



Adapting Stanford's Chronic Disease Self-Management Program to Hawaii's Multicultural Population

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Hawaii Healthy Aging Partnership (HHAP) Overview

Established in 2003

- A statewide partnership whose mission is to improve the health status of older adults
- Led by Executive Office on Aging & Department of Health
- Now we have 64+ orgs partners!



HHAP has adapted evidence-based programs



**Arthritis Self-
Management Program**

**In Oahu, Maui, &
Hawaii**

O'ahu



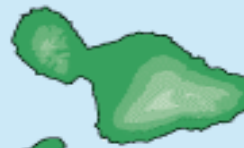
Moloka'i



Lana'i



Kaho'olawe



Maui

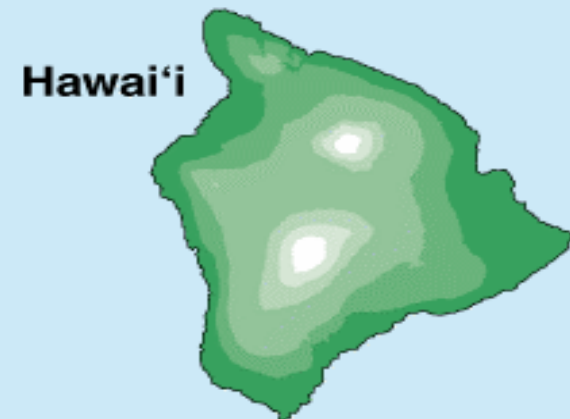


**Chronic Disease Self-
Management Program**

In ALL Counties

**Diabetes Self-
Management Program**

In ALL Counties



To offer Stanford's Chronic Disease Self-Management Programs

1. Get familiar with HHAP by attending meetings
2. Attend training (4 ½ days)
3. Offer 1st workshop (coach will be there to support)
4. Continue to offer the workshops at least one workshop a year



Make sure the person has time to attend the training & can offer 2 ½ hours per week for 6 weeks

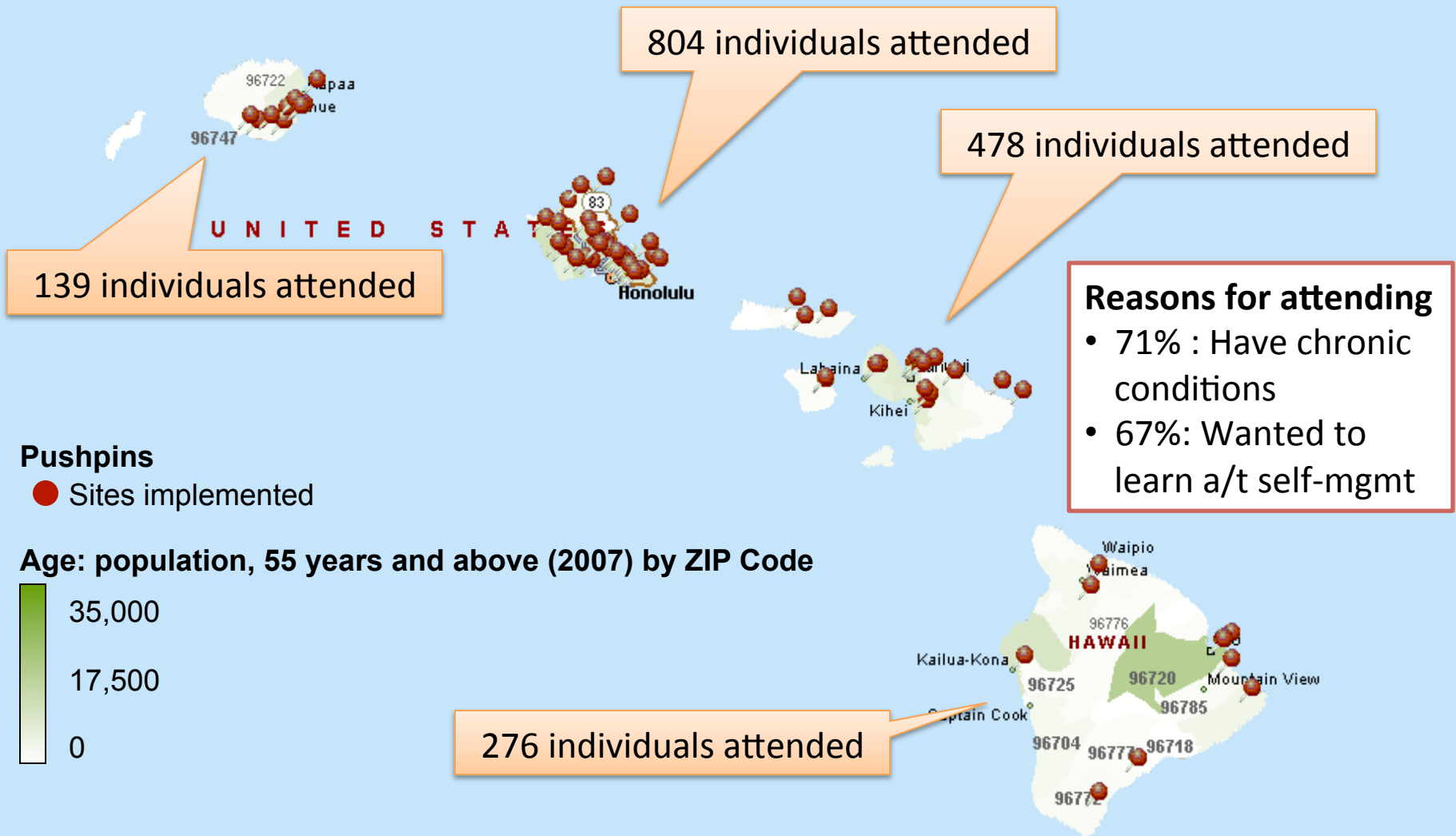
Stanford's Chronic Disease Self-Management Program Overview & Demonstration



Please enjoy!

We Served more than 1725 people!

(Average completion rate: 82%)

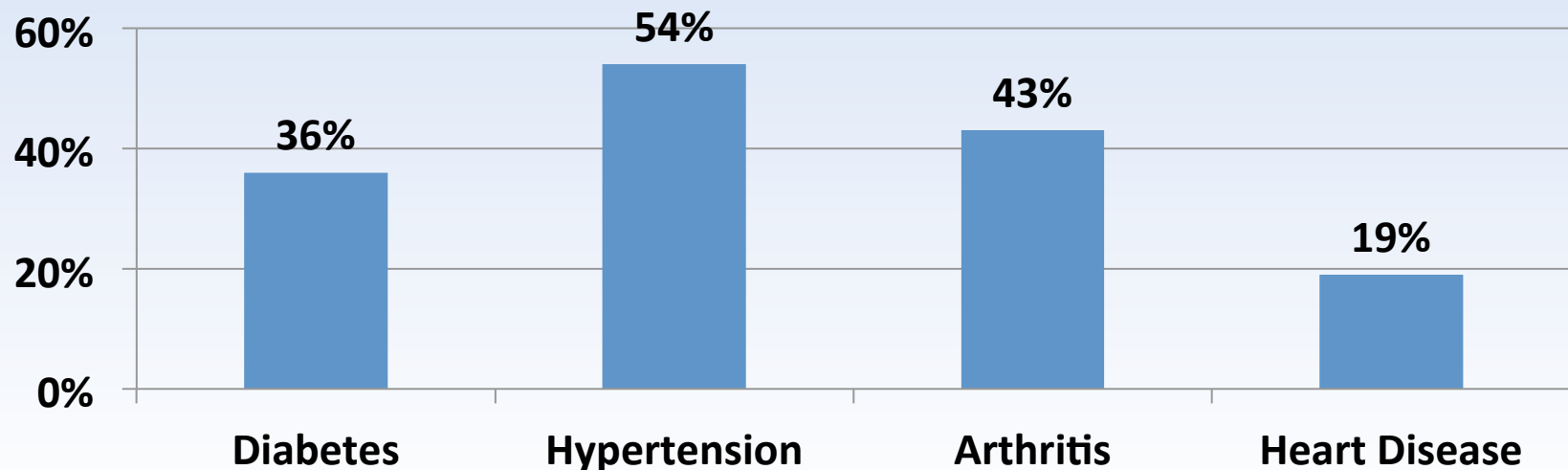


Participant Demographics

- Mean age: 69.9 years old
- Gender: 83% Female
- English limitation: 17%
- Ethnicity: White 28%, Filipino 28%, Native Hawaiian 28%, Japanese 20%

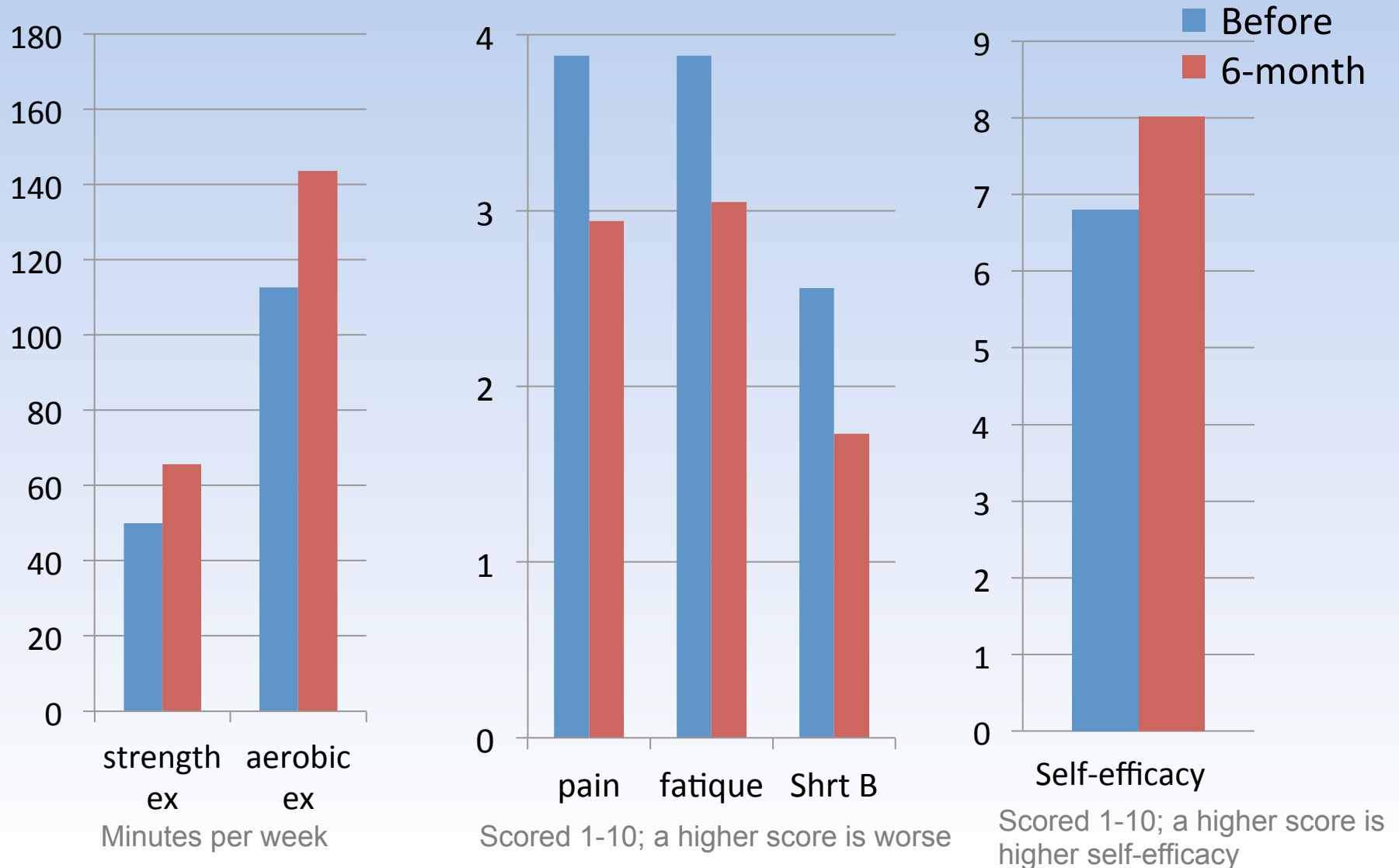


Prevalence of Chronic Conditions

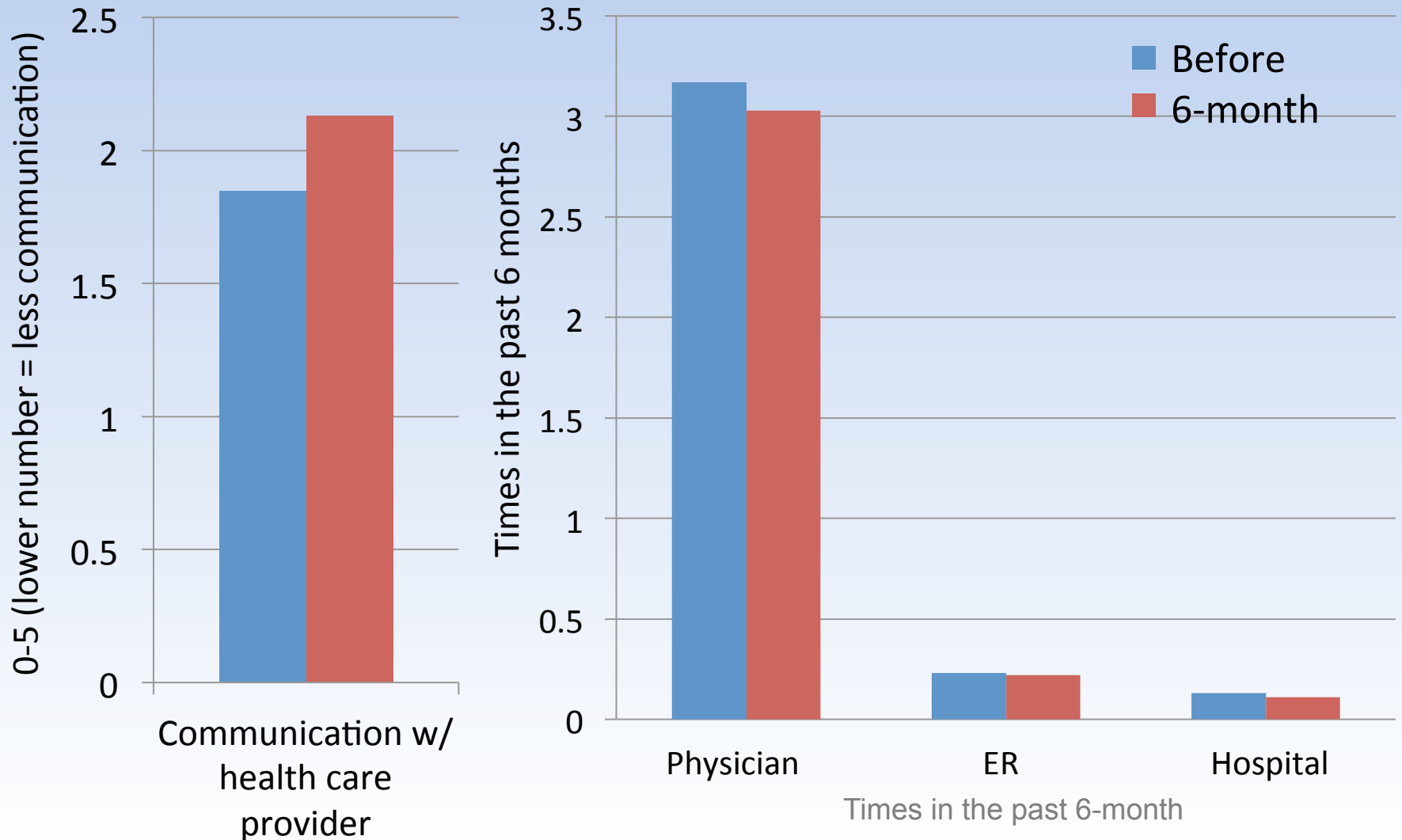


Reporting more exercise, fewer symptoms, and higher self-efficacy

(n=782 at 6-month post-program follow-up)



Reporting communication skills↑ and ↓ medical services



Move Forward Together

- CDSMP
 - Is very interactive and FUN!
 - Is beneficial for variety of ethnic groups
 - Can improve health & lower health care costs (health care cost savings of approximately \$590 per participant*)
- To Join offering CDSMP & to learn about HHAP,
 - Please contact: Hawaii Executive Office on Aging, **Caroline Cadirao**, 586-0100