

HĀNA GETS HEALTHY



From newborns to grandmas, community health programs from Hāna Health are making a big impact.

Adults and seniors are learning to better manage, even reverse, chronic disease by making healthy changes.

In the fight to prevent childhood obesity, elementary school students are getting more exercise and nutritious snacks with a program that is both fun and educational.

New moms are getting education on pregnancy, newborn care, and well child services.

Interviews with the coordinators and participants in these programs demonstrate the value of health intervention and long-term benefits of lifestyle changes.



Healthy Lifestyles PROGRAM

HĀNA HEALTH PROGRAMS

R E S U L T S B Y T H E N U M B E R S

MEDICAL SERVICES

1,964
individual patients served

6,284
medical visits

131
optometry visits

278
behavioral health visits

275
After Hours Urgent Care

33
Emergency Transports
by ground ambulance: 16
by air: 17

DENTAL SERVICES

507
individual patients served

1,187
dental visits

HĀNA FRESH

62,800+
pounds of fresh fruits and vegetables
produced to help address the
district's food sustainability

Just ask Leinaala Perry about the Healthy Lifestyles program at Hāna Health and be prepared for an amazing story and hearty enthusiasm.

It started when Lei began having symptoms of diabetes. Her husband, Mahoe, who was diagnosed with the disease 11 years ago, checked her blood sugar levels and told her it was out of control. Their first grandchild was born in January 2016 and she decided then and there if she wanted to be around to see that baby grow up she had better do something about her health.

On February 1 she decided to begin walking every day and to change her diet. Soon Mahoe was joining her on the morning walks. Pake Tolentino, who works for Hāna Health, saw them on their daily walks and suggested they check out the Healthy Lifestyles program. In April both Lei and Mahoe were enrolled in the program. Tests confirmed that Lei's blood sugar was high but the exercise was beginning to help. Within 90 days, it would be normal.

More than walking, both had pledged to make major changes to their diet. Canned foods, sodas, convenience meals were banned from their pantry and they began getting most of their meals from the Hāna Fresh nutrition center as part of the program. Monday through Thursday

breakfast, lunch, and dinner came from the nutrition center. On Friday it was breakfast and lunch only. For weekend meals, they bought fresh vegetables and fruit from the Farm Stand to prepare salads and other healthy meals focusing on fish and chicken.

The Perry's meet monthly with Steve Koshel, Physician Assistant and a certified diabetes educator at Hāna Health. Steve works with participants on diet and nutrition, as well as goal setting. "He was so helpful in teaching us what to look for on a food label, for example, to spot the hidden ingredients that were not good for our diet," said Lei.

An enthusiastic Lei ticks off the life altering changes the Healthy Lifestyle program has given her family:

- **For the first time in 11 years, Mahoe no longer requires medication to control his diabetes and high blood pressure.**
- **Lei never needed to go on medication and her blood sugar is now normal.**
- **Together they lost nearly 100 pounds in the first 90 days.**

"The end result of sticking with the program is life changing," said Lei. "It has changed us as a family. Our kids are making changes by choice, eating more healthy foods and getting more exercise. It was definitely easier doing it together," she added.

They have started Phase 2 of the program and are continuing to see great results. "We are even pounding our own poi at the school every Thursday," she says with a big grin. 'Poi has replaced rice in our home.'

"The changes are so substantial that it is affecting people we live with and work with. At the firehouse, Mahoe's coworkers are picking up on the nutrition changes, cooking lighter, fresher and more healthy meals," she said.

The Perrys are a great example of how profound Healthy Lifestyle changes can be. "My hope is that more people will see how the program works and try it for themselves, said Lei.



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Walk It to Win It CHALLENGE

In an effort to prevent childhood obesity, Hāna Health and Hāna Elementary School have partnered to bring the Walk It to Win It Challenge to third, fourth, and fifth graders. Program coordinator Pake Tolentino says this is the third year the program has been offered. "They are so excited to get their personal pedometer and track all of their walking at school and at home."

Participants come to school early three mornings a week to walk before class with Pake. After walking for 30-40 minutes, they get a bottle of water, fresh fruit, a granola bar or other healthy snack and a hug from Pake before heading off to class.

Each week the youngsters proudly present their pedometers for recording. Some have walked the distance of Hāna to Kahului and back, about 50 miles in a week. Parents and grandparents report that their children are walking everywhere now.

At the end of each ten-week session, prizes are awarded including gift certificates to Hāna Fresh Farm Stand and fitness equipment. "Its amazing to see students awed by how far they have collectively walked during the term, recently as far as San Francisco and back," said Pake. "And its pulling moms and dads into walking more too. A win for the whole family," she added.

This year there were thirty five children involved in the program who walked a total of 8,507 miles, or 17,0122,10 steps.



Healthy Mothers, Healthy Babies PARTNERSHIP

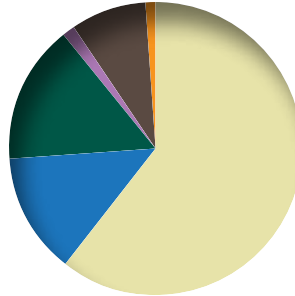
Roxanne Delfino, Registered Nurse and Certified Doula, has brought a warm touch to Hāna Health and the Healthy Mothers, Healthy Babies program. "I want to make the content of this program relevant and helpful to new moms, so I try to focus on the idea of learning rather than education. That appeals to second time moms as well. Every baby is different and there is always something new to learn."

Hāna Health has a collaborative partnership with the Healthy Mothers, Healthy Babies Coalition, which rewards moms who participate in the program with a Pack and Play Crib. There is no charge to participants.

Roxanne brings a depth of knowledge and comfortable approach to the group sessions that focus on pregnancy, newborn care, safe sleeping and breastfeeding. Information about newborn and well child services offered at Hāna Health is also included.

The tangible effect the program has on women in the community is that it leads to better outcomes for them and their babies,' she added.

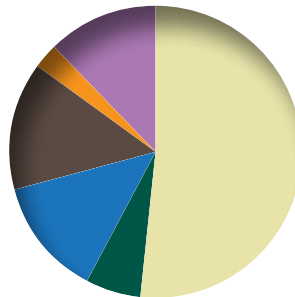
Statement of Revenues and Expenses



REVENUES

Contracts and grants - Operating	\$2,261,908
Contracts and grants - CIP	182,746
Third Party Payments	779,002
Patient Payments	44,832
Hāna Fresh	421,296
Contributions and other sources	25,074

Total Revenue \$3,714,858



EXPENSES

Personnel	\$ 1,913,051
Professional Services	217,989
Facilities/Equipment	487,096
Supplies/Pharmacy	520,713
Insurance	100,201
Other/Depreciation	445,711

Total Expense \$3,684,761

NET INCOME \$30,097

A PROGRAM DESIGNED TO HELP HĀNA HEALTH PATIENTS BENEFIT FROM A DIET RICH IN FARM FRESH PRODUCE.

Rx for Good Health

"Prescriptions" are redeemable for organic vegetables and fruits at the Hāna Fresh Farm Stand and were provided at each visit to the health center. The "prescription" also recommends 8 hours of sleep a night and 20 minutes of walking daily as keys to improving health status and reducing the risk of chronic disease. This year Hāna Fresh provided \$31,500 in fresh produce to Hāna Health patients.



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