



Proclamation

The United States Administration on Aging's *Choices for Independence* program is aimed at empowering individuals to plan ahead for their long-term care and to make informed decisions about their support options. *Choices for Independence* empowers older individuals to make lifestyle changes that will reduce their risk of disease, disability and injury.

With Hawai'i's older adults living longer, there are a growing number facing chronic conditions who do not meet the recommended requirements for physical activity or nutrition. Many of our kupuna do not pursue the benefits of increased physical activity and improved nutrition.

Healthy Aging Partnership was created in 2003, under the leadership of the Executive Office on Aging, the Department of Health's Community Health Division and the County Area Agencies on Aging, whose missions are to improve the health status of older adults through nutrition and physical activity. Since that time, the partnership developed a strategic plan, "*On Creating a Legacy: Healthy Aging Project: A Strategic Plan on Achieving Outcomes (2005-2009)*" and offers trainings to the Aging Services Network across the state on conducting needs assessment, evidence-based interventions, and designing and evaluating local initiatives.

Hawai'i's Department of Health's Executive Office on Aging received a three-year competitive grant from the U.S. Administration on Aging in 2006 to continue building Aging Network capacity in evidence-based programming and effectively embed two programs in the Aging Services Network – Stanford's Chronic Disease Self Management Program (CDSMP) and the EnhanceFitness Program (EF). As a result of the federal, state, county and community Healthy Aging Partnership and the U.S. Administration on Aging grant, members of the Hawaii Aging Services Network have been trained on the CDSMP and EF programs and implemented them in local communities.

Hawai'i's older adult population is now participating in disease prevention programs across the state and are empowering themselves to improve their health.

THEREFORE, I, LINDA LINGLE, Governor, and I, JAMES R. "DUKE" AIONA, JR., Lieutenant Governor of the State of Hawai'i, do hereby proclaim **November 2007**, as

HEALTHY AGING MONTH

in Hawai'i, and encourage kupuna in our state to be proactive about their health through education, physical activity and nutrition, and by taking responsibility for their welfare.

DONE at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai'i, this twenty-fourth day of October 2007.

Linda Lingle
Governor, State of Hawai'i

James R. "Duke" Aiona, Jr.
Lieutenant Governor, State of Hawai'i