to fully operate in offering the evidence-based programs for our Kupuna to stay healthy in the community.

- Hawaii County Office of Aging believe in evidence-based programs and offer other evidence-based programs for people in Hawaii. Increased availability and accessibility of evidence-based programs will provide promising health improvements and alleviate health care cost.

This bill ensures that evidence-based programs are available to broader community partners and members. Because the population of older adults has been rapidly growing, offering the variety of effective evidence-based programs is the key to ensure Hawaii residents remain healthy and safely at home.

We urge you to support and approve **SB2335/****HB1866**. Thank you for the opportunity to provide testimony on this measure.

Mahalo,  
  
M. Keola Kenoi-Okajima  
Aging Program Planner  
County of Hawai'i Office of Aging  
1055 Kino'ole St., Suite 101  
Hilo, HI 96720

**LORI TSUHAKO, LSW, ACSW**  
**P. O. Box 1565**  
**Wailuku, HI 96793**

House Committee on Human Services and Homelessness  
House Committee on Health

Subject: **HB 1866: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM**

Date of Hearing: January 31, 2020

Time: 9:30 a.m.

Location: Conference Room 329, State Capitol

Dear Chair San Buenaventura and Chair Mizuno and members:

I am a licensed social worker and have been involved in the field of aging for several years. I had the privilege of administering the Healthy Aging Partnership Program for Maui County from 2016-2019, and express my **strong support for HB 1866**.

The proposed bill would appropriate funds for the Healthy Aging Partnership Program so that programs geared toward the health and wellness of kupuna could continue to be offered across the state. HAPP programs are evidence-based and have contributed to increased health outcomes for thousands of our kupuna. Keeping healthy and active allows these seniors to maintain their independence (thus avoiding institutionalized care) and continue to contribute significantly to our community.

Programs such as Better Choices Better Health allow seniors and their caregivers to deal more effectively with chronic health conditions. Quality of life improves and health outcomes reflect program effectiveness. EnhanceFitness is another evidence-based program offered to seniors. This group exercise program meets 3x/week and offers a fun and supportive environment that keeps seniors active, engaged, and less likely to suffer from catastrophic falls. As a caregiver to my 90-year-old father, I have a deep appreciation for the benefits of a healthy body as we age, and have witnessed the tremendous impact these programs have had for our participants.

Please support the kupuna in our community by providing funding to maintain and expand these HAPP programs that have proven to result in improved health, wellness, fitness, and social support. Please pass HB 1866.

Sincerely,  
Lori Tzuhako, LSW, ACSW



Date: 1/28/2020

Hearing 1/31/2020 @ 9:30am

Dear (Members of the Health Committee)/Legislators  
Human Resources & Homelessness

RE: SB2335/HB1866: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Josiah P Naki. 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

Takeing care of my Health is important

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,

Josiah P Naki

Date: 1/28/2020

Dear (Members of the Health Committee)/Legislators

RE: SB2335/HB1866: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Patricia Yamamoto. 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

Reading the labels on food items.

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,

Patricia Yamamoto

Date: 1/24/2020

Dear (Members of the Health Committee)/Legislators

RE: SB2335/HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is GEORGE K. JOI. 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

Quit smoking.

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,

George K. Joi



Date: 1/28/2020

Dear (Members of the Health Committee)/Legislators

RE: SB2335/HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Carrie Ikawa. 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 learning to make better choices for prevention of chronic diseases such as diabetes, heart & lung disease & arthritis.

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,

*Carrie Ikawa*

Date: 1/28/2020

Dear (Members of the Health Committee)/Legislators

RE: SB2335/HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Debra Hursey. I live on the island of Maui/Kauai/Oahu/Hawaii.

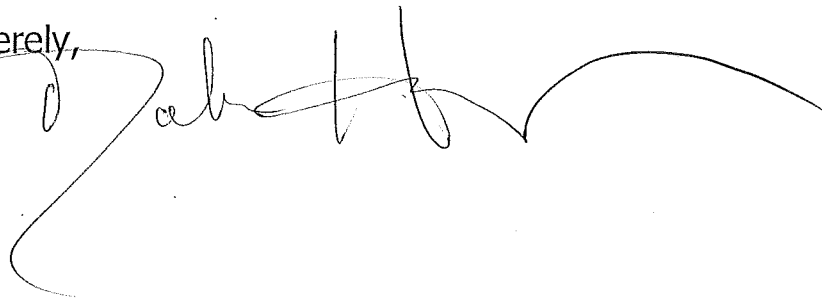
I have recently participated in the Chronic Disease Self Management Program/Diabetes Self Management Program/Cancer Thriving and Surviving Program (choose one). This program has helped me to understand my health condition and make healthier decisions so I can live a better life. CDSMP/DSMP/CTS is an 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

I understand better how my eating habits affect my physical & mental 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,



Date: 1/28/2020

Dear (Members of the Health Committee)/Legislators

RE: SB2335/HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Jodi Cesolun. 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

Eating healthier foods  
Managing my food intake & exercise

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, Jodi Cesolun

Committee on Human Services & Homelessness  
Committee on Health  
Friday, January 31, 2020  
9:30 a.m.  
Conference Room 329

Testimony and Comments in Support of HB 1866  
Relating to Healthy Aging Partnership Program

Chair Rep. Joy A. San Buenaventura, Vice-Chair Rep. Nadine K. Nakamura and  
Members of the Committee (HSH)

Chair Rep. John M. Mizuno, Vice Chair Rep. Bertrand Kobayashi, an Members of the  
Committee (HLT)

My name is Anna Filler, and I am writing to express my support of HB 1866, relating to  
Healthy Aging Partnership program. This bill appropriates funds for the healthy aging  
partnership program to further its role in improving the health and well-being of our kupuna.  
There are other important bills that improve lives of Hawaii's kupuna and their families.

Thank you for considering my testimony for HB 1866.

Anna Filler  
Kakaako, District 12  
afiller@twc.com

The Thirtieth Legislature  
Regular Session of 2020

HOUSE OF REPRESENTATIVES  
Committee on Human Services & Homelessness  
Rep. Joy A. San Buenaventura, Chair  
Rep. Nadine K. Nakamura, Vice Chair  
State Capitol, Conference Room 329  
Friday, January 31, 2020; 8:30 a.m.



**STATEMENT OF THE LWU LOCAL 142 ON H.B. 1866  
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 supports H.B. 1866, which 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.

The Healthy Aging Partnership Program is an evidence-based health promotion and disease prevention program that, on one hand with "Better Choices Better Health," helps individuals manage their chronic diseases and, on the other hand with "EnhanceFitness," helps individuals improve their fitness and well-being with effective, research-driven exercise programs.

Since the Healthy Aging Partnership Program was started in Hawaii in 2003, funding support for these two components of the Program has been inconsistent. We are not clear why. But if benefits of the Program are to be expanded, funding must be continuous. These programs help develop evidence of what works in managing chronic diseases and what fitness programs are best for seniors to maintain their health and well-being. The numbers served by the programs are limited because of funding but are even more limited when funding is provided only every other year.

The ILWU urges that funding be consistently provided and that H.B. 1866 be passed. Thank you for the opportunity to offer our comments.