Kumu Keala Kahumani (left) and haunama from Kohala at Mauna Ala

At our second summer session in late June, Nānākuli High school students were introduced to Paula Burgess and Aunty Lynnette Paglinawan who walked them through their genealogy, loa exercises and who are in relation to ‘ohana (family) and inoa (name). Aunty Lynnette helped students to gain a deeper understanding of ho‘oponopono (the practice of making things right), traditional Native Hawaiian healing and she took time to celebrate the special hidden talents of our Nānākuli students. Exercises, led by NHCOE Learning Specialist Winnie Tang, explored differences in the student’s personality and learning styles that may impact their study needs, learning challenges, and career choices. An anatomy exercise in body mapping helped the students to illustrate what they stand for in relation to their deepest thoughts (brain), passions (heart), strengths (muscles), goals (feet and legs) and support systems (na‘au = gut). They also learned how to balance stress and other demands they might face in life.

All of the Nānākuli High school students at He‘eia

These stipends are reimbursed for prep materials and impact financial aid. NHCOE offers Native Hawaiian students’ stipends for eligible USMLE Board Preparation and neighbor island rotations.

For Our Native Hawaiian Students

NHCOE offers Native Hawaiian students’ stipends for eligible USMLE Board Preparation and neighbor island rotations. These stipends are reimbursed for prep materials and impact financial aid.

Please contact NHCOE Student Development Coordinator, Sachi Kaulukukui for details: sachi@hawaii.edu

By Malia Lee, MD

NHCOE faculty hosted students from the North Hawai‘i community and Nānākuli High school who participated in a workshop series focusing on Hawai‘i’s health and history and college readiness and preparation.

North Hawai‘i students representing Kanu o ka ‘Āina Charter School, Kohala, Waimea and Kamehameha Schools - Keaukūlā campus arrived on Memorial Day and paid a special tribute to the monarchy at Mauna‘ala before learning about how their vision of health for the people of Hawai‘i led to the establishment of the Queen’s Medical Center. Their ha‘aukūlā included visits to the māla at JABSOM, Saint Marianne Cope’s statue at Kewalo Basin, Queen’s Medical Center and Hospital, ‘Ioani Palace, Bishop Museum, and the Waimanalo Community Health Center. “The entire program for the Kohala keiki was centered around addressing one prompt - to compare and contrast what ‘healthy living’ looks like in their own community versus what it looks like for those who live here on O‘ahu,” shared program leader Dr. Kawika Mortensen. “Just that question alone allows for discussion on things ranging from medical services, easy of water/food gathering rights and the effects of development on our health and wellness as Native Hawaiians.”

The students also spoke with JABSOM medical students, UH Hilo pharmacy students, and other community health professionals to learn about their future options in health careers. Coupled with sessions on college readiness activities focused on preparing a college portfolio, writing personal statements, understanding learning styles, assessing personality strengths, & financial planning and it made for a busy 4 days.

Kumu Keala Kahumani (left) and haunama from Kohala at Mauna Ala

For Our Native Hawaiian Students

For Our Native Hawaiian Students

For Our Native Hawaiian Students

For Our Native Hawaiian Students

Nā Pou

Nā Pou

Nā Pou

Nā Pou

As a special mahalo nui to our local community supports: Mr. Earl Bakken & Kamehameha Schools -

2. Ka Mālama ' Āina (creating healthy, sustainable communities)

1. Ke Ao ‘Ōiwi (creating a culturally nurturing space to thrive)

3. Ka ‘ Ai Pono (creating opportunities to access healthier lifestyles)

4. Ka Wai Ola (improving the social determinants of health)

By Kawika A. Mortensen, MD

We are therefore pleased to announce the launch of a new series focusing on Hawai‘i health and history and college readiness and preparation:

All of the Nā Pou students had the opportunity to own students and trainees here in the Department. To review, the 4 Pou Kihi are:

1. Ke Ao ‘Ōiwi (creating a culturally nurturing space to thrive)
2. Ka Mālama ‘ Āina (creating healthy, sustainable communities)
3. Ka ‘ Ai Pono (creating opportunities to access healthier lifestyles)
4. Ka Wai Ola (improving the social determinants of health)

Utilizing the hale as a metaphor for establishing a healthy and vibrant Native Hawaiian population, Nā Pou Kihi is our framework for achieving social health and equity for Kanaka ‘Owi. It speaks to both our intended outcomes for our Native Hawaiian communities that we serve as well as the philosophy applied to growing and inspiring our own students and trainees here in the Department. To review, the 4 Pou Kihi are:

1. Ke Ao ‘Ōiwi (creating a culturally nurturing space to thrive)
2. Ka Mālama ‘ Āina (creating healthy, sustainable communities)
3. Ka ‘ Ai Pono (creating opportunities to access healthier lifestyles)
4. Ka Wai Ola (improving the social determinants of health)

Contingent on the first 3 posts foundation of an established sociocultural space to exist in, having well-resourced communities to thrive in, and opportunities for people to access healthy living options, Ka Wai Ola speaks to improving the social determinants of health on a broader scale through systems of social justice. Only when the equitable distribution of both the benefits and burdens of society are shared among all can true maoli ola be reached.

“Ka Wai Ola only can occur when the other 3 do as well,” shared by Department Chair Dr. Keawe‘aimoku Kaholokula at a recent community engagement speaking event to the Te Royal Order of Kamehameha - Kahelikī Chapter on Māui. “Examples of Ka Wai Ola include indigenous values/practices being applied to legislative decision-making, having livable wages for our peoples, including equitable representation in business, education, politics, & the media, and also to see a shift in disease statistics that reflect movement toward health - things like obesity prevalence < 15%, diabetes prevalence < 5%, and lengthening of the life expectancy of our people to closer mirror that of our Caucasian counterparts. While there is still a long way to go, the progress we’ve made thus far should not go unnoticed.”

September 2016

By Kawika A. Mortensen, MD

NHCOE Summer Adventures - Planting the Seed

Certificate of Distinction in Native Hawaiian Health

The Certificate of Distinction (COD) in Native Hawaiian Health is designed to offer interested medical students an in-depth understanding of Native Hawaiian health as well as offer opportunities for more information visit www.hawaii.edu/nhcoe

“E ʻōpū aliʻi...”

Have the heart of a chief - kind, generous, loving and even - tempered

By Malia Lee, MD

Nā Pou o NHCOE is a newsletter of NHCOE at the John A. Burns School of Medicine. Opinions expressed herein are not necessarily those of JABSOM, Department of Health and Human Services (DHHS) under grant number D34HP16044 and title, Native Hawaiian Center of Excellence. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHPr, HRSA, DHHS or the U.S. Government.

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Nā Pou Kīhi in Action
By Malia Lee, MD

Eleven NHCOE faculty attended an immersion on Kaua‘i to develop an understanding of their roles within the department utilizing curriculum based on the Nā Pou Kīhi framework. To prepare themselves, faculty were given texts to read, including “Ancient sites of Kaua‘i: A guide to Hawaiian Archeological and Cultural Places” by Van James, “Ancient Place Names and Their Stories” by Frederick B. Wichman, excerpts from “No na Mamo” on Native Hawaiian leadership principles, and excerpts from “Kaua‘i Tales and More Kaua‘i Tales” by Frederick Wickman.

Here is a summary of the faculty development as it pertains to our Departmental Strategic direction of Nā Pou Kīhi:

1) Ke An ‘Ōiwi
Ancient historical and sacred Hawaiian sites were visited to illustrate the connectedness of the people to the land and to one another. Faculty illustrated their understanding of their own connectedness to the land as it relates to themselves and to their overall professional and personal goals within the department. A pohaku exercise was developed to allow faculty to illustrate themselves as a stone that would fit into building NHCOE. Faculty identified their rocks as boulders, darkstone with flecks of color and light, City Stone, pohaku nalu, ‘ili‘ili, ‘umeke (vessel), aloha, solitaire, support, lava in many forms, and ahupua‘a. Pulling the artist out of faculty members was difficult but the exercise was transforming for most. Some felt changed after returning to O‘ahu and felt a greater connection to their identity within NHCOE.

2) Ka Mālama ‘Āina
Participants took time to speak with Native Hawaiian healers to develop an understanding of the role of spirituality and prayer in Native Hawaiian illness and healing and the role of the practitioner in identifying elements within one’s environment that can affect a person’s wellness or disease.

3) Ka ‘Ai Pono
In learning about themselves in relation to other team members, faculty were able to identify strengths that they possess that would cultivate for the benefit of NHCOE and others within community.

4) Ka Wai Ola
Faculty spent Saturday morning at the Waipa Foundation Community Work day cleaning the loi and fishpond area close to the shores of Hanalei. Evening reflection allowed them to share their own history on how they developed their area of expertise and how it relates to the understanding of their kuleana within the workplace. The participants identified areas of their expertise that will be used in the setting of NHCOE activities to create an understanding of the alahele (pathway) that exists in relation to our network of community colleagues.

Aloha ‘Āina - Beloved Land, Beloved Country
By Kawika A. Mortensen, MD

A touring, storytelling mural about Hawai‘i’s history and healing from a Hawaiian point of view, the Aloha ‘Āina Mural is the brain child of Kānaka Maoli artist Meleanna Meyer and her 5 closest friends. Standing 22 feet long, 6 feet high, and double sided, the painted canvas is truly a collaborative effort by a group of acclaimed Native artists.

Created in unison by Al Lagunero, Meleanna Meyer, Harinani Orme, Kahi Ching, Carl Pao, and Solomon Enos - the mural is a visual offering that invites reflection and furthers the conversation about intergenerational trauma within the historical, social, and political constructs of Hawai‘i’s history.

For more information on the mural and its whereabouts, please contact Melanna Meyers at meleanna@me.com