

March 2023

Health and Wellness Sector

Summary of Findings, May 2022 through February 2023

Purposes of this Document

- ✓ Assemble information from
 - Community listening sessions
 - Literature review completed by HCF's Health and Wellness Team
 - Community Collaborator Input Sessions on the Vision Statement iterations
- ✓ Reflect the voices of community
- ✓ Establish current-state understanding
- ✓ Act as a reference which future efforts can track progress





What are the contributors to health and overall well-being in Hawai'i? What are the current inhibitors or detractors?

Essential elements of our island home are not working well for everyone. We believe that change can happen when we understand the challenges in front of us and work together to find and implement equitable solutions to those challenges.

The CHANGE Framework identifies six essential sectors, or areas, that affect the overall well-being of these islands and people.

Gathering Input and Building Relationships

What has the team at HCF been up to?

243
people
189
(unduplicated)



Community Listening

- 3 virtual community engagement sessions
- Health sector conferences hosted by others
- Native Hawaiian Health Equity Meeting
- Neighbor island convenings
- 2 Vision input sessions
- O'ahu community convening

Taking Stock of Existing Data, Research, & Resources

- Data scan
- Literature review

Sourcing participation in creative ways

- Gathering fill-in vision statements & pictures
- Online feedback survey about vision statement

Health and Wellness for Hawai'i

Summary of Findings from Community Convenings

Health and Wellness Sector Drivers

The drivers of health and wellness included here come from national reports, a brief review of literature, and community listening sessions.



Inadequate health care system

Shortage of health professionals, unaffordable care, access in rural communities, biases in the sector, & education/training of professionals contribute to a system that meets needs inequitably.



Social determinants of health drive outcomes

Housing, wealth, and education are predictors of health and wellness. Social determinants of health are enablers that facilitate improvement of health and wellness outcomes.



Need a holistic definition of health

The definition of health is too narrow. Health needs to include a holistic, whole-person and potentially community-based approaches.



Community resourced to play a more prominent role in the sector

Community needs to play a larger role in designing the health and wellness sector so that it is responsive to their needs and creates better outcomes. Resources are needed for community members to participate.

Inequities in the sector

- Mental & behavioral health not accessible where needed most
- Providers often do not reflect the people they serve
- Housing & cost of housing is a significant barrier to health
- Outreach is needed to bring people into the system that intentionally and unintentionally marginalizes them
- People who make decisions about health equity are not the people who need improved health outcomes
- Racism and bias in the system exacerbate inequities



Hopes for the next 10 years

- Extent to which health and wellness is a for-profit endeavor vs. a public good is determined. Ultimately, public-private collaboration is pervasive and commonplace
- Holistic and preventative services lead to improved access, improved health and wellness outcomes, and better overall community health and wellness
- The stigma around mental health decreases and resources for mental and behavioral health grow
- Communities play a significant role determining what programs and services exist and who delivers the services
- Data reflect community realities and are used to increase affordability and access
- Strong political will to end disparities facilitates all of the above and provides the resources for a healthy sector



Challenges & Threats

- Hawai'i's high cost of living and inequitable distribution of resources are tremendous barriers to overcome
- Questions of funding and costs - what prices are appropriate and who should pay?
- Not enough health and wellness providers to meet community needs at an affordable price and acceptable revenue for providers
- Getting more providers into the system will take a long time
- Policy lags far behind what people want (holistic health); by the time policy catches up, things have changed again
- Apathy, comfort with the status quo, lack of political will are mindsets that prevent change
- The public sector is hard to work with and it is difficult to hold government accountable



Opportunities & Strengths

- Some stakeholders are ready for change
- Collaboration has grown during the pandemic
- Greater focus and attention for youth health and wellness
- Technology is reaching communities more
- Possible to train and keep providers in Hawai'i long term
- More organizations are willing to assist; more opportunities for funding
- Recognized need for more mental & behavioral health services
- Hawai'i retains vibrant sense of place & community
- People are trying new things and shifting mindsets about what health and wellness means
- Hawaiian cultural practices are gaining traction
- Relationships and desire to help are growing



Enablers of Success in Health and Wellness

Enablers are items that contribute to the success of health and wellness. They allow health and wellness strategies to keep moving forward.

- **Accessibility** - increasing access that is low barrier and low threshold
- **Collaboration** - public/private partnerships, insurance providers, funders, etc.
- **Communication** - increased information across the system
- **Equity-focused** - thinking of health equity as an issue of justice not healthcare
- **End-user design** - communities have the resources to participate in the creation and delivery of services that best meet their needs
- **Flexible funding** - multi-year, unrestricted, and broadly focused for flexibility & innovation
- **Political will** - support from decision makers & society at-large to make change
- **Responsiveness** - being able to act quickly and positively
- **Supportive services** - leadership development, admin support, and finance support for community organizations
- **Workforce** - having enough and dedicated health and wellness professionals to do the work needed



Promising Strategies

- Collaborative projects
- Community-designed programs that focus on specific community needs
- Flexible funding through transparent, trust-based philanthropy
- Efficient mechanisms to access federal funding
- Responsive care services that focus on needs of individuals while mindful of the ecosystem of health in the community
- Shared accountability across nonprofit organizations, public decision makers, and community
- Workforce programs in communities with greatest needs that start early in PK-12



Health and Wellness for Hawai'i

Building a Shared Vision

As part of the CHANGE Framework, Hawai'i Community Foundation (HCF) has focused efforts on community convening around each sector of CHANGE. HCF's Health and Wellness team has engaged with 243 people over eight months to discuss and collectively determine what our greatest hopes are for well-being in Hawai'i. Through virtual events, in-person convenings, and collecting feedback on draft statements, the following collective vision for the Health and Wellness sector in Hawai'i was created.

Vision Statement

In 10 years, health and wellness has shifted from “fixing the individual” to supporting changes identified and led by communities across Hawai'i. These shifts will impact the overall ecosystem of health in places where people live, connect, work, and play. Shifting agency, resources, and decision making to community members closest to the solutions creates a more resilient, equitable, and secure Hawai'i.



Vision Statement Expands through a Social-Ecological Model

This model provides a way to develop the vision statement by acknowledging the multiple layers of well-being. The social-ecological model is well-known in public health. For us in Hawai'i, it creates a way to center community as a crucial focus for change and acknowledges the full context for making progress towards the vision.



Putting These Findings into Action

Immediate steps identified by HCF:

- **Resourcing the Sector Differently** – incorporate the community-driven approach into a new Health and Wellness Grant Program (May 15 launch date)
- **Continue to Convene Stakeholders in the Health and Wellness Sector** – in 2023 convene interested parties around data that will better convey the sector opportunities and show progress over time in a more holistic, community-centered way
- **Explore Intentional Partnerships to Achieve the Vision** – in 2023 and 2024 continue to develop a range of informal and formal partnerships that can help the Health and Wellness sector make progress toward the 10-year vision



Mahalo

We would like to acknowledge the contributions of the many people and organizations that dedicated time to meet, share knowledge, give feedback, review drafts, and dream together about a healthy, resilient, equitable, and secure Hawai'i.

Thank you to 'A Ali'i Alliance for supporting HCF in analyzing the data, compiling themes and being a thought partner alongside community input.