

JOSH GREEN, M.D.
GOVERNOR OF HAWAII
KE KIA'ĀINA O KA MOKU'ĀINA 'O HAWAII



CAROLINE CADIRAO
DIRECTOR
Executive Office on Aging

KENNETH FINK, MD, MGA, MPH
DIRECTOR OF HEALTH
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DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
EXECUTIVE OFFICE ON AGING
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Testimony in SUPPORT of HB1771
RELATING TO HEALTHY AGING PARTNERSHIP

REP. LISA MARTEN, CHAIR
REP. TEREZ AMATO, VICE CHAIR
HOUSE COMMITTEE ON HUMAN SERVICES

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

Hearing: Tuesday, January 30, 2024, 9:00 A.M., Conference Room 329

1 **EOA's Position:** The Executive Office on Aging (EOA), an attached agency to the Department of
2 Health, supports the intent of HB1771 provided that its enactment does not reduce or replace
3 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) is a 1-hour group exercise program offered three times a week over a 16-
2 week cycle. Routine exercises address strength, balance, endurance, and flexibility and are
3 geared for both active and frail older adults. Program results showed that participants
4 improved their strength, balance, and mobility, exercised more, and experienced fewer falls..

5 Better Choices Better Health (BCBH)- Ke Ola Pono is a 2 ½ hour workshop offered weekly over a
6 6-week period. The workshops are facilitated by two trained leaders and provide education and
7 training on how older adults can better manage and live with chronic health conditions and
8 improve their interactions with health care providers. A BCBH participant saves an average of
9 \$654.18 in healthcare costs (University of Memphis Healthcare Costs Estimator Tool: CDSMP).

10 BCBH and EF programs have significant impact on quality of life, and independence, while
11 saving on overall healthcare costs. These two evidence-based programs are important and
12 effective public health interventions.

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

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

19 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@hawaiiintel.net
West Hawai'i Civic Center, 74-5044 Ane Keohokālole Highway, Kailua-Kona 96740
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January 29, 2024

Representative Lisa Marten, Chair
Representative Terez Amato, Vice-Chair
Hawaii State Capitol
415 South Beretania Street
Honolulu, HI 96813

**Re: Support of HB1771, relating to the Hawai'i Healthy Aging Partnership
9:00 A.M., January 30, 2024, Conference Room 329 VIA Videoconference**

Dear Representative Marten and Members of the Committee on Human Services:

The Hawai'i Healthy Aging Partnership has been very instrumental in working to improve the health of our older individuals within our communities. The partnership offers evidence-based interventions, such as chronic disease self-management, group exercise, and fall prevention programs. These programs have been shown to effectively assist our older adults to continue to remain active and engaged with their communities by assisting them in monitoring and maintaining a healthy life style. Therefore, the Hawaii County Office of Aging (HCOA) fully supports HB1771, relating to Hawai'i Healthy Aging Partnership.

As an Area Agency on Aging, the passage of this measure will enable us to better fulfill our goal and mission of helping our Kupuna to remain living independently and with dignity in their homes and engaging in their communities for as long as possible.

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

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.*



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The State Legislature
House Committee on Human Services
Tuesday, January 30, 2024
Conference Room 329, 9:00 a.m.

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

Aloha Chair Marten 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 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.

Beverly Gotelli
6286 Opaeka`a Road
Kapaa, HI 96746

COMMITTEE ON Human Services

Rep. Lisa Marten, Chair
Rep. Terez Amato, Vice Chair

Monday, January 30, 2024

TIME: 9:00 A.M. PLACE: VIA VIDEOCONFERENCE
Conference Room 329

HB 1771

Title: Hawaii Healthy Aging Partnership; Executive Office on Aging; Department of Health; Appropriation

Position: Support

Chair Martin, Vice Chair Amato and members of the Committee:

I am Beverly Gotelli, Chair of the Policy Advisory Board for Elder Affairs (PABEA), which is an appointed board tasked with advising the Executive Office on Aging (EOA). My testimony does not represent the views of the EOA but of PABEA.

As a participant of Enhanced Fitness, this is one of the Healthy Aging Partners. I'm writing in support of HB 1771 as the bill states it is evidence-based program and began in 2003, it is beneficial in many ways to the participants. I live on the island of Kaua'i.

I have been a participant of the Enhanced Fitness program for 5 years and have benefitted from a healthier lifestyle. The members meet three times a week for an hour. Our instructor during the pandemic and currently has provided us with lessons via Zoom. The hour spent together not only helps us physically but also mentally. We can interact with each other socially and that has been missed by many during the pandemic. Funding has been appropriated in the past and I would like to see it be included this year. The last time HAP was appropriated state funds from the legislature was in 2019 for \$550,000.

My fellow participants have built up a strong relationship through the program. We have been able to share with each other our medical and personal problems. This program has many benefits for Kupuna and provided interaction that has been missed. Funding is the key issue and without the appropriation the programs may need to end. Thank you for the opportunity to testify in support of HB 1771.

Sincerely yours,

Beverly Gotelli PABEA
Chair

HB-1771

Submitted on: 1/28/2024 10:53:58 AM

Testimony for HUS on 1/30/2024 9:00:00 AM

Submitted By	Organization	Testifier Position	Testify
catherine van de veer	Individual	Support	Written Testimony Only

Comments:

Aloha,

I am writing to support full finding for the Enhanced Fitness Program (HB1771). I am 78 years old and have been attending classes led by Debbie Lankford for eight on Kaua'i in person and through Zoom. Although I know many have benefitted individually through improved strength, balance and flexibility in their kupuna years, I would like to point out that this program prevents falls and other injuries older people often experience. So, indirectly, medical costs and hospitalizations are reduced.

My particular situation is that I must be away from Kauai part of the time and am so grateful that I can participate via Zoom. My balance, strength and flexibility have improved over the years, even as I age. Because of this, I am able to live independently.

Mahalo for supporting HR1771.

HB-1771

Submitted on: 1/28/2024 11:26:32 AM

Testimony for HUS on 1/30/2024 9:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Denise M. Fields	Individual	Support	Written Testimony Only

Comments:

Aloha Chair Lisa Marten, Vice Chair Terez Amato, and Members of the Committee:

My name is Denise Fields, and in SUPPORT of HB 1771. The bill appropriates funds to the Executive Office on Aging for the Healthy Aging Partnership (HAP) program. This is a very successful health promotion program that offers EnhanceFitness, a low impact aerobic classes and Better ChoiceS, Better Health- a self directed chronic disease management program. The two health promotion programs have shown positive results in improving kūpuna’s quality of life and reducing health care costs. Since 2007, HAP has served 5,117 kūpuna statewide. Besides providing exercise and education, these programs provide opportunities for kūpuna to socially connect with others in the community which is equally important to maintain mental health and overall well-being. HAP has demonstrated to be a cost effective program that keeps Hawaii kupuna healthy. Please continue to support this program with the necessary funding. Thank you for the opportunity to testify in support HB 1771.

Denise M Fields

Princeville, Kauai

Denise.M.Fields@gmail.com

HB-1771

Submitted on: 1/28/2024 1:04:50 PM

Testimony for HUS on 1/30/2024 9:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Kay Kuwamura	Kauai Agency on Elderly Affairs	Support	Written Testimony Only

Comments:

To: Chair Lisa Marten, Vice Chair Terez Amati, and Members of the House Committee on Human Services

From: Kay Kuwamura, Master Trainer for EnhanceFitness Kauai

Date: January 28, 2024

Aloha Chair Lisa Marten, Vice Chair Terez Amati, and Members of the HUS,

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 is a very successful health promotion program that offers EnhanceFitness (EF) and Better Choices, Better Health (BCBH). EF is a low-impact exercise class designed for older adults and 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

HB-1771

Submitted on: 1/28/2024 5:07:00 PM

Testimony for HUS on 1/30/2024 9:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Elizabeth Duarte	Individual	Support	Written Testimony Only

Comments:

Mahalo for the opportunity to submit my statement of support for HB1771, as my physical and mental health have been extended instrumentally due to the applied and consistent organisation of the Enhance Fitness program.

Grateful aloha,

Elizabeth Duarte

Kaua'i island

HB-1771

Submitted on: 1/28/2024 7:26:57 PM

Testimony for HUS on 1/30/2024 9:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Jennifer A Cullen	Individual	Support	Written Testimony Only

Comments: >Aloha Chair Lisa Marten, Vice Chair Terez Amato and Members of the Committee: >My name is Jennifer Cullen and I am in support of HB 1771. The bill appropriates funds to the Executive Office on Aging for the Healthy Aging Partnership (HAP) program, This is a very successful health program which offers Enhanced Fitness, a low impact aerobics class which I have participated in for at least seven years. This class is invaluable to me, physically as well as mentally and emotionally. I have lived with the chronic disease of Type1 Diabetes for 60 years and now at age 72, I am fortunate to enjoy excellent health. In large part, I attribute this to exercise. Enhanced Fitness is a large part of my effort to continue my healthy lifestyle. Please continue to support this program with the necessary funding. Thank you for the opportunity to testify in support of HB 1771. Jennifer Cullen Kilauea Kauai jleighcullen@msn.com jleighcullen

HB-1771

Submitted on: 1/28/2024 8:50:09 PM

Testimony for HUS on 1/30/2024 9:00:00 AM

Submitted By	Organization	Testifier Position	Testify
shirley kidani	Individual	Support	Written Testimony Only

Comments:

I write in **STRONG SUPPORT of HB1771** Relating to the Hawai'i Health Aging Partnership.

The Hawai'i 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 Hawai'i'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 will provide funding necessary for the Hawai'i 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 the Hawai'i Healthy Aging Partnership.

1/28/2024

TO: House Committee on HUMAN SERVICES
Honorable Chair Rep. Lisa Marten
Honorable Vice-Chair Rep. Terez Amato

FROM: Michiyo Tomioka

SUBJECT: HB1771 RELATING TO THE HAWAII'I HEALTH AGING PARTNERSHIP

HEARING: Tuesday, January 30, 2023, 9:00 a.m. Conference Room 329 & Videoconference

POSITION: Support of HB1771

I write in STRONG SUPPORT of HB1771 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

Testimony on House Bill No. 1771

RELATING TO HAWAII HEALTHY AGING PARTNERSHIP

Aloha Chair Lisa Marten, Vice Chair Terez Amato, and Members of the Committee

My name is Sharmen Graydon and I SUPPORT HB 1771 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.

Submitted by: Sharmen Graydon Haiku, Maui

HB-1771

Submitted on: 1/29/2024 8:35:37 AM

Testimony for HUS on 1/30/2024 9:00:00 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 at 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 considering this testimony.

HB-1771

Submitted on: 1/29/2024 9:24:26 AM

Testimony for HUS on 1/30/2024 9:00:00 AM

Submitted By	Organization	Testifier Position	Testify
Dan Gardner	Individual	Support	Written Testimony Only

Comments:

Chair Marten, Vice Chair Amato, and Members of the Committee,

My name is Dan Gardner and my wife and I are strong supporters of HB 1771. Passage of this Bill will provide funding to the Executive Office of Aging for the Healthy Aging Partnership (HAP) program. HAP offers two very successful health promotion efforts: Enhance Fitness providing low impact aerobic classes and Better Choices / Better Health - a self directed chronic disease management program. Both of these initiatives have shown positive results in improving the quality of life of our Kupuna. Please continue to support HAP with the necessary funding.

Dan Gardner, Honolulu

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.

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

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 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.

Jan 29, 2024

Date

Dear Hawaii Legislators,

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

My name is Soyew 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.

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.

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.

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I 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 Nabil - all aspects of my life have been great
my heart - I'm almost 100% better. I have more balance
I love the group & 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.

29 Jan 2024
Date

Dear Hawaii Legislators,

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

My name is Carvin Yoshitama. 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.

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.

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.

1-29-2024

Date

Dear Hawaii Legislators,

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

My name is Irene Aaato. 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.

FEB 29 29

Date

Dear Hawaii Legislators,

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

My name is Leyana 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 lively & 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.

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 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 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.

1/29/24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I 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.

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 Nekasone. 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.

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 Fujita. 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.

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.

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.

January 29, 2024

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 AND SB2470
RELATING TO THE HAWAII 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

Jan 29, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'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 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.

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.

LORI TSUHAKO, LSW, ACSW
P.O. Box 1565
Wailuku, HI 96793
Itsuhako@hotmail.com

January 29, 2024

Honorable Lisa Marten, Chair
House Committee on Human Services

**SUBJECT: HB 1771 RELATING TO THE HAWAII HEALTHY AGING
PARTNERSHIP**

Hearing Date: Tuesday, January 30, 2024, 9:00 a.m.

POSITION: Strong support

I write to express my strong support of HB1771 Relating to the Hawaii Healthy Aging Partnership. The Hawaii Healthy Aging Partnership has been working for many years and in many communities across the State to improve the health of our precious kupuna. Evidence-based practices (proven to be effective and cost efficient) have been offered to kupuna to address issues such as chronic disease management and improved fitness and balance. These programs have provided significant benefits to kupuna to keep them healthy as they age, avoid institutionalized care, and have resulted in measurable savings in medical costs.

My experience with these programs has led me to conclude, however, that the most significant benefit is in the improved quality of life these programs offer our elders. Gathering together to learn and to exercise helps to reduce the risk of social isolation. Even those who join these programs via virtual means can feel supported, encouraged, and fulfilled.

As our state's population ages, we must provide programs such as the Hawaii Healthy Aging Partnership's offerings, to off-set the increasing cost of medical care. Keeping our kupuna healthy, living at home, and as independent as possible is of the highest value for their quality of life. Please support the efforts to keep the Hawaii Healthy Aging Partnership fully operational and able to expand to serve more kupuna.

Respectfully



LORI TSUHAKO, LSW, ACSW