

# Papa Ola Lōkahi

Nānā I Ka Pono Na Mā





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## **KA ʻĪKENA**

### ***Vision***

A thriving Native Hawaiian community composed of healthy individuals and families informed about their rich heritage and culture, living in a state of lōkahi, unity, and making informed choices and responsible decisions in a safe island society that is pono.

## **KE ALA MĀLAMALAMA**

### ***Mission***

To improve our health and wellness, that of our families and others by advocating for, initiating, and maintaining culturally appropriate strategic actions aimed at improving our physical, mental and spiritual health and well-being and empowering us to determine our own destinies.



October 2015

**Aloha no,**

I am pleased to offer you this quick reference to the work of Papa Ola Lōkahi, the Native Hawaiian Health Scholarship Program and the five Native Hawaiian Health Care Systems, authorized by Congress through the Native Hawaiian Health Care Act of 1988 “to raise the health status of Native Hawaiians to the highest level possible.”

This guide serves as an introduction to who we are, who we serve, and what we do. As you read through this summary, we hope that you will take the time to learn more by going to the web links provided and availing yourself to the services and programs offered.

We look forward to hearing from you about how we can work together to improve the health of our people.

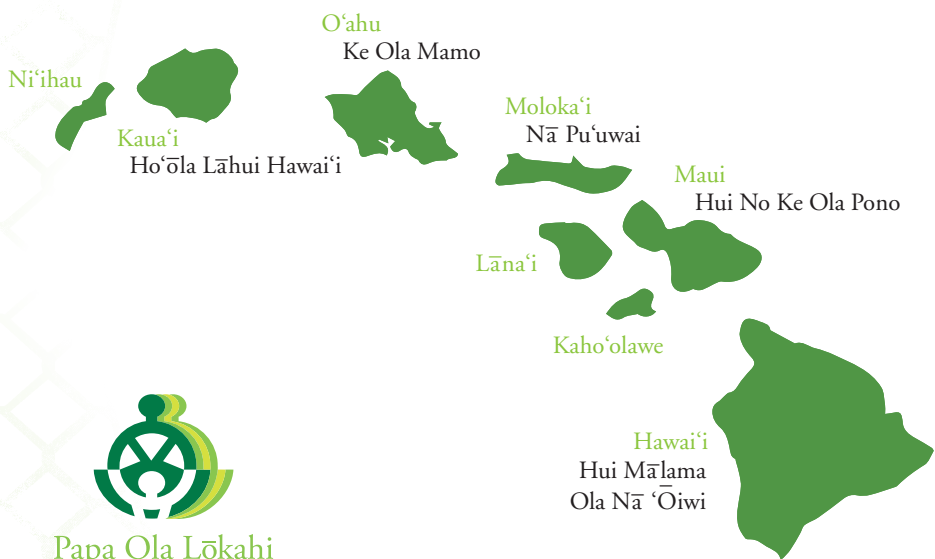
Me ka ha‘aha‘a,

*Sharlene Chun*



**Sharlene Chun-Lum,**  
Executive Director





Papa Ola Lōkahi  
Nānā I Ka Pono Na Mā



*Native Hawaiian Health Program*

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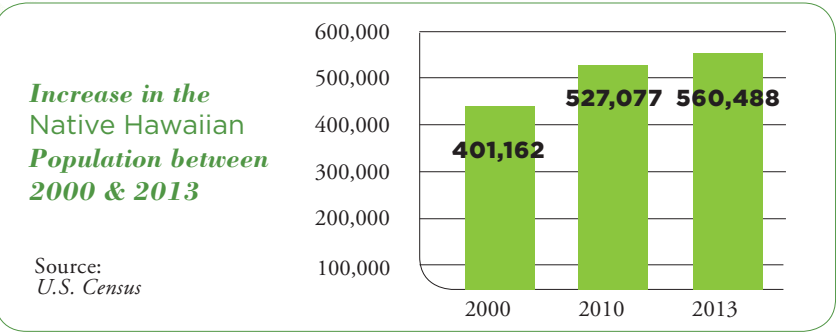
our  
MO'OLELO

In 1985, *E Ola Mau, The Native Hawaiian Health Needs Assessment*, reported on the disparate rates of death and illness and identified three key findings: health care was delayed due to lack of available services resulting in poorer outcomes; Hawaiians were less likely to participate in health screenings and other preventive health practices, and; significant underrepresentation of Native Hawaiians in health care professions.

To address the E Ola Mau findings, Congress passed the Native Hawaiian Health Care Act (Public Law 100-579) of 1988, establishing Papa Ola Lōkahi (POL) to administer the Act. It was re-authorized as the Native Hawaiian Health Care Improvement Act (NHHCIA) in 1992, (P.L. 102-396), and again in 2010. The NHHCIA is administered by the Health Resources & Services Administration (HRSA) within the U.S. Department of Health and Human Services (US DHHS).

As a community-based, non-governmental entity, our kuleana (*responsibility, accountability*) is to implement the mandates of the NHHCIA to “raise the health status of Native Hawaiians to the highest possible level.” We achieve this through strategic partnerships, programs and public policy. POL also serves as the body with which federal agencies shall enter into consultation around issues of Hawaiian health policy and health care.

our  
COMMUNITY



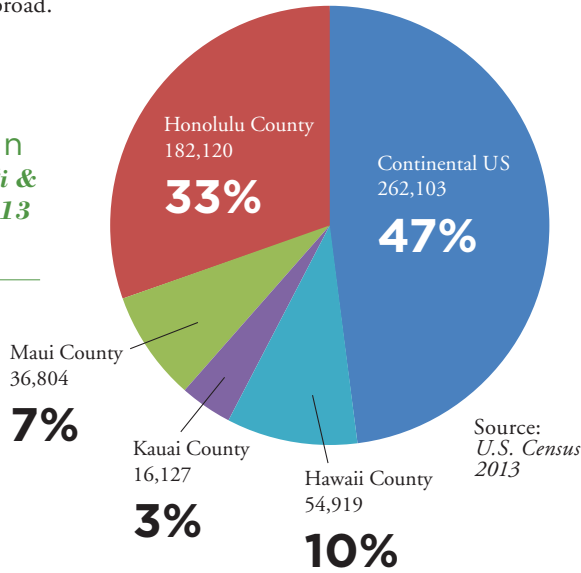
The 2010 Census shows that Native Hawaiians (NH) and Pacific Islanders were one of the fastest growing groups in the US, with NH growth from 2000 (401,162) to 2010 (527,077), increasing by 31%. The NH population is projected to nearly double by 2050. This may occur sooner, as US Census already counted the number of NHs in 2013 at 560,488.



The Native Hawaiian community is more than half a million strong. Kānaka Maoli are on every Hawaiian island and in every state across the continental United States. More than 52.5% (289,970) of all Hawaiians reside within the Hawaiian Islands, the majority on O‘ahu. Approximately 47.5% (262,103) Hawaiians reside on the continental U.S., with the highest concentration on the West Coast. Partnerships with the Association of Hawaiian Civic Clubs and alumni associations enable POL to reach out to our families abroad.

*Total: 560,488*  
**Native Hawaiian  
population in Hawai‘i &  
Continental U.S., 2013**

*State of Hawai‘i  
Total population 289,970*



*our*  
**CONSIDERATIONS**

For more than 2,000 years, the Hawaiian islands supported thriving a population. Foreign contact and colonization disrupted the physical, economic, and spiritual balance of Kānaka Maoli.

With foreign settlement came foreign behaviors fueled by foreign values. Western dominance changed what once was communal to private property, and the norm of a subsistence style of living to a growing cash economy. Capitalism exploited human and natural resources. Depopulation due to introduced infectious diseases reduced the native population by 90% within 100 years, making Hawaiians a minority group in their own homeland. Political and social upheaval — cultural conflict, racism, loss of language and physical displacement — are some of the outcomes of the historical trauma that explains the social and health disparities faced by Native Hawaiians today.



Native Hawaiians continue to have the highest mortality rates of all the major ethnic groups in Hawai‘i, significantly higher rates for chronic diseases such as heart disease, stroke, cancer and diabetes. Hawaiians have the highest rates of diabetes and are diagnosed at a younger age than their non-Hawaiian counterparts. Prevalence of kidney disease, asthma and other pulmonary diseases among Native Hawaiians surpass statewide rates. Hawaiians are more likely to use and abuse alcohol, nicotine and other drugs at rates greater than other ethnic groups; wāhine have high rates of smoking during pregnancy, and are less likely to breastfeed to eight weeks. Native Hawaiians have higher prevalence of obesity, high blood pressure, auto injuries, depression, adolescent suicide and other risky behaviors. Other social factors that impact Hawaiian well-being include high rates of incarceration, public assistance, unemployment, homelessness, and low educational achievement. These social determinants of health compel investigation upstream to identify and address root causes, and to engage in education and prevention earlier in the life cycle.

Like a dormant volcano coming to life again, Hawaiians are erupting with all the pent-up frustration of people on the make. This has been called a “psychological renewal,” a “reaffirmation,” a “revival,” a “resurgence,” a “renaissance”... No matter what you call it ... it has reversed 200 years of cultural decline; it has created a new kind of Hawaiian consciousness.

**George S. Kanahale, PhD**  
The Hawaiian Renaissance, May 1979

The renaissance in Hawaiian Pride parallels the revival of traditional navigation and wayfinding, natural resource management and traditional agriculture, traditional diets, Hawaiian language being taught at all levels, hula and mele (*music*), and progressive grassroots movements to protect access rights and traditional practices. Successful programs are those that incorporate family and community, resiliency and strength, and familiarity with Hawaiian knowledge, beliefs, attitudes and practices. Effective community based efforts to restore traditional family roles and responsibilities incorporate the use of Hawaiian cultural values in the healing process. Healthcare, prevention and education provided with the whole person in mind nurtures the lōkahi (*balance*) needed for Native Hawaiians to be as excellent in body, mind and spirit as were their ancestors.

## our PROGRAMS

### ‘IMI HALE NATIVE HAWAIIAN CANCER NETWORK



‘Imi Hale Native Hawaiian Cancer Network (‘Imi Hale) is one of 23 Community Networks Program Centers funded by the National Cancer Institute – Center to Reduce Cancer Health Disparities. Launched in 2000, ‘Imi Hale collaborates with key local, state, national and international partners to address cancer health disparities among Native Hawaiians and Pacific Islanders. The program goals:

**Goal 1:** Increase knowledge of, access to, and use of beneficial biomedical procedures in cancer prevention and control and co-morbid conditions of cancer patients.

**Goal 2:** Develop and conduct evidence-based intervention research to increase use of beneficial biomedical procedures to control cancer and co-morbid conditions.

**Goal 3:** Train and develop a critical mass of competitive researchers using community-based participatory research (CBPR) methods to reduce health disparities.

‘Imi Hale has leveraged over \$15 million to support cancer health disparities research, programming and career development for Native Hawaiian researchers. Learn more about ‘Imi Hale at [www.imihale.org](http://www.imihale.org) and access our library of cancer education materials.

### TRADITIONAL HEALING AND KUPUNA PROGRAM



Papa Ola Lōkahi supports perpetuating, preserving and protecting the cultural integrity of complementary and traditional Hawaiian practices. POL advocates and supports practitioners and traditionalists in their efforts to educate toward the understanding of healing knowledge and its spiritual components. Through presentations, demonstrations, workshops, kūkākūkā sessions and working closely with kūpuna

(elders), POL seeks to improve awareness of and sensitivity to Hawaiian cultural processes and philosophies of spiritual healing, thus assuring that they are included within the larger health and wellness arena. The wisdom of Ke Akua through kūpuna forms the foundation of all Hawaiian traditional and cultural practices with their principles, values, beliefs and protocols for the well-being of the lāhui Hawai‘i (*Hawaiian nation*).



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## CENSUS INFORMATION CENTER



Papa Ola Lōkahi was designated a Census Information Center (CIC) by the U.S. Census Bureau in 2000. This CIC is the only one uniquely focused on collecting and sharing data on Native Hawaiians throughout Hawai‘i, within each state, and the Pacific.

POL's CIC serves diverse populations, rural and urban, under-served and hard-to-count communities. The CIC serves as a data communicator, providing education and training on how best to use and access Census data, tools, products, and resources for funding requests, research, planning, decision and policy making.

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## KE ALA MĀLAMALAMA I MAULI OLA - HAWAIIAN HEALTH MASTER PLAN



Ke Ala Mālamalama I Maui Ola, the Hawaiian health master plan, is an initiative to assure the highest possible health status for Native Hawaiians by working across disciplines and

sectors on comprehensive health promotion and disease prevention services. Working across the lifespan from keiki to kupuna, Ke Ala Mālamalama I Maui Ola incorporates traditional knowledge and the growing body of literature on social determinants of health – factors such as access to education, clean and safe communities, and liveable wage jobs – in order to achieve health equity. The process reflects collective intentions and shared goals among partners. These partnerships will be captured in a Native Hawaiian Health Strategy Map to better coordinate and align the many efforts aimed at improving Native Hawaiian well-being.

**‘A‘ohe hana nui ke alu‘ia  
No task is too big  
when done together by all.**

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## NATIVE HAWAIIAN HEALTH SCHOLARSHIP PROGRAM



The Native Hawaiian Health Scholarship Program (NHHSP) addresses access to health care by developing a Native Hawaiian health care workforce of professionals committed to serving the unique health needs of Hawaiian communities. The program recruits and nurtures professionals-in-training for primary and behavioral health care disciplines most needed to deliver quality, culturally competent health services to Native Hawaiians in Hawai‘i.

This merit-based program awards scholarships to dedicated eligible individuals who are then obligated to work full-time in medically under-served areas in Hawai‘i for two (minimum) to four (maximum) years, depending upon the length of time of scholarship support. Scholars receive funding for tuition, books, other related educational costs, and a monthly stipend while enrolled full-time in an accredited university or college program. A coordinated service plan (licensure, service site) is designed for each scholar, matching health provider to community.

More than 257 scholarship awards have been made in almost 20 different primary and behavioral health care disciplines. While some are still in training, more than 200 have been placed into the workforce on six islands impacting the well-being of the communities they serve. Of those who have fulfilled their service obligations, over 90% have continued to serve medically underserved areas and populations in Hawai‘i.

NHHSP scholars have matriculated into leadership positions, affecting change in health perspectives, wise practices, and policy development among their patients and colleagues, in their work environments and communities, and at various levels of local, state and federal government. They continue to be role models for other Kānaka Maoli who aspire to be of service as health care providers. Learn more about the Native Hawaiian Health Scholarship Program at [www.nhhsp.org](http://www.nhhsp.org).



# NATIVE HAWAIIAN HEALTH CARE SYSTEMS DIRECTORY

These five Native Hawaiian Health Care Systems serve seven islands with direct care, health education, case management, outreach and enabling services, and more. Find a summary of the services on your island.

## HO'ŌLA LĀHUI HAWAI'I

Islands of Kaua'i and Ni'ihau

### Kapa'a Community Health Center

4800 D Kawaihau Road, Kapa'a, Kaua'i 96746

Medical Clinic ..... (808) 240-0170  
Dental Clinic ..... (808) 240-0180  
Behavioral Health ..... (808) 240-0194

### Waimea Community Health Center

4643B Waimea Canyon Road, Waimea, Kaua'i 96796

Medical Clinic ..... (808) 240-0140  
Dental Clinic ..... (808) 240-0150  
Behavioral Health..... (808) 240-0194

### Līhu'e Fitness Center

3-3204 Kūhiō Highway, Suite 105/106, Līhu'e, Kaua'i 96766

Hui Ho'ōla Maika'i ..... (808) 245-8933

### Līhu'e Pharmacy

4491 Rice Street, Suite 105A, Līhu'e, Kaua'i 96766

..... (808) 240-0200

[www.hoolalahui.org](http://www.hoolalahui.org)

## KE OLA MAMO

Island of O'ahu

### Administration

1505 Dillingham Blvd, Suite 201, Honolulu, 96817  
..... 808-848-8000

### Urban Honolulu

1505 Dillingham Blvd, Honolulu, 96817  
..... 808-845-4646



### **Ko'olauloa**

56-117 Pualalea St, Kahuku (in Kahuku Hospital) 96731

..... 808-232-2222

### **Ko'olaupoko**

41-253 'Ilauhole St, Waimānalo, 96795

..... 808-259-6666

### **Wai'anae**

87-2070 Farrington Hwy., Ste. C, Wai'anae, 96792

..... 808-668-1110

### **Kuakini Clinic**

321 N. Kuakini St, Suite 308, Honolulu, 96817

..... 808-440-6852

[www.keolamamo.org](http://www.keolamamo.org)

## **NĀ PU'UWAI**

*Islands of Moloka'i and Lāna'i*

### **Administration**

Kūlana 'Ōiwi Center

604 Maunaloa Highway Kaunakakai, 96748

..... (808) 560-3653

### **Adult Day Care**

Kūlana 'Ōiwi Center

604 Maunaloa Highway Kaunakakai, 96748

..... (808) 560-3655

### **Fitness Center**

Uliuli Street Kaunakakai, 96748

..... (808) 553-5848

### **Ke Ola Hou O Lāna'i**

730 Lāna'i Avenue Suite 120 & 122 Lāna'i, 96763

..... (808) 565-7204

[www.napuuwainhcs.org](http://www.napuuwainhcs.org)



## HUI NO KE OLĀ PONO

Island of Maui

### Wailuku Office

95 Mahalani Street, Suite 21, Wailuku, 96793

..... (808) 244-4647

### Hāna Office

1501 Uakea Road, #14, Hāna, 96713

..... (808) 248-7502

[www.hnkop.org](http://www.hnkop.org)

## HUI MĀLAMA OLĀ NĀ 'ŌIWI

Island of Hawai'i

### Administrative Offices

69 A-3 Railroad Ave, Hilo

..... (808) 969-9220

### Hilo Outreach and Education

69 Railroad Ave, Hilo

..... (808) 969-9220

### Waimea Outreach and Education

65-1184 Māmalahoa Hwy, Kamuela

..... (808) 885-0489

### Puna Outreach and Education

15-2874 Old Pāhoa Rd, Pāhoa

..... (808) 965-5521

### Ka'ū Outreach and Education

25 Ka'alaiki Rd, Nā'alehu

..... (808) 929-9700

### Kona Outreach and Education

82-6127 Māmalahoa Hwy, Captain Cook

..... (808) 323-3618

[huimalamaolanaoiwi.org](http://huimalamaolanaoiwi.org)



## our COMMUNITY

**Ho'ōla Lāhui Hawai'i** was established in 1986 in Kaua'i's West Side. It is a Federally Qualified Health Center that serves everyone. As a Native Hawaiian Health Care System, it focuses on serving the needs of Native Hawaiians and their families in Kaua'i County. HLH has two free standing community health center sites, both in areas with high population concentrations of Native Hawaiians, as well as targeted groups in need.

The Kawaiola Medical Office Building houses the clinic site in Waimea and is adjacent to Kaua'i Veterans Memorial Hospital (KVMH). The site in Kapa'a is a separate building with its own driveway access off the main road in front of Samuel Mahelona Hospital. Both buildings have adequate parking and are near the main highway and have bus route access to the front door of each clinic location. HLH administrative offices, Ho'ōla Fitness Center, and the pharmacy are housed in Līhu'e.

## our PROGRAMS & SERVICES

HLH's service delivery model provides culturally competent and comprehensive services including primary care, dental care, behavioral health/substance abuse, preventive care, and enabling services. HLH service delivery strategies include: 1) offering a wide range of services through multiple points of access; 2) staffing by the target population whenever possible, to ensure cultural and community competence; 3) delivering services on-site when beneficial and appropriate; 4) placing a strong emphasis on preventive health; 5) building upon indigenous approaches to health care; and 6) collaborating with community leaders to build a more seamless and coordinated system of health care.

**Comprehensive Services** – HLH provides primary care, preventive and health/wellness promotion, oral health, behavioral health, pharmacy, chronic disease management, supplemental health and social services that are accessible to all lifecycles of the target populations. Clinical and paraprofessional staff are trained in effective assessment and referral. Clinic hours are 8:00 am to 4:30 pm, Monday through Friday.

**Primary Medical Care** – Present services address chronic disease, communicable disease, and maternal and child health. General primary care, in addition to management of chronic conditions, is core to HLH's primary care service. This includes cancer and other disease screening, immunization against vaccine-preventable diseases, screening for elevated blood lead levels, communicable diseases, and cholesterol.



**Pharmacy Services** – The pharmacy, established in 2005, is located in Līhu‘e. HLH uses electronic telepharmacy equipment to dispense acute care medications at each clinic. Chronic care therapies are mailed directly to the patient’s home, office or post office box and are generally delivered the next business day. Patients can also pick up at the new store front pharmacy located in Līhu‘e.

HLH has a sophisticated software system to handle refills by mail order. A patient without an address can take delivery of medications by general delivery at the post office, or by picking them up directly at the clinic.

**Fitness Center** – HLH operates a fitness center a classes in various community neighborhood centers across the island. A broad range of fitness classes are provided including Zumba, water aerobics, yoga, Strengthen & Stretch, step, etc. All fitness instructors are certified by the American Council on Exercise (ACE). Fitness Center hours are Monday through Friday, 6 am to 6 pm and on Saturday 7 am to 12 pm.

**Nutrition** includes culturally-competent nutritional counseling individually and in groups, for pregnant women, mothers, elderly and adults at risk for diabetes, high blood pressure, poor pregnancy outcomes and heart disease. HLH provides nutritional counseling and education in groups, during wellness classes at the Līhu‘e site, and on a one-on-one basis for individuals by a registered dietician who is a certified diabetes educator.

**Enabling Services** – All patients are offered assistance with accessing health insurance and public benefits, filling out forms, interpreting, and working with families and the State to expedite and review pending applications for approval. Paraprofessional and clinical staff assist in the clinic, as well as working in the community and homes. Case managers and outreach workers, usually from the communities they serve, identify families in need and make home visits for case management, education and chronic disease prevention. All required services are provided on a sliding fee scale; other support services that are not required may also be offered at a reduced cost.

**Referral System** – In the clinic and in the community, all staff are trained to refer clients to both in-house and outside providers for a wide-range of health needs, arranging transportation as necessary, and follow-up. Each client receives a comprehensive health assessment and, if enrolled in any HLH service, a care plan.



**Transportation** includes assistance with accessing public and other local transportation as well as private pick-ups and drop-offs, upon request. HLH has two vehicles for assisting those clients who are unable to access the county bus system, HandiVan, or other local transportation. The Kaua'i Primary Care Consortium, of which HLH is a member, has completed a transportation matrix describing services on island to develop a better coordinated transportation system.

**Dental Services** include basic restorative services, root canals, screening, and preventive dental care and education, such as fluoride treatments, dental sealants, basic oral hygiene, caries prevention, periodontal disease prevention, and nutrition. Services by referral include operative surgery, oral surgery, endodontic, and prosthetic services. Dental services provide preventive and emergency care for older children and adults. Outreach efforts to schools include dental education and screenings for children at local pre-schools.

**Mental Health and Substance Abuse Services** include prevention, early diagnosis, assessment, treatment of common mental disorders and common substance-related disorders. Service strategies include individual and group counseling, family therapy, educational groups, 12-step or other mutual self-help groups, psychotherapy, and alcohol/other drug intervention, along with assistance with accessing more intensive intervention services on Kaua'i or off-island. HLH uses different treatment modalities including individual therapy, group therapy, substance abuse groups, tobacco cessation interventions, and other modalities. These may include but not be limited to family and relationship therapy, stressmanagement, and substance abuse education or treatment. Medication management will be handled through psychiatric consult and/or physician directed therapy. Such services are provided onsite at the clinics in Kapa'a, Waimea and program offices in Līhu'e by Licensed Clinical Social Workers and Certified Substance Abuse counselors.



## our COMMUNITY

**Ke Ola Mamo** is the Native Hawaiian Health Care System for the island of O'ahu. Ke Ola Mamo has an urban site co-located with its administrative site, a medical clinic, and three rural outreach sites, listed above. Its goal is to remove barriers to health care and improve the health status of Native Hawaiians and their families on the island of O'ahu.

Ke Ola Mamo's service area includes the City and County of Honolulu which covers the island of O'ahu and includes Congressional District One (Honolulu) and a portion of Congressional District Two (remainder of O'ahu). Ke Ola Mamo serves Native Hawaiians and their families in four distinct geographical communities: Ko'olaupoko, Ko'olaupoko, Wai'anae and Urban Honolulu.

## our PROGRAMS & SERVICES

**Primary Care** – Ke Ola Mamo's Primary Care Clinic provides care using the “patient centered care model.” This model emphasizes superb access to care, patient engagement in care, care coordination, integration of a comprehensive health team, and use of an electronic health record. Community programs and services address health concerns for all ages with an emphasis on health promotion, disease prevention, and control. Programs and services are provided by two direct service departments.

**Traditional Healing** – Ke Ola Mamo provides lomilomi services that have many benefits including improving circulation, increasing range of motion, relieving stress and easing tension. These services are provided throughout the island of O'ahu referred by its Primary Care Clinic or Client Services Department to a practitioner who is a licensed massage therapist.

**Dental/Oral Health** – Ke Ola Mamo provides access to restorative dental care. A network of community dentists provides dental restorative services to eligible clients. Referrals to participating community dentists are made upon meeting eligible requirements and approval from the Dental Consultant.





**Behavioral Health** – Ke Ola Mamo’s services address the special behavioral health needs of the underserved and advance the integration of behavioral health and primary care. This approach emphasizes a patient centered care model at the Primary Care Clinic. As such, this approach has led to the collaboration between health professionals with a complete understanding of patients’ needs and preferences with improved health outcomes.

**Outreach, Enabling, Enrollment** – Ke Ola Mamo provides outreach services to inform Native Hawaiians of the availability of health services. KOM participates in annual community events, health fairs and local events. Other services include client registration, referral to internal/external services/program, case management and outreach to increase awareness about health. In addition, the case managers and patient navigators are skilled at identifying appropriate resources, such as access to health insurance and low cost primary care services. Case managers and patient navigators assist clients with MedQuest applications and referrals to KOM’s primary care clinic or to local community health centers.

**Healthy Lifestyles** – Ho’oikaika (Becoming Strong) is a 12-week lifestyle program. The Ho’oikaika Program teaches individuals and families how to live a healthy life through regular physical activity and proper nutrition. The program incorporated personal physical activity training, stress management, and health education. The Community Health Nurse conducts health screenings at the start and end of the program. All participants are referred by the Primary Care Clinic and referred to the CommunityRegistered Dietician for nutrition counseling.

## Workforce

Ke Ola Mamo’s workforce is necessary to provide health services and programs that protect and advance the health and well-being of our Native Hawaiian Communities. We seek to improve health through a community approach recognizing and addressing the health needs that are unique to the Native Hawaiian Communities we serve. Ke Ola Mamo employs qualified professionals. Doctors, nurses, dietitians, and clinical social workers are licensed in the State of Hawai’i. The case managers and patient navigators successfully completed the Case Management Certificate Program offered by the University of Mānoa Outreach College. Ke Ola Mamo’s professional team is supported by fiscal and administrative staff. Ke Ola Mamo has also employed Native Hawaiian Health Scholars in service including physicians, nurses, social workers, and dietitians.

## our COMMUNITY

**Nā Pu'uwai** is the Native Hawaiian Health Care System on Moloka'i that services both the islands of Moloka'i and Lāna'i. Nā Pu'uwai also services the Hansen's disease settlement in Kalawao County, a remote peninsula on Moloka'i. Nā Pu'uwai was initially formed in 1984 as the advisory board for the Moloka'i Heart Study. In 1985, Nā Pu'uwai was incorporated as a Moloka'i-based Native Hawaiian Organization dedicated to the betterment of health conditions of Native Hawaiians, and in 1991 was designated the Native Hawaiian Health Care System for Moloka'i and Lāna'i. Native Hawaiians make up 62% of the total population on Moloka'i and almost 20% on Lāna'i.

Nā Pu'uwai has a main site that houses our administration, behavioral health, outreach, clinical, community health, and educational programs; a fitness center; a licensed adult day care/health program; and a satellite office on Lāna'i that delivers the same services and programs as on Moloka'i, with the exception of a fitness center and an adult day care program. Lāna'i also operates a licensed home health program.

## our PROGRAMS & SERVICES

Nā Pu'uwai continues to adapt programs and services according to the health care needs of the Moloka'i, Lāna'i and Kalaupapa communities. Since 1991, Nā Pu'uwai has focused on prevention, screening and education; but has since expanded to include Behavioral Health Services Behavioral Health Services, Podiatry and Chiropractic Services, Speech Therapy, Nutrition, Wellness and Fitness programs, and long-term care services through licensed adult day care/health on Moloka'i and home health on Lāna'i. Through outreach, partnerships, and referrals, Nā Pu'uwai has been able to extend its services to a significant number of its residents.



**Education and Prevention** continues to be the foundation upon which the health center is built. Prior to joining the Native Hawaiian Health Care Systems, Nā Pu‘uwai collaborated with the University of Oregon in conducting the Ho‘oke ‘Ai – Moloka‘i Diet Study in 1987, which examined the effects of a traditional Hawaiian diet. This study birthed cardiovascular risk clinics and laid the groundwork for Nā Pu‘uwai’s approach to improving the health of Native Hawaiians. Nā Pu‘uwai has expanded to include the following education and prevention programs and services:

- Keiki/Child Cavity-Free Program for grades K-6.
- Keiki/Child Hearing Screenings & Re-Testing for grades K-4.
- Business Employee hearing screening & re-testing
- Chronic Kidney Disease Education Program
- Diabetes Case Management, Screening, and Education
- Cancer Screening, Education & Prevention
- Cardiovascular Risk Clinic Screening & Education
- Community CPR/First Aid Training Certification
- Nutrition Education & Counseling
- Podiatry Evaluation & Education
- Chiropractic Services (Lāna‘i)

**Behavioral Health Services** – Since 2003, Nā Pu‘uwai has been providing Behavioral Health Services for the Moloka‘i community to address the health of both mind and body. With the support and collaboration of the Native Hawaiian Health Scholarship Program and the partnership with I Ola Lāhui, Nā Pu‘uwai is able to offer a wide range of effective, culturally sensitive approaches to improve the health and well-being of Moloka‘i residents. Its Behavioral Health Program offers clinical assessment, screening, consultation; behavioral medicine; individual, couples and family psychotherapy; biofeedback; psycho-educational screening; tobacco cessation; acute mental illness treatment; and maintenance for chronic mental illness.

**Wellness** – Throughout the years Nā Pu‘uwai has developed, modified and customized its wellness programs to the needs and trends of the Moloka‘i community. In 2008, they developed the Ke Ano Ola wellness program with results that were published in *American Journal of Public Health* in 2010. Ke Ano Ola established the current foundation for the following wellness and lifestyle programs: Pū‘olo Keiki Wellness Program for students in grades K-6 and Imi‘ola Integrated Wellness Program with Behavioral Health, Nutrition, and Physical Activity.



**Fitness Center** – In 2003, Nā Pu‘uwai opened a fitness center that included weight machines and circuit training as well as cardio machines and fitness classes. The incorporation of the fitness center is now a vital component for its comprehensive curricula that includes a multidisciplinary approach (behavioral health, clinical, education, physical fitness, nutrition and cultural/spiritual respect). The Fitness Center currently offers: scheduled weight challenges; one on one personal training; zumba; boxing; hot hula; Yoga and Boxing training classes.

**Traditional Healing** – Nā Pu‘uwai’s lomilomi program continues to thrive with lomilomi being provided at three sites: Moloka‘i with three practitioners and one haumana who hikes up from Kalaupapa. Lānai and Kalaupapa each has one practitioner. Discussions of a future lomilomi educational event for the Moloka‘i community are currently underway.

### **Workforce**

Nā Pu‘uwai’s staff currently includes a clinical psychologist, psychology interns, registered nurses, certified nursing assistants, a social worker, and community health workers, supported by the fiscal and human resources department. Since 2001, more than 14 positions at Nā Pu‘uwai have been filled by Native Hawaiian Health Scholars, seven of whom were fulfilling their service obligation. Today, three scholars are on staff.



## our COMMUNITY

**Hui No Ke Ola Pono, Inc.** is the Native Hawaiian Health Care System serving the island of Maui. Hui No Ke Ola Pono is a private, not for profit organization incorporated in the State of Hawai'i in March 1991 to provide comprehensive health disease prevention services, as well as primary health services for the community of Maui in a culturally caring manner. The staff of Hui No Ke Ola Pono works within a standard of conduct which reflects Hawaiian values to continue its commitment to provide points of access and care for Native Hawaiians and many others in the community by bridging geographical, social and cultural gaps to increase the range and access of health services available and eliminate health disparities. Maui is 727 square miles, with a total population of 163,019. The roads into remote areas such as Ke'ānae, Hāna and Kīpahulu, as well as to Kahakuloa Valley, are long, winding, dangerous, rainy, and occasionally closed due to rockslides, impacting access to health care.

Hui No Ke Ola Pono's vision is "inspiring and connecting navigators and healers in every family for mental, physical and spiritual health." Hui No Ke Ola Pono reinforces the traditional belief that there are healers in every family. To nurture this, Hui No Ke Ola Pono provides education, capacity building, facilitation of lifestyle changes and access to health care for all its clients, encouraging families to participate; thus, building resources within each family.

Hui No Ke Ola Pono's mission, "to improve the health status of Native Hawaiians by empowering the present and future generations to be their own health advocates," is the foundation from which all goals and objectives are created. Hui No Ke Ola Pono serves as a "bridge" to the Native Hawaiian community by integrating medical care with traditional Hawaiian values, beliefs and practices. Although it focuses on the Native Hawaiian community, Hui No Ke Ola Pono does not turn anyone away.

## our PROGRAMS & SERVICES

### Clinical Services

**‘Imi Ola Hou “Seeking to Restore Health”** is primary care for qualified clients. Hui No Ke Ola Pono provides general practice medicine – culturally sensitive and appropriate – for ages 14 years and older, addressing chronic disease such as diabetes, cardiovascular disease, obesity through a managed model with case managers and health care workers. Hui No Ke Ola Pono also provides well women physicals including pap smears and mammogram referrals.

**Oral Health** – Created to improve access to dental care, provide education, evaluate and treat underserved residents in remote areas, the Oral Health Program accomplishes all phases of general dentistry by utilizing a combination of portable and fixed operations. Oral health screenings and hands on educational sessions are provided through our school based outreach program to second and sixth graders at designated schools. Students participating in school screenings are eligible for treatment and/or referrals by the Oral Health Program.

**Lomilomi** – Lomilomi is a Native Hawaiian treatment or therapy used to stimulate blood flow, relieve pain, correct malformations, build strength in the extremities and for general well-being. Enrollment into the Traditional Hawaiian Healing Program for Lomilomi can be scheduled at the Wailuku or Hāna office. Sliding scale fees are available for families.

**Otitis Media** – This free program provides ear infection screenings for keiki age 5 and under at several preschools and day care locations on Maui.

### **Outreach, Enabling, Enrollment**

**Enabling** – The Enabling Program serves those in need of assistance completing forms for Med-Quest, Hawai'i Supplemental Nutrition Assistance Program (SNAP), and other programs for which clients may be eligible. Clients can also get assistance seeking funds to help pay for medications and/or medical bills; seeking resources for housing; seeking benefits from other community agencies; and other similar programs.

**Wellness Classes** – Health education and presentations to community and school groups around topics such as: diabetes, high blood pressure, stroke, asthma, exercise, tobacco and breast and cervical cancers. The Nutrition curriculum is broad and includes lessons on the effects of salt, sugars, fruits and vegetables, fat, importance of drinking water, modifying recipes, reading labels, and more.

**Hāpai** – Serving women experiencing first time pregnancies or a second pregnancy with different circumstances, like a planned C-section or gestational diabetes, this offers program education and nutritional counseling individualized for each expectant mother. One to one classes with a registered nurse cover a variety of pregnancy topics, and nutrition counseling is provided by a dietitian. Understanding and learning about the body changes and what to expect will help prepare for the beautiful journey.



**Diabetes** – The Diabetes Self-Management Program is for the new diabetic as well as someone who has had diabetes for years. The program consists of individualized health plans such as monitoring blood levels, how to manage diabetes, and such monitoring can fit in with one's lifestyle. The program includes working one on one with registered nurse and registered dietitian.

**‘Onipa’a** – The ‘Onipa’a program is offered to those who have had strokes or myocardial infarction, and those with hypertension, or high blood pressure, or are otherwise at risk for stroke or heart attack. The program consists of individualized health monitoring, access to educational classes, and referrals to appropriate programs. The program includes working one on one with registered nurse and registered dietitian.

### Healthy Lifestyle

**Simply Healthy Café** – Founded in 1999, Simply Healthy Café's centrally located dining area is open to the community. It offers healthy, delicious and affordable meals with information for those who would like to know more about the Hui or about improving their own health. The menu changes monthly, but always offers sandwiches, soup, salad, low-fat dessert, a lunch plate, and a vegetarian plate that includes brown rice, sweet potato, taro and green salad among the choices. The Café, open Monday through Friday from 11 am to 2 pm, also provides meals to kūpuna and area pre-schools.

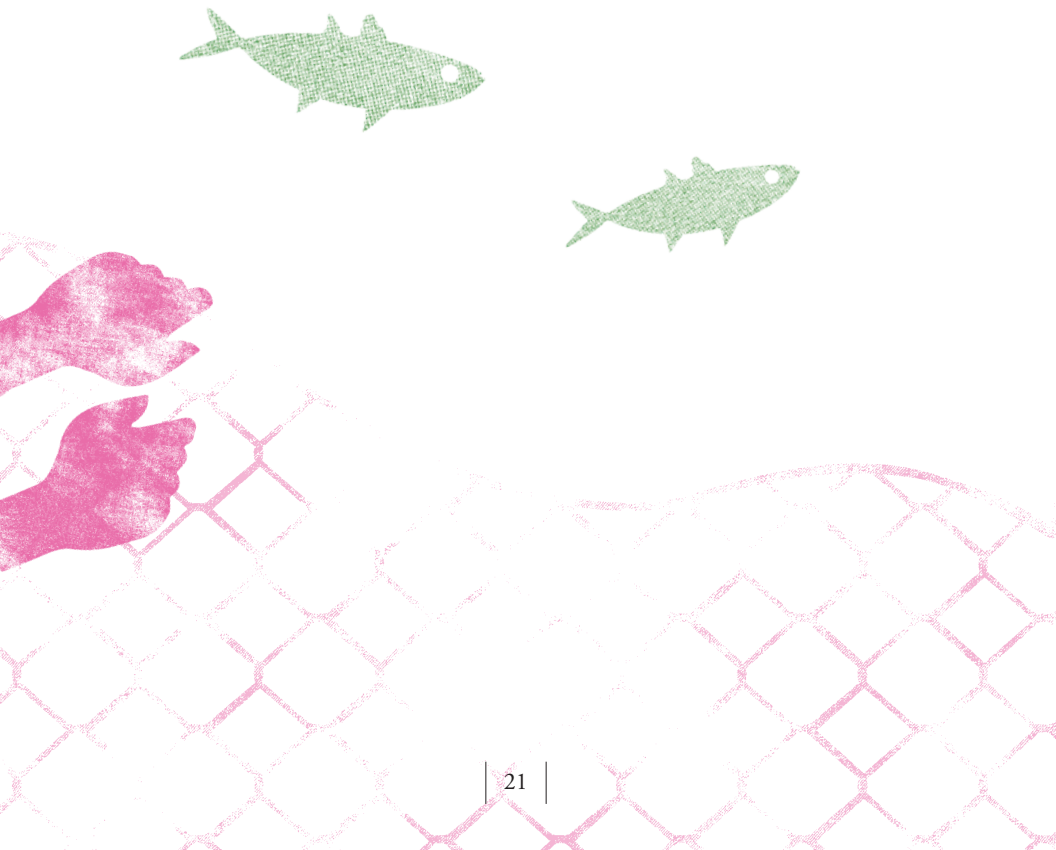
**‘Eleu** – This is a program that provides fitness education through different types of exercise: walking, water aerobics, low impact step aerobics, stretching, strength training, circuit training. Elements of the program include: physician approval, nutrition counseling with a registered dietitian, baseline lab work including cholesterol panel, glucose baseline, blood pressure, pulse, weight, and hip and waist measurements, case management and weekly health monitoring. Hui No Ke Ola Pono recently opened a gym, which is open Monday through Friday from 1 pm to 5 pm.



**Mea ‘Ai Pono** – This is a program that promotes healthy lifestyle by providing nutritional counseling, diet education, and exercise. Participants completes physician approval, nutritional counseling with a registered nurse, baseline lab work (finger stick for cholesterol panel, triglycerides, glucose), baseline blood pressure and pulse, hip and waist measurements and weights, developing a Plan of Action with personal goals, exercise program and weights, cooking demonstrations, recipes, and educational programs, case management and a final evaluation of all measurements and vital statistics.

### Workforce

Hui No Ke Ola Pono has on its professional staff a physician and a nurse practitioner for general practice, registered nurses, dentist, dental hygienist, community outreach workers, health educators, and café staff. Over the years, more than 10 positions were filled with Native Hawaiian Health Scholars in service, which improved the delivery of care. Five are currently on staff.



## our COMMUNITY

**Hui Mālama Ola Nā ‘Ōiwi** began as a non-profit organization in the District of Puna when Hawaiian community leaders (mostly farmers), health professionals, and educators responded to the Puna Hui ‘Ōhana’s concern about Native Hawaiians’ reluctance to seek medical care until it was too late, the island’s vast and remote geography, and other issues of access to preventive and primary health care services. That grassroots campaign evolved into the island’s Native Hawaiian Health Task Force (1988), partnerships with Hawaiian serving entities across the Hawaiian Islands, and eventually to federal recognition of Hawaiian health disparities and the establishment of Native Hawaiian Health Care Systems.

In 1991, Hui Mālama Ola Nā ‘Ōiwi became incorporated and was designated a Native Hawaiian Health Care System serving Native Hawaiians and their families on the Island of Hawai‘i. Two of the original staff of four still remain. At that time, staff walked through Hawaiian Homelands in the Hilo communities of Keaukaha and Panaewa “[knocking] on every door, spreading the word about services.” Since that time Hui Mālama Ola Nā ‘Ōiwi has grown to a staff of 39 in five sites across the island.

Hawai‘i Island has a land mass of over 4,028 square miles, larger than all the other Hawaiian islands combined, and is approximately the size of Connecticut. Despite its vastness, paved roads and public transportation are limited.

There are 54,919 Native Hawaiians on Hawai‘i Island. This island has seen the largest population increase in the state, yet more than one third of our island’s population is below 200% of the poverty level, 22% of the island is uninsured, one in three people is overweight, one in ten is diagnosed with diabetes. Hawai‘i Island also has the highest amount of smokers in the state, a significantly higher death rate from heart disease than the rest of the state, an overall lower education level, and an overall higher unemployment rate. Hawaiians on Hawai‘i Island face not only the cultural factors associated with reluctance to seek medical care, but also must overcome huge geographical factors in simply getting to services.



## our PROGRAMS & SERVICES

Hui Mālama Ola Nā ‘Ōiwi has a long history and strong reputation for providing quality health promotion services to Native Hawaiians and their ‘ohana on Hawai‘i Island. Hui Mālama services include comprehensive health education, health management, and health monitoring programs focusing on diabetes, hypertension, cardiovascular disease, obesity, and cancer. Additional components include outreach services, case management, and health-related transportation. Hui Mālama’s programs have proven effectiveness, having been developed by incorporating “western” clinical interventions, curricula, and standards into Native Hawaiian values, traditions, and philosophy. All of its programs and services are offered at our five sites around the island.

Hui Mālama’s services are provided by staff at clinical and non-clinical levels. Health information is presented “local-style” using local vernacular in a respectful yet familiar and non-formal manner. Cultural customs — such as building in time for greetings, prayers and songs of thanks — are honored and encouraged, and traditional Hawaiian values and practices are integrated into all aspects of our program delivery.

### Case Management and Outreach Services

Every person requesting Hui Mālama services is assigned an Outreach Case Manager. The case manager works with the individual to establish a Health Assessment and Needs Plan, complete clinical screenings and vital statistics, make referrals to other services, and offer the individual general monitoring, follow-up, and support. The case manager advocates for the client, and will accompany clients to medical appointments when appropriate. For those that are uninsured the case manager will explore resources and assist clients in applying for health care coverage. For those that don’t have a primary care physician, the case manager will help to find a provider. At Hui Mālama, case managers are also cancer patient navigators, trained to provide clinical screens, on-going clinical monitoring, and one-on-one health education with those that are home-bound.

For almost **25** years, *Hui Mālama Ola Nā ‘Ōiwi* has been working to help Hawai‘i Island folks live longer and feel better!

## Health Education and Management Programs

Hui Mālama offers comprehensive health education and management programs. All services include one-to-one sessions with RN educators for on-going monitoring and support. All programs offer clinical screenings at the start and end of each class, and follow-up screens at various intervals (3-months, 6-months, and 1-year). At each class a healthy meal is served to demonstrate appropriate portion sizes and to teach making healthy choices. Our health education programs include:

**Diabetes** – Mai Ka Mala ‘Ai (*From the Garden*) is a ten-session diabetes education and awareness class that includes weekly information about diabetes and presentations from nine different local specialists who provide information in managing diabetes within their area of expertise. The program builds a mala (*garden*) box for each participant at their home, with a variety of vegetable seedlings to start. Over the course of the class, an agricultural specialist provides information for growing vegetables, utilizing fertilizers (both store-bought and homemade), maintaining and sustaining a mala, and harvesting.

**Hypertension** – E Mālama I Ka Pu‘uwai (*Caring for the Heart*) is a seven-session hypertension education and awareness class, covering risk factors for hypertension and stroke, treatments, healthy eating, physical activity, and gender issues.

**Nutrition** – Hele Mai ‘Ai (*Come Eat*) is a three-session class covering six modules promoting disease prevention and risk reduction behaviors. It is with the philosophy of Hele Mai ‘Ai that traditional dietary practices can serve as models for good eating and lifestyle habits today. The course utilizes powerful visuals to show the fat, salt, and sugar amounts in a typical Island diet (including fast foods and traditional Hawaiian foods.)

**Cancer** – Ho‘ola Hou (*To Live Again*) is a six-session tobacco cessation class designed to educate clients on the dangers of tobacco use, offer techniques for quitting, and teach culturally based coping activities. No Ka Wahine offers assistance to women in getting clinical breast exams and mammograms. It offers cancer patient navigation services through its Ho‘okele I Ke Ola program, and on-going support through its cancer support group Mālama Ka Pili Pa‘a.





**Traditional Hawaiian Healing** – Community workshops, classes, and one-to-one educational sessions in lā‘au lapa‘au are provided by Kahuna practitioners island-wide.

### **Health Related Transportation**

Hui Mālama offers free, non-emergency transportation services to medically related activities, including health education classes, medical and lab appointments, and pharmacy. A client must have a demonstrated need and be without a means of transportation.





# HUKILAU

The image of the hukilau, found on the front cover and throughout this booklet, represents the Hawaiian tradition of collective, community efforts needed to achieve a thriving and abundant Hawaiian society.





Papa Ola Lōkahi  
Nāna I Ka Pono Na Ma