

## Ulu Programs

The Center collaborates with Ulu Network organizations on information dissemination efforts that include providing Native Hawaiian and other Pacific Peoples community-based and cardiometabolic health programs. These programs were primarily selected through a review panel of community-academic peers, and most received multi-year funding.

### Diabetes Self-Management

Ke Ola Mamo - Native Hawaiian Health Care System – O‘ahu (2013)

*‘Aina Based Living*

This Land, Food, & Health diabetes self-management program is held at several Ke Ola Mamo sites, with education classes and home gardening encouraged.

Waimanalo Health Center – Community Health Center (2013)

*Houpo Pono*

This Land, Food, & Health diabetes self-management program is held at Waimanalo Health Center with an on-site garden open to participants. The newly renovated garden, along with a new kitchen, created an ideal location for healthy food demonstrations and garden activities.

Waianae Coast Comprehensive Health Center – Community Health Center (2012)

*Ola Kapu*

This Land, Food, & Health diabetes self-management program is held at WCCHC, program for patients of WCCHC, referred directly by their primary care physician, which focuses on increasing physical activity and diabetes knowledge. The primary physical activity was a communal garden, located at WCCHC.

Waikiki Health Center – Community Health Center (2010)

*Hua o Laulima*

This was a Land, Food, and Health diabetes self-management program was delivered in an urban setting. Participants established a community garden at Waikiki Health Center as a means of physical activity and access to fresh produce.

Na Pu‘uwai – Native Hawaiian Healthcare System – Moloka‘I (2010)

*‘O ka Mamo ke Kaiao*

This Land, Food, & Health diabetes self-management program was held at Na Pu‘uwai with an on-site garden open to participants. With a registered dietitian as the educator, participants were shown recipe modifications and food demonstrations.

Waimanalo Health Center – Community Health Center (2010)

*E Ola Nei*

This Land, Food, and Health initiative taken and adapted by Waimanalo Health Center. This diabetes self-management program offers diabetes education classes as well as an on-site garden open to participants. The primary physical activity is a communal garden.

Pacific Islander Health Partnership (2009)

*Native Hawaiian Pacific Peoples Cardiometabolic Health Project (D101)*

NHPP Cardiometabolic Health Project was a program by Pacific Islander Health Partnership in California to provide capacity-building seminars for community health workers and peer educators across the Continental U.S.. Eight Diabetes 101 classes were conducted in California, Washington State, and Washington, D.C.

Kokua Kalihi Valley Comprehensive Family Services – Community Health Center (2007)

*Healthy Eating and Lifestyle Program (HELP) for Pacific Peoples*

HELP was a Land, Food, and Health initiative developed at Kokua Kalihi Valley. Culturally relevant diabetes self-management education program was delivered to participants and a community garden provided physical activity and fresh produce to participants and the community.

Ke Ola Mamo - Native Hawaiian Health Care System – O‘ahu (2007)

*Ho‘oikaika*

Screening, as well as physical activity and lifestyle training were provided at several of Ke Ola Mamo sites.

Waianae Coast Comprehensive Health Center – Community Health Center (2005)

*Makahiki Project*

This project was based on the traditional values of the Makahiki as it relates to diet, exercise, personal well-being, and cultural values. The project was a diabetes education program focusing on increasing physical activity and diabetes awareness. The primary physical activity was a community garden, located at WCCHC.

Hui Malama Ola Na ‘Oiwī – Native Hawaiian Healthcare System – Hawai‘i (2005)

*Mai ka Mala‘ai (MALA)*

MALA was a Land, Food, and Health initiative developed at Hui Malama Ola Na ‘Oiwī on Hawai‘i island. Utilizing a variety of different speakers from nutritionists to podiatrists, MALA provided diabetes self-management education that is culturally relevant. Participants also received a garden plot for backyard which they use to grow produce for themselves and their ‘ohana.

Organization: Kokua Kahili Valley Comprehensive Family Services (2004)

*Diabetes Screening and Education Program*

Diabetes screening was conducted at community locations including churches and grocery stores. Diabetes self-management classes that included culturally preferred recipes, local grocery store shopping tours, were offered for all that qualify.

### **Cardiovascular Health**

Halau Mohala 'Ilima (2014)

*Ola Hou I ka Hula*

Ola Hou was a hula-based program for people at risk for heart disease. The 12-week class included twice a week hula classes and 3 hours of culturally tailored heart health education for high blood pressure. The classes were designed to encourage self-care through cultural-based activity, which improve body, mind, and spirit.

Waimanalo Health Center – Community Health Center (2014)

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Hui No ke Ola Pono – Native Hawaiian Healthcare System – Maui (2013)

*Malama Pu'uwai Nui*

This is a culturally-tailored heart failure education program for Native Hawaiians. It aims to give participants information about their condition and ways to prevent and treat the associated risk factors to minimize their chances of having another hospitalization due to their heart condition. A trained community health worker, or a public health nurse gives education one-on-one.

Pacific Islander Health Partnership (2013)

*Malama Pu'uwai Nui – Gotta have heart!*

This is a culturally-tailored heart failure education program for Native Hawaiians. It aims to give participants information about their condition and ways to prevent and treat the associated risk factors to minimize their chances of having another hospitalization due to their heart condition. A trained community health worker, or a public health nurse gives education one-on-one.

Kokua Kahili Valley Comprehensive Family Services (2012)

*Ola Hou I ka Hula (Ola Hou)*

Ola Hou was a hula-based program for people at risk for heart disease. The evidence-based 12-week class included twice a week hula classes and 3 hours of culturally tailored heart health education, which focused on improving high blood pressure. The classes were designed to encourage self-care through cultural-based activity, which improve body, mind, and spirit.

Kula No Na Po'e Hawai'i (2012)

*Ola Hou I ka Hula (Ola Hou)*

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### **Lifestyle Improvement & Pre-Diabetes Management**

Pacific Islander Health Partnership (2014)

#### *Kaleponi PILI 'Ohana*

Kaleponi PILI 'Ohana is a culturally-adapted 9-month program that addresses, promotes, and maintains weight loss among Native Hawaiian and Pacific Island communities in Southern California. The program is family- and community-oriented and is delivered by community members and peer educators. Program lessons are designed to improve diet, physical activity, and time and stress management while fostering a supportive environment and allowing participants to actively engage in their health.

Hui Malama O Ke Kai (2014)

#### *Mauli Ola No Waimanalo*

Mauli Ola No Waimanalo is a culturally-adapted 9-month program that addresses, promotes, and maintains weight loss among Native Hawaiian and Pacific Islander families in Waimanalo. The program is family- and community-oriented and is delivered by community members and peer educators. Program lessons are designed to improve diet, physical activity, and time and stress management while fostering a supportive environment and allowing participants to actively engage in their health.

God's Country Waimanalo (2014)

#### *PILI Lifestyle*

Working with Kula no na Po'e Hawai'i of Papkolea Oahu, PILI lifestyle is a culturally-adapted 9-month program that addresses, promotes, and maintains weight loss among Native Hawaiian and Pacific Islanders in Waimanalo. The program is family- and community-oriented and is delivered by community members and peer educators. Program lessons are designed to improve diet, physical activity, and time and stress management while fostering a supportive environment and allowing participants to actively engage in their health.

Waikiki Health Center – Community Health Center (2009)

#### *Malama Ko Kakou Hale*

A support group format was utilized to reduce cardiometabolic risk factors in Native Hawaiians and Pacific Islanders in an urban setting. Activities included behavioral health groups, nutrition counseling and food demonstrations, exercise classes, and traditional cultural therapies to participants to aid in stress reduction.

Bay Clinic – Community Health Center – Hawai'i (2006)

*Body Basics*

This program focused on children and educating them about diabetes and its associated risk factors to Native Hawaiians in the Hilo, Ka'u and Keaukaha communities. It also combined portable gardening and nutritional cooking classes for the youth.

Kalihi-Palama Health Center – Community Health Center (2005)

*Kalayan Sa Diabetes*

Diabetes community screening and self-management program for Filipino populations in Waipahu, Oahu.

Moloka'i General Hospital (2005)

*Lokahi Diabetes Care Management Program*

Diabetes self-management education program that builds small teams that work toward behavioral change. Education materials for Ilocano (Filipino) and community populations were developed.

Kula No Na Po'e Hawai'i (2005)

*F.I.G.H.T. (Friends Invested In Getting Health Together)*

Working with Queen Emma Clinics, this program focused on increased awareness, prevention, and control of diabetes in youth from the Papakolea community. FIGHT club promoted physical fitness, diabetes education, and diabetes screening through screenings, educational presentations and jiu-jitsu classes.

Hui No ke Ola Pono – Native Hawaiian Healthcare System – Maui (2005)

*Ola Ke Kino Mau Keiki*

This program in the Kahului, Waihe'e and Hana communities evaluated high-risk youth and enrolled the family in monthly, nutritional and behavioral workshops. It also included diabetes education and risk factors.

Moloka'i General Hospital (2005)

*Ho'oa'a*

Youth in Aka'ula School created culturally appropriate video messages on diabetes awareness, prevention, risk factors and complications.

Bay Clinic – Community Health Center – Hawai'i (2004)

*Keaukaha Ulu Project*

This program disseminated diabetes self-management information to the people of Keaukaha and Panaewa, Hawai'i, targeting kupuna organizations and Native Hawaiian residential communities.

Ke Ola Mamo – Native Hawaiian Healthcare System – O'ahu (2004)

*Halau Ola 'O Mimiko no Ke Ola Mamo*

Diabetes screening and self-management program conducted at several Ke Ola Mamo sites in urban and rural O'ahu.

Community Clinic of Maui – Community Health Center (2005)

*Diabetes Intensive Self-management Project and Prevention Education*

A diabetes self-management education program that identified and enrolled clinic patients with diabetes and identified overweight and obese pediatric patients and provided individual family or small group education. In addition, new healthy eating brochures for children were developed .

Na Pu'uwai – Native Hawaiian Healthcare System – Moloka'i (2004)

*Moloka'i Diabetes Outreach and Education*

Diabetes screening and self-management education program for Native Hawaiians in Kalaupapa, Moloka'i and Lana'i.