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Health & Well-being
hawai‘i

hmsafoundation.org
President’s Message

Aloha,

We live in an amazing community. Flip through these pages and you’ll see it’s undeniable. You’ll find people who are selflessly giving their time, resources, minds, and hearts to help make Hawai‘i a better place.

HMSA’s goal is to advance the health and well-being of Hawai‘i. While HMSA has the privilege of providing health plans to more than 700,000 members, our reach only goes so far. We’ve set a big goal and it can’t be accomplished alone.

Through the HMSA Foundation, we have the ability to fund the leaders, innovators, and change-makers who are transforming our community into a better place to live, learn, and play. Read this annual report to learn more about the organizations we’ve been fortunate enough to support.

Together, we’re building communities that are stronger, healthier, and happier.

Mahalo,

Michael A. Gold
President
Our mission

The mission of the HMSA Foundation is to extend HMSA’s commitment to providing access to cost-effective health care services; health promotion, education, and research; and the promotion of social welfare.

History

The HMSA Foundation was established in 1986 by the Hawai‘i Medical Service Association to stimulate research of issues that confront Hawai‘i’s health care industry. The Foundation is dedicated to improving health in Hawai‘i through grantmaking, strategic initiatives, publications, and community-wide programs.

In response to challenging economic times and the ever-growing need for education, research, information, and financial support to help people understand and adapt to the rapidly changing health care market, the HMSA Foundation became a private foundation and established a grantmaking program in 1998. The HMSA Foundation provides a vehicle for HMSA to invest resources in a cost-effective manner to enhance the overall health and quality of life for the communities we serve.
Our Commitment

The HMSA Foundation supports programs in four areas that advance the health of people in Hawai‘i:

**Access to Health Care**
Improve access to high-quality, affordable health care through:

- Service planning and care coordination.
- Programs for the uninsured.
- Outreach initiatives.

**General Social Welfare and Healthy Communities**
Support local community programs and activities that promote overall social welfare and healthy communities through:

- Information and referral.
- Emergency assistance.
- Community development.

**Health Care Delivery System**
Maintain and improve the quality of health care services available to Hawai‘i residents through:

- Health care delivery models.
- Quality measurement and improvement.
- Provider delivery networks.
- Performance measurement.
- Financing and reimbursement.
- Data collection and analysis.
- Disease management.

**Health Promotion and Disease Prevention**
Promote healthy lifestyles and prevent injury and disease through:

- Disease-specific education.
- Substance abuse prevention.
- Clinical preventive services.
- Physical activity promotion.
- Improving the quality of prevention programs.
- Nutrition education.
2014 Summary

Grants by Program Area

Health Care Delivery System $ 380,393
Access to Health Care 195,366
General Social Welfare 126,389
Health Promotion and Disease Prevention 515,623

$1,217,771
Grants by Population Area

City & County of Honolulu
$389,508

Kaua‘i County
$16,750

Maui County
$58,298

Statewide
$628,215

Hawai‘i County
$125,000

Total
$1,217,771


Where does the money come from?
Grants are funded with annual investment income earned on the Foundation’s original endowment. Health plan premiums from HMSA members and employer groups are never used to fund Foundation grants.

Contributions to the HMSA Foundation: $25,542,651

Total grants awarded: $20,740,429
The following projects ended their grant period in 2014 and have impacted their communities in countless ways.
Chaminade University of Honolulu,
School of Nursing
Pu‘ukohola Heiau: Health Care Services brought Native Hawaiian
organizations together in 2014 to reaffirm their customs, practices,
and beliefs with the goal of improving physical, psychological, social,
and spiritual health and well-being. The project applied a $15,000
grant to:

• Provide 170 people with education and screenings for diabetes,
  cholesterol, body mass index, blood pressure, breast cancer,
  smoking cessation, and nutrition.

• Involve 15 students, three Chaminade faculty members, and
  six physicians and one dentist from the UH John A. Burns School
  of Medicine.

Life Foundation
Launched in 2013, the Life Foundation’s Stand Up 2 HIV campaign
presented messages about HIV testing and prevention. “Making
HIV a community issue, rather than targeting a specific group of
people, made everyone more comfortable to get tested,” says
Paul Groesbeck, executive director of the Life Foundation. “Our
clients have expressed appreciation of the campaign, which also
communicates our program’s link to medical care.”

A $30,000 grant enabled the organization to achieve results such as:

• Tested 2,048 people for HIV.

• Provided immediate medical and support services to 19 people
  who were identified as HIV-positive.

• Distributed 7,000 brochures, 10,000 palm cards, and 500 posters.

• Reached more than 100,000 people through 268 commercials and
  public service announcements via Oceanic Time Warner Cable.
  Print advertising reached an additional 30,000 people.

• About 4,000 people attended the Honolulu AIDS Walk at the
  Honolulu Hale Civic Grounds.

• Reached about 5,000 people through the National Asian and
  Pacific Islander HIV/AIDS Awareness Day campaign.
Screened 1,095 children from 11 schools on the Leeward Coast of O‘ahu and referred 224 children to their doctors for further care.

**Mental Health America of Hawai‘i**

Preventing Youth Suicide and Bullying in Hawaii, a training program for youth workers and school personnel, began in 2013 with a grant of $47,738. Conducted jointly with the Hawaii Youth Services Network, results include:

- Conducted 10 statewide training workshops.
- Trained 1,770 students from middle schools and high schools, and 156 youth workers and school personnel.
- 97 percent of adult trainers are confident about communicating directly with youth when they see suicide warning signs.
- 92 percent of adult trainers are confident about organizing and setting up youth training sessions.
- 85 percent of the youth surveyed are more knowledgeable about the different types of bullying.
- A testimonial from a mother whose son participated in this program said, “Mental Health America of Hawai‘i saved my son’s life.”

**Project Vision Hawai‘i**

Beginning in 2012, the Better Vision for the Keiki of Wai‘anae project provided vision, retinal, hearing, and development screenings for children at schools on the Leeward Coast of O‘ahu. “The project was a springboard for a bigger outcome,” says Executive Director Annie Valentin. “Today, we’re working with several state and nonprofit stakeholders to create a similar program that can be applied statewide.” The project, which was funded with a $50,000 grant:

- Screened 1,095 children from 11 schools.
- Referred 224 children to their doctor for further care.
- Identified 28 children with signs of previously undiagnosed vision or hearing problems, including a potential case of type 1 diabetes.
- Found 22 children with signs of undiagnosed learning disabilities including dyslexia, autism spectrum disorder, and attention deficit hyperactivity disorder.
- Enabled 335 parents to participate in educational workshops, most of whom were screened.
- Involved 196 school officials and teachers.
- Provided educational services at 14 events, which reached 2,200 children and 2,280 adults.
Rehabilitation Hospital of the Pacific (REHAB) Foundation
In 2012, the HMSA Foundation’s grant of $100,000 helped pay for a new suite of exam rooms for physiatrists, which are part of extensive renovations at REHAB.

“The new clinic features four exam rooms and one procedure room designed to accommodate patients with disabilities,” says Michael W. Perry, chairman of the board of REHAB Foundation. “The clinic improves accessibility for patients while facilitating the doctor-patient relationship that’s the heart of care at REHAB.”

- REHAB Hospital served about 1,500 patients in 2013, 30 percent of whom needed a higher level of care.
- Renovations allowed REHAB to acquire new technology to treat such patients, who would otherwise have needed acute rehabilitation on the Mainland.
- Spaces for clinical programs such as the vision center have enabled REHAB to improve specialized care and keep pace with new therapies offered at the best Mainland facilities. Therapists are now fully integrating vision therapy with physical, occupational, and speech therapy to improve patient outcomes.

University of Hawai‘i, John A. Burns School of Medicine (JABSOM)
To reach Native Hawaiians and the community and organizations that serve them, Healthy Aging Online Videos were produced in 2014 with a $25,000 grant. “Hawai‘i has the highest proportion of people over 65 years old in the nation,” says Virginia Hinshaw, chancellor emeritus of JABSOM. “So educating our citizens about aging in the healthiest way possible is critically important. And working with the HMSA Foundation is making that happen.”

Seven videos were produced, ranging from 5 to 10 minutes long, and are posted on UH JABSOM’s website, jabsom.hawaii.edu/minimedschool/talks.html.

- 480 online video views took place between July and October 2014.
- Lectures were repeated in the 2014 fall semester due to a high level of interest in the online videos.
- 150 people enrolled in the fall lectures; 10 seats were reserved for JABSOM medical students.
In 2014, the HMSA Foundation awarded $1.2 million to support 42 programs statewide. Here are brief descriptions of how those programs and their agencies are using those funds to improve the health and well-being of their communities.

The Trust for Public Land

Partners in Development
American Lung Association in Hawaii
$15,000
Open Airways for Schools, an asthma education program, helps students in grades 3-6 manage their asthma. Asthma 101 workshops teach school personnel, families, and caregivers how to support students with asthma.

Catholic Charities Hawai‘i
$21,000
The Hawaii Training Summit presents the latest research, prevention, assessment, and intervention techniques for child, adolescent, and adult trauma.

Chaminade University of Honolulu, Department of Natural Sciences and Mathematics
$75,000
Chaminade University and the UH John A. Burns School of Medicine partnered to improve research infrastructure and productivity and to increase the number of students choosing biomedical degrees.

Chaminade University of Honolulu, School of Nursing
$15,000
Pu‘ukoholā Heiau: Health Care Services allows Native Hawaiians to come together to protect their practices, customs, and beliefs, and to improve their overall well-being.
The Children’s Alliance of Hawaii, Inc.
$15,000
Healing Emotions with Art and Recreation Together (HEART) helps sexually abused children identify emotions and increase self-esteem while engaging in fun activities.

Community Clinic of Maui
$20,000
Oral Health Center Expansion furnished and equipped four new operatories to increase services to clients and support the oral health training program.

Family Promise of Hawai’i
$20,000
Homeless Family Support provides services to promote well-being and help homeless families with children transition to independent living.

Hale Kipa, Inc.
$35,000
Paws for a Cause uses an animal-assisted health and healing curriculum for youth who are at-risk or have certain disabilities to help them develop habits that lead to a healthy lifestyle.

Hawai’i Association for Infant Mental Health
$5,525
Mentoring Healthy Start Clinical Supervisors provides training and certification for professionals who work with families of at-risk, abused, or neglected newborns.

Hawaii Autism Foundation
$12,500
The Foundation hosted three autism spectrum disorder presentations featuring Timothy Buie, M.D., a pediatric gastroenterologist from the Lurie Center for Autism.
Hawaii Immunization Coalition
$2,680
The Immunization Update: Outbreaks and Prevention conference provides national and local perspectives on immunization trends and recommendations and strategies to increase immunization rates.

Hawaii Pacific Gerontological Society
$5,000
The biennial conference provides global, national, and local perspectives on how communities are mobilizing across generations to improve the quality of independent living and encourage older citizens to take active roles in their communities.

Hawaii Youth Services Network
$70,250
Bullying Prevention in Parks establishes comprehensive training for parents and personnel who have direct contact with youth.

Hi’ilei Aloha, LLC
$41,960
ʻAi i ka laʻau, “to eat medicine,” increases access to fresh fruits and vegetables at Wai‘anae Intermediate and Nānākuli High and Intermediate Schools. It also promotes exercise through cultural activities.

Island Pacific Academy
$2,500
Physical Education Curriculum Enhancement certifies three physical education teachers with the American Council on Exercise.

Kāneʻohe Elementary School
$5,000
Healthy Heart School purchased two automated external defibrillators for school and public use and provides annual CPR and lifesaving education.
Kapiʻolani Health Foundation
$47,850
The Pediatric Brain Injury Program will develop a more-coordinated and comprehensive plan to treat children and prevent the need to travel outside of Hawaiʻi for care.

“This grant will help us improve our care of pediatric brain injury patients and develop protocols that can be used statewide,” says Martha Smith, chief executive officer of Kapiʻolani Medical Center. “We’ll also standardize training and education for our physicians, nurses, and other health care professionals who work with children with brain injuries.”

Le Jardin Academy
$5,000
AEDs: When Minutes Matter purchased and installed two automated external defibrillators in the school gym and in the pool/multi-court facility, which students, families, and the community can access.

Life Foundation
$30,000
Stand Up 2 HIV campaign was launched to reduce the HIV infection rate and connect people who are HIV-positive to care, support, and treatment.
Love The Journey, Inc.
$6,750
Relapse Prevention offers workshops and individualized case management services to people recovering from drug addiction on Kaua‘i.

Make-A-Wish Hawaii
$2,389
Printed 10,000 medical outreach cards and physician referral brochures, enabling Make-A-Wish Hawaii to share up-to-date information in an attractive format that captures the attention of caregivers.

Mālama Kaua‘i
$10,000
Village Harvest is a partnership between Mālama Kaua‘i and the UH College of Tropical Agriculture and Human Resources that offers free produce for needy children on Kaua‘i. The program also provides harvesting and food safety training to school staff and community volunteers.

Megan Fox, a master gardener and Mālama Kaua‘i’s director of operations, says, “It’s a shame to have any wasted food on our island. This is our way of helping to build a bridge between an unexploited resource and those who can put it to good use.”
Malama Na Makua A Keiki
$23,298
BabySAFE provides prenatal education and individual and group substance abuse workshops for pregnant women and women of child-bearing age.

Nā Hoaloha/Maui Interfaith Volunteer Caregivers
$15,000
The Falls Prevention Program trains volunteers to conduct home safety assessments, teach kupuna how to prevent falls, and provide additional preventive measures to help seniors live safely in their homes.

Niu Valley Community Association
$5,000
The Playground Equipment project provides the Niu Valley community with a safe playground to encourage children’s physical activity.

Partners in Development
$18,900
A new curriculum, Physical Activity and Indigenous Health Initiative (PA’IHI), at Blanche Pope Elementary School in Waimanalo teaches students the importance of physical activity and the ancient ahupua’a (land division) system that promoted balance between the land and sea.
P.A.T.H. – Peoples Advocacy for Trails Hawaii
$25,000
Bike Ed Hawaii program offers bike safety education for fourth grade students on Hawai‘i Island.

Project Vision Hawai‘i
$47,450
Better Vision Better Health expands statewide to focus on services for Native Hawaiians of all ages while improving data collection and health analysis.

Rehabilitation Hospital of the Pacific
$30,000
Community Integration for the Disabled helps patients recover and successfully transition to home.

The St. Andrew’s Schools
$25,000
Malama Kou Kino designs and integrates a curriculum to improve the health of primary school students through good nutrition and outdoor exercise.
Shriners Hospitals for Children
$58,033
The Ketogenic Diet Program is a research program for children with seizures. The diet is high in fat, moderate in protein, and low in carbohydrates.

“This grant from the HMSA Foundation will enable our hospital to pioneer a line of service that has the potential to significantly improve the lives of children with epilepsy and neurodevelopmental disorders in Hawai‘i and the Pacific. The partnership is very much welcomed by our patients and all who participate in the program,” says Ryan Lee, M.D., a pediatric neurologist and neurodevelopment specialist.

Surfrider Spirit Sessions
$5,000
Mentoring at-risk youth in this holistic, ocean-based experiential program helps break the chain of delinquent and criminal activity.

The Trust for Public Land
$3,000
A Day on the Land teaches volunteers how preservation is essential to personal well-being. Volunteers replace invasive plants with native ones in areas that once included agricultural terraces.
United Self-Help
$10,000
This organization provides peer mentoring, support groups, and other services to homeless families with children.

University of Hawai‘i, Cancer Center
$68,299
The research project uses community-based, culturally relevant discussion groups to increase self-administered fecal occult blood tests or fecal immunochemical tests among Native Hawaiian men.

University of Hawai‘i, JABSOM
$50,000
The program creates videos that are posted on their website to provide senior citizens, their families, and caregivers access to information on healthy aging.

University of Hawai‘i, JABSOM, Department of Native Hawaiian Health
$54,412
The project identifies the essential elements—protocols, systems, and procedures—of a patient-centered medical home as the first step toward improving health service delivery and outcomes for Native Hawaiians.

University of Hawai‘i, JABSOM, Department of Native Hawaiian Health
$84,000
With the help of community-based organizations, the Department of Native Hawaiian Health expands its Partnership to Improve Lifestyle Intervention (PILI) ‘Ohana Program, which focuses on Native Hawaiians and other underserved ethnic groups.

University of Hawai‘i, JABSOM, Public Health Sciences
$52,961
In a classroom setting, Waipahu Health Action Research and Training (HART) uses senior students’ positive influence on underclassmen to promote physical activity and good nutrition.
University of Hawai‘i, School of Nursing and Dental Hygiene

$78,948 over three years

The program provides placement for nurse practitioner students to fulfill their clinical hours in hospitals, clinics, federally qualified health centers, and physician practices. This grant provided the subsequent funding needed to secure the $650,000.

“Nurse practitioners (also known as advanced practice registered nurses) are in high demand in Hawai‘i. By providing care in health centers, retail clinics, hospitals, and long-term care settings, they ensure that all patients have access to high quality health care,” says Mary Boland, dean of the UH Mānoa School of Nursing and Dental Hygiene. “Major awards like these recognize the outstanding education provided at UH’s School of Nursing and greatly advance our efforts on all the islands. We are most grateful to the HMSA Foundation for its generous support.”

West Hawaii Community Health Center

$100,000

The project equips a new dental clinic in Kealakehe with dental operatories for children and adults. This increases access to dental services and community outreach and minimizes wait times for appointments.
If you have a project that will benefit the community, consider applying for a grant. We receive applications from many different organizations and carefully consider proposals that answer these questions:

• Why is your project important?
• What exactly do you plan to do?
• What are the products of those activities or events?
• What key changes in skills, knowledge, values, attitudes, behaviors, conditions, etc., will result from the activities?
• How will we know that you’ve made that difference?
• How will your organization successfully achieve its goals?
• How much will it cost?

Visit the HMSA Foundation website at hmsafoundation.org for the following information:

• The grantmaking process.
• Eligibility and limitations.
• What we look for.
• How to apply.
• Deadlines and meeting dates.
• Responsibilities if grant is awarded.
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