



EXECUTIVE OFFICE ON AGING

**News Release**

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**HAWAII RECEIVES FUNDING TO IMPLEMENT CHRONIC  
DISEASE SELF-MANAGEMENT PROGRAMS FOR OLDER  
ADULTS**

HONOLULU -- Hawai'i has received \$200,000 to implement a nationally renowned chronic disease self-management program through a series of workshops designed to improve the quality of life for older adults. The funding is a grant from the American Recovery and Reinvestment Act (ARRA) and was awarded to the State's Executive Office on Aging to help reduce chronic disease and health disparities.

"This grant will support us in helping our kupuna take charge of their health and get more out of life," said Noemi Pendleton, director of the Executive Office on Aging and co-chair of Hawaii's Healthy Aging Partnership of many agencies serving older adults.

The Stanford University Chronic Disease Self-Management Program known in Hawai'i as Better Choices, Better Health: "Ke Ola Pono," emphasizes the individual's role in managing his or her health and builds self-confidence so people can be successful in adopting long-term healthy behaviors. Information about enrollment and class schedules in each county are available through the Aging and Disability Resource Center online at [www.HawaiiADRC.org](http://www.HawaiiADRC.org) and by phone statewide at 643-ADRC (643-2372).

Workshops are designed to give people with chronic conditions (such as arthritis, heart disease, diabetes, emphysema, asthma, bronchitis, and osteoporosis) and/or their caregivers the knowledge and skills needed to take a more active role in managing their health. Participants

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learn healthier ways to live, gain confidence and motivation to make healthy choices, and feel more positive about life. The 6-week workshop meets once a week for two-and-a-half hours.

Chronic disease can negatively affect quality of life and threaten the ability of older adults to remain independent within their own homes and communities. Two-thirds of Medicare spending is for beneficiaries with five or more chronic conditions. Hawaii's funding is part of a \$27 million ARRA grant distributed nationally among all states and territories under the Communities Putting Prevention to Work (CPPW) program.

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