



HEALTH AND WELLBEING

A STREAM OF VIBRANT HAWAI'I

*The Health and Wellbeing Stream collaborates across sectors
to promote, incubate, and scale culturally inclusive health and wellbeing practices.*

THOUGHT PARTNERS

In the first quarter of 2021, 51 multi-sector stakeholders from across Hawai'i Island provided insight into the Strengths, Opportunities, Aspirations, and Restraints regarding Health and Wellbeing on Hawai'i Island. Their responses were compiled by a Core Team of volunteers and included in Vibrant Hawai'i's 2021 -2024 Comprehensive Economic Development Strategy (CEDS).

SOAR ANALYSIS

- **Strengths:** 'Āina, Blue Zones, Connection we have with one another
- **Opportunities:** Medicine, Medical Training Programs, Education/Prevention/Awareness, Places/'Āina, Native Intelligence, Whole Person Approach, Healthy Food, Collaboration
- **Aspirations:** On island access, equity in health, built environment and public policy supports health, personal agency, workforce development, holistic and culture based healthcare options
- **Restraints:** Fixed mindset, social determinants of health, lack of integrated effort

IDENTIFIED CEDS HEALTH GOALS

A Core Team of volunteers used the feedback from participants to develop the following Health and Wellbeing Goals for Hawai'i Island:

1. Expand on-island opportunities to develop the health provider workforce
2. Integrate culturally inclusive health and wellbeing practices into mainstream offerings
3. Increase access to on island continuity of care
4. Fund a variety of accessible healing practices

O U R A P P R O A C H

ASSET BASED COMMUNITY DEVELOPMENT (ABCD)

ABCD is a strategy for sustainable, community driven development built on the belief that everyone has knowledge, skills, gifts, relationships, and abilities to contribute. ABCD identifies community strengths by asking:

- What can we (community members) do on our own?
- What can we do in partnership and with the support of organizations?
- What is outside of our agency to change?

Vibrant Hawai'i applies the principles of ABCD and values active participation, relationships, and empowerment of community members as the basis of our strategies.

2021-2023 HEALTH AND WELLBEING STREAM GOAL

The Health and Wellbeing Stream will utilize ABCD as a strategy to achieve Goal 2: Integrate culturally inclusive health and wellbeing practices into mainstream offerings. We will regularly use evaluative and feedback tools to ensure our work meets the needs of our community.

TO REACH THIS GOAL, CORE TEAMS WILL

- Provide opportunities to increase networking, partnerships, and collaboration
- Design, support, and showcase local, culturally inclusive health and wellbeing projects and innovations
- Provide health and wellbeing education and training opportunities



CORE TEAM ROLES

Convener: Convene and guide the Core Team to reach 90-day Key Results

Contributor: Commit to the success of the initiative: plan, design, launch, evaluate, iterate, and scale. Contributors must have bandwidth (time) and capacity to commit to a 90-day action timeline focused on key results, organizational commitment and alignment, vision for transformation, and a willingness to take risks and weather small failures.

Collaborator: Supportive community partners who are relied upon to share their knowledge, perspectives, and to bring thought partners into the process.



STRATEGY ONE

INCREASE COLLABORATION

ACTIVITIES

- Plan and host networking and collaboration events, including
 - Monthly roundtable
 - Annual Health Hō'ike
- Serve as liaison/a bridge between existing and emerging community organizations to further mutually supportive actions

STRATEGY TWO

INCUBATE AND SCALE

ACTIVITIES

- Develop and distribute a culturally inclusive resource guide
- Redesign of Resilience Toolkit
- Host a Resilience Toolkit webinar series
- Promote and incentivize health and wellbeing activities
- Fund culturally inclusive health and wellbeing demonstration projects
- Conduct Hāloa research project

STRATEGY THREE

GET CHANCE, GET CHOICE

ACTIVITIES

- Create digital badges and micro credentialing programs
- Secure funding for ongoing education & training in:
 - Resilience, Benevolent Childhood Experiences
 - Mental Health and Crisis Response
 - Suicide Prevention

LOGIC MODEL

INPUTS	ACTIVITIES	OUTPUTS	1 YEAR OUTCOMES	3 YEAR OUTCOMES
HUMAN CAPITAL Vibrant Hawai'i Health and Wellbeing Stream Community Partners	Monthly Roundtable Annual Health Hō'ike	Networking events and collaboration projects	Increase networking and collaboration on Hawai'i island	<ul style="list-style-type: none">Decrease high acuity/complex patient thereby decrease physician shortage: less burnout (HCF CHANGE)Increase # receiving MH/BH (HCF CHANGE/UN SDG Goal 3 Target 4)Improve access to preventative care (ALICE)
	Create toolkit and resource guide	Community members download toolkit and guide Community members learn to use the toolkit through workshops	Creation of a resilience toolkit to be downloaded and shared through workshops	
SUPPLIES	Health and wellbeing learning	Community members participate in health and wellbeing learning activities	Creation of a resource guide to be downloaded by the community	Increase community perception and experience of the following Vibrant Hawai'i Indicators <ul style="list-style-type: none">Health (1.50)Wellbeing (1.86)Access To Healthcare (1.67)Living Aloha (2.39)Belonging (2.36)Get Chance (1.56)Get Choice (1.67)Resilience (2.63)Strong 'Ohana (2.13)Thriving Community (2.17) (2019 Baseline developed on a 4 point scale: 4 = Vibrant, 3 = Good, 2 = Bad, 1 = Terrible)
	Incubate projects	Innovative community projects are funded and supported	Provision of health and wellbeing learning activities for community members	
FUNDING	Digital badging	Courses offered to and completed by community members	Support and fund incubation projects	
			Offer courses that are completed by community members	

REFERENCES

3 YEAR OUTCOMES: POPULATION LEVEL INDICATORS

Decrease Physician Shortage

Hawai'i Community Foundation CHANGE measure

[University of Hawaii, Annual Hawaii Physician Workforce Assessment Report to the Legislature \(2018\)](#)

Improved number who receive Mental Health and Behavioral Health Services/Care

Hawai'i Community Foundation CHANGE measure

[National Survey of Children's Health](#)

[\(Janice follow up with Misty, Hawai'i Data Collaborative, Aloha + Challenge\)](#) for adult data sets

Improve access to preventative care

[Aloha United Way ALICE Report](#)