



EXECUTIVE OFFICE ON AGING

**News Release**

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GOVERNOR

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**EXECUTIVE OFFICE ON AGING RECEIVES GRANT FOR CHRONIC  
DISEASE SELF MANAGEMENT PROGRAM**

HONOLULU – The State’s Executive Office on Aging (EOA) received a three-year grant totaling \$300,000 from the National Council on Aging (NCOA) to improve older adults’ access to the Stanford *Chronic Disease Self Management Program* (CDSMP) in Hawai’i. The CDSMP (designed by Dr. Kate Lorig and colleagues at Stanford University) empowers individuals with chronic conditions to take control of their health through behavior changes that are proven to be effective in reducing the impacts of disease and disability.

Hawai’i along with seven other states (California, Iowa, Maine, Massachusetts, New Jersey, Oregon and Wisconsin) received NCOA grants to establish systems that lead to statewide access to a well-known, evidence-based self-management program for individuals with chronic conditions.

“These states have demonstrated that they can replicate successful programs and have a strong capacity and commitment to this work. They are ready to work with us to design and establish permanent systems for statewide access to the CDSMP and other evidence-based prevention programs” said Nancy Whitelaw, NCOA senior vice president.

“CDSMP is a well-known program that has been scientifically tested and proven to work. This is the kind of program that helps to keep older adults healthy as long as possible, minimize disabilities, and reduce visits to emergency room departments. We want to see this program available to all of our kupuna across the state” said Dr. Chiyome Fukino, director of health.

**(more)**

“The Executive Office on Aging is excited to receive this grant as it complements a grant received earlier from the U.S. Administration on Aging to embed evidence-based programming in our aging services and public health networks,” said Noemi Pendleton, EOA director. EOA received a U.S. Administration on Aging grant in 2006, on behalf of the Hawai‘i Healthy Aging Partnership, to replicate the CDSMP in the City and County of Honolulu and the County of Maui. The combined grants allow the aging services and public health networks to make available CDSMP in the Counties of Kaua‘i and Hawai‘i as well.

“This program is showing wonderful results in older adults’ health status and offers major benefits,” said Dr. Kathryn Braun, professor in the School of Medicine and Public Health, University of Hawai‘i. “We at the University of Hawai‘i, are very pleased to be a partner in this statewide program.”

For more information on the Chronic Disease Self Management Program, go to <http://patienteducation.stanford.edu/programs/cdsmp.html>

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