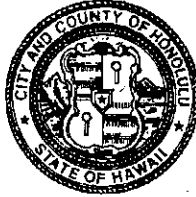


LATE

DEPARTMENT OF COMMUNITY SERVICES
CITY AND COUNTY OF HONOLULU

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TO: THE HONORABLE ROSALYN H. BAKER, CHAIR
THE HONORABLE CLARENCE K. NISHIHARA, VICE CHAIR
AND MEMBERS OF THE COMMITTEE ON COMMERCE,
CONSUMER PROTECTION, AND HEALTH

THE HONORABLE JOSH GREEN, CHAIR
THE HONORABLE STANLEY CHANG, VICE CHAIR
AND MEMBERS OF THE COMMITTEE ON HUMAN SERVICES

FROM: NALANI AKI, ~~COUNTY EXECUTIVE ON AGING~~
~~DEPARTMENT OF COMMUNITY SERVICES~~

SUBJECT: ~~SUPPORT~~ FOR SB 531, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

The Elderly Affairs Division (EAD) is Honolulu's designated Area Agency on Aging and operates in accordance with the Older Americans Act of 1965 to coordinate, advocate, and improve services to assist older persons in leading independent, meaningful, and dignified lives in their own homes and communities for as long as possible.

This bill includes funding for important programs that support the needs of the increasing population of elderly residents in Hawaii. The funding included in this bill is essential to maintain the health and welfare of our most vulnerable seniors and their caregivers. We strongly support funding for SB 531.

Through the Healthy Aging Partnership, the State Executive Office on Aging implements Stanford University's Chronic Disease Self-Management Program, an evidence-based program that provides education, training, and support groups to persons with chronic conditions to assist them in managing their own care. Also implemented is Enhance Fitness, an exercise program that focuses on maintaining strength, flexibility, and balance to maintain health and function of older adults. Since both these programs are evidence based, there are empirical data to support the effectiveness of both these programs in maintaining and/or improving the health status of the elderly participants of these programs. In addition, other evidence-based self-management programs have been introduced for arthritis and diabetes. We would urge your committees to approve funding for this program in light of the rising healthcare costs associated with the rapidly growing elder population in Hawaii.

TO: THE HONORABLE ROSALYN H. BAKER, CHAIR
THE HONORABLE CLARENCE K. NISHIHARA, VICE CHAIR
AND MEMBERS OF THE COMMITTEE ON COMMERCE, CONSUMER
PROTECTION, AND HEALTH

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AND MEMBERS OF THE COMMITTEE ON HUMAN SERVICES

February 1, 2017

Page 2

We urge the committees on Commerce, Consumer Protection and Health and on Human Services to support funding of this vital program. Thank you for the opportunity to provide this testimony.

TO: Senator Rosalyn H. Baker, Chair, Senator Clarence K. Nishihara, Vice Chair
Committee on Commerce, Consumer Protection, and Health
Senator Josh Green, Chair, Senator Stanley Chang, Vice Chair
Committee on Human Services

FROM: Sarah Yuan
~~Policy Advisory Board for Elder Affairs~~

SUBJECT: SB 531 Relating to the Health Aging Partnership Program

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

POSITION: PABEA ~~strongly supports~~ SB 531 which appropriates \$550,000 for fiscal year 2017-2018 and the same amount or fiscal year 2018-2019 for the Healthy Aging Partnership program to further the program's important role in improving the health and well-being of Hawaii's kupuna.

The PABEA (Policy Advisory Board for Elder Affairs) has a statutory obligation to advocate on behalf of the senior citizens of Hawaii. While we advise the Executive Office on Aging, we do not speak on its behalf.

The Healthy Aging Partnership (HAP), established in 2003, aims to implement evidence-based prevention and disease self-management strategies to empower older adults to stay healthy, active, and socially engaged. It is a joint effort by the EOA, County Offices on Aging, non-profit senior services providers, and the University of Hawai'i.

The HAP offers two programs:

- EnhanceFitness®, a low-cost, highly adaptable exercise program that has proven to be effective for older adults who are active as well as unfit or near frail. These one-hour group classes are designed to work the cardiovascular system and improve participants' balance, flexibility, and muscle strength.
- Chronic Disease Self-Management (CDSMP), a six-week workshop series in which a small group of participants meet once a week for 2.5 hours to learn how to better manage their chronic conditions, improve their quality of life, and lower health care costs.
 - General Chronic Disease Management—The *Ke Ola Pono: Healthy Living* focuses on all types or combinations of chronic conditions, including high blood pressure, cancer, being overweight, diabetes, stroke, asthma, and heart disease.
 - Diabetes Self-Management—*Living Well with Diabetes* is designed for individuals with Type 2 Diabetes or Pre-diabetes and their caregivers.

Evaluation research conducted by the University of Hawai'i Center on Aging shows that these programs reduced hospital stays, emergency room use, and falls among the frail elderly and increased physical functioning, thus resulting in substantial reductions in health care costs. Furthermore, national studies conclude that the annual total health cost of these participants was \$642 compared to non-participants

at \$1,175. Those who attend the EnhanceFitness® class once a week show a health care costs savings of 6%. Those who attend more than once a week show a cost savings of 21%.

However, the state didn't fund this program in either FY16 or FY17. In FY16, the program was supported by carry over funds, which are depleting rapidly. Unless the counties find other funding, these programs simply will vanish.

With the appropriation of \$550K for FY18, the Health Aging Partnership program will be able to serve 220 participants through 22 Chronic Disease Self-Management Program (CDSMP) workshops (\$92,400) and 575 participants through classes for EnhanceFitness® (\$344,600).

Thank you for the opportunity to testify.

THE SENATE

Committee on Commerce, Consumer Protection, and Health

Senator Rosalyn H. Baker, Chair

Senator Clarence K. Nishihara, Vice Chair

Committee on Human Services

Senator Josh Green, Chair

Senator Stanley Chang, Vice Chair

State Capitol, Conference Room 016

Wednesday, February 1, 2017; 2:45 p.m.

**STATEMENT OF THE ~~ILWU LOCAL 142~~ ON S.B. 531
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 ~~strongly supports~~ S.B. 531, which appropriates funds for the Healthy Aging Partnership program to further the program's important role in improving the health and well-being of Hawaii's kupuna.

The Healthy Aging Partnership is a program that facilitates chronic disease management and exercise and fitness programs for the elderly to maintain their health. An evidence-based health promotion program, the Healthy Aging Partnership helps seniors to become more aware of their health, provides them with education and tools to help them eat right, adjust their lifestyles, exercise, and use medication and doctor visits appropriately. The program is nationally recognized and Hawaii's program received an award from the American Society on Aging in 2013.

The only drawback is that the Healthy Aging Partnership can only serve so many kupuna. But if the appropriation called for in S.B. 531 is not provided, even fewer kupuna, and possibly none, will be able to benefit from this program that has been able to keep seniors healthy and active. Replication of the program with a "train the trainer" component using volunteers may be an option to increase the numbers who could benefit from the Healthy Aging Partnership.

The ILWU strongly urges passage of S.B. 531. Thank you for the opportunity to provide testimony on this measure.

CPH Testimony

From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 1, 2017 2:07 PM
To: CPH Testimony
Cc: matsudar1008@hawaii.rr.com
Subject: Submitted testimony for SB531 on Feb 1, 2017 14:45PM

Categories: Late (Printed)

SB531

Submitted on: 2/1/2017

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

Submitted By	Organization	Testifier Position	Present at Hearing
Nancy Y. Matsuda	Individual	Comments Only	No

Comments: Please vote to appropriate funding for the Enhanced Fitness Program. I attend the Waimea, Kauai program which is always well-attended and the 28 or so of us are benefitting from the exercises we do three times a week. When I first started 4 months ago, I was having difficulty reversing my car because of neck stiffness, but now I have more mobility and am a safer driver. My cholesterol count has improved from the exercises I do and I feel a lot fitter and healthier than I have in a long time. Beyond the improvement in my fitness, the class affords us seniors to spend time socializing before and after the exercise sessions. Please, fund this worthwhile program. Thank you.

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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CPH Testimony

From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 1, 2017 10:02 AM
To: CPH Testimony
Cc: matsudag006@hawaii.rr.com
Subject: Submitted testimony for SB531 on Feb 1, 2017 14:45PM

LATE

Categories: Late (Printed)

SB531

Submitted on: 2/1/2017

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

Submitted By	Organization	Testifier Position	Present at Hearing
Linda Matsuda	Individual	Support	No

Comments: I am in support of Bill SB0531 Enhance Fitness. I had open heart surgery last year and the senior exercise classes that I go to on Monday, Wednesday and Friday have helped me greatly in my recovery. It is helping me lose the weight I need to lose and also regain my strength. These classes are very important for the seniors in Hawaii.

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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