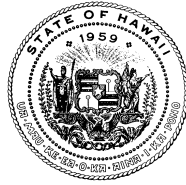


DAVID Y. IGE
GOVERNOR OF HAWAII



CAROLINE CADIRAO
Director

DIRECTOR OF HEALTH

STATE OF HAWAII
EXECUTIVE OFFICE ON AGING
NO. 1 CAPITOL DISTRICT
250 SOUTH HOTEL STREET, SUITE 406
HONOLULU, HAWAII 96813-2831
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Telephone
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**Testimony in SUPPORT of SB2461
Relating to the Healthy Aging Partnership Program**

COMMITTEE ON HUMAN SERVICES
SENATOR JOY A. SAN BUENAVENTURA, CHAIR
SENATOR LES IHARA, JR., VICE CHAIR

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

Hearing Date: January 27, 2022 Room Number: 225
3:10 P.M.

- 1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
- 2 Health, supports SB2461 provided that its enactment does not reduce or replace priorities within
- 3 the Administration's executive biennium budget.
- 4 **Fiscal Implications:** This measure appropriates \$500,000 for the Healthy Aging Partnership
- 5 (HAP) for FY 2022-2023. 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 initially in 2003 to improve the health of older
- 8 adults through two evidence-based intervention programs, Better Choices Better Health (BCBH)
- 9 and Enhance®Fitness.
- 10 Chronic illnesses account for 75% of the \$2.2 trillion our nation spends on health care each year
- 11 in the United States. Falls among older adults aged 65 and older are very costly and each year

1 about \$50 billion is spent on medical costs related to non-fatal fall injuries and \$754 million is
2 spent related to fatal falls. In Hawaii, 82% of adults have at least one chronic disease and over
3 half (53%) have two or more chronic diseases. The Hawaii Department of Health estimates that
4 about \$470 million dollars are spent annually on obesity-related medical costs and about \$770
5 million on diabetes-related prevention and management.

6 BCBH is a six-week self-management workshop developed by Stanford University that teaches
7 participants skills to better manage their chronic health conditions and work with their health
8 care providers. The workshops do not replace prescribed medical treatments but supports
9 professional medical recommended treatment plans. In the State of Hawaii, an individual spends
10 on average about \$20,477 per year on emergency room visits and hospitalizations. Using the
11 University of Memphis School of Public Health's Healthcare Cost Saving Estimator tool,
12 Hawaii's data estimates that BCBH participant saves an average of \$625.01 per year on health
13 care costs. BCBH program operates in collaboration with the Hawaii State Department of Health
14 Diabetes Prevention Program. Since its inception, over 3,129 individuals across the State
15 participated in BCBH. Pre- and post-test data indicate that participants had fewer visits to
16 physicians' offices and emergency rooms. In SFY 2021 due to restrictions by the pandemic, 64
17 participants engaged in 14 workshops statewide. HAP has offered BCBH thorough phone and
18 synchronized video conferencing formats.

19 Enhance®Fitness is an evidence-based exercise program designed to improve the health of older
20 adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and
21 balance. In SFY 2021, Enhance®Fitness was available in the counties of Kauai and Maui
22 through synchronized video conferencing and limited capacity in-person formats. The programs

1 drew a total of 105 participants. Both the BCBH and the Enhance®Fitness programs have shown
2 that older adults with chronic conditions benefit by a focus on self-management techniques and
3 exercises to avoid long term complications of chronic conditions.

4 We received an allocation of \$550,000 from the 2019 Legislature for SFY2020. Even though
5 funding has been sporadic, we have continued to sustain the program. Without the additional
6 funding, EOA will no longer be able to keep a statewide coordinator, evaluator, and trainers.
7 With additional funding, EOA will be able to support and continue to sustain the BCBH and
8 Enhance®Fitness programs for older adults in the State of Hawaii through various delivery
9 formats.

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

13 Thank you for the opportunity to testify.

Mitchell D. Roth
Mayor



William H. Farr
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@hawaiiantel.net
West Hawai'i Civic Center, 74-5044 Ane Keohokālole Highway, Kailua-Kona 96740
Phone (808) 323-4390 ♦ Fax (808) 323-4398

January 26, 2022

The Honorable Senator Joy A. San Buenaventura, Chair
The Honorable Senator Les Ihara, Vice-Chair
Hawaii State Capitol
415 South Beretania Street
Honolulu, HI 96813

**Re: Support of SB2461, relating to MAKING AN APPROPRIATION TO THE HAWAII
HEALTHY AGING PARTNERSHIP PROGRAM
3:10 P.M., January 27, 2022, Conference Room 225 and Videoconference**

Dear Senator San Buenaventura and Members of the Committee on Human Services:

The Hawaii County Office of Aging fully supports SB2461, relating to Making an Appropriation to the Hawaii Healthy Aging Partnership Program. The passage of this appropriation ensures the aging network's ability to provide Kupuna and Caregivers opportunities to participate in evidence-based programs that assist them in making healthier life style choices.

Through education and support groups, participants are empowered to manage chronic illnesses, or provide them a choice to a better path of prevention. By learning to set program goals and participating in action workshops our Kupuna are better able to manage their health, which can lead to reduced healthcare cost.

In supporting this bill, we will ensure the empowerment of our Kupuna and caregivers to make healthier choices to live longer and better lives. In learning how to make healthier choices, our Kupuna will benefit from reduced risk of disease, disability, or injury allowing our Kupuna to remain living in their homes and communities for as long as possible.

Thank you for the opportunity to submit testimony on this measure.

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

William "Horace" Farr
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



CRAIG K. HIRAI
DIRECTOR

GLORIA CHANG
DEPUTY DIRECTOR

EMPLOYEES' RETIREMENT SYSTEM
HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND
OFFICE OF THE PUBLIC DEFENDER

**STATE OF HAWAII
DEPARTMENT OF BUDGET AND FINANCE**

P.O. BOX 150
HONOLULU, HAWAII 96810-0150

ADMINISTRATIVE AND RESEARCH OFFICE
BUDGET, PROGRAM PLANNING AND
MANAGEMENT DIVISION
FINANCIAL ADMINISTRATION DIVISION
OFFICE OF FEDERAL AWARDS MANAGEMENT (OFAM)

WRITTEN ONLY

TESTIMONY BY CRAIG K. HIRAI
DIRECTOR, DEPARTMENT OF BUDGET AND FINANCE
TO THE SENATE COMMITTEE ON HUMAN SERVICES
ON
SENATE BILL NO. 2461

**January 27, 2022
3:10 p.m.
Room 225 and Videoconference**

**MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP
PROGRAM**

The Department of Budget and Finance (B&F) offers comments on Senate Bill (S.B.) No. 2461.

S.B. No. 2461 appropriates \$500,000 in general funds in FY 23 to the Executive Office on Aging for the continuation of the Hawai'i Healthy Aging Partnership Program to improve the health and well-being of Hawai'i's kupuna.

B&F notes that the federal Coronavirus Response and Relief Supplemental Appropriations Act requires that states receiving Elementary and Secondary Schools Emergency Relief (ESSER) II funds and the Governor's Emergency Education Relief II funds must maintain state support for:

- Elementary and secondary education in FY 22 at least at the proportional level of the state's support for elementary and secondary education relative to the state's overall spending, averaged over FYs 17, 18, and 19.

- Higher education in FY 22 at least at the proportional level of the state's support for higher education relative to the state's overall spending, averaged over FYs 17, 18, and 19.

Further, the federal American Recovery Plan (ARP) Act requires that states receiving ARP ESSER funds must maintain state support for:

- Elementary and secondary education in FY 22 and FY 23 at least at the proportional level of the state's support for elementary and secondary education relative to the state's overall spending, averaged over FYs 17, 18, and 19.
- Higher education in FY 22 and FY 23 at least at the proportional level of the state's support for higher education relative to the state's overall spending, averaged over FYs 17, 18, and 19.

The U.S. Department of Education has issued rules governing how these maintenance of effort (MOE) requirements are to be administered. B&F will be working with the money committees of the Legislature to ensure that the State of Hawai'i complies with these ESSER MOE requirements.

Thank you for your consideration of our comments.



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facebook.com/AARPHawaii

**The State Legislature
The Senate Committee on Human Services
Thursday, January 27, 2022
3:10 p.m.**

TO: The Honorable Joy San Buenaventura, Chair
RE: Support for S.B. 2461, Relating to Healthy Aging Partnership

Aloha Chair San Buenaventura and Members of the Committee:

My name is Keali'i Lopez and I am the State Director for AARP Hawai'i. AARP is a membership organization of people age fifty and over, with over 140,000 members in Hawai'i. **AARP strongly supports S.B. 2461** which appropriates funds to the Healthy Aging Partnership.

Since the program's inception in 2003, the Healthy Aging Partnership (HAP) has continued to demonstrate its success as an evidenced-based health promotion and disease prevention program. This includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management (Better Choices, Better Health) workshops. Many kūpuna learned to effectively manage their health by making better health decisions and adopting healthier lifestyles through these programs.

With the COVID-19 pandemic, HAP modified its programs to safely accommodate participants in virtual classes, telephone sessions and even mailed toolkits to keep people engaged. We are pleased to learn that the EnhanceFitness and Better Choices and Better Health programs remain effective even through these modified learning formats, and participants are showing similar positive health outcomes prior to the pandemic. We ask that you continue funding these long-standing, successful health promotion programs to keep Hawai'i's kūpuna healthy and well.

Thank you very much for the opportunity to **support S.B. 2461**.

Sincerely,

A handwritten signature in black ink that reads "Keali'i S. Lopez".

Keali'i S. López
State Director

Chair Senator Joy San Buenaventura
Vice Chair Senator Les Ihara

SB 2461 in **SUPPORT**

Making an Appropriation to the Hawaii Health Aging Partnership Program

Chair San Buenaventura, Vice Chair Ihara and members of the Committee:

My name is Beverly Gotelli, speaking on behalf of the Policy Advisory Board on Elderly Affairs (PABEA) and I'm writing to express my support of SB 2461 Making an Appropriation to the Healthy Aging Partnership Program. This bill appropriates \$500,000 for the healthy aging partnership (HAP) program to further the program's role in improving the health and well-being of Hawaii's Kupuna. I know this bill refers to the Healthy Aging Partnership and its 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. Since COVID we have had to adapt, sessions are still three times a week via Zoom. I'm fortunate that the instructor has been able to keep us actively involved and maintain our healthy life style.

Healthy Aging Partnership is nationally recognized and has provided evidence – based programs although we don't meet in person, we have been able to maintain a healthy living. I don't know the current number of participants on Kaua'i but I do know that when our fellow participants are on vacation, they continue to participate via Zoom. In order to participate in the Enhance 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.

Healthy Aging Partnership Program data suggest there is a cost savings on health care for those who participate in Enhance Fitness.

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

One of the goals in the Hawaii State Plan on Aging is 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 to help us stay fit and live longer.

Funding of \$500,000 is needed in order to provide our kupuna with a healthy living program. Without this funding the program is at risk of closing. I'm confident that the Hawaii legislature will show leadership by supporting our kupuna through this legislation, SB2461.

Thank you for considering my testimony.

Beverly A. Gotelli
6286 Opaekaa Road
Kapaa, HI 96746

SB-2461

Submitted on: 1/26/2022 2:57:36 PM

Testimony for HMS on 1/27/2022 3:10:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
GARY SIMON	Testifying for Hawaii Family Caregiver Coalition	Support	No

Comments:

Dear Chair San Buenaventura, Vice Chair Ihara, and Honorable Members of the Senate Committee on Human Services,

I am Gary Simon, Treasurer of the Hawaii Family Caregiver Coalition (HFCC).

I am testifying as an individual who has worked in healthcare for over thirty years, and I am offering testimony on behalf of HFCC.

HFCC strongly supports Senate Bill 2461.

The Hawaii Healthy Aging Partnership Program is a good program (empowering our kupuna to engage in healthy lifestyles) based on good public policy (maintaining and improving the health of our residents).

We urge you to support the Hawaii Healthy Aging Partnership Program and SB 2461.

We thank you for seriously considering the bill.

Very sincerely,

Gary Simon

Treasurer

Hawaii Family Caregiver Coalition

SENATE COMMITTEE ON HUMAN SERVICES

Senator Joy A. San Buenaventura, Chair

Senator Les Ihara, Jr., Vice Chair

Hearing Date: Thursday, January 27, 2022, 3:10PM

**Re: SB 2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY
AGING PARTNERSHIP PROGR**

Aloha Chair San Buenaventura and Members of the Committee,

My name is Linda Dorset, a citizen of Wailuku, Maui, and a member of AARP. I thank you for the opportunity to submit written testimony regarding the above referenced legislation.

SB2461 Appropriating funds for the Hawaii healthy aging partnership program is important to further the program's role in improving the health and well-being of Hawaii's kupuna, and keeping them healthy so they don't need to rely on State-sponsored long-term care facilities

As the opportunities to hold in-person activities increase, the HHAP program is preparing to scale up the programs, in both remote and in-person formats, to help more kupuna to stay healthy. However, the programs are facing limited funding which will inhibit these programs from continuing and expanding to meet kupuna needs. Currently, the program depends on stretching the state appropriation made for the fiscal year 2019—2020, and it also receives a small amount of County appropriations and federal funds through Title IIID. Without State funding, the HHAP program may have to Close and, in that case, the executive office on aging would be unable to meet the first goal of the Hawaii state plan on aging, to maximize opportunities for older adults to age well, remain active, and enjoy life in their communities.

Thank you for your attention

Linda Dorset

Johnny Yago

From: Belinda Wallace [REDACTED]
Sent: Wednesday, January 19, 2022 8:57 AM
To: Johnny Yago
Subject: Enhanced fitness program

CAUTION: This email originated from outside the County of Kauai. Do not click links or open attachments even if the sender is known to you unless it is something you were expecting.

This program has provided me with health restoration. It is a big part of my life. This program is a routine for me. It's essential. Enhanced fitness increases my quality of life. Thank you, Belinda Wallace.

Johnny Yago

From: Wicki [REDACTED]
Sent: Wednesday, January 19, 2022 4:53 AM
To: Johnny Yago
Subject: Enhance Fitness Program

CAUTION: This email originated from outside the County of Kauai. Do not click links or open attachments even if the sender is known to you unless it is something you were expecting.

Aloha,

The purpose of this letter is to provide feedback on the Enhance Fitness Program provided by the State and administered by the County of Kaua'i.

I have participated in this program for approximately 7 years. As a result, at the age of 76, I am able to function fully.

It is my firm belief that my ability to walk several miles with ease, to enjoy good balance and therefore prevent falls and to take care of my home and own needs is a direct result of this carefully designed and well executed exercise program.

In addition to the clear physical benefits, the potential isolation of the participants as a result of living alone and/or Covid restrictions is prevented.

Our teacher, Debbie Lankford, is a gifted professional. She delivers the work in a spirit that inspires and supports our efforts to become and stay strong.

Johnny Yago cheerfully provides the evaluation and management essential to the overall program and is available to participants as needed.

Please continue to support Enhance Fitness as part of the budget process. Its health and social benefits are well worth the cost.

Aloha,

Wicki Van De Veer

Sent from my iPad

Johnny Yago

From: Lisa Alden [REDACTED]
Sent: Thursday, January 20, 2022 8:18 AM
To: Johnny Yago
Subject: Debbie Lankford's class

CAUTION: This email originated from outside the County of Kauai. Do not click links or open attachments even if the sender is known to you unless it is something you were expecting.

Hello,
I want to let you know how much Debbie Lankford's exercise class means to me! Her encouragement, knowledge of movement and energy are amazing! I look forward to her class and am sure it keeps me both physically and mentally fit!
Thank you,
Lisa Alden

Sent from my iPhone

SB-2461

Submitted on: 1/26/2022 1:41:28 PM

Testimony for HMS on 1/27/2022 3:10:00 PM

Submitted By	Organization	Testifier Position	Remote Testimony Requested
shirley kidani	Individual	Support	No

Comments:

I write as an individual in STRONG SUPPORT of SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

The Hawaii Healthy Aging Partnership (HHAP) has been working in communities to offer two evidence-based interventions to keep older adults healthy. HHAP offers EnhanceFitness and Better Choices Better Health (BCBH). Both programs are shown to generate savings in healthcare expenditures.

The funding appropriated by the Legislature is critical to enable the HHAP to continue to offer these two evidence-based health promotion interventions, keep older adults healthy, and reduce expenditure of health care costs.

Your support in moving the Hawaii Healthy Aging Partnership's efforts forward is appreciated. Thank you for the opportunity to provide testimony.

COMMITTEE ON HUMAN SERVICES

Hearing: Thursday, January 27, 2022, 3:10 p.m.
Conference Room 225 & Video Conference
State Capitol

**TESTIMONEY IN SUPPORT OF SB 2461
RELATING TO MAKING AN APPROPRIATION TO THE HAWAII
HEALTHY AGING PARTNERSHIP PROGRAM**

To: Senator Joy A. San Buenaventura, Chair; Senator Les Ihara, Jr., Vice Chair; Committee on Human Services

Thank you for the opportunity to submit written testimony in strong **support** of **SB 2461** relating to **An Appropriation to the Hawaii Healthy Aging Partnership Program**. The bill, 0000000000 two successful evidence-based programs that help senior self manage their chronic health conditions, and engages them in low-impact aerobic exercises. Both programs have pivoted to virtual learning instead of in-person and asking for funding to continue the program. appropriates funds to restore diagnostic, preventive and restorative dental benefits to adult Medicaid enrollees.

I urge you to support Hawaii's growing senior population by supporting SB 2461.

Anna Filler
Senate District 12, Kakaako-McCully-Waikiki
Email: afiller@twc.com