

Maui Native Hawaiian Chamber of Commerce
"Native Hawaiian Health – A Journey of Life in Balance"
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Native Hawaiian health is a journey....It is a journey steeped in the historic facts of how a people related to others beyond their own culture and environment and then became changed forever.....since the "discovery" of Hawai'i by explores from the West, Native Hawaiians, as have other indigenous people, have seen their physical, mental and spiritual health decline.....

This resulted in many "losses"translated into cultural, psychological, spiritual, social, environmental, political "breakdowns" ...

The Native Hawaiian Educational Assessment Project of 1983 likened these "losses" or "breakdowns" to poor health, lower academic performance....depression.

....the "breakdown of the environment, culture and social fabric of a once very healthy and strong people"a message for today as we all face health disparities, even in our own lives....what are our "breakdowns"?

IF THIS IS JOURNEY....we're in a canoe...a wa'a...we're on a personal journey

SEAT ONE – sets the pace and leads...EDUCATION

SEAT TWO – maintenance of rhythm...RESEARCH

SEAT THREE – a powerhouse seat....RHYTHM and FOCUS

SEAT FOUR – another powerhouse....GROWING IN COMMUNITY, of SYNCHRONIZATION, of RELATIONSHIPS of NURTURANCE/PLANNING

SEAT FIVE – is of core strength, fortitude....FUNDAMENTAL VALUES/SPIRIT

SEAT SIX – steers, sets direction and strategy...SKILL AND RESOURCEFULNESS

...our ancestors were (are) on this journey (with us)

HEALTH is a choice and commitment....a discipline if you will.....that is determined through deeply embedded cultural values and practices....*The Native Hawaiian Health Care Improvement Act of 1988 and Reauthorized in 2010* seeks to "raise the health status of Native Hawaiian to the highest possible level and to encourage the maximum participation of Native Hawaiians in order to achieve this

objective".....The Maui Native Hawaiian Chamber of Commerce is a partner in this seeking..

LOSSES and BREAKDOWNS have led to "acculturation" and "identity conflicts".....*Leighton's Social Integration Model (published in 1959)* cites these conflicts as "community social disintegration", "psychological stress", even "psychiatric disorder"....THE FIVE LEADING CAUSES OF DEATH IN Native Hawaiians: circulatory diseases, cancer, diabetes, accidental death, influenza/pneumonia...which have lead to "adaptation" or changes in physical, biological, political, economic, cultural, social behavior and identity...

What are the "defining" Hawaiian Values....those realities that define our universe, through which the journey of loss and adaptation has weaved its way...and through which we will find the answers to our discovery of health and restoration of health.....

1. Ke Akua/ Mana: DIVINE INSPIRATION
2. Lokahi: HARMONY/ TOTAL BALANCE: Laulima-working relationships, Alulike-working in harmony, Kuleana-roles & responsibilities, Kuponohana Kuponohana-working for a correct cause...PONO
3. 'Ohana: FAMILY-nuclear, immediate, extended: Le'ale'a-happiness, 'olu'olu-pleasing, Laulima-working relationships (ha- breath of life, piko-essence (hoihoi waiwai 'io)
4. Po'okela: EXCELLENCE-pa'ahana-diligence, ho'okipa-sharing, oihana-task oriented professionalism, hana ho'oko-commitment, Kuponohana-standing in firmness, ikaika-strength and determination, ho'omanawanui - humility(ancient way), imi na'auao-correctness of knowledge, waiwai Kulike-strive for quality in everything
5. Ho'omau: CONTINUUM/growth and re-growth, balance- ho'ona'auao-to teach, ho'opulama-to cherish
6. Koho ia: CONTINUANCE OF THE HAWAIIAN RACE/CULTURE (Nohona Hawai'i)
Koho=chosen, Punahale=chosen
We are chosen to walk a path, (of health) through an understanding, even subliminally, of what it is to be Hawaiian.

WHILE ON THE JOURNEY, WE LIVE IN BALANCE:

Spiritual/soul
Family/ friends
Work/ job

Mind/thinking

Feelings/ emotions

Body/ physical

i.e., the "Lokahi Wheel".....a complete circle of life in balancea choice.

HEALTH is a choice and a social justice issue, for all of us in this Maui Native Hawaiian Chamber of Commerce....each one of us has the responsibility to know the ways of our ancestors/kupuna and to take up the kuleana of passing it on to others, while seeking and restoring health for ourselves, our families and others.....all in balance.

Hui No Ke Ola Pono

MISSION: To Improve the health status of Native Hawaiians by empowering the present and future generations to be their own health advocates.

VISION: To inspire and connect navigators/ healers in every family for physical, mental and spiritual health.