

# B3-02 Strategies for Promoting Healthy Aging through Evidence-Based Programs in Hawaii

Sarah Yuan, PhD, Center on the Family, University of Hawaii



## Hawaii Healthy Aging Partnership

Established in 2003, the Healthy Aging Partnership (HAP) is co-led by the Department of Health—Executive Office on Aging (EOA) and Chronic Disease Prevention & Health Promotion Division. It includes the four-county agencies on Aging, some district health offices, and service providers in the aging and public health networks. The program evaluator is the research team at the University of Hawaii Center on the Family.

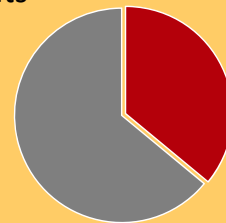
## HAP Strategies



Enhance®Fitness is an exercise program designed for older adults to improve cardiovascular fitness, strength, flexibility, and balance. It is a 1-hour class, 3 days/week for 4 months (one cycle). EF helps build relationships among participating seniors and creates a fun and friendly exercise environment. Moreover, it has been scientifically tested and shown to improve health and reduce healthcare costs among participants.



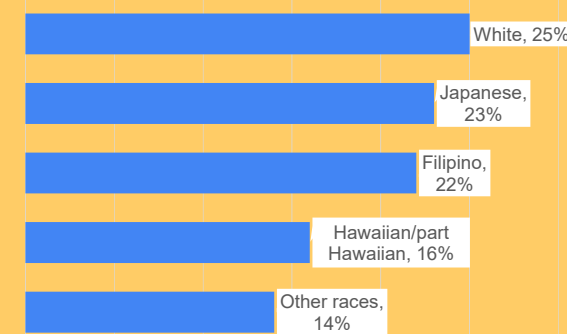
EF has served **1,800+** participants



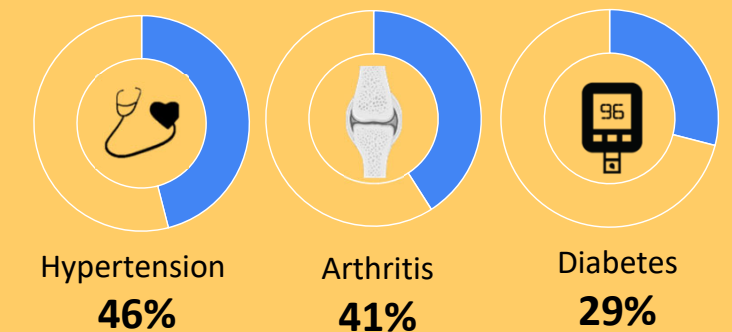
BCBH has served **3,200+** participants



### Racial diversity of participants



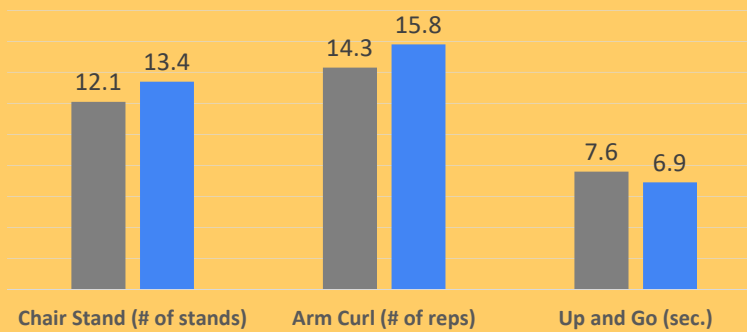
### Top three common chronic conditions



Better Choices, Better Health® is a 6-week course. It complements and extends population health and care management strategies by increasing older adults' self-efficacy. HAP offers BCBH for chronic conditions, diabetes, and cancer. Research has shown that peer support is key to overcoming health challenges to feel and live better. BCBH is proven to improve medication adherence, reduce hospitalization, and reduce health care costs among participants.

## These programs are effective in improving the health of participants.

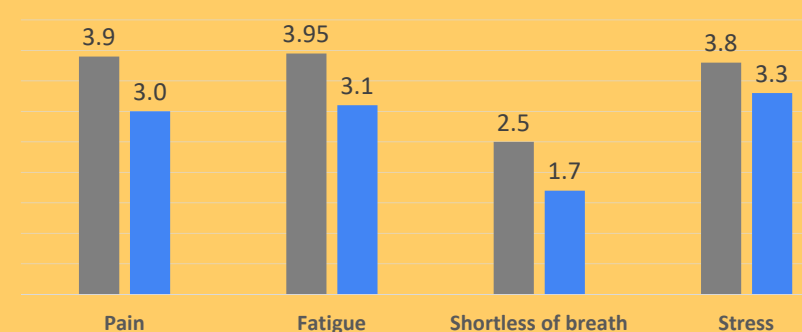
### Improved in fitness checks after 4 months of participating in EF.



### More EF participants reported no falls in the past 30 days.

68% → 82% ↑

### Experienced fewer symptoms 6 months after completing BCBH.



### BCBH participants reported doing more exercise per week at 6 months.

Strength ex. 50 min. → 65 min. ↑      Aerobic ex. 105 min. → 132 min. ↑

Hawaii's cost-savings analysis shows that the **estimated\* net savings was \$652 per participant.**

Annual healthcare cost savings: \$1,036 per person

BCBH program cost: \$384 per person

\* Estimate was obtained from the University of Memphis School of Public Health's Healthcare Cost Savings Estimator Tool (CDSMP).