

1st
WORLD
CONGRESS ON HEALTHY AGEING
19 – 22 March, 2012
www.healthyageingcongress.org

Organised by:



Malaysian Healthy Ageing Society

Co-Sponsored:



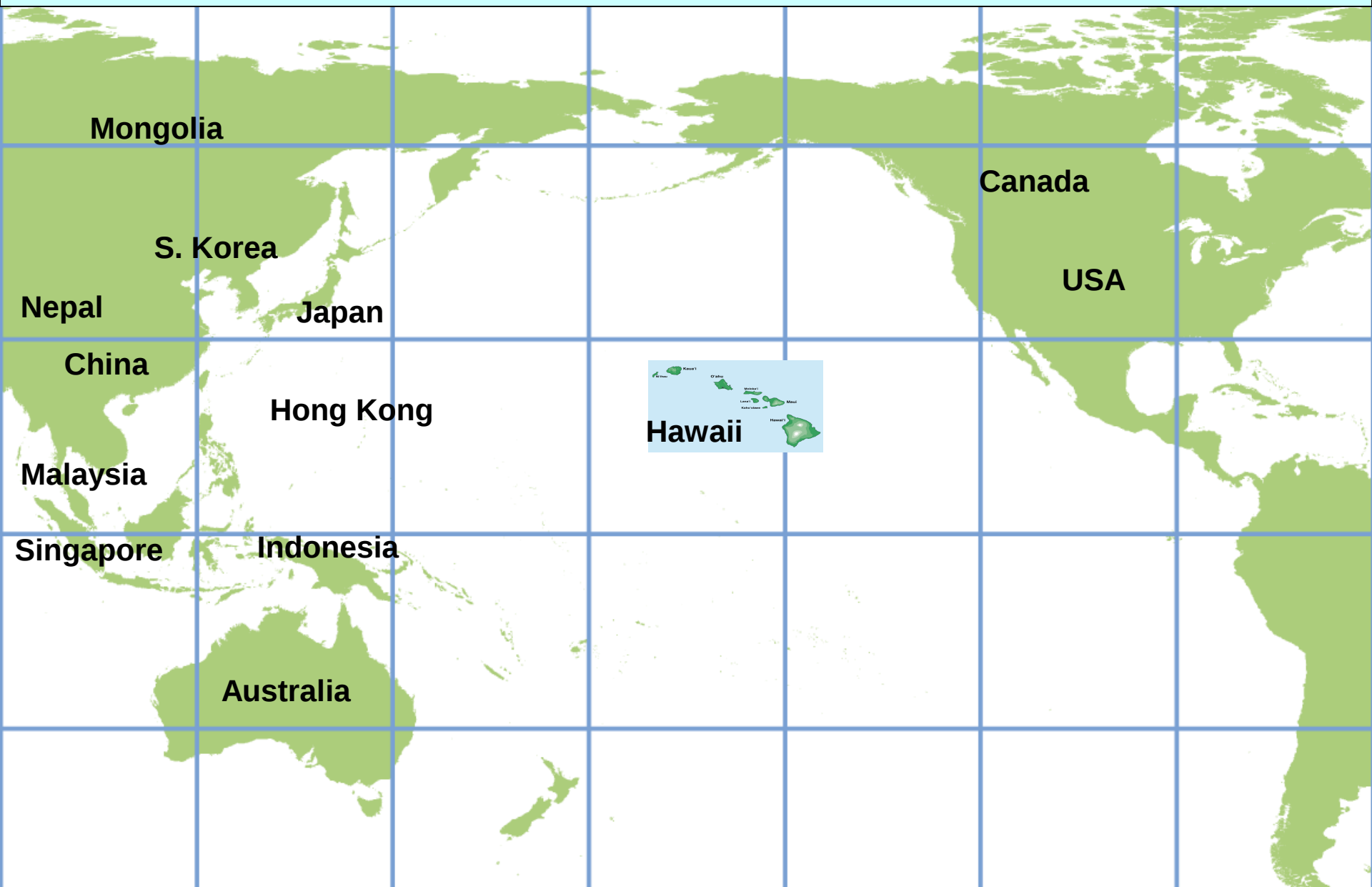
World Health
Organization

Health Promotion Programs in Hawaii

Kathryn L. Braun, DrPH

University of Hawaii
kbraun@hawaii.edu

Active Aging Consortium Asia Pacific (ACAP)





ACAP



Mission

- To provide a forum in Asia Pacific for the sharing of
 - Research
 - Policy ideas
 - Best practices for Active Aging
- Conferences
- Exchange

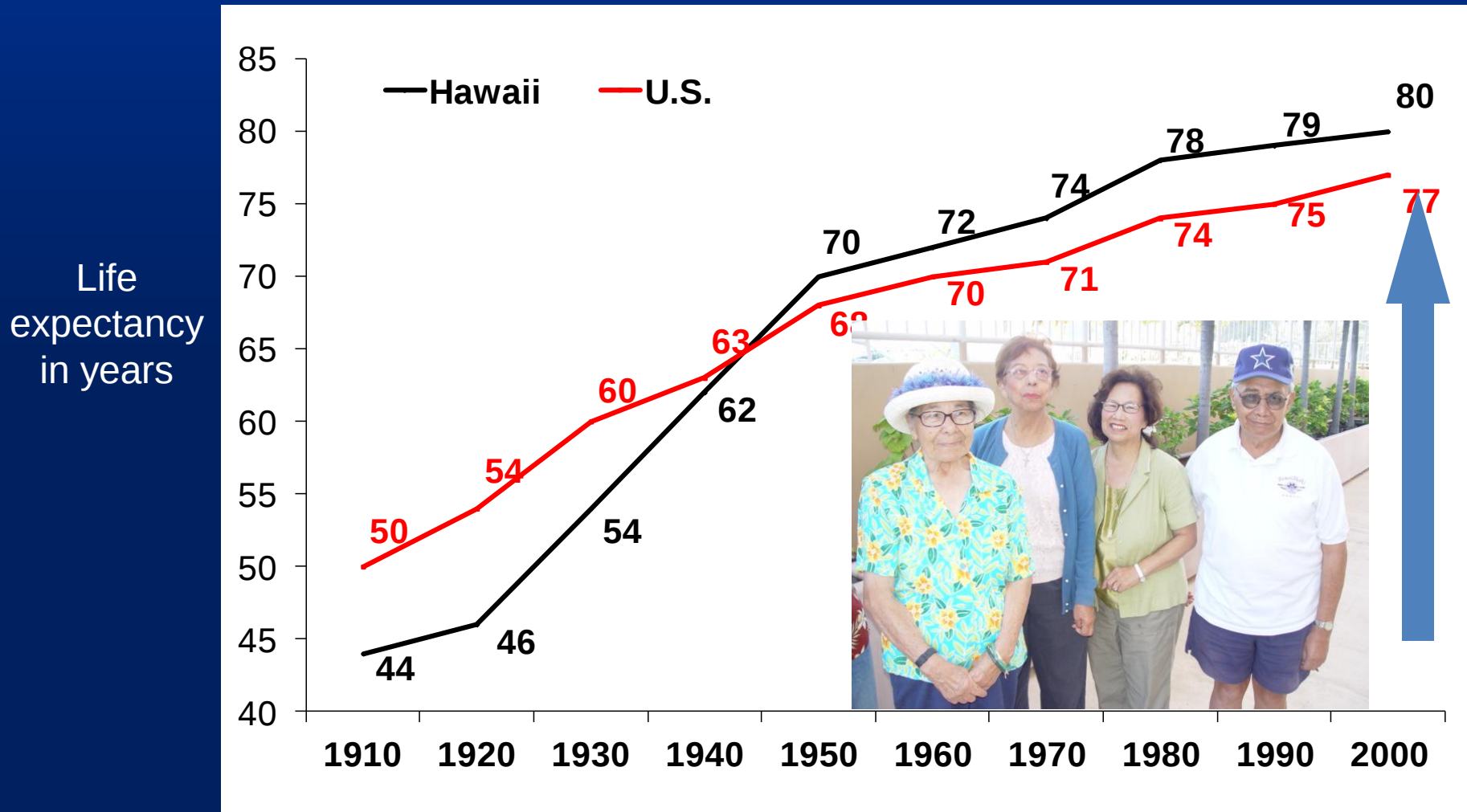


Benefits

- No dues! (no staff)
- Website.
- Listserve
- Conferences and conference participation

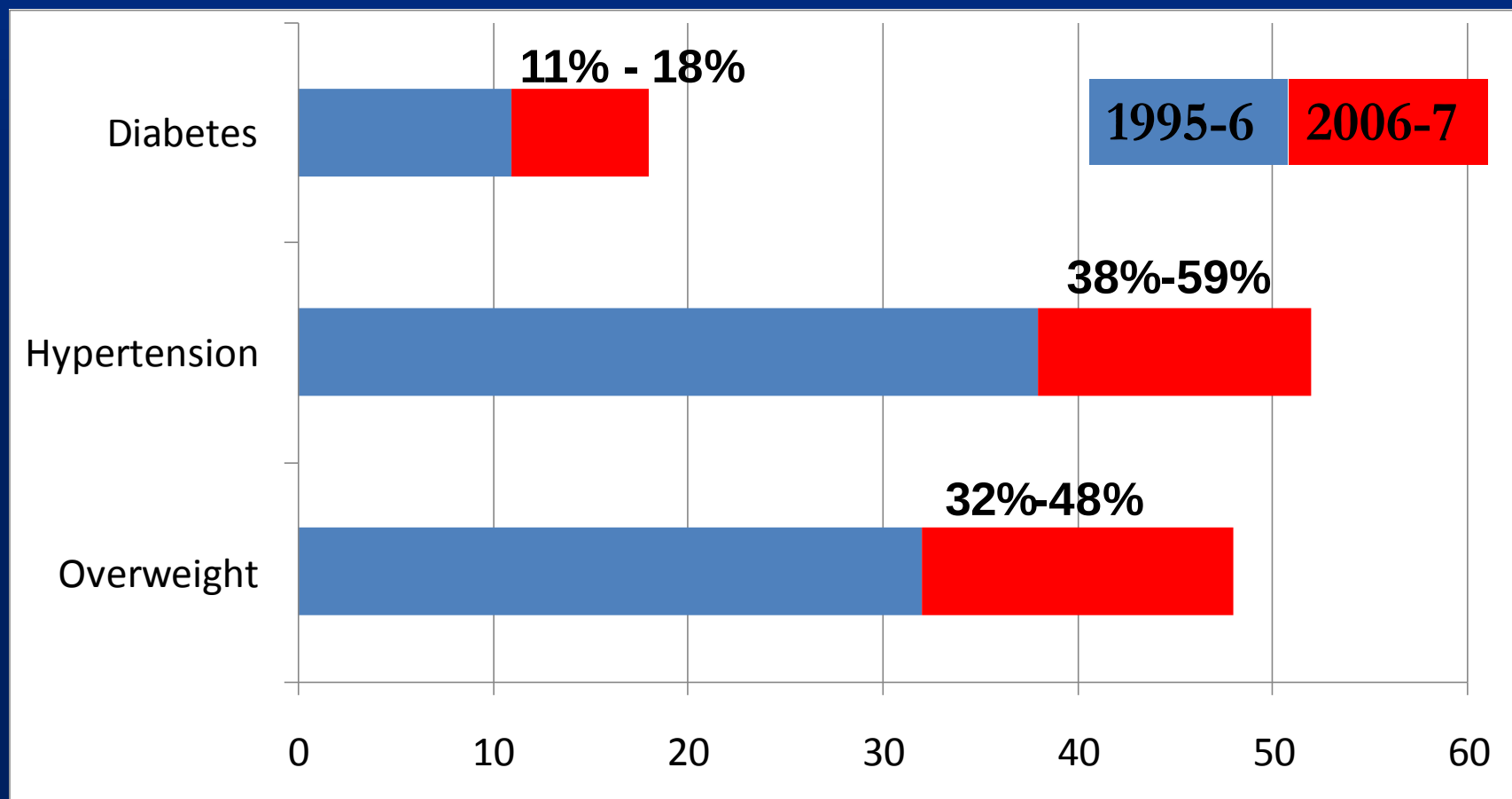


Good news: Life expectancy in Hawaii is increasing.



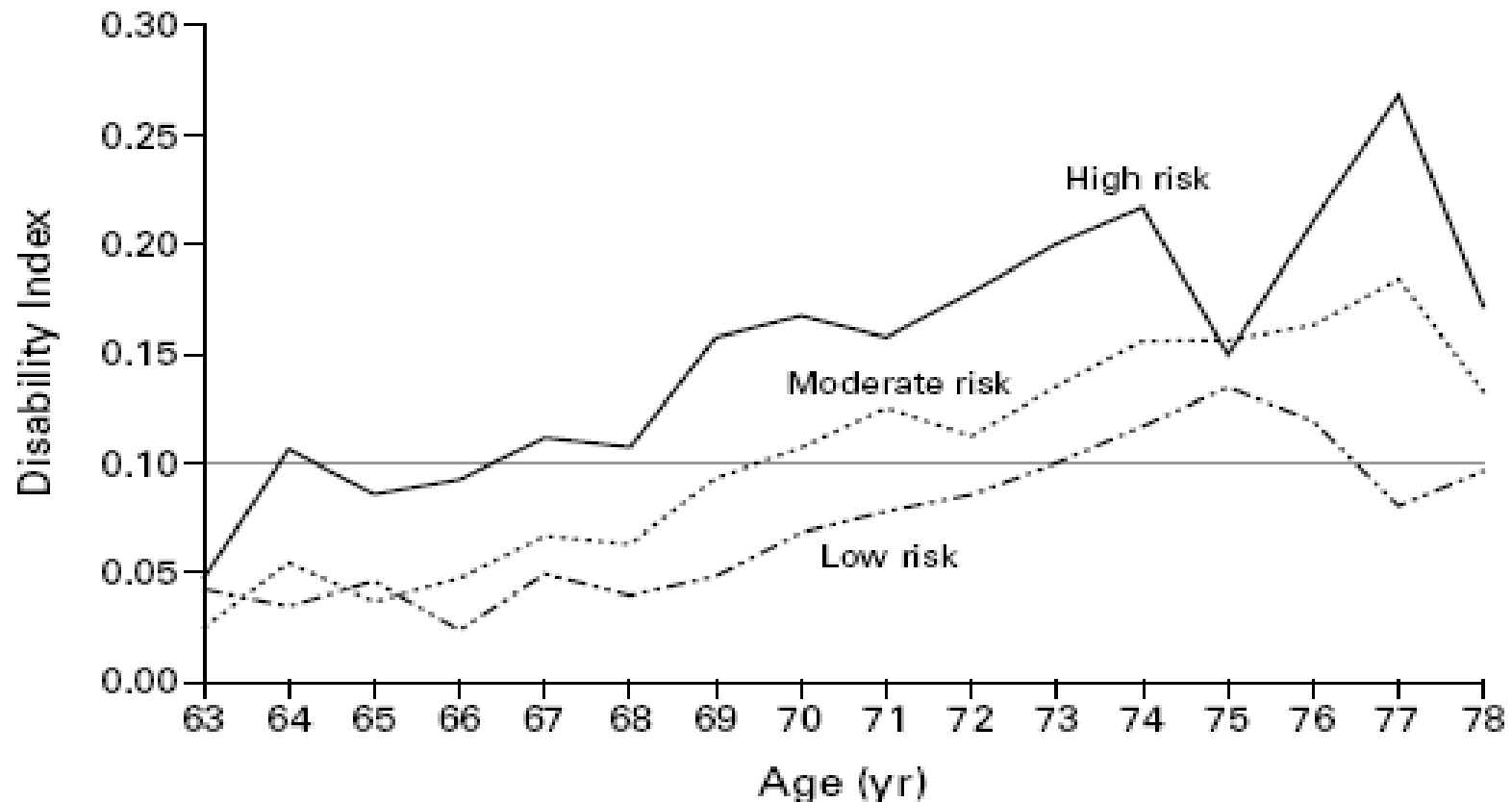
Source: Hawaii Health Information Corporation. *Health Trends in Hawaii*.

Bad News: Prevalence of diabetes, HTN, & unhealthy weight are increasing, too.



Source: Hawaii` DOH. *Behavioral Risk Factor Surveillance System*., age 65+ 1995-2007.

Disability delayed 7 years in people who have good BMI, exercise, and don't smoke (Vita et al, NEJM, 1998)



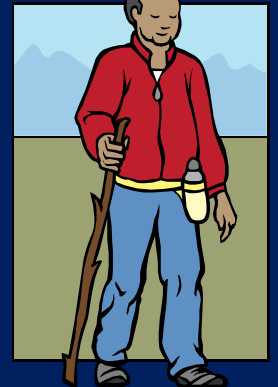
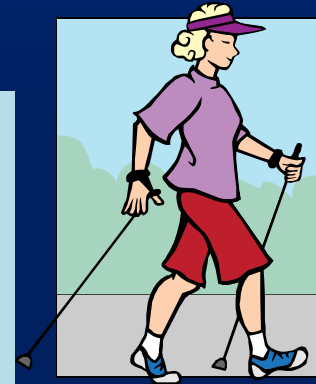
Average disability increased with age in all three risk groups, but the progression to a given level of disability was postponed by approximately seven years in the low-risk group as compared with the high-risk group. The horizontal line indicates a disability index of 0.1, which corresponds to minimal disability.

Health Promotion

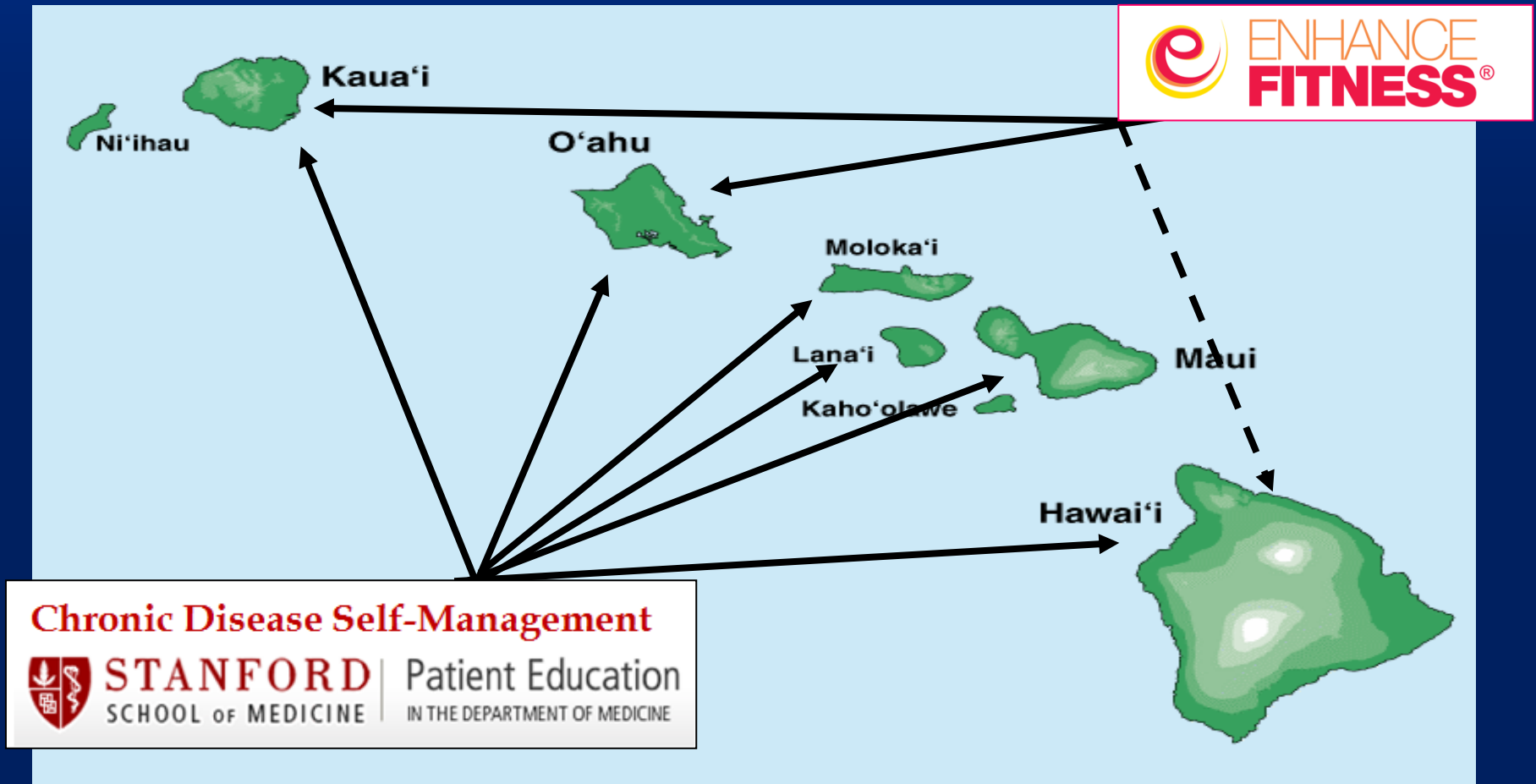
- Research has validated benefits of health promotion among elders. (U.S. Administration on Aging, 2009).

Examples of direct benefits:

- Improve lifestyle
- Improve self-management
- Improve independence
- Reduce falls and injury



Purpose: To describe two health promotions programs implemented for older adults in our state.



Chronic Disease Self Management Program (CDSMP)

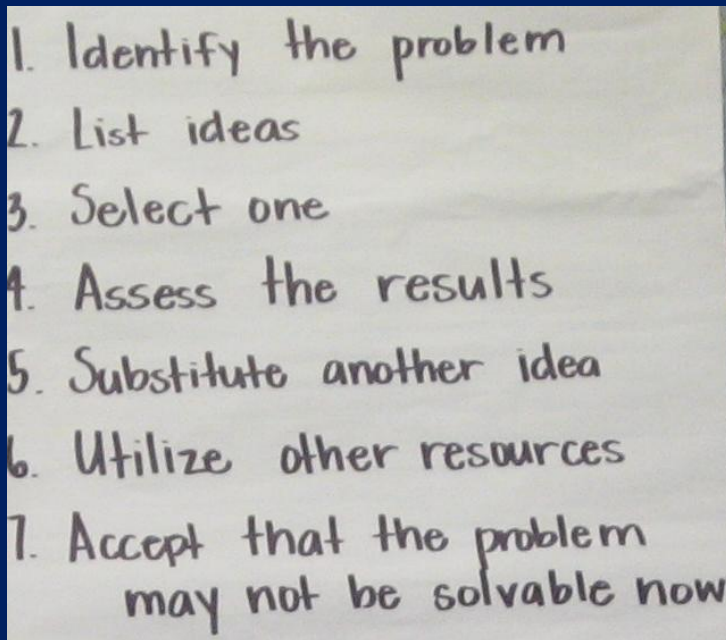
- Stanford University Patient Ed Center (Kate Lorig)
 - To empower people with chronic diseases to take control of their health
 - To gain knowledge of self-management
 - To improve skills and increase healthful behaviors



Stanford trains Hawaii Master Trainers, August 2008

CDSMP = 6 small-group meetings

- Educational style
 - Led by 2 trained leaders
 - Once a week for 6 weeks
 - Based in motivational interviewing



- Session
 - Short lecture
 - Feedback/ Problem solving
 - Brainstorming
 - Building self-efficacy
 - Group support
 - Action planning
 - Closing

Every week, participants must develop an “action plan.”

- Something YOU want to do
- Reasonable and behavior-specific
- High confidence that you can do it
- Buddy system for support and problem- solving



By next week, I will buy walking shoes.

By next week, I will walk around the block with my friend after dinner one night.

By next week, I will walk after dinner most week nights.

By next week, I will walk after dinner on week nights, and walk to the beach and back (1 mile) on Saturdays.

EnhanceFitness Program Overview



- Developed by Senior Services in Seattle and University of Washington
- Purpose:
To improve the health of older adults through stretching, low-impact aerobics, and strength training



EnhanceFitness

- Group exercise program
 - Led by nationally certified instructors
 - On-going classes three times a week



Senior Services trains Hawaii Master Trainers, June 2007



Balance



Cardio



Strengthening



Flexibility

HHAP Partnership – 64 Organizations

2003	2004	2005	2006	2007-2008	2009- present
Preparation & strategic planning	Training & support of pilot projects & grant writing			Implement •Enhance Fitness •CDSMP	Expand & Sustain: •Enhance Fitness •CDSMP
Secure funding					



Our Partners and Their Roles

Partner	Coordination & Support	Recruitment/ Advertising	Implementation	Eval.
Executive Office on Aging (SUA)	☒	☐	☐	☐
DOH Community Health Div.	☒	☒	☒	☒
Univ. of Hawaii Center on Aging Research & Education	☒	☒	☒	☒
Area Agencies on Aging	☒	☒	☒	☒
ALU LIKE, Inc. (Title VI Provider)	☒	☒	☒	☒
Local Service Providers (e.g.)				
Senior Service Providers	☐	☒	☒	☐
Community Health Centers	☐	☒	☒	☐
Nutrition/Meals on Wheels	☐	☒	☒	☐
Health Care Providers	☐	☒	☒	☐

Key Steps and Checks

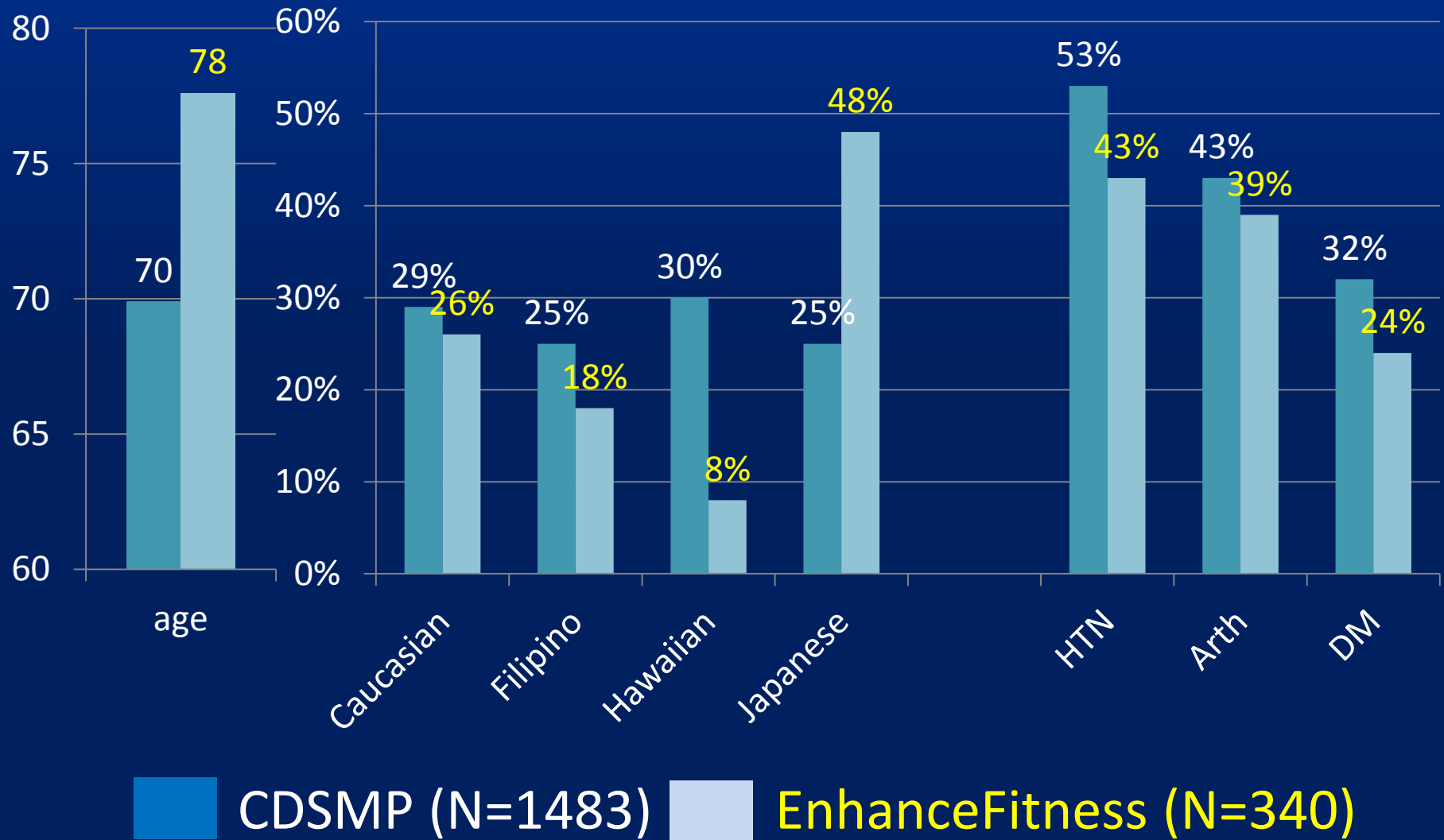
- Build and support champions in organizations willing to implement programs
- Provide excellent training for local leaders
- Monitor fidelity of delivery
- Evaluate outcomes to see if seniors are benefiting as expected
- Report information back to your group, funders, and policy makers

Reach

	EnhanceFitness	CDSMP
Providers	4	22
Sites	12	45
Leaders	19	90

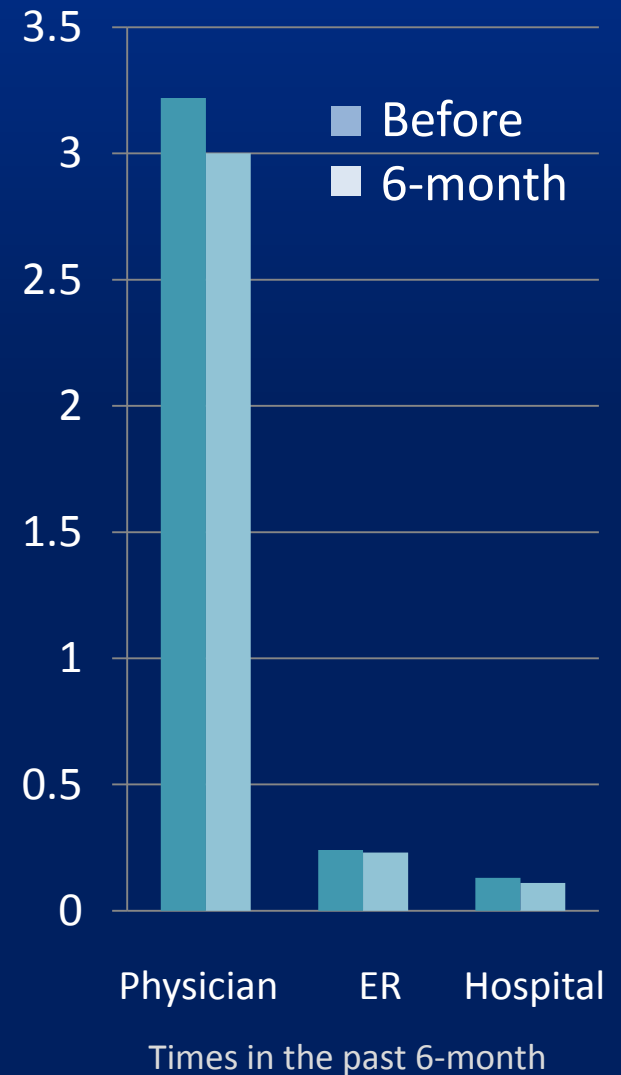
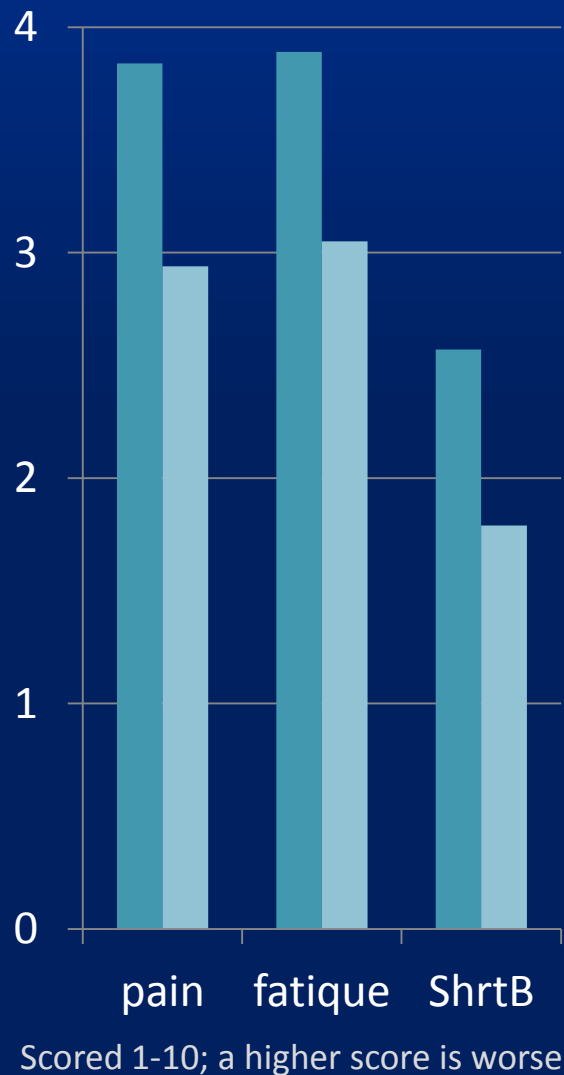
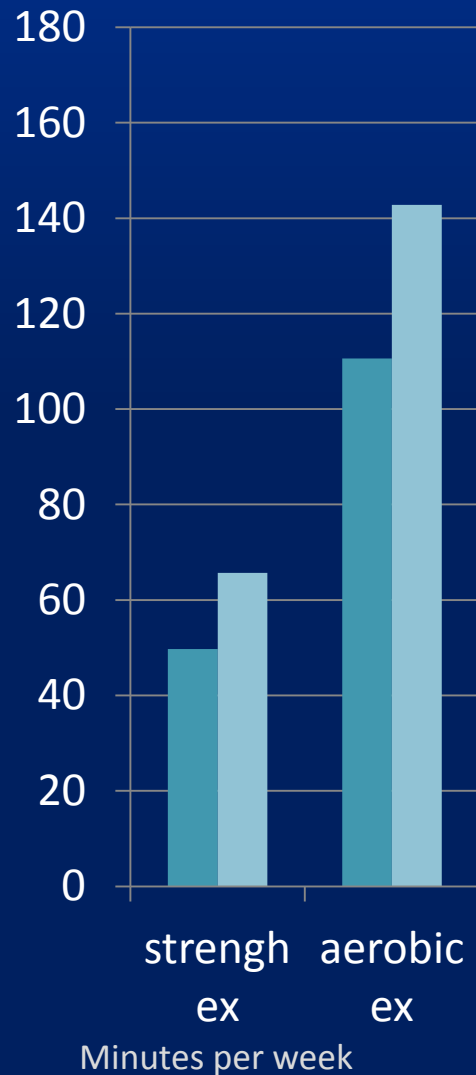


Demographics

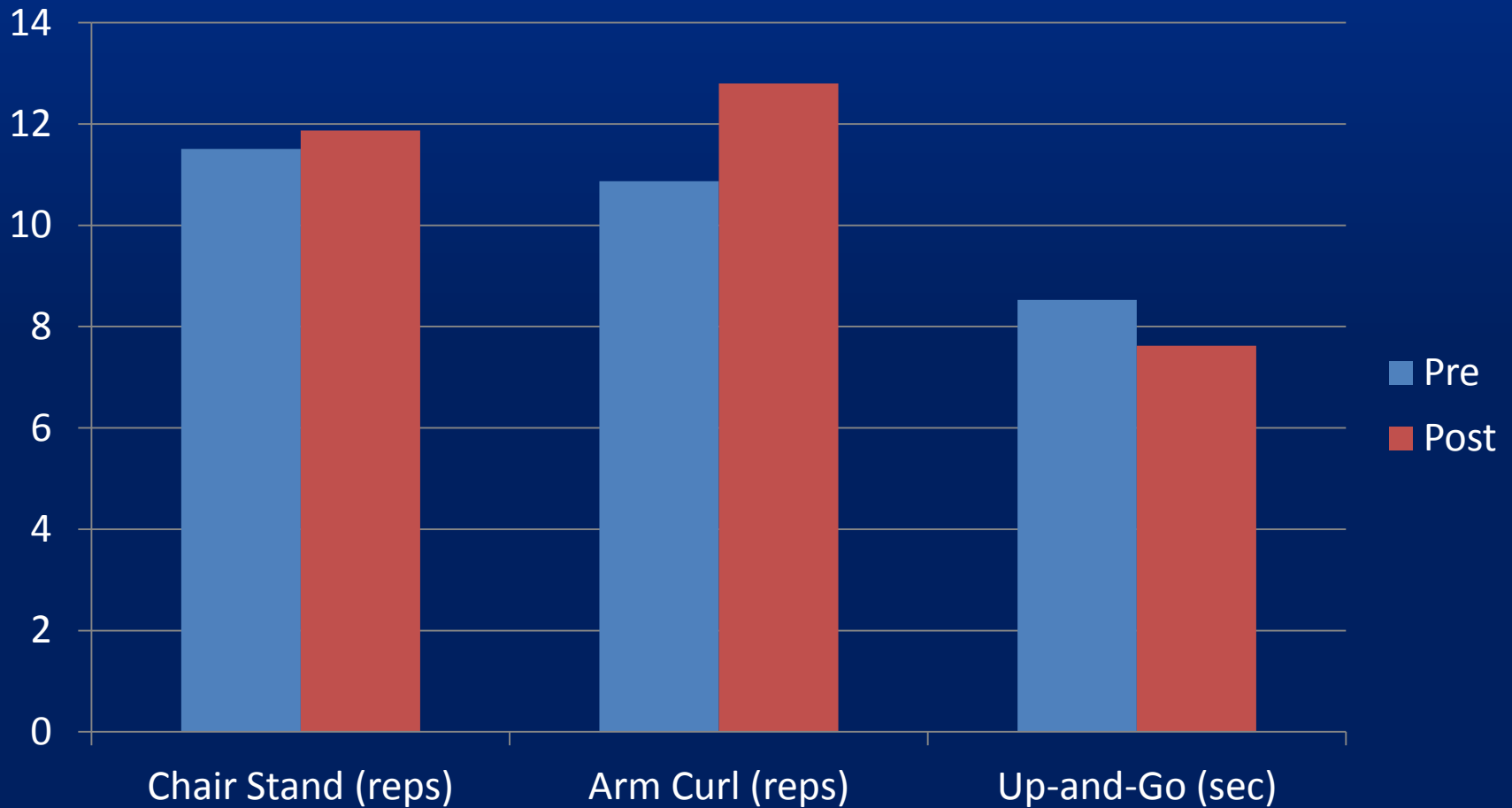


CDSMP: Reporting More Exercise, Fewer Symptoms, and Fewer Health Care Utilization

(n=709 at 6-month post-program follow-up)

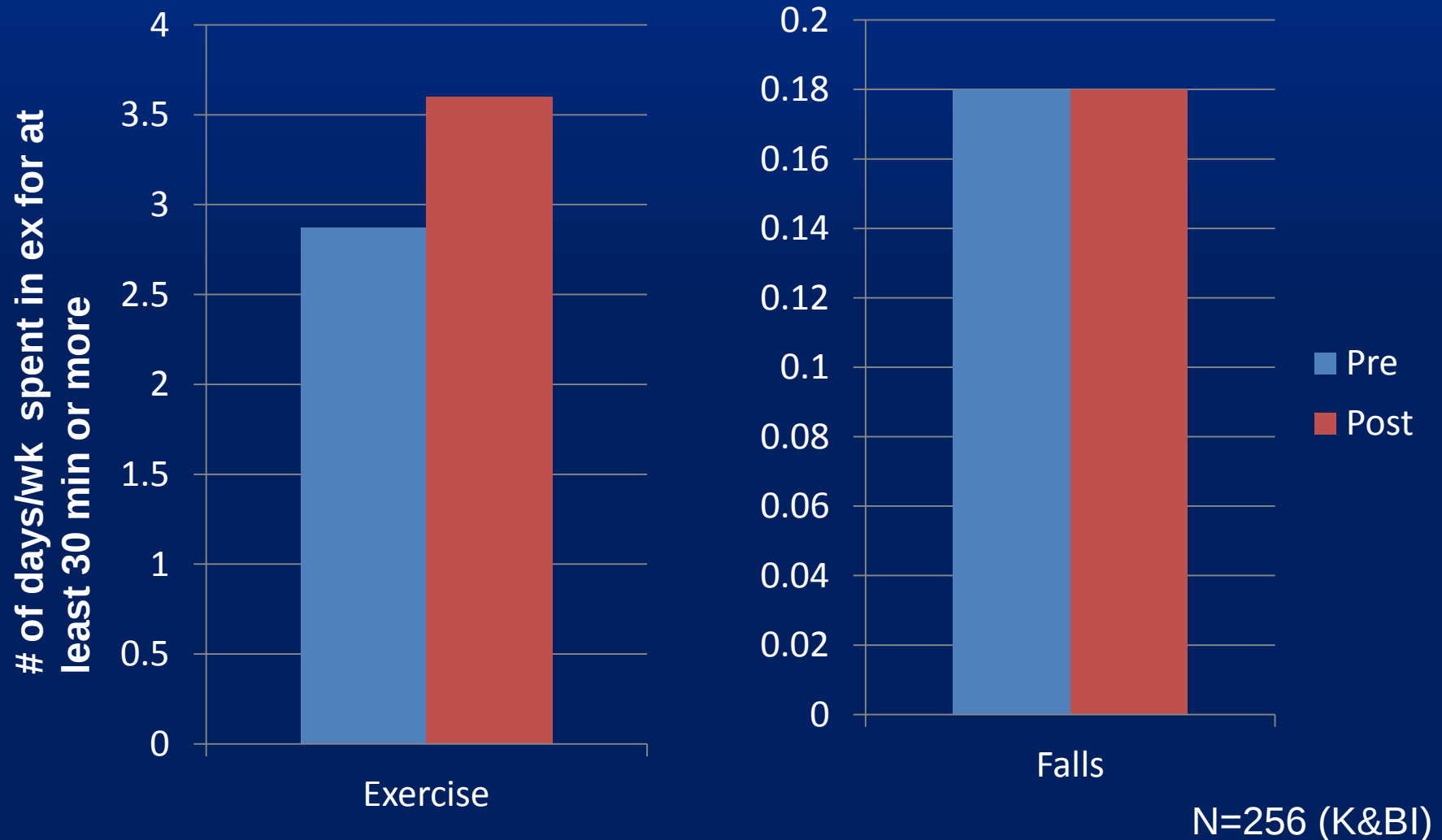


EF: Pre-Post Results



N=256 (K&BI)

EF: Pre-Post Results



Dissemination

- Presentations to HHAP and policy makers
- Local “success stories”
- Presentations at conferences
- Publications
 - Tomioka M, Sugihara N, **Braun KL**. Replicating the EnhanceFitness physical activity program in Hawai`i’s multicultural population: 2007-2010. *Preventing Chronic Disease*. 2012;9:110155. DOI: <http://dx.doi.org/10.5888/pcd9.110155>.
 - Tomioka M, **Braun KL**, Compton M, Tanoue L. Adapting Stanford’s Chronic Disease Self-Management Program to Hawaii’s multicultural populations. *The Gerontologist*. 2012;52 121-132. doi: 10.1093/geront/gnr054.
 - Sugihara N, Watanabe M, Tomioka M, **Braun KL**, Pang L. Saving money through exercise: Estimating the investment-to-return ratio of an elderly exercise program on Kaua’i. *Hawai’i Medical Journal*. 2011;70:116-120.

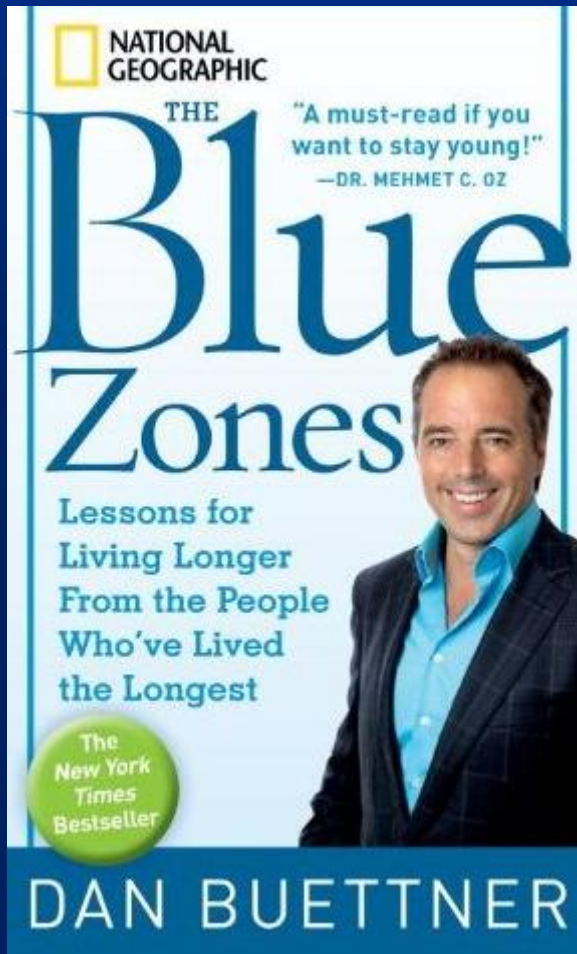
Implications

- To institutionalize new health promotion programs:
 - Engage policy makers and funders, as well as program providers.
 - Train and monitor providers to assure that the programs are delivered with fidelity.
 - Check that health outcomes of participants are positive.
 - Publicize your findings.

This is NOT the end



Importance of the Environment



- Blue Zones – Areas of the world with exceptional longevity
 - Okinawa
 - Loma Linda
 - Sardinia
- In general, long-living individuals are NOT
 - Marathon runners
 - Strict vegetarians or vegans

What is the secret?

- A lifestyle that includes
 - Physical activity
 - Diet high in plants
 - Social networks
 - Ways to relieve stress and promote meaning



Pathways around lake, and pathways from neighborhoods to town



Application at the Community Level

Albert Lea, Minnesota

Modifications to stores
restaurants, and school
food policies



Results

- After one year:
 - Residents trimmed a collective 12,000 pounds off waistlines



- Dropped healthcare costs of city workers by some 40%.



Implications

Individuals behavior changes
are important

BUT

Environmental and policy
changes can help make the
“right” choices the “easy”
choices.

