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## HUI MALAMA O MO'OMOMI



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<b>Project Title:</b>	Hanai a' Ai (Care For and Eat From)
<b>Award Amount:</b>	\$150,000
<b>Type of Grant:</b>	Social and Economic Development Strategies
<b>Project Period:</b>	9/30/2006 – 9/29/2007
<b>Grantee Type:</b>	Native Nonprofit

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### PROJECT SNAPSHOT

- 5 jobs created
- 144 elders involved
- 317 youth involved
- \$13,000 in resources leveraged
- 117 people trained
- 10 partnerships formed
- 3 products developed

### BACKGROUND

Hui Malama o Mo'omomi (Hui) is a Native Hawaiian nonprofit organization founded in 1993 and incorporated in 2005. Hui is located on the island of Moloka'i and its purpose is to perpetuate subsistence activities through the revitalization of Native Hawaiian values and fishing practices.

The community was concerned with the management of the island's coastal marine resources and the impact of State regulation and commercial fishing. Using scientific methods of natural resource conservation, Hui addressed concerns expressed by northwest coastal native fishermen to support self-determination at the community level. The organization strove to convey traditional codes of conduct in a positive and

scientific manner. However, in order to adhere to state regulations and achieve a profitable commercial existence, it became difficult for some communities to maintain a traditional subsistence lifestyle, which the Moloka'i community prides itself on maintaining. Hui developed a subtly unique approach that reflected the traditional *pono* or proper fishing practices.

### PROJECT PURPOSE AND OBJECTIVES

The Project's purpose was to extend the community-based marine conservation concepts demonstrated effective along the Mo'omomi coast of Moloka'i to other Native Hawaiian communities that are dependent on subsistence fishing. Available subsistence resources are in steady decline and protecting them is an urgent need. The Project also sought to compliment the efforts of the government to manage resources traditionally supported by the Moloka'i people through public education.

Objective 1 was to produce a Hawaiian moon calendar to promote the conservation of inshore fisheries. Project staff used high-level aerial photo images from five sections of the Moloka'i coast and inshore areas to produce the preliminary calendar. The staff created a slideshow for presentation

purposes in order to gain feedback from the community. Project staff completed the calendar during the final quarter of the Project and printed 1,000 copies for distribution, focusing mainly on Moloka'i schools.

Objective 2 was to conduct a workshop to obtain feedback on the moon calendar and train people in its use as a tool for local marine conservation. Members from five Moloka'i communities participated in a three-day workshop. Project staff modified the calendar according to feedback.

The Project's third objective was to assess the feasibility of a fish farm along the Mo'omomi coast and conduct community workshops to address the possible venture. Project staff conducted research on the types of licenses, permits and infrastructure the Department of Hawaiian Home Lands (DHHL) and the government require to establish a fish farm. Hui then conducted a community workshop focusing on the requirements to move the fish farm forward. The workshop led to the approval of a new license agreement between DHHL and Hui, and the development of initial plans for the farm. The workshops boasted a high participation rate, demonstrating the community's interest in the subject matter. Project staff compiled the community recommendations and submitted them to the Board for further consideration. The implementation of such a project was left to consider as a next step for the organization.

A serious challenge arose regarding which information to include in the moon calendar. By showing the public the best times to fish, the calendar also revealed the times that many species reproduce, creating a conservation conflict. As a result, Project staff omitted certain information from the calendar to favor conservation.

## **PROJECT OUTCOMES AND IMPACT ON THE COMMUNITY**

This Project advanced the protection of fishery resources on Moloka'i by utilizing both scientific and traditional facts to educate the public. The community was able to increase knowledge of the current marine resources available; this was of extreme importance due to the tenuous situation of many subsistence communities. The educational focus of the Project helped to foster pono (proper) fishing practices.

The development of the moon calendar reflects effective conservation practices that incorporate traditional Hawaiian values. This Project brought back cultural identity and preserved it for the future through education.

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## KA'ALA FARM, INC.



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<b>Project Title:</b>	Ho'okipuka Project
<b>Award Amount:</b>	\$571,988
<b>Type of Grant:</b>	Social and Economic Development Strategies
<b>Project Period:</b>	9/30/2005 – 9/29/2007
<b>Grantee Type:</b>	Native Nonprofit

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### PROJECT SNAPSHOT

- 5 jobs created
- 1 Native American consultant hired
- 7 elders involved
- 620 youth involved
- \$750 in revenue generated
- \$37,000 in resources leveraged
- 7 people trained
- 8 partnerships formed
- 1 product developed

### BACKGROUND

The Wai'anae community is located on the western side of the island of Oahu, Hawaii. Its population grew from 3,000 in 1950 to 45,000 today, of which 40% are Native Hawaiian and 45% are under the age of 25. The urbanization of Waianae transformed the traditionally agriculture-based community, and poverty rates exceed 20%. Ka'ala Farm, Inc. was founded in Wai'anae in 1983 to promote public interest in diversified agriculture. One of Ka'ala Farm's main endeavors was the creation of a demonstration farm to serve as a focal point for disseminating traditional farming techniques and modern technology to subsistence farmers. The Farm also serves

to strengthen the relationship between residents and the "aina," or land, and support culturally relevant agricultural training programs for youth.

### PROJECT PURPOSE AND OBJECTIVES

The purpose of this Project was to develop a culturally appropriate 4<sup>th</sup> grade science curriculum to pass on knowledge, practices and Hawaiian cultural values to the area's students and teachers. The Project's purpose was to evaluate the collaboration between the school and the agency to learn and record best practices that could be widely disseminated by the Project's end.

Objective 1 was to develop a culturally appropriate curriculum, called the "Kipuka Science Curriculum," that staff would pilot-test in local elementary schools and community learning centers for eight hundred 4<sup>th</sup> graders. Project staff successfully developed four culturally-based science units and pilot-tested them with roughly 620 local schoolchildren. The units contain modern science lessons based on Hawaiian cultural traditions such as Cycles in Hawaiian Life; Farming and Fishing; the Formation of the Hawaiian Islands; and Food, Clothing and Shelter. In addition to teaching these lessons in classroom settings, Project staff presented to 250 schoolchildren

visiting the Ka'ala Farm site. Incorporating the science lessons with hands-on activities such as traditional farming techniques and cloth weaving, Project staff highlighted the curriculum's utility for hands-on teaching methods.

Objective 2 was to create a project learning mechanism by documenting and evaluating the curriculum development process. The focus of this objective was to capture best practices that could be used and adapted by other learning centers and schools to fit into their unique cultural contexts. Staff conducted pre- and post-evaluations for the first two units of the curriculum, but all other evaluation activities were not completed. The Project's main deliverable under this objective was the creation of a summative evaluation report. By the Project's end this document remained incomplete and it was unclear if progress would be made towards its completion after the Project's end date.

The Project's major challenge was hiring qualified staff, as it took nine months for the Project to hire a Project Director and Curriculum Developer. Another obstacle arose from the original Project design, which did not coordinate the standard school calendar year into its anticipated implementation schedule. As a result, staff needed to adjust the Project's schedule to the academic calendar of the public school system. Project staff also encountered resistance from some non-Hawaiian teachers because they felt unprepared to teach the curriculum. In response, staff provided additional training to non-Hawaiian teachers to increase their background knowledge of the Hawaiian culture.

#### **PROJECT OUTCOMES AND IMPACT ON THE COMMUNITY**

Overall, the Project provided students, teachers and community members with foundational knowledge about their

community's culture and environmental history in a way that links Hawaii's cultural past to modern science, creating a positive learning experience.

For participating 4<sup>th</sup> and 5<sup>th</sup> grade students, the Project increased engagement in science education. For Native Hawaiian youth, Project staff members expressed their hope that lessons learned in the classroom will translate into a reconnection to the land, increased ancestral knowledge and pride in their Hawaiian culture an appreciation for its contribution to modern science.

For participating teachers, the Project increased their knowledge of Hawaiian culture and history while creating an opportunity to learn alongside the students. As a result, many teachers reported their increased confidence to teach the curriculum and new inspiration for the teaching process.

*"The teachers have taken ownership of the curriculum because of their involvement in its development."*

Kilikina Mahi  
Executive Administrator, Ka'ala

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## KAMAUOHA FOUNDATION

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<b>Project Title:</b>	Kamauoha Farms
<b>Award Amount:</b>	\$1,479,592
<b>Type of Grant:</b>	Social and Economic Development Strategies
<b>Project Period:</b>	9/1/2004 – 8/31/2007
<b>Grantee Type:</b>	Native Nonprofit

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### PROJECT SNAPSHOT

- 11 jobs created
- 25 elders involved
- 100 youth involved
- \$826,264 in revenue generated
- \$119,775 in resources leveraged
- 314 people trained
- 6 partnerships formed
- 7 products developed

### BACKGROUND

Located on the island of Oahu, Hawaii, the Kamauoha Foundation is a 501(c) 3 organization dedicated to community-based agricultural economic development; environmental community education; and the promotion of programs and services for Native Hawaiians. This Project focused on 11,000 Native Hawaiians, part-Hawaiians and Pacific Islanders living in the Koolau Loa District and the North Shore Region of Oahu. Approximately 20% of that population was living in poverty at the time of the 2000 U.S. Census as the result of decades of economic downturn in the region's sugar production and tourism industry.

The Kamauoha Foundation realized that the area's agriculture industry held potential for economic growth. The Foundation identified noni (*morinda citrifolia*) as the crop most likely to succeed in sustainable and profitable agricultural production. Pictured above, noni is an evergreen, fruit-bearing tree that originated in Asia and came to Hawaii via Polynesia between 300 AD and 1000 AD. Grown throughout the Hawaiian Islands, noni produces fruit year-round and requires minimal maintenance. Noni is also becoming increasingly well-known for its antioxidant content and potential cancer-fighting attributes.

### PROJECT PURPOSE AND OBJECTIVES

The purpose of this Project was to establish a noni-farm and processing plant while facilitating the expansion of the area's noni production. The Foundation hoped to support the region's agricultural industry; diversify the economy and create jobs; encourage natural land use management and retain the cultural and historic resources of the local communities by educating Native Hawaiians, part-Hawaiians and Pacific Islanders in the traditional uses of the noni plant.

The Project's first objective was to establish an 80-acre noni farm in nearby Waialua, planted with 50,000 noni seedlings. After securing a favorable land lease from the Dole Corporation, Project staff began planting seedlings. Workers quickly realized that noni bushes need to be planted with greater spacing than anticipated in order to be fully productive. By the end of the Project, workers had planted 30,000 noni seedlings. The wider spacing was vital for the survival of the plants, and therefore necessary for the Project's success. After securing an export partnership, the staff received interest from noni farmers throughout Hawaii and began to expand Kamauoha Farm's area of operation.

Objective 2 was to establish a noni processing plant at the old site of the Kahuku Sugar Mill. Soon after the Project began, staff learned that the local government had put a moratorium on land at the mill site due to the presence of toxic tailings in the soil. In response, staff negotiated a lease for a building from the Dole Corporation's factory. The Project Manager then hired staff, ordered and installed processing equipment, and created safety procedure manuals. The Farm's noni-based products include noni soap, leaf capsules, juice and lotion.

The Project's third objective was to create a "Community Harvest" noni program to help establish new noni farms as well as assist existing farmers market and expand. Forty potential and existing noni farmers participated in export readiness trainings developed to prepare them for international business.

Objective 4 was to conduct training workshops on noni farming. Over 274 people from the surrounding communities completed training workshops on noni planting and harvesting as well as food dehydration techniques. Combined with

activities from previous objectives, Project staff members were able to assist 85 noni farmers from Oahu and Hawai'i expand their operations.

The major challenge facing staff during implementation was the Foundation's exclusive sales contract that limited it to a single buyer. Terms of the contract were not ideal as purchases waned unexpectedly at times. By the end of the Project, the Foundation had developed a larger customer base and expanded its product line.

### **PROJECT OUTCOMES AND IMPACT ON THE COMMUNITY**

The Project benefited 10% of all Native Hawaiian noni farmers that were operating at the time the Project began. The number of noni growers expanded by nearly 400%, from 22 to 85, resulting in stable jobs and income for the farmers. This is significant for local economies because 91% of the Native Hawaiian farmers are family-owned and operated businesses.

In order to assist underprivileged community members, the Foundation follows a policy to employ high-risk adults from the community. For eleven unemployed or underemployed community adults, the Farm provided job training, income and a positive working environment. The policy proved problematic at times due to challenges with employee attendance and behavior, but the Project Director remains firm in his conviction to target this group for employment opportunities and training.

*"Our mission at Kamauoha Farms is to bring Hawaiians to the job."*

Spencer Kamauoha  
Project Manager

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## KEIKI O KA AINA PRESCHOOL, INC.

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<b>Project Title:</b>	Houlu I Ka Mea Kanu: To Grow that which is Planted
<b>Award Amount:</b>	\$200,000
<b>Type of Grant:</b>	Social and Economic Development Strategies
<b>Project Period:</b>	9/30/2006 – 9/29/2007
<b>Grantee Type:</b>	Native Nonprofit

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### PROJECT SNAPSHOT

- 2 jobs created
- 4 elders involved
- 85 youth involved
- \$5,574,857 in resources leveraged
- 129 people trained
- 8 partnerships formed
- 3 products developed

### BACKGROUND

Founded in 1996, Keiki O Ka Aina Family Learning Center (KOKA-FLC) is a Native Hawaiian nonprofit organization. The organization began by offering family strengthening services focusing on preschool aged children and their parents. The agency has since expanded to serve more than 2,000 children and their parents or caregivers at 40 different sites throughout the islands of Oahu and Maui. The rapid expansion of the agency can be attributed to the commitment of the founder, dedication of the staff and to a community outreach mission that focuses on individuals, one family at a time.

### PROJECT PURPOSE AND OBJECTIVES

The Project's purpose was to establish a Native Hawaiian Cultural Learning Program (NHCLP) focused on traditional practices. Project staff designed the Program to bring families together to strengthen relationships utilizing cultural practices previously lost in the community. The Project also focused on training teachers of at-risk Native Hawaiian youth in traditional horticultural practices. In order to achieve these goals, the Project sought to establish an urban cultural resource-based program on traditional Hawaiian practices and values.

The Project's sole objective was designed to establish the NHCLP. During the first few months of implementation, the Project received a \$2,000,000 land grant from the State of Hawaii, which enabled KOKA to purchase a three-acre land parcel. The buildings on the property required renovation and were uninhabitable. However, there was land on which to carry out the Project's garden plans.

Project staff designed the garden site by collaborating with the University of Hawaii architecture department. The garden included native medicinal plants, lei making flowers, loi (taro), an imu (traditional

underground oven), and an outdoor Halau (traditional cultural learning environment). Staff prepared the land for the upcoming planting season, consulting with three elders on how to raise different types of native plants. Project staff then incorporated the elders' knowledge into the curriculum training materials, to give to families who participated in the garden activities. The Project also provided participants with a starter kit of plants to grow in their own gardens. Project staff advertised and promoted community-planting days as a means of garnering community support for the Project and recruiting participants.

In order to facilitate building renovations, Project staff applied to the television program "Extreme Makeover Home Edition" when they discovered the television show planned to film in Hawaii. In June 2007, "Extreme Makeover" constructed a community center and home for the Executive Director and her family valued at over \$4.5 million. Over 3,000 volunteers from the neighborhood and other Hawaiian islands worked around the clock for one week to complete the two buildings and landscaping. The Extreme Makeover team also prepared the land to accommodate the plan of the Project.

The Project also conducted train-the-trainer workshops to instruct teachers on how to implement the NHCLP curriculum using traditional horticulture practices. Project staff held four workshops between August and September, training 73 teachers by the Project's end.

The Project faced some minor challenges regarding work with one of the elders who came highly recommended as an expert on native plants. Unfortunately, due to a lack of expertise, some of the plants did not survive. Project staff overcame this challenge by hiring another person with a

better understanding of the plants and their individual needs.

### **PROJECT OUTCOMES AND IMPACT ON THE COMMUNITY**

The Project increased KOKA's capacity to further its outreach and community service programs. Children and families now learn and participate in cultural activities together, such as the cultural planting in the garden.

The "Extreme Home Makeover" show provided the Project with free publicity and access to new business partners that will sustain Project activities. The building construction enabled KOKA to be ten years ahead of their planned agency schedule.

The teacher-training component of the Project promoted the idea of community gardens and outdoor classrooms for schools. Kanoelani Naone, the Project Coordinator, stated, "This Project has been amazing. We hope that every teacher and parent that attended a workshop will plant native gardens in their own communities."



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## NANAKULI HOUSING CORPORATION



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<b>Project Title:</b>	Project Hana Hou
<b>Award Amount:</b>	\$594,283
<b>Type of Grant:</b>	Social and Economic Development Strategies
<b>Project Period:</b>	9/1/2004 – 5/31/2007
<b>Grantee Type:</b>	Native Nonprofit

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### PROJECT SNAPSHOT

- 3 jobs created
- 7 Native American consultants hired
- 29 elders involved
- 52 youth involved
- \$761,000 in resources leveraged
- 40 people trained
- 24 partnerships formed
- 1 product developed

### BACKGROUND

The Nanakuli Housing Corporation (NHC) is a Native Hawaiian nonprofit organization whose mission is to ensure every Native Hawaiian family has a home. NHC delivers financial literacy and self-help home repair training to increase home ownership.

Approximately 5,500 Native Hawaiian households live on leasehold lands in Hawaii, which are managed by the Department of Hawaiian Home Lands (DHHL). More than 3,000 of these households are located on the island of Oahu. NHC estimates that 50 percent of all homes on DHHL lands are in critical need of

repairs and/or replacement. The median house value of these homes is 68 percent below that of non-native housing. The repair needs of Native Hawaiian homes on leasehold lands outside of DHHL lands are equally critical.

### PROJECT PURPOSE AND OBJECTIVES

The purpose of this Project was to teach homeowners how to organize and manage home repair projects utilizing neighbors, construction mentors, and student volunteers in conjunction with traditional and culturally appropriate practices.

The Project's first objective was to complete minor renovations at an abandoned Navy training center to accommodate training classes and act as a secondary storage yard for recycled housing materials and fixtures. To complete the objective, staff connected utilities, rewired the building, removed debris and installed a security system.

The second objective was to assist Native Hawaiian homeowners to develop the financial skills necessary to acquire funding for home repair projects and teach them manual repair and maintenance skills. Staff selected four Hawaiian homestead

communities to work with: 1) Upper Honolulu, which includes and abuts the Hawaiian Home Lands homestead known as Papakolea; 2) Waimanalo, located on the Windward side of the island; 3) Waianae, on the Leeward coast; and 4) Nanakuli, on the Leeward coast. NHC focused on these four communities because they are older, have a higher number of homes in need of repair and lie in close proximity to non-homestead Native Hawaiian owners.

The Project selected 40 homeowners to participate in the trainings. Participants acquired skills to repair and maintain their homes, learned how to leverage community resources and bonded with neighbors. The Project leveraged \$761,000 in resources, which allowed staff to provide additional services to participants, including assistance to clear credit issues and secure home improvement financial assistance. Project staff utilized volunteers who were skilled in construction. To ensure success, staff utilized the Native Hawaiian traditional practice of ho'olaulima (many hands working together) and created four teams to work together in each community.

The Project's main challenges were a delayed start due to the death of the Project's Executive Director and destruction caused by a storm. The storm flooded many Project sites, which delayed renovation and the overall Project implementation schedule. Additionally, some homeowners selected for the Project had difficulties securing home improvement financing. To overcome these challenges, ANA awarded the Project a low-cost extension for an additional twelve months, through May 2007.

#### **PROJECT OUTCOMES AND IMPACT ON THE COMMUNITY**

Participating homeowners received valuable training and reduced repair expenses by roughly 30 percent by using volunteer labor and donated construction materials. The

homeowners reported increased self-esteem due to their new skills and the completion of home improvements.

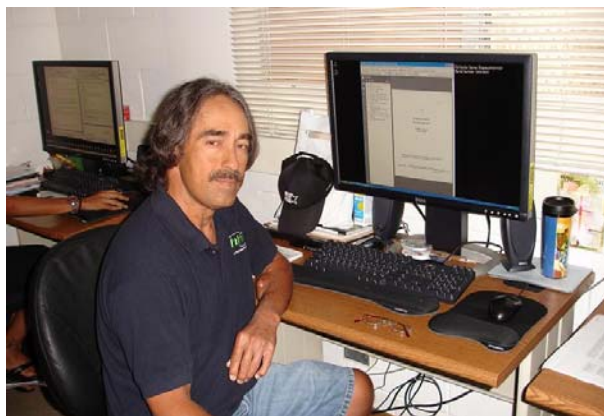
The Project developed 35 partnerships with construction company owners, retail and wholesale construction companies, financial service companies and others. Initiating and nurturing these relationships is a long-term goal of the homeowners and non-native business community.

The individual home repairs constituted significant community improvements for participating Nanakuli communities. Community members demonstrated support for the Project through their participation, and many reported feeling hope that it would continue and expand to other community members. Furthermore, Native Hawaiian communities on other Hawaiian Islands have inquired about the Project and possible participation.

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## STATE COUNCIL OF HAWAIIAN HOMESTEAD ASSOCIATIONS

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<b>Project Title:</b>	Building Capacity for Digitization Technology Centers
<b>Award Amount:</b>	\$635,584
<b>Type of Grant:</b>	Social and Economic Development Strategies
<b>Project Period:</b>	9/30/2005 – 9/29/2007
<b>Grantee Type:</b>	Native Nonprofit

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### PROJECT SNAPSHOT

- 27 jobs created
- 3 businesses created
- 1 Native American consultant hired
- 12 elders involved
- 10 youth involved
- \$243,233 in resources leveraged
- 24 people trained
- 13 partnerships formed

### BACKGROUND

In 1921, the U.S. Government set aside approximately 200,000 acres in Hawaii as a land trust for homesteading by Native Hawaiians. These lands, managed by the State of Hawaii Department of Hawaiian Home Lands, are leased to individual Native Hawaiians meeting a 50% blood quantum. In 1987, Native Hawaiians founded the State Council of Hawaiian Homestead Associations (SCHHA) to promote effective advocacy and programming by its member homestead organizations. Today the SCHHA represents 23 Hawaiian Home Land community associations within Hawaii.

One of the main challenges currently facing Native Hawaiians is the lack of employment opportunities. Though Native Hawaiians make up 20% of Hawaii's population, they represent only 11% of the civilian workforce.

To address this challenge in one community, the Anahola Hawaiian Homes Association, one of the SCHHA's members, created a document-digitization technology center on the island of Kauai. The technology center doubled the community's job-base by employing ten Native Hawaiians in information technology jobs.

### PROJECT PURPOSE AND OBJECTIVES

This Project was designed to replicate the success of the Anahola project by developing a technology center on the island of Oahu, within two of the island's seven homestead communities. The Project staff also sought to increase the capacity of the community to develop future businesses.

The Project's first objective was to select and initiate operations in two homestead communities and train 22 community members in technology, ranging from basic to advanced computer and digitization skills, as well as provide on-the-job training. The SCHHA selected the Papakolea Community

Association (PCA) and Waimanalo Hawaiian Homestead Association (WHHA) to house the technology centers. Twenty-four trainees completed the program and SCHHA employed all of them, at least temporarily, at the two centers. In all, the Project created sixteen fulltime positions. The training included bitmap and vector imaging, internet graphics formats and advanced digitization techniques. Many of the trainees scaled the centers' employment ladders to become supervisors or left to accept more lucrative job offers in different locations.

The second objective was to enhance the homestead associations' management capacity through training in three areas: administrative and financial management skills; maintenance for equipment, networks, software and hardware; and specific digitization management skills. Project staff fulfilled the proposed transference of skills, though not to the originally-intended target group. Rather than training the homestead associations' management, staff focused on Project trainees, reasoning that the new skills would stay within the associations because the trainees live in the communities.

The final objective was to codify best practices learned throughout the Project into a manual in order to facilitate replication and modeling by other homestead communities. By the end of the Project, staff had not completed the manual, but planned to continue working on it past the Project timeframe.

SCHHA encountered three main challenges during Project implementation: lack of policies and procedures in place to support a project of this complexity, undefined roles for each of the Project partners, and insufficient protocols for the Project prior to implementation. These challenges forced SCHHA to outsource its payroll and technical training components to third

parties. After making this management change, Project activities continued without major obstacles.

### **PROJECT OUTCOMES AND IMPACT ON THE COMMUNITY**

The Project was effective at establishing a model for Native Hawaiian communities to integrate business with ongoing human services provided by the community. The best practices manual for homestead associations and the infusion of new skills into the communities will help attract future economic opportunities.

The Project positively affected the unemployed and underemployed population of the two communities by providing new employment opportunities, reducing unemployment in the selected homestead communities by 1%. The job skills gained by participants enabled them to work in computer technology and should assist the establishment of stable careers. With each person completing the training process and receiving on-the-job skills, the communities expanded their skilled workforces.

Some Project participants used skills developed in the training program to create their own businesses, such as a lunch wagon, t-shirt company and martial arts dojo. Efforts such as these will increase employment opportunities for community members and the influx of resources into to the community.

*"The project provides education and opportunities to young and old in the community"*

Puni Kekauoha,  
Community member

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## WAI'ANAЕ COAST COMPREHENSIVE HEALTH CENTER

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<b>Project Title:</b>	Strengthening Families and Promoting Healthy Relationships
<b>Award Amount:</b>	\$891,000
<b>Type of Grant:</b>	Social and Economic Development Strategies
<b>Project Period:</b>	9/30/2005 – 9/29/2007
<b>Grantee Type:</b>	Native Nonprofit

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### PROJECT SNAPSHOT

- 15 jobs created
- 1 Native American consultant hired
- 5 elders involved
- 939 youth involved
- \$122,000 in resources leveraged
- 86 people trained
- 9 partnerships formed
- 7 products developed

### BACKGROUND

The Wai'anae community is located on the western side of the island of Oahu. Its population has grown from 3,000 people in 1950 to 45,000 people today, of which 40% are Native Hawaiian and 45% are under the age of 25. Wai'anae Coast is an economically distressed community ranked highest on the island for: households receiving financial aid and food stamps; households under the poverty line; rates of unemployment, infant mortality; and teen births. Health issues are a major concern in the community as Native Hawaiians have the highest prevalence of obesity and diabetes in the state of Hawaii. Additionally, an estimated 1,000 homeless

residents, most of whom are Native Hawaiian, live on the Wai'anae Coast.

The Wai'anae Coast Comprehensive Health Center is a Federal Public Health Service Community Health Center 330(e) grantee that has served the community for the past 32 years. During this time, the Center has developed a unique model of health care that addresses individual, family and community needs through a combination of traditional and modern practices.

### PROJECT PURPOSE AND OBJECTIVES

The purpose of this Project was to develop a series of innovative, fun and culturally significant community programs to strengthen participating families and enhance their ties to Native Hawaiian culture. The Project planners endeavored to reawaken the cultural and spiritual health among at-risk Native Hawaiian youth and their families to facilitate physical, emotional and socioeconomic well-being.

The Project's first objective was to develop a culinary training program to promote activities that retain or re-establish traditional foods in the family diet. The achievement of the objective motivated students to strive for future culinary careers. Twenty-nine Native Hawaiian teens

completed the culinary curriculum, and two are currently working in the food service industry as a result of their participation. One planned activity, securing accreditation for the culinary trainings from a local community college, remained incomplete by the end of the Project. This was due to organizational issues within the college, rather than grantee-oriented challenges, and remains a future possibility.

The second objective was to expand youth and family-centered fitness and nutrition activities from an existing fitness program called KidFit. This objective concentrated on the families of at-risk Native Hawaiian youth and successfully involved the participation of 15.2% of the community's youth in at least one KidFit activity.

The third objective was to provide school-based wellness activities within Wai'anae Coast schools. Approximately 800 students participated in biannual Body Mass Index measurements conducted by Project staff. Through these regular checkups, Wai'anae schools were able to track their students' basic health indicators for the first time.

The final objective was the most ambitious as it was designed to target communication issues within highly at-risk households in the community. Activities centered upon training Native Hawaiian families through a time-intensive traditional approach to family-based communication, called Kumu Ohana. The target population was comprised of local homeless families. By the Project's end, staff had successfully worked with 38 local families, a total of 254 individuals, representing 1.5% of the Native Hawaiian households in the community.

#### **PROJECT OUTCOMES AND IMPACT ON THE COMMUNITY**

Many at-risk Native Hawaiian youth demonstrated improved self-esteem and an increased tendency to integrate culture into

their daily lives. For many overweight youth, the Project's health activities provided a comfortable place to work in groups and lose weight. Youth also participated in the design of the KidFit t-shirt and the Health Center's video public service announcements, increasing their involvement with positive activities.

For the involved families, the Project promoted bonding through exercise, healthy eating and the revitalization of Kumu Ohana. Participating elders shared their knowledge with younger generations, strengthening their traditional role as holders of wisdom in the community.

Project staff cannot immediately measure the long-term impact of the Kumu Ohana approach in the community because the process is based on long-term evolution of family communication. However, based on the agency's belief in the practice, it has integrated Kumu Ohana as a core service of the Traditional Healing Department.

To ensure sustainability, the Center will maintain the majority of activities initiated through this Project with funding from its patient service revenue. In addition, the Center's KidFit program recently received a \$100,000 grant to continue its operation.

*"For the elders, this was a legacy project."*

Kamaki Kanahele  
Director, Traditional Healing