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KE KIA'ĀINA O KA MOKU'ĀINA 'O HAWAII

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STATE OF HAWAII
DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
EXECUTIVE OFFICE ON AGING
NO. 1 CAPITOL DISTRICT
250 SOUTH HOTEL STREET, SUITE 406
HONOLULU, HAWAII 96813-2831

Testimony in SUPPORT of HB1771 HD1
RELATING TO HEALTHY AGING PARTNERSHIP

REP. KYLE T. YAMASHITA, CHAIR
REP. LISA KITAGAWA, VICE CHAIR
COMMITTEE ON FINANCE

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

Hearing: Monday, February 26, 2024, 10:00 A.M., Conference Room 308

1 **EOA's Position:** The Executive Office on Aging (EOA), an attached agency to the Department of
2 Health, **supports** the intent of HB1771 HD1 provided that its enactment does not reduce or
3 replace priorities within the Administration's executive budget.

4 **Fiscal Implications:** Appropriates funds to EOA for the Hawaii Healthy Aging Partnership
5 (HHAP).

6 **Purpose and Justification:** HHAP improves the overall health and wellbeing of the state's aging
7 population by reducing health disparities. Approximately, 84.9% of people in Hawai'i, 60 and
8 older, live with one or more chronic conditions. HHAP offers two evidenced-based health
9 promotion programs: Enhance® Fitness and Better Choices Better Health—Ke Ola Pono.

1 Enhance®Fitness (EF) an exercise program shows that participants improve their strength,
2 balance, and mobility, increase exercise, and experienced fewer falls.

3 Better Choices Better Health (BCBH)- Ke Ola Pono is a 2 ½ hour workshop providing education
4 and training to manage and live with chronic health conditions. A BCBH participant saves an
5 average of \$654.18 in healthcare costs (University of Memphis Healthcare Costs Estimator Tool:
6 CDSMP).

7 Since 2019, HHAP has not received state funds from the legislature. We utilized COVID-19
8 pandemic funding to sustain the program however, without additional funding, the HHAP will
9 not be able to continue to offer the BCBH and Enhance®Fitness programs to older adults in the
10 State of Hawaii at its current level.

11 **Recommendation:** EOA supports an appropriation to the HHAP provided that its enactment
12 does not reduce or replace priorities with the Administration’s budget request.

13 Thank you for the opportunity to testify.



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**The State Legislature
House Committee on Finance
Monday, February 26, 2024
Conference Room 308, 10:00 a.m.**

TO: The Honorable Kyle Yamashita, Chair
FROM: Keali'i Lopez, State Director, AARP Hawai'i
RE: Support for H.B. 1771 HD1 Relating to Healthy Aging Partnership

Aloha Chair Yamashita and Members of the Committee:

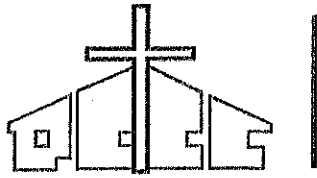
My name is Keali'i Lopez, and I am the State Director for AARP Hawai'i. AARP is a nonpartisan, social mission organization that advocates for individuals age 50 and older. We have a membership of nearly 38 million nationwide and nearly 140,000 in Hawaii. We advocate at the state and federal level for the issues that matter most to older adults and their families.

AARP Supports H.B. 1771 HD1 which appropriates funds to the Executive Office on Aging for the Hawaii Healthy Aging Partnership (HAP) program to continue improving the health and well-being of Hawaii's kūpuna. Without the legislative appropriation, HAP and key partners risk losing the capacity to serve kūpuna through these effective programs

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 learn to effectively manage their health by making better health decisions and adopting healthier lifestyles through these programs.

For the past two decades, these two health promotion programs have shown positive results in improving kūpuna's quality of life and reducing health care costs. Even during the COVID-19 pandemic, HAP had modified its programs to safely accommodate participants in virtual classes, telephone sessions and even mailed toolkits to keep people engaged. These programs continued to provide opportunities for kūpuna to socially connect with others in the community which is equally important to a person's overall health and mental well-being. Hawaii needs to keep and expand these effective health promotion programs that will help Hawaii's kūpuna's remain healthy throughout their lives.

Thank you very much for the opportunity to testify in strong support of H.B. 1771, HD1.



Pearl City Community Church

United Church of Christ

933 Lehua Avenue Pearl City, HI 96782 * (808) 455-4148

February 5, 2024

TO: Hawaii State Legislators

FROM: 
Dominic Inocelda, MSW

SUBJECT: TESTIMONY IN STRONG SUPPORT OF HB1771 AND SB2470 RELATING TO
THE HAWAII HEALTH AGING PARTNERSHIP

As Moderator of Pearl City Community Church, I write in STRONG SUPPORT of HB1771 and SB2470 Relating to the Hawaii Health Aging Partnership.

Thanks to our partnership with the Hawaii Healthy Aging Partnership, University of Hawaii-Center on the Family, and the YMCA of Honolulu, Pearl City Community Church is grateful for the opportunity to offer EnhanceFitness (an evidence-based falls prevention and group exercise program) in our community. Currently, two cohorts of participants are attending the classes and are seeing favorable outcomes.

The funding appropriated by the Legislature is critical to enable the Hawaii Healthy Aging Partnership to offer evidence-based programming across our State.

Your support of HB1771 and SB2470 will create opportunities for older adults across our State to access important evidence-based programs that keep them healthy and active in the community.

Thank you for the opportunity to provide testimony.

February 5, 2024

TO: Hawaii Legislators
FROM: Shirley Kidani
SUBJECT: TESTIMONY IN STRONG SUPPORT FOR HB1771 and SB2470 RELATING TO THE HAWAII HEALTH AGING PARTNERSHIP

I write in **STRONG SUPPORT of HB1771 and SB2470** Relating to the Hawaii Health Aging Partnership.

The Hawaii Healthy Aging Partnership has been working in communities to improve the health of older adults. The partnership does this by offering evidence-based interventions including the Better Choices Better Health (Ke Ola Pono) and EnhanceFitness programs.

I have been participating in the EnhanceFitness program at Pearl City Community Church since 2022. This program is offered by Hawaii's Healthy Aging Partnership to promote healthy aging in my community. The EnhanceFitness program has had a positive impact on my life. My overall fitness and well-being have improved because of this program.

Your support of HB1771 and SB2470 will provide funding necessary for the Hawaii Healthy Aging Partnership to continue to support older adults throughout our State.

Mahalo Nui Loa for the opportunity to provide testimony in support of HB1771 and SB2470 and the Hawaii Healthy Aging Partnership.



Date January 29, 2024

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Lillian L Muramatsu. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since September, 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

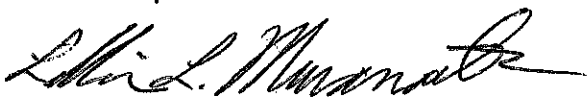
EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I have improved my muscle strength and my endurance to complete the one hour class. I have lost 3-4 pounds as the classes are three times a week. I enjoy meeting with the other participants and have formed friendships with others. The program not only meets the physical needs, but also the social needs of the participants.
I would like to see this program continue and expand with more participants. I have encouraged my friends to join the Enhance Fitness program to improve their physical and social skills.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



January 29, 2024

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 AND SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

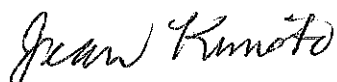
My name is Jean Kimoto and I live in Pearl City, Hawaii.

For the past 2 years I have been a participant at Pearl City Community Church in EnhanceFitness, an evidence-based falls prevention program offered by the Hawai'i Healthy Aging Partnership to promote healthy aging for seniors. I have also participated in a second sponsored program, Better Choices Better Health.

Being able to exercise has helped me to socialize and have fun with other seniors while learning how to remain healthy. The most significant impact it has had on my life is to keep mobile and free from falls. My health issues have remained under control and I have enough energy to volunteer at our church after school program and events at Lehua Elementary School.

Please fund the Hawai'i Healthy Aging Partnership so seniors will be able to continue exercising at EnhanceFitness in our State. Being able to keep healthy is very important to us.

Thank you for this opportunity to provide my testimony.

A handwritten signature in cursive script that reads "Jean Kimoto".

Jean Kimoto

1-31-2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP**

My name is Doreen Tanoue. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May, 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

The classes provide reprieve from my care-giving duties/ activities. It is also in my immediate neighborhood and close to home. I also enjoy the fellowship with my classmates.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Doreen Tanoue

1.31.24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Sharon Inake. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

My balance is better, My muscles feel firmer.
Moving to a beat helps me, a singer who's
rhythm-challenged. I'm even starting to
lose weight!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sharon Inake

Jan. 29, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Charlotte Kaneshiro. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since January. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

- Improved Balance
- Increased Stamina

Charlotte Kaneshiro

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Roy Inoue. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since ~ 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

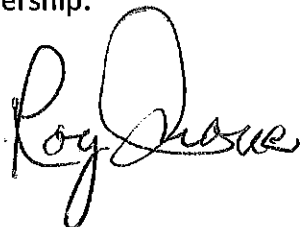
EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

PHYSICAL WELL BEING

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



1/29/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Shirley Ok. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I just loved it and it lifts up my spirit and outlook.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Shirley Ok

29 Jan 2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Carolyn Yoshimura. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

FALL PREVENTION
MENTAL & SOCIAL HEALTH
PHYSICAL FITNESS

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



FEB 29 24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Leyna Nakamura I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Nov. 23. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

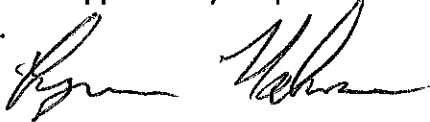
EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I feel more healthy & more socially happy with myself

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



Jan 29, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP**

My name is Nancy Yoshimoto. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

Definitely helps w/ my strengthening, flexibility, balance and stretching. Good for my over health. Good program!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Nancy Yoshimoto

Jan. 29, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP**

My name is Joyce Lee. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

1. More energy.
2. Able to move faster.
3. Socialization.
4. Positive attitude of instructors.
5. At age ~~60~~ I feel this program will help others to lead a more productive life. Please fund this program so more seniors will benefit from it.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Joyce Lee

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Arminta Nishimura live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 7/23 - 9/23. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

confidence and balance, new friends & fellowship.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Arminta Nishimura

1-29-24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Harriet Ho. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Sept 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

This program has given me an excellent way to routinely exercise which I would probably not do on my own. My blood pressure and blood glucose numbers have dropped. Mahalo to this program - Harriet

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Harriet Ho

1/29/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Sharon Fujik. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 9/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

- Improved my mobility + strength.
- Improved my overall health.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sh. Fujik

1/29/24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII'Ī HEALTHY AGING PARTNERSHIP**

My name is Sue Yamada. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 9/20/23. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I feel better & have much more energy! My balance has improved too. 😊

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sue Yamada

1/29/24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Frances Nakemere. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

- I feel more confident on my daily walks that I won't fall since the area that I walk has a lot of areas where the sidewalks are very uneven - my balance is better, my legs are stronger.
- I enjoy the social part - made new friends, many aren't part of church.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Frances Nakemere

1-29-2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP**

My name is CYNDI INOCELDA. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:
nonjudgemental

Experiencing such a well-rounded exercise program in a fun, at your own pace manner. of course the socialization has been over the top in encouragement and care for one another.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Cyndi Inocelda

1/29/24
Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Millie Yee. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I became a Noodle - all aspects of my life have been part of my heart - I'm almost 100% better. I have more balance. I know the group and the instructions.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

M. Yee

1-29-2024

Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP

My name is Irene Asato. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I am so thankful for the Enhance Fitness class. I have shown much improvement in my energy, memory and balance level as noticed by my PCP. Exercise on a routine 3x a week is so beneficial. As a senior citizen, I truly appreciate the program, teachers, etc.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



1-31-2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Kaiulani Hess. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since JULY 2024. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

ENHANCE FITNESS GETS ME OUT OF ~~THE~~ HOUSE OFF MY COUCH AND OUT WITH OTHERS. IT GETS ME MOVING AND BREATHING WITH PURPOSE OF TAKING CARE OF MY HEALTH.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

K. Hess

1/29/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Maua Nakasone. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since late 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I feel better! Knowing I am moving more and doing something beneficial for myself, at age 78 this class has been a blessing!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Maua Nakasone

1-29-24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Brenda Ho. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

Regular balancing exercises and wt bearing exercise to strengthen my upper body. I also enjoy the social aspect of being with like minded people- speaking to each other before and after class. Being accountable for

going to classes each week, I would not do it on my own.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Brenda Ho

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Karen Sakuma. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

More able to do everyday living. Much stronger in doing daily chores. Love the class

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Karen K Sakuma

1/29/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Carol Iwoshi. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 10/23/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

The pain in my right shoulder has subsided a bit. I was not able to reach up to higher level but after doing exercises at Enhance Fitness ~~myself~~ I am able to reach to higher levels. I have more mobility in my right shoulder.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Carol Iwoshi

2/12/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Dany Yap. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since _____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

More energy / fitness

Dany

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

2/12/24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP**

My name is Maile Ito. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Jan. 2024. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I just started last month but already feel a difference in my energy level and endurance. I don't feel as tired during the day. Strength and balance are my main weakness and I know this program will address them. Also I have fallen several times and endured bone fractures, so this is a great program to prevent falls for me.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Maile Ito

2/12/2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Helen "Lei" Yap. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since _____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

My balance, strength and overall stamina has improved and allowed me to participate in many activities i.e. pickleball on a regular basis

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Helen Yap

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Jacalyn Arakawa. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

Most definitely - a positive impact on my life, both physically & socially. I find improvement in my balance & also greater stamina physically. I hope we can continue this program and give others a chance at improving their fitness in all the target areas.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Feb. 16, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP**

My name is John Bartsch. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Aug, 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I have lost 12 lbs. and have maintained the lose. my strength, flexibility and balance have improved 100%. My hand and feet and brain coordination have improved 100%. I am not the same person that I was before taking this class. I feel 10 to 15 years younger.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

John Bartsch

2/16/23

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP**

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

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Aug 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

My balance has greatly improved. We have a very large dog at home who loves to be near us, so I take a lot of steps over him. I do so enjoy visiting friends and meeting new ones, the social time is fun. I feel very energetic everyday which makes household chores much easier and enjoyable. I encourage you to support the above bills which will benefit more senior citizens.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sandra/Sandi Bartack

Aloha,

I am not a member of the Pearl City Community Church, so my initial introduction to my EnhancedFitness comrades was when we all met in class last August. From the beginning, it was a revelation as I had never before met a group of more spirited and dynamic 70, 80, and 90-year old adventurers. Not only are they active in keeping fit, they are involved in after-school care, nurturing the arts, and attending to the underprivileged through community outreach programs. These kupuna, therefore, are contributing members of the public and, thus, their well-being should be a key focus for those entrusted with the power to enhance our social quality of life.

With many fitness options available, why should a specific program such as EnhancedFitness be funded? Although all options are valuable, from the perspective of a participant, EF has broader goals and curriculum.

- **Evidence-based** - sponsored by various seniors servicing and research organizations, EF relies on data to develop a course to reduce falls through cardio exercises, strength training, balance improvement, and muscle toning for the elderly.
- **Adaptability** – exercises can be tailored to your level and accommodations are made for specific limitations.
- **Engagement** – the instructors know us as individuals and there is a true sense that our success is their success.
- **Covid Protocol** – participation protocols are rigidly enforced to provide us with the safest environment possible.

Another benefit of EF is **application**. It is not merely an exercise program, it is meant to be woven into our day to day. For example, one of the exercises aims at reducing trips and falls by having us exaggerate step-over movements to avoid obstacles. Having done this many times in class, I find myself repeating in my head “step over, step over” when walking over a cord at home or maneuvering around boxes in the storage room. So the measurement of success is not just the assessment we take at the end of each semester, it’s the personal success of knowing that we have strengthened our own ability to affect outcome.

And you have the ability to affect the outcome of this bill. You have the ability to prioritize the health and safety of our kupuna. You have the ability to sponsor the opportunities that help them to remain as vital and productive as they hope to be.

Please support this bill.

Mahalo,

Ruriko Matsuoka
Pearl City Community Church
EnhancedFitness Member

HB-1771-HD-1

Submitted on: 2/24/2024 10:48:53 AM

Testimony for FIN on 2/26/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Sarah Yuan	Individual	Support	Written Testimony Only

Comments:

I strongly support HB1771, which appropriates funds to DOH-Executive Office on Aging for Hawai'i Healthy Aging Partnership (HAP). I am a faculty member of the University of Hawaii specializing in survey methodology and program evaluation and the co-evaluator of the HAP's programs; however, I am providing this testimony as an individual citizen. The HAP offers EnhanceFitness and Better Choices Better Health programs to enable seniors to become physically stronger, reduce the risk of falls, and enhance their ability to manage chronic health conditions. Prevention works. The public healthcare cost savings far outweigh the costs of running these nationally recognized evidence-based programs. Without continuous funding, the HAP will lose certified trainers and the program capacity they spent years to build. The demands for these evidence-based prevention programs have increased after the pandemic, and your support for HAP is critical. Thank you for the opportunity to testify.

Testimony on House Bill No. 1771, HD1

RELATING TO HAWAII HEALTHY AGING PARTNERSHIP

Aloha Chair Kyle Yamashita, Vice Lisa Kitagawa, and Members of the Committee

My name is Sharmen Graydon and I SUPPORT HB 1771,HD1 which appropriates funds to the Executive Office on Aging for the Healthy Aging Partnership (HAP) program. This health promotion offers two divisions, the Enhanced Fitness program and the Better Choices Better Health program. I am currently a participant in the Enhanced Fitness program here on Maui and am proof of the great benefits it provides for hundreds of kupuna on this island. I work out at a site in Haliimaile with 15-20 seniors three times a week with a very skilled trainer. We do stretching, cardio exercise and strength training for an hour each session. I need the space, the encouragement and the expertise of our leader. I feel comfortable with a group of my peers who share my commitment to maintaining fitness. Further, I look forward to the social interaction the class provides me, something I can't get with a zoom session. I thank you for your support in the past and ask you to please help me stay healthy by supporting this bill. And thank you for the opportunity to testify in support of HB 1771 HD1.

Submitted by: Sharmen Graydon Haiku, Maui

HB-1771-HD-1

Submitted on: 2/24/2024 2:08:59 PM

Testimony for FIN on 2/26/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Stephanie Austin	Individual	Support	Written Testimony Only

Comments:

Please support this important bill: the Kupuna of Maui

anf Hawaii need increased support in these hard times!

Hawaii's kupuna have grown by 37.6% since April 1, 2010, with an average growth rate of 3.5% annually, per the State. And an increasing percentage of homeless are elderly: this is shocking and shameful! Your support is essential!

HB-1771-HD-1

Submitted on: 2/24/2024 6:07:42 PM

Testimony for FIN on 2/26/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Brian Lehmann	Individual	Support	Written Testimony Only

Comments:

Honorable Committee,

I have participated in the Enhance Fitness program on Maui, both pre and post-pandemic, virtually and in-person, for a number of years. It has been quite beneficial to my health and well-being, both physically and socially, during that time. I urge the appropriation of funding so this important outreach can continue.

Thank you.

Brian Kd Lehmann

HOUSE COMMITTEE ON FINANCE
Rep. Kyle T. Yamashita, Chair
Rep. Lisa Yamashita, Vice Chair

NOTICE OF HEARING
Monday, February 26, 2024
TIME: 10:00 a.m.

**Re HB 1771 HD1 RELATING TO THE HAWAI'I HEALTH AGING
PARTNERSHIP**

**Aloha Chair Yamashita, Vice Chair Yamashita, and Members of the
Committee. My name is Linda Dorset, and I am in STRONG SUPPORT of
HB1771 HD1. The bill Appropriates funds to the Executive Office on Aging of
the Department of Health for the Hawaii Healthy Aging Partnership**

**The Hawaii healthy aging partnership was established in 2003 to improve the
health status of older adults by empowering residents to make healthy
decisions and engage in healthier lifestyles There are two evidenced-based
programs: Better Choices Better Health (Ke Ola Pono, or "living well")
empowers and teaches participants to manage chronic disease, and
EnhanceFitness offers an effective research-driven exercise program to
improve the overall functional fitness and well-being of older adults. As a
former Maui County Executive on Aging explained to me, the programs are
about maintaining the health of older residents and keeping them out of the
State funded healthcare system. That seems to me to be a win-win tradeoff.
Even though Maui County's programs are wildly popular, there is insufficient
funding to be able to accommodate all who apply. Please support these
programs.**

Mahalo for the opportunity to testify!

**Linda Dorset
Wailuku, Maui**

2/23/2024

TO: House Committee on FINANCE
Honorable Chair Rep. Kyle Yamashita
Honorable Vice-Chair Rep. Lisa Kitagawa

FROM: Michiyo Tomioka

SUBJECT: HB1771HD1 RELATING TO THE HAWAII'I HEALTH AGING PARTNERSHIP

HEARING: Monday, February 26, 2024, 10:00 a.m. Conference Room 308 & Videoconference

POSITION: Support of HB1771HD1

I write in STRONG SUPPORT of HB1771HD1 Relating to the Hawaii Healthy Aging Partnership. The Hawaii Healthy Aging Partnership has been working in communities to improve the health of older adults. The partnership offers evidence-based interventions, including a chronic disease self-management program called Better Choices Better Health -Ke Ola Pono and a group exercise fall prevention program called EnhanceFitness. Both programs have proven effective for older adults to stay active in the community and save medical costs.

Without these programs, more older adults would access emergency and acute health services for falls and chronic diseases. As our population ages, we need to put more effort into keeping our kupuna healthy and at home, and out of more costly care facilities.

Hawaii Healthy Aging Partnership is in a critical situation. This appropriation will help them to keep the statewide coordinator, evaluator, and trainers. They play critical roles in sustaining the Hawaii Healthy Aging Partnership and these great programs.

Mahalo for your support of these important measures to keep our kupuna healthy and independent.



Michiyo Tomioka

HB-1771-HD-1

Submitted on: 2/25/2024 9:08:32 PM

Testimony for FIN on 2/26/2024 10:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Kay Kuwamura	Individual	Support	Written Testimony Only

Comments:

Our kupuna need your help!

My name is Kay Kuwamura and I am in SUPPORT of HB1771. This bill appropriates funds to the Executive Office on Aging for the Healthy Aging Partnership (HAP) program. This, very successful health promotion program, offers exercise AND education. EnhanceFitness (EF) is a low-impact exercise class designed for older adults and Better Choices, Better Health (BCBH) is a self-directed chronic disease management program. Both programs have been proven to be effective in improving the lives of our kupuna and in reducing health care costs. Since 2007, HAP has served over 5000 kupuna statewide and growing. In addition to providing exercise and education, these programs provide an ever-important social outlet for our kupuna, attributing to their mental health and overall wellbeing. HAP continues to be a cost effective program and one that has tremendous value in keeping our kupuna healthy. Please continue to support this program with the necessary funding. Thank you for this opportunity to testify in support of HB1771.

Sincerely,
Kay Kuwamura

Master Trainer

EnhanceFitness Kauai