

Upcoming Events

September 9
3:00-4:00 pm
DNHH quarterly meeting

September 10
3:30-4:30 pm
Māla work day

September 18-20
He Huliau Conference at
Aulani Resort

September 26
12:30-1:30 pm
NHCOE monthly meeting

October 3
1st Friday Faculty
Development Series

October 31
Happy Halloween!

November 4
Election Day,
MEB closed

November 11
Veteran's Day,
MEB closed

November 27
Happy Thanksgiving!
MEB closed

Ke `Ano Hawai`i o ka Nohona (The Hawaiian Way of Life)

By Tiffnie Kakalia

As we continue to build on the foundation laid before us, both DNHH and NHCOE strategic plans include refocusing on the need to achieve more cultural resonance within all policies, programs, and services we offer. My career over the past 20 years coordinating culturally respectful events, programs, activities, and curricula for multiple grass-root Hawaiian movements has taught me much about this subject, but nothing more important than the concept of *Nā Pou Kihī* (the corner posts). With direction from DNHH Chair Dr. Keawe'aimoku Kaholokula and NHCOE Director Dr. Winnie Lee, we will be implementing the principles and framework of *Nā Pou Kihī* as a guide to achieving social and health equity for *Kanaka `Ōiwi*. Like the corner posts of a solid house, each of these 4 concepts are essential to achieving well-being. When coupled with *He Kukui Kia`i* (guiding principles/values) we really begin to see this model come alive. To help us all better understand this guiding framework, each of the four *Pou Kihī* will be featured in upcoming newsletters!

The Corner Posts

Ke Ao `Ōiwi: Indigenous Space
Ka Mālama `Āina: Environmental Stewardship
Ka `Ai Pono: Healthy Consumption
Ka Wai Ola: Social Justice

Guiding Principles/Values

Kūlana: Rank/Authority
Kuleana: Responsibility
Kumuhana: Reason/Purpose

Together We Go Far

By Emma Singh

Finding a giant barrier in your path is no fun, but it's a pretty potent way to test one's strength and spirit. Last year, the Native Hawaiian Center of Excellence (NHCOE)

The Department of Native Hawaiian Health Faculty and Staff



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Ahuwale ka po'okela i kau hana ia ha'i.

It is through the way you serve others that your greatness will be felt.

“Together...” continued

faced one of its biggest challenges due to the sudden loss of a major federal grant. The hard part was knowing that there would be big program cutbacks - to the education, research and community partnership activities that help improve the health of all Native Hawaiians. Jobs at NHCOE were ‘evaporating’, the whole situation felt slightly surreal, and wholly unexpected. Yet behind the scenes a new and defiant dynamic was in the air. Nobody gave voice to the idea of leaving NHCOE - or to leaving each other behind. We found that it was our shared commitment and passion to making the Native Hawaiian community healthier that kept us pushing forward.

Thus began the idea for an unwavering campaign of advocacy to help educate the Hawai‘i State Legislature and other community leaders not only about the health and educational needs of Native Hawaiians, but also the importance of building a diverse workforce through exposure to and education of health fields. The perseverance of the centers leadership paid off, with the Legislature recently approving funding that provides NHCOE with a regular stream of funds to support our mission of promoting health, education and cultural opportunities for Native Hawaiians and other underserved minorities. JABSOM’s Dean, Dr. Jerris Hedges, also recognized the importance of the work being done, showing his support by approving the institutionalization of permanent NHCOE faculty and staff positions.

With a rejuvenated energy in the air this year we’ve acquired new grants and built new partnerships, reflected on former goals and rekindled past relationships. These changes did not happen overnight but instead occurred in a series of small, but workable steps. As we like to say around here: “If you want to go FAST go alone, if you want to go FAR, go TOGETHER.”

Where determination lives....new beginnings will bloom

By Sachi Kaulukukui

With the support of Kamehameha Schools, the James and Abigail Campbell Family Foundation, and the Pacific Links Hawai‘i Foundation, **Nānākuli Pathways to Health** was launched in August 2013. NHCOE’s philosophy to “grow our own healers” is the driving force in this pilot program with Nānākuli High and Intermediate 7-12th graders, approximately 70% of whom are Native Hawaiian. Our partnership with Nānākuli teachers, administration, and community develops promising curricula through mentoring, ‘aina-based and culturally relevant strategies that will empower students into the healthcare field and promote healthy living for students and their ‘ohana. Ultimately, through these discoveries, students will recognize their *kuleana* (duty) to return to their community to serve and be role models for others. The Nānākuli Pathways to Health program successfully carried out a number of initiatives in their first year, with just a few that are highlighted here:

Healthy Keiki Can:

* 1st year JABSOM medical students visit ~120 Nānākuli High Health Academy students (visited monthly in small group settings) to teach a variety of health-related DOE curriculum, including: ethics in healthcare, clinical skills, and good hygiene. The medical students also provide mentoring, personal guidance and *kōkua* with college and financial aid applications.

Kuaola:

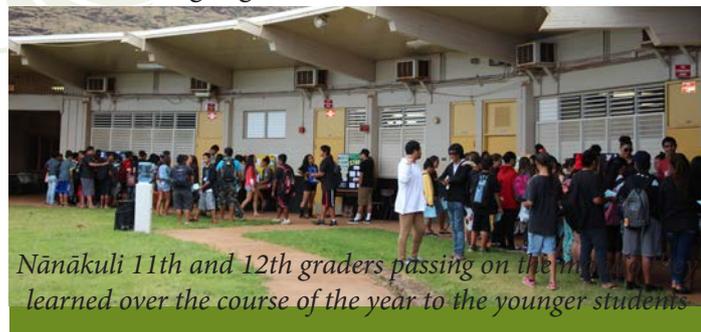
* 1st year JABSOM students mentor Nānākuli 7th and 8th grade AVID (Advancement Via Individual Determination) students, meeting monthly to discuss college and healthy living. Students and mentors further bond with each other through cultural field trips and service learning projects around O‘ahu including: Papahana Kuaola, Waimea Falls Park, and Bishop Museum.

1st Annual Community Health Fair:

* Working with their JABSOM mentors, the high school students prepared, organized and executed a community health fair for their 7th and 8th grade counterparts. The students showcased their knowledge gained throughout the year with demonstrations and posters, sharing things like healthy eating practices, awareness of diseases in our population, and how past history has affected our current health.



Nānākuli High and Intermediate School Administrators, Campbell Family Foundation, and UH Foundation Partners enjoying the Community Health Fair



Nānākuli 11th and 12th graders passing on the information learned over the course of the year to the younger students



JABSOM student mentors and Nānākuli student mentees showing off their hard work

Honoring the Past, Preparing for the Future

By Kawika Mortensen, MD

To reaffirm our collective commitment to the restoration of Native Hawaiian Health and to honor those who have made great contributions to this effort, an *Ahu Ola* (shrine) was recently built within the JABSOM *Māla Lā'au Lapa'au* (healing gardening). Traditionally defined as a mound, alter, or shrine, this *Ahu* was constructed entirely of *pōhaku* (stone) gathered from across the world by family and friends of the department, each holding the mana of its birthplace and person who chose it. Built to serve as a point of contemplation and reflection, this *Ahu* serves as a reminder of our duty to continue fighting for optimal health and well-being for the individual Hawaiian and the collective *lāhui* (nation) as a whole. Its intent is for students, faculty, staff, and guests who visit to reflect and become re-inspired on their own personal path to health and wellness, while helping facilitate the health and well-being of others.

- Mahalo e Ke Akua -



Nā Kane 'o Papahana Kuaola, working tirelessly to construct the *ahu* using only traditional Hawaiian masonry techniques



Lead by Dr. J. Keawe'aimoku Kaholokula, Hale Mua Kualii facilitated the dedication with a traditional 'awa ceremony



Dr. Kekuni Blaisdell, being greeted by Dr. Marjorie Mau



Dr. Benjamin Young



Dr. Naleen Andrade

E lawe i ke a'ō a mālama, a e 'oi mau ka na'auao

He who takes his teachings and applies them increases his knowledge

By Kawika Mortensen, MD

Congratulations to our new *kauka 'opio* (young doctors), Native Hawaiian students Akolea Ioane, Sara Ku'ulei Miles, and Kenneth Ortiz. Honoring tradition, their recent graduation from JABSOM was celebrated at the 4th annual Kīhei Ceremony. Like the white coat which physicians wear, the *kīhei* (ceremonial cloak) is a symbol of duty, virtue, teamwork and dedication. Receiving it serves as a reminder of the *kuleana* (responsibility) each wearer bears. All three *kauka* personally hand made their *kīhei* utilizing traditional tools and techniques, choosing patterns and symbols intended to tell the story of each individual's voyage toward healing. As a mentor to all three students, Dr. Winona Lee has watched these *kauka 'opio* grow up, "You have knowledge, you have values from your family, you have what we have tried to impart on you as your kumu, and now you have a *kuleana* to carry that out. To honor your family, honor those who came before you, and to do service for the people of Hawai'i and the Pacific."



Dr. Akolea Ioane, Dr. Kenneth Ortiz, and Dr. Ku'ulei Miles

- I mua e nā *kauka 'opio!* -

The First Members of JABSOM's MD Class of 2018

By Kawika Mortensen, MD

The 'Imi Ho'ola Post-baccalaureate program has played a major role in making medical careers possible for disadvantaged and underrepresented students for over 40 years. 'Imi Ho'ola (*those who seek to heal*) is a challenging 12-month program in the Department of Native Hawaiian Health designed to provide educational opportunities to students from disadvantaged backgrounds who are deemed capable of succeeding in medical school and have demonstrated a commitment to serve in areas of need in Hawai'i and the Pacific. Each school year, up to 12 students are selected to participate in this program and upon successful completion they matriculate into JABSOM's MD program. The program is especially committed to building the workforce of diverse physicians for rural communities in Hawai'i and the Pacific, and its record in that area is exceptional. At least 80% of the doctors trained through the 'Imi program are practicing medicine in under-served neighborhoods in Hawai'i where they are needed most.



Congratulations to our newest graduates, pictured from left to right holding their JABSOM acceptance letters: **Jalkennen Joseph** (Pohnpei, Federated States of Micronesia); **Matthew Kawahara** (Honolulu, O'ahu); **Joel Sabugo** (Wai'alu, O'ahu); **Gabriel Lapid** (Barrigada, Guam); **Leimomi Kanagusuku** (Wai'anae, O'ahu); **Arcelita Imasa** (Luzon, Philippines); **Chad Imanaka** (Hilo, Hawai'i) and **Alister Tang** (Honolulu, O'ahu).

Travels from Across the Globe...

By Dillon Kāpena Tacdol

Aloha! My name is Dillon Kāpena Tacdol and I am a junior biology major attending the University of Hawai'i at Hilo. Over this past summer, I was given a wonderful opportunity by the Native Hawaiian Center of Excellence (NHCOE) to attend the Summer Medical and Dental Education Program (SMDEP) at the University of California at Los Angeles. SMDEP's mission is to serve as a model learning community in which we got to examine a variety of healthcare issues affecting medically underserved communities through problem-based learning cases, lectures, clinical experiences, small-group discussions, and a research project! I'm so grateful and learned so much over the 6 week program!



Dillon Tacdol and NHCOE Director Dr. Winona Lee

The most important knowledge that I received while attending the program was about health disparities. I felt that this issue was crucial as there are many people in Hawai'i, especially Hawaiians that do not have health care due to a shortage in primary care physicians. As a student aspiring to become a doctor in Hawai'i, learning about health disparities provided me inspiration and a constant reminder of how much we need local physicians. I am grateful to NHCOE for helping me attend the UCLA SMDEP program which broadened my knowledge and prepared me greatly for medical school. I would like to specifically thank Dr. Winona Lee, Dr. Gregory Maskarinec, Kim Yamauchi, Dr. Jonathan Awaya, Rachel Loo, and Terre Hawkins for helping me with my educational endeavors.

Editor/Writer: Dr. Kawika Mortensen éminence grise: Dr. Winona Lee and Kimberly Yamauchi
UH JABSOM, DNHH, NHCOE, 651 Ilalo Street, MEB 306, Honolulu, HI 96813
692-1022 (office) 692-1254 (fax) E-mail: nhcoe@hawaii.edu Website: <http://www.hawaii.edu/nhcoe>

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