

Appendix A: County Health Rankings and Roadmaps Framework



**County Health
Rankings & Roadmaps**
A Healthier Nation, County by County



2013 Measures, Data Sources, and Years of Data

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Mortality	Premature death	National Center for Health Statistics	2008-2010
Morbidity	Poor or fair health	Behavioral Risk Factor Surveillance System	2005-2011
	Poor physical health days	Behavioral Risk Factor Surveillance System	2005-2011
	Poor mental health days	Behavioral Risk Factor Surveillance System	2005-2011
	Low birthweight	National Center for Health Statistics	2004-2010
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2005-2011
Diet and Exercise	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2009
	Physical inactivity	National Center for Chronic Disease Prevention and Health Promotion	2009
Alcohol Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2005-2011
	Motor vehicle crash death rate	National Center for Health Statistics	2004-2010
Sexual Activity	Sexually transmitted infections	National Center for Hepatitis, HIV, STD and TB Prevention	2010
	Teen birth rate	National Center for Health Statistics	2004-2010
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2010
	Primary care physicians	HRSA Area Resource File	2011-2012
	Dentists	HRSA Area Resource File	2011-2012
Quality of Care	Preventable hospital stays	Medicare/Dartmouth Institute	2010
	Diabetic screening	Medicare/Dartmouth Institute	2010
	Mammography screening	Medicare/Dartmouth Institute	2010
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	Primarily state-specific sources, supplemented with National Center for Education Statistics	State-specific
	Some college	American Community Survey	2007-2011
Employment	Unemployment	Bureau of Labor Statistics	2011
Income	Children in poverty	Small Area Income and Poverty Estimates	2011
Family and Social Support	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2010
	Children in single-parent households	American Community Survey	2007-2011
Community Safety	Violent crime rate	Federal Bureau of Investigation	2008-2010
PHYSICAL ENVIRONMENT			
Environmental Quality	Daily particulate matter days ¹	CDC WONDER	2008
	Drinking water safety	Safe Drinking Water Information System	FY2012
Built Environment	Access to recreational facilities	Census County Business Patterns	2010
	Limited access to healthy foods	USDA Environmental Food Atlas	2012
	Fast food restaurants	Census County Business Patterns	2010

¹ Not available for AK and HI.

County Health Rankings & Roadmaps is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



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Appendix B: Primary Data from Kauai's Focus Groups

Community Groups Identified:

Order Listed Below	Group	Date	# of participants
1	Older adults	February 28, 2013	7
2	Paanau Village	March 6, 2013	5
3	Filipino Community Council	March 30, 2013	25
4	Kauai Developmental Disabilities Council	April 2, 2013	15
5	Marshallese population – women's group	April 2, 2013	12
6	Friendship House	April 5, 2013	9
7	Native Hawaiian population – Queen Lili'uokalani Children's Center/Ho'ola Lahui Hawaii	April 9, 2013	6
8	Native Hawaiian population – Queen Lili'uokalani Children's Center/Ho'ola Lahui Hawaii	April 11, 2013	15
9	Marshallese population – men's group	April 11, 2013	11
10	Hanamaulu Community Association	April 18, 2013	13
11	Lihue – public (3 breakout groups)	April 22, 2013	18
12	Kapaa – public (2 breakout groups)	April 24, 2013	24
13	Youth – 2 breakout groups	April 25, 2013	23
14	Kauai Economic Opportunity, Inc./homeless population	April 29 2013	12
15	Business community	May 1, 2013	5

TALK STORY GROUP – Older Adults

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Nutrition – good food.
- Everything – environment, all what we do, work, nutrition, affordability factor (may not have insurance upon retirement and until Medicare eligibility age, or try to get Med-Quest or pay out-of-pocket; ability to pay for medication).
- Maintain good health – eat healthy, exercise. Change of lifestyle after a major medical emergency. Emphasis on fitness and health; is not emphasized enough between ages of young adult to elder. Having a major health event (heart, cancer) makes you prioritize health.
- Young adults not faced with a lot of medical concerns and health issues.
- Some young adults do not have insurance or know their benefits from health insurance. They don't check it out ahead of time or take the time to find out.
- When you are going to retire then you take the time to find out what you are going to need.
- Not aware what is available until you go to try it; ex: went to first exercise class to be with (participant's) mother at the senior center and discovered benefit of it. Not communicated enough to public.
- Exercise enhances mental, physical, spiritual, and social well-being.
- End result is when people become physically and mentally healthy, it increases participation of community.
- Other comments: Communication – Need to know what is in your health plan and what is available and be aware of anything concerning your health.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Health promotion groups (ie. Ho'ola Lahui Hawaii) provide information and opportunities for fitness.
 - o Ho'ola used to have the Great Weigh Out program where groups of people would challenge each other; they would provide classes on nutrition.
- Community does not know what is going on at the neighborhood centers -- how to share information with community.
- At the senior centers, they learn how to do home gardening and then seniors share their crops with each other.
- Congregate lunches at senior centers.
- Seniors eat smaller portions; when they purchase a lot they bring and share with others. It is the local culture.
- Culture of sharing, need to go back to the old days, taking care of each other. Need to educate people about this and how people would exchange or share items with each other; losing this culture.
- Holy Cross Church has a health ministry called Fitness for Christ where they bring in speakers to learn about health issues. They also have exercise classes; free to community.
- Community gardens – some church members share their land with other members to use as a garden.
- Need more communication of all community activities. Community does not know what is going on at the neighborhood centers - how to share information with community, like a central clearinghouse?? There seems to be a lot of good, free activities that community does not know about. How do we share this information?

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Know what is out there/resources.
- Neighborhood center bulletin boards are inside but when it's closed no one can get that information, it should be outside of the centers with a list of activities.
- Information should be available where people go.
- Financial – need monies to set up communication and support programs. Federal dollars could be cut and it could have the trickle down effect to the people who provide services and communicate with others. Linkages to programs may be affected.
- Lots of people are technologically challenged in accessing information from the web, etc. Newspapers are not enough.
- Seniors do not have access to the internet at the neighborhood centers, which are not set-up for wi-fi so even those with computers cannot access the internet when they are at the centers.
- Holy Cross Church has internet access therefore people can use it to access You Tube and other programs.
- Need to know where to go to find information on activities.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Need baseline information:
 - o How many people are exercising (baseline) and try to increase participation
 - o What are the age groups of people who exercise
 - o Kinds of activities should be appropriate for all ages and levels
- Make environments around activities pleasant to look at (have flowers, landscape); makes you feel good as you walk or participate in activity (places to rest, nice ambiance, walking maze (Koloa has one), meditation areas.
- Nana's House serves the homeless population; have safe transitional place for homeless to stay in for 2-3 months to regain strength post-delivery (for newborns and post hospitalization).
- Drugs/alcohol-related rehab program for post incarceration and safe housing. Concern expressed that sometimes you want to empower people but the individual may be stuck in an unhealthy environment and not able to help themselves. Elderly feel bad and want to help, but they know they cannot take them home.
- Koloa Union Church thought of allowing some homeless to park their car in the parking lot and have the use of the bathroom facilities (but they must leave by 7 a.m.); neighbors did not want this. Loss of sense of community.
- Have a place where all needs are met: bathroom facility, shelter, community support. Homeless/addicts must take ownership and community should have a sense of stewardship.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- More elder care facilities and services.
- Do we currently have adequate/affordable housing to accommodate seniors?
- More affordable senior housing and retirement communities.
- No homeless.
- Affordable housing for everyone.
- 0% drug problems; need more rehab programs as a step toward 0%.
- Every 4 year old should have a preschool experience.
- Pollution free environment; GMO – stuff put into air and food; repercussions will impact generations.
- Reasonable, cost effective methods toward environmental issues (contain pollution); i.e, cost to do these methods increase and come back to community.

- Increase community confidence toward Kauai's health care facilities and providers. People seek health care by going to Oahu vs. seeking health care on Kauai.
- Local health care facilities should strive for most competent health care providers.
- Have various specialty health care providers on Kauai; there is a cost to get them to Kauai, cannot pay them enough. Can promote the other benefits of coming to Kauai (ie. the beauty of the island).

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- More transitional housing for homeless in other communities (Westside people don't want to live in Lihue) - #1 7 votes (tied)
- Better communication – #1 7 votes (tied)
 - o Need a clearinghouse or resource directory geared for all – where health-related activities are located, cost; senior centers have a weekly calendar in the newspaper, there should be a calendar that everyone can access.
 - o Have an organized resource directory that is user friendly.
- More youth activities and facilities (ie. skateboard park) - #3 4 votes
 - o Centralized youth activities/facilities (east, west, central) to bring youth together, provides better control, programming, promotion, accessibility; have it near bus routes.
- Affordable medical coverage. 2 votes
- Increased safety and sense of security. 1 vote
 - o More police, fire, EMS.
- Free bus services for youth.
- More education to tourists/visitors to prevent drowning.
 - o On airplane before arrival, have signs on beaches of how many people have drowned; tourists don't think clearly.
- Accessibility to health facilities.
 - o Transportation options beside paratransit. Concern expressed that what if you get sick and need to get to doctor right away? You have to be registered for paratransit.
 - o Hours of services, availability.
- More affordable senior housing/community housing.

TALK STORY GROUP – Paanau Village, Phase II

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Getting a physical examination
- Exercise daily; there is a great path nearby
- Keep heart healthy
- Elderly taking walks and having quiet time, helps to have better sleep
- Freedom and motivation
 - o freedom to get up and feel no pain, freedom from viruses, no constipation and diarrhea
 - o motivation to get out to do things, live your life, having the energy to do things
- Have appreciation for what we have, with appreciation we have joy
- Fresh fruits and vegetables
- Have someone in charge to coordinate activities and get people to participate.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Exercise and maintain strength, healthy eating
- EBT (electronic benefit transfer – public assistance) and WIC – Women, Infant, Children
- Bus service
- Fresh air!
- Jogging paths and bike lanes
- Weekly Farmer's Markets
- Agencies and individuals who provide support, such as Hospice, Mental Health
- Places like Paanau which are clean and safe and gives people a chance to have housing.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Old age
- Not having a group exercise program (for older adults).
- Culture of smoking, ie. when pregnant, with children pretending to smoke.
- Abusive behavior at playgrounds.
- People settling problems with physical violence.
- Lack of paternity; nuclear family breakdown.
- People not being kind to each other.
- Addictions – drug, alcohol, cola, junk foods.
- Treatment of food should bring out the flavor, done with love and has to be nutritious.
- Trickle effect of sick children - parents sending sick child to school and making others sick; lack of child care affects employment, or workers are sick and going to work. Example cited: workers being sick in restaurants and serving others.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Helping each other.
- Learning other skills.
- Safety, happiness, clean living, make it a beautiful place and healthier Kauai.
- Electric cars; quiet traffic; no carbon monoxide, have clean air.
- More facilities to accommodate aging – care facilities that is affordable.
- More solar energy.
- If 10% of everyone's wealth was spent fiscally then it would solve socio-economic issues.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Make friends, family, and neighbors be kind to one another.
- Self-sufficient gym to power own energy, ie. get energy from bicycling.
- Make more difficult to smoke.
- Be rid of invasive species in the mountain.
- Continue to make Kauai a healthy place and keep it clean.
- Get the sand back at Kekaha Beach.
- Get rid of meth use.
- More community gardens, control chicken population.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Make friends, have dancing, group activities, bingo night, hula. – 2 votes #1
- Stricter control of smoking zones and also harsh penalties for pushers. – 2 votes #1
- Better transportation to doctor's appointments, hard to catch the bus in Koloa. – 2 votes #1
- Fix bottleneck traffic in Kapaa. – 1 vote
- Clean water. – 1 vote
- Affordable organic food. – 1 vote
- Better food labeling.
- Affordable care home facilities. – 1 vote
- Have better hospital facilities, so that less people are medevaced. – 1 vote
- Important to promote safe sex, but not mentally or socially healthy to promote safe sex through media and educational system. – 1 vote

Note: 1 person left early and did not vote.

TALK STORY GROUP – Kauai Filipino Community Council

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Less visits to the doctor; following the doctor's advice. If no or less visits to the doctor, there is no income to the doctor and savings to self and the insurance companies.
- Peace of mind; when you are healthy there is no worry or stress.
- There are requirements to be healthy, like exercise, nutrition, being ahead of the curve.
- Mentally balanced, physically fit and socially active, and being able to give back to the community.
- Do daily chores without feeling pain.
- Enjoy things that you like doing, like playing cards, swimming, going to the beach.
- Having good genes.
- Doing annual check-up and hearing from the doctor that everything is okay, from pap test, bloodwork, etc.
- More productive to self, family, and community.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Pacific Health having monthly walks and discussions after the walks with doctors.
- Home grown vegetables and fruits.
- Good weather.
- Physical fitness classes.
- Line dancing, Zumba.
- Senior center programs.
- Wilcox Memorial Hospital is a very good hospital.
- Good education.
- Kauai Community College's Wellness Center that provides TB testing, pap tests, etc.
- Kupuna who show good example, ie. cooking home meals.
- Health ministry through various churches.
- Good community resources and organizations.
- Various funding from government.
- Health Resource Person is invited to the classroom to give health information to students.
- Ho'ola Lahui Hawaii's program and classes.
- HMSA's free wellness program.
- Local politicians looking out for people.
- Good housing and environment.
- Simple rural living, compared to city life.
- Filipino doctors who speak Filipino is comforting.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- There is an abundance of food, thus the challenge is eating in moderation.
- Lack of education.
- Burden to go to the doctor – older adults need encouragement from younger people to see the doctor. Also, older adults take pride in not seeing the doctor.
- It takes discipline and motivation to diet and exercise.
- Environmental (or social), like smoking, drinking, drug addiction.
- Inadequate income.
- Non or limited medical coverage.

- Lack of health awareness.
- Cultural – some don't believe in seeing the doctor because of cultural background.
- Lack of time as an excuse.
- Broken families and unhealthy family relationships.
- Negative attitudes to eating right and seeing the doctor, towards health.
- Apathy – some people don't care.
- Doctors who are not specialized in certain areas; lack of specialists.
- Fear of hearing negative things from the doctor.
- Being in a rural area – lack facilities.
- Fast foods.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Not seeing obese people around the island and seeing happy elderly people.
- Safe and clean environment.
- Living longer.
- Good education and employment.
- Access to good health care.
- Follow Mayor's Holo Holo 2020, making use of bike path.
- Decrease in underage drinking and marijuana and other drug use.
- Stiffer consequences for promoters of drug use.
- Getting PE back in schools.
- Having children involved in sports and community programs.
- Motivating self to eating right kinds of food.
- Acquire advanced medical equipment for Kauai.
- Less domestic violence and crime.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Less sick people.
- Improved economy because of productivity.
- Longer life span and happier people.
- Less obese people.
- Expand ER and have more choices of doctors due to increased population.
- More medical specialists especially on the Westside.
- Food coming to island – have more back yard gardens; more organic foods; no GMO.
- Less fast foods.
- Kauai Philippine Cultural Center (KPCC) – should have food demonstrations for cooking healthy Filipino foods.
- More Filipino doctors because of increased Filipino population.
- Support for elderly care should continue because of growing elderly population.
- Relief for providers of elder care.
- Awareness of community to living healthy.
- Better services for indigents or those who have inadequate income, homeless, lack of education or medications.
- Drug-free environment especially for minors.
- Make sure that medical insurance coverage is still available, Social Security income is still available, no tax on SS income.
- New, improved Obama Care.

- Program and facilities for younger people to keep them off the streets.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- More education – 15 votes #1
- More equipment, technology, and services (ie. expanded ER) for hospitals - 13 votes #2
- Affordable early childhood education programs and elder care programs. – 11 votes #3
- More choices of specialized doctors – 8 votes
- Availability and accessibility to quality health care – getting services right away and on island. – 8 votes
- Bike and walk path on the Westside. – 6 votes
- Politicians making contributions and taking on projects, programs, policies, and laws for a healthier Kauai, ie. Mayor's Holo Holo 2020. – 4 votes
- Encourage more garden projects in the community and encourage eating more fruits and vegetables. – 3 votes
- More parks and better sports facilities and equipment. – 3 votes
- Have a one stop center for youth and their families to call to get information and direction on whom to call for questions on issues such as drug problems, depression, and suicide. – 1 vote
- Choices of healthier food at parties. – 1 vote
- For self-care, more workshops and programs to teach people how to live healthy, ie. cooking, reading labels, exercise, like Better Choices, Better Health.
- For school children and young adults, workshops on eating healthy, drug and alcohol prevention.
- Implementing and encouraging the value of education, starting from elementary schools.
- Continue/maintain funding for education.
- Safe and clean environment.

TALK STORY GROUP – Kauai Developmental Disabilities Council

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Eating vegetables, fruits, drinking lots of water, eating grains.
- Exercise
- Bowling
- Good mental health
- Overall well-being, including spiritual well-being.
- Getting out, staying active, exercise, eating right food and drinking lots of water.
- Swimming
- Good family relationships
- Good dental health
- Having right medical resources and not having to go off island.
- Visiting the doctor; asking questions, making sure everything is alright with you.
- Good physical check-up and examination, make sure everything is okay with your health.
- Socialize and get involved with community.
- Doing activities, sports, and community events.
- Continual education of individuals regarding specific health needs.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Farmers' Markets
- How we have expanded health care to other parts of the island, ie. Ho'ola Lahui Hawaii, Easter Seals.
- Access to the outside where you can be with your animals.
- Our good weather.
- Financial support for government for those who are in need.
- Improved transportation to doctors, shopping, socialization.
- Lots of exercise programs and classes.
- Accessibility to park, pools.
- Increased number of volunteers who help those with disabilities, ie. KORE, with the elderly.
- We can choose own doctors and dentists and covered by medical insurance.
- More access to special services and choices with OT (occupational therapy), PT (physical therapy).
- Knowledge from kupuna to give us information.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Lack of specialized doctors, ie. neurologist, pulmonologist, pediatric neurologist.
- School systems need RNs and LPNs in the schools.
- Lack of dental care for those on Medicaid; Ho'ola has months' long waitlist. Have services be done locally and same options as others (for those on Medicaid, etc.)
- Planning and budgeting for an aging population and persons with developmental disabilities.
 - o Per the CDC, 1 in 50 children (6-17 yrs.) have autism.
- There is a gap with adult mental health services for children aging out of the DOE system.
- Young adults with disabilities who need day care services.
- Limited resources to serve in specialized services for children with autism.
- Heated pool for physical therapy.
- Air conditioning for people who have difficulty breathing.

- Limited accessibility for safe walking on the Westside, areas in Lihue with no sidewalks.
- Lack of police to make sure children wear helmets when biking to school; also for motorcyclists.
- Facilities for young children who need a variety of special services, such as nursing, speech, OT, PT, vision therapy.
- Access to preschool - there is a gap for children who don't qualify for services and parents who can't pay for services.
- Facility and programs for youth to hang out that is inexpensive or free.
- Lack of jobs available for those graduating and especially students with disabilities.
- To have a certified kitchen to help people with disabilities to learn to cook so they may cook for others.
- No substance abuse facility on island.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- When all challenges are taken care of.
- More facilities for elderly, such as day care, long term care, care homes to keep up with population growth; affordable facilities.
- More substance abuse facilities and programs.
- Better mental health facilities for children and adults.
- More income to families – subsidies, food stamps and other help.
- All residents have equal access to services and programs on island.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Stable
- Have better jobs in community with better pay.
- Decrease in crime, bullying.
- More employers have persons with disabilities with same benefits, full-time.
- A union for home health care workers, ie. there are no health care benefits for those with limited hours (under 20 hrs. per week).
- Everyone has medical insurance that is affordable.
- Increase in personal allowance for residents in care homes.
- For those working, no money should be given to the courts (for those who currently have court supervision).
- Educate children to eat healthy foods.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Everyone has quality affordable health care. – 7 votes #1
- Good dental care for everyone. – 7 votes #1
- Have specialized care on island, such as adult mental health and substance abuse facilities. – 6 votes #2
- Affordable homes on Kauai, rates to be reasonable. – 4 votes
- Group of people with disabilities who would give back to community, start a business, and say mahalo. (micro enterprise) - 3 votes
- Dentists who accept Medicaid. – 2 votes
- Dental clinics who offer reduced rates. – 2
- More health professionals who stay on Kauai. – 2 votes
- More youth facilities. – 2 votes
- Housing for homeless. – 2 votes

- Expansion of Kauai Community College (KCC) in the medical field and agriculture. – 1 vote
- KCC having sports teams and league; involve all community colleges. – 1 vote

TALK STORY GROUP – Marshallese population - Women's group

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Live longer
- Healthy living
- Being happy
- Healthy foods
- Energetic
- Clean environment.
- Being active.
- Being able to provide for your family.
- Good role model to others.
- Be more active.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- (Having) lots of fruits and vegetables.
- Zumba classes
- Walking
- Farmer's Market
- YWCA (pool)
- Gym
- Don't miss appointments with your doctor.
- Fresh water
- (Being) single and does not need a partner.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Asthma and difficulty breathing.
- Not enough sidewalks to go walking.
- Vog
- Working and not having enough time.
- Needing a translator.
- Stress and depression
- Procrastination
- Communication with doctor.
- Bad habits (drinking soda, not eating right, smoking).
- Staying out late drinking, partying.
- No motivation to go exercise.
- Having more than one partner and spreading the disease.
- Gaining weight.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Parents having control of what their children eat.
- Peaceful
- Keeping the beauty of the Garden Island.
- Everyone should be treated equally.
- Family oriented.

- Not being spoken down to.
- Being respectful.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- No more homeless.
- No druggies or drug use.
- No family abuse.
- More job opportunities.
- More community activities for youth.
- More hospitals.
- More enforcement of curfews by police.
- Improvement of traffic.
- Better medical insurance.
- Bigger shopping malls and more stores.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Social worker to work with the Marshallese population and County. 11 votes #1
- No racism, people being treated with respect. – 9 votes #2
- More job opportunities. – 6 votes #3
- Stricter drug enforcement especially in housing. – 4 votes
- Translator/interpreter to give information on what's going on in Kauai. – 4 votes
- More low income housing. – 2 votes
- Equal opportunities for the disabled. – 2 votes
- Bigger bus shelters. – 1 vote
- A place for children to go to after school.
- Transportation for persons with disabilities.
- Bigger buses.
- Transportation to get to Dr. appointments.
- More crosswalks.
- More residential trash bins.
- Cleaner public restrooms in County Parks.
- Safer path to walk to school and within your community.

TALK STORY GROUP – FRIENDSHIP HOUSE

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Exercise
- Better healthier life for everybody ☺.
- Watch diet, eat healthy.
- Eating right kinds of food.
- Having Medicaid and Medicare.
- Good hygiene.
- Taking medication.
- Being physically well to do, taking care of self, being physically sound.
- Having enough sleep.
- Cut down or quit smoking.
- Taking care of physical needs, having right diet.
- Being careful in everything you do, know your limits, especially on sidewalks and streets.
- Back to basics – ie. taking showers everyday.
- Riding bike.
- Being energetic.
- Walking
- Being physically, mentally, spiritually healthy.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Being more health conscious, be more serious about health.
- Help others recover from their poor health.
- Bike path.
- Being up-to-date on health needs, seeing doctor.
- Ocean, beaches, going swimming, snorkeling.
- Hiking in hills.
- Breathing fresh air every morning.
- Joining gyms.
- Bus
- Zumba

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Public bathrooms are dirty.
- Homeless living in tents in the bushes at WalMart are multiplying.
- Drug and alcohol abuse.
- Sexually transmitted disease.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Everybody doing their part, doing one thing at a time.
- Know how to cook good foods.
- Eat good, healthy meals.
- Keeping community clean – beaches, parks, bathrooms, roadway.
- No littering.
- Having good roads, fixing potholes.

- Having an education.
- Going to school.
- Keep your family intact.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Everybody happy 😊 😊 😊
- Keep everybody on same page; if having difficulty communicating, everyone comes together.
- Reading good books, paperback, and newspaper (for education).
- Keep environment clean.
- Know how to spend your money, ie. financial management.
- Keep Friendship House staff in good health, mental and physical.
- Not have people end up in mental health hospital.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Everybody getting along, this world would be fantastic. – 6 votes #1
- Staying on path to recovery with drugs and health. Keep diet, take medication, stay focused. See the doctor and follow doctor's orders. – 6 votes #1
- More lifeguard at the beaches. – 2 votes #2
- More personal free time. – 2 votes #2
- More jobs for people with disabilities. – 2 votes #2
- More places to exercise, ie. to walk, jog, swim. – 2 votes #2
- Less crime, less drugs, need more police and firemen. – 2 votes #2
- Practice good hygiene – keeping clean, keep teeth healthy. – 2 votes #2
- Everybody helping each other. – 1 vote
- Not being so hard on yourself (be good to yourself). – 1 vote
- More housing for homeless. – 1 vote

TALK STORY GROUP – Native Hawaiian population – Lihue group

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Live longer to be able to take care of grandchildren.
- Get out of bed and take care of home and family; go to work.
- Be active and productive, unencumbered by physical maladies or psychological, emotional problems.
- Balance – mentally, physically, emotionally, spiritually.
- Able to enjoy retirement, be productive.
- Able to manage and/or decrease chronic illness.
- Be aware and educated about taking care of self and health.
- Be aware of programs that can help you be healthy.
- Good health starts with you, then family, then community.
- Healthy environments (GMO/pollution/water quality, etc.).
- Children need to understand about good health and healthy lifestyle through education, modeling.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Union gave information (to its members) about wellness and how the Union can help them.
- Bike path.
- Focus on walkable community.
- Planning Department is working on climate change, adaptation and environmental issues, sustainability, and keeping ocean resources protected.
- Most families have medical insurance or can access medical insurance.
- Good strengths in culture (Hawaiian) – strong pride, knowledge, family values, connections with families.
- Hawaiian Immersion program teaching good values (family, land, old ways).
- Sports activities for youth, ie. Pop Warner, baseball, etc.
- Farmers Markets
- Support groups in community that help strengthen families.
- More awareness and acceptance in medical community regarding traditional strategies.
- Availability of psychological services to children and families.
- Tropic Care
- Public Health Nursing
- Collaboration of resources on a small island like Kauai.
- Increased awareness of traditional practices (La'au).
- Churches are very involved.
- Willingness to have focus groups to talk about health issues.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Not enough time/so much to do.
- Trying to lose weight.
- Medical cost – family has to decide whether to drop medical insurance in order to pay for other things.
- Food, gas, utility costs.
- Junk food is cheap and fast.

- Stress from trying to make ends meet and how it affects your health.
- Access to doctors; doctors not staying on island for a long time.
- Access to dentists and having to send children to Oahu for dental services.
- Grandparents raising grandchildren – need support.
- Not having enough caregivers for childcare and eldercare and the cost to pay for services.
- Limited access to mental health services - need to qualify and meet criteria, bad experiences with provider, transportation to get to services, lack of knowledge of available services.
- People fall through the cracks (for mental health/spiritual services); examples: veterans, people not seeking the service, not enough people trained (culturally/professionally) to provide services.
- After doing preventive screening, got a large bill. No one explained process, insurance coverage, what's covered and not covered so does not want to use insurance. Providers need to explain options.
- Doctors don't explain (about options or conditions) and don't spend time with patients.
- Is it business practice that doctors have to see a certain number of people in a day?
- Industrialize agriculture – too much unhealthy foods, (junk foods, supersize).
- Education about community agricultural products and projects.
- How media portrays body image (ie. using skinny models).

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Availability of good, healthy, inexpensive foods.
- Lo'i (taro patch) in every community that can supply that community.
- Practitioner to ho'oponopono (community resolution) and lomilomi (massage) in every community.
- Healthy water to drink and swim in.
- Healthy lands (free of pesticide/clean soil).
- Safe places for kids, like teen centers; they need to get off computers and play.
- High school curriculum for positive life skills.
- Healthy active elderly – start developing programs for kupuna and latch key children.
- Programs for kupuna/kids/families which are community driven, family exercise programs, include activities for entire family.
- Have businesses do more wellness programs, to include mental health programs.
- Every child/person has medical and dental insurance.
- Accessibility to mental health services for adults and children when they are needed; not having to wait for services.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Life simpler – one clearinghouse/resource to help link you to resources and services; help you navigate and explain.
- Families able to live on (income from) one job (rather than having to work multiple jobs).
- Having a balance between tourism and locals – (focus on) lifestyles, values (family, relationships).
- Finding better ways to use cars and gasoline.
- Be sustainable (foods, resources).
- More efficient government services – consolidate to avoid duplication.
- Affordable housing, utilities.
- Stronger family units who maintain healthy lifestyles and be a model to other families.
- Need more care centers for kupuna.
- A building to house Hawaiian agencies/programs.

- Taking care of the aina (land) and distribute with balance for community needs – opening up the land to others (not large acreage to one person).
- Changes to policy and education to promote global health (environment, community, family).
- State needs to be more involved and proactive on conservation and more proactive with managing programs (i.e. - aqua culture).

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Accessibility or having community centers for services and programs that are culturally appropriate (example: Waianae Comprehensive Health Center). – 7 votes #1
- Changes to policy and education to promote global health (eg. environment, community, families). – 6 votes #2
- Accessible health care services that will ensure families to have healthier lifestyles, from keiki to kupuna. – 3 votes #3
- Affordability to make a living, pay bills, exercise, time with family. – 2 votes
- Educating keiki on family values, land, life skills, healthier foods. – 2 votes
- Being good stewards of resources and being accountable. – 1 vote
- Teaching children to be thrifty and not wasteful.
- More time for families to get together (to go camping, fishing) so they are not stressed out!

TALK STORY GROUP – Native Hawaiian population – Westside group

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Eat more fruit, vegetables, exercise and treat all with respect.
- Understanding and being educated about good health.
- Being physically, mentally and spiritually healthy is the essence of good quality of life.
- Ola kino- healthy body.
- Mentally healthy.
- Able to engage in activities that are valuable to self.
- Having good balance with work, family and personal interest.
- Taking care of self before taking care of others.
- "Take care of the land, the land will take care of you."
- Having healthy ohana together; not perfect but love each other – Ho'oponopono.
- Having God first, prayer at start of day for family and world, including for our president.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Community health center in Waimea.
- Youth sports program.
- Farmers' Market
- Nana's House – community based program in Waimea serving Kalaheo to Kekaha. Resources available, important to know what's available.
- Community garden project in Kekaha; educate self-sufficiency, there were workshops to learn how to eat what you grow.
- Community Exercise programs.
- Senior Programs – exercise and nutrition classes, free lunch provided.
- Keiki Programs like Tutu & Me, Headstart through Child & Family Service.
- Free Clinic – ie. Tropic care.
- Land, ocean, climate that come from Ke AKua (God).
- All schools that implement curriculum on healthy nutrition, ie. snack, lunch, school gardens. Garden at Kekaha school – brought home radish, Maui Onions.
- Ability to get fresh food from ocean and mountains.
- Salvation Army serves lunches.
- Alu Like
- Queen Lili'uokalani Children's Center
- Paratransit bus service to get to medical facilities to get services.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- No walking paths on the Westside.
- No safe area for people to walk and bike.
- Financial challenges - eating healthy can be expensive.

- Medical system is targeted to those who can access services.
- Need more education on becoming healthy and how to begin.
- To be able to change with the mind set.
- Electronics toys for children/youth- children don't go out to play, losing social skills, they are not being active and healthy. Need to go back to aina.
- People getting caught up with technology.
- Sitting down at the table together.
- Taro is expensive; ie. to follow Dr. Shintani 's diet.
- Losing sight of 'Family first'; over scheduling activities.
- Prioritizing time for family and everything; life changing events.
- Don't know when to ask for help, especially for mental health. Fear of medical profession, reservations of not being able to adequately express needs or know where to go for help, language barrier.
- No native speakers at community health center, used to have a Hawaiian-speaking physician. Need doctors who can speak the language, persons who are aware of Hawaiian medicine (la'au lapa'au), massages.
- Concerns of water contamination.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Mindset to change.
- Self discipline.
- Implement Dr. Shintani's diet; do away with fast food.
- To see mauka lands used for farming, come down to makai for fishing (being self sufficient). Having workshops to learn from kupuna (when to fish, when to plant, using Hawaiian calendar)
- More knowledge on using pesticides.
- Eating healthier, less reliance on fad diets.
- Target Native Hawaiians to have a single access to navigate through medical system and (health) needs; also, children (and families) being able to access.
- Having a healthy community from newborns to kupuna, and having support for families to get to programs.
- Having preventive programs - exercise, health, eating habits.
- Federal government to check soil and waters due to concerns of number of cancer cases.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- To be alive!
- Healthier Native Hawaiian population; indicator: longer life span.
- Cleaner environment.
- Every home with a garden, being self reliant and self sufficient.
- Increase family activities; being family oriented, less technology and ability to balance.
- Preserve recreational and cultural space.
- Less asthma cases on island; i.e Headstart program currently has high rate of asthma cases.
- More youth programs to address alcohol and drug use.
- Streamlined access to health care system, especially for Native Hawaiians and lower socio-economic population.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Having Native Hawaiian speaking, culturally knowledgeable health care professionals, including doctors, nurses. Target our Hawaiian Immersion schools (to nurture interest from a young age). – 9 votes #1
- Medical coverage for alternative healing. – 8 votes #2
- Youth education that is culturally appropriate, being hands on. Involve kupuna and other resources. – 7 votes #3
- Support access for Native Hawaiians regarding health care and education. – 5 votes
- More expanded family centers- “one stop shop “with resources. – 5 votes
- Clean, safe, healthy environment. – 2 votes
- Safe place or shelter for emergencies, ie. tsunami, hurricane; look at utilizing (existing) bunkers in Mana, Waimea Valley and Hanapepe. – 2 votes
- Talk story groups to meet regularly.
- Everyone has a home with a garden; no homeless.
- To have children who are healthy, joyful and confident that they can accomplish anything. Have a mentorship program.

TALK STORY GROUP – Marshallese population - Men's group

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Being mentally, physically, spiritually, emotionally healthy.
- Being productive.
- Outgoing
- Being polite.
- Strong
- Being active and able to do things.
- Being cooperative.
- Fellowship!
- Sharing everything, ie. food.
- Caring for others and self.
- Being in control.
- Having self determination, having a goal and going for it.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Healthy foods.
- Schools
- Work, jobs.
- Leaders like Naomi and Toni. 😊
- Sports
- Mayor taking part exercising with the people.
- Police and fire fighters going into schools with their equipment; sharing what they do.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Work, work, work, worry about bills.
- Not enough sleep.
- Cost of living.
- Environment, ie. drug use (people stealing from others and using the money to buy drugs).
- Economy is expensive.
- Lack of education.
- Language barriers.
- Laziness.
- Prejudice towards Marshallese.
- People not listening to radio, reading the paper, do not know what's going on.
- Not knowing what's in the food, ie. gmo.
- Attitude about eating habits.
- Hard to exercise, traffic along the road.
- Bus stops are far.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Heaven
- Eating healthy.
- Working together.
- Fellowship and being together.

- More exercise.
- Community partnership.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Good environment.
- Good leaders in government.
- Good schools.
- More jobs.
- Build more hospitals.
- More mental health and elderly health care programs.
- More expertise in health care, teachers, pastors, fishermen (to be able to provide food).
- Have better equipment to provide care here on Kauai rather than flying to Oahu.
- More child care programs, like Headstart, so there are no waitlists.
- Safety, more police officers.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Community partnerships. – 10 votes #1
- Having translators when getting services to explain the application process or testing, ie. at the Motor Vehicle division for driver's license, having it interpreted (forms and written materials), and having resources through videos. – 8 votes #2
- Better education – more qualified teachers, good school environment, more college courses on Kauai, having translators in schools for all ethnic groups. – 7 votes #3
- More jobs, less unemployment. – 6 votes
- Better cost of living. – 1 vote
- Homeless shelters because of increasing numbers of homeless. – 1 vote
- More affordable child care programs.

TALK STORY GROUP – Hanamaulu Community Association

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Functioning well in the community in all ways - mentally, emotionally, spiritually.
- Being active in the community.
- Means to be healthy.
- Wealthy and wise.
- Be fruitful, creative, service to the community, leadership.
- Make a difference in the community.
- Health is wealth – being healthy is your asset.
- Eating healthy, daily exercise.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Bike path.
- Best park – Peter Rayno Park; fully irrigated, lights, all done by volunteers.
- Having schools in the community.
- All sports.
- Good medical facilities and professionals.
- Good organizations for children, adults, and kupuna.
- Churches with good participating members.
- Stores

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Hanamaulu beach park is occupied by homeless, concern about safety of the water.
- Families can't afford to buy healthier foods and get medical care.
- Unsafe neighborhood.
- People not getting early detection; cancer cases, need better cancer treatment.
- Seniors are isolated and living alone or families are involved in other things or working.
- Traffic in Hanamaulu.
- Drug problems.
- Not having enough exercise programs for older people, youth, all ages.
- Cost of living is high; people working more than one job, not enough time to exercise and relax.
- Bird problems at Peter Rayno Sr. Park, which can lead to health problems.
- Neglected dogs that are barking.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Good living environment.

- Community center in Hanamaulu; every community should have a community center (ie. gym, other facilities, swimming pool).
- Everyone grows their own food (self-sustaining).
- Good paying jobs for future generations.
- People having more pride in community and feeling of belonging, people getting to know neighbors.
- No more homeless and drugs.
- Go back to the earth, best producer.
- That Government can do something about the challenges.
- Community gardens.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Bring back scouting and other youth programs; work with families, families need to be involved.
- Train young adults to be trained leaders in the community.
- Drug-free, alcohol-free, and basically healthy.
- Have good jobs with the help of the government; minimize gang-related activities.
- Bring back family time; parents discipline children better, so that they are better in school and more respectful to teachers.
- More stores so that there is competition and keep prices low.
- Plan for beautifying Kauai, especially the highways; starts from the neighborhood.
- Safer scenic lookouts so visitors and residents can enjoy the scenery (without getting hurt; having enough space on the side of the roads, highways to stop.)
- End homelessness.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Violent-free, safe communities with neighborhood watch programs, especially where tourists visit. Have police patrol and be more visible to prevent thieves from breaking into cars and homes in the community. Recruit community volunteers to help with neighborhood watch. – 9 votes #1
- Taking ownership of community and island and be respectful. – 5 votes #2
- Have a law for cleaner communities and neighborhoods. – 3 votes #3
- Community center to establish a sense of place. – 3 votes #3
- Cooperation amongst County, State, Federal and other agencies to provide healthier communities. – 3 votes #3
- Sports complex - free admission. – 3 votes #3
- Freedom of choice; everyone is responsible. – 2 votes
- Have government help families by creating more jobs and having more money. – 1 vote

TALK STORY GROUP – Lihue Group #1

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Being able to do what I want to do to function - work, play, etc.
- Creating a world with more birthdays!
- Physical, mental, body & mind wellness; function physically, cognitively (mentally), happy with self, spiritual (well-being).
- Eating healthy, having physical activities.
- Being able to do what you want without worrying about health.
- Balanced quality of life.
- Access to affordable health and prevention services.
- Access to affordable healthy foods.
- Access to safe areas for physical activities.
- First, we all need to share idea of water and what water does; 2nd most important thing is salt.
- Teaching prevention and hydration – www.watercure.com.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Walk path, parks, hiking, beaches.
- Schools grounds well maintained and can be used off hours.
- Exercise classes.
- Farmer's Markets.
- Weather.
- Willingness – people are willing to work on what needs to be solved.
- A lot of events – health, sports.
- Eating more fruits and vegetables and good climate to grow them.
- Neighborhood centers – well utilized.
- Dog park.
- Community health centers who help people without insurance.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Personal finance, making it affordable (food, health, to make good quality of life).
- Work on spiritual side for harmony.
- Time to exercise, do check-ups/screenings, cooking healthy foods.
- Motivation missing on a population scale; walk the talk - we don't always do it, need to get over obstacles.
- Old habits and old ideas are so ingrained.
- Education – misunderstanding of health.
- Resources – ie. lack of obesity clinic on island.
- Family/work schedule conflicting with sports, children's events.
- Be able to have a balanced life (exercise, rest).
- Making exercise a part of your daily life.

- Language barriers, cultural barriers.
- Health literacy – not understanding about health. Ex.: Need to explain what it means to eat healthy.
- Bad fast food is cheap and accessible.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- More home and community gardens.
- Fitness course at parks but designed for ADA accessibility, centralized in each district (North, South, East, West).
- Exercise classes all over the island and at the parks.
- Implementing above ideas in elementary, middle and high schools.
- Improving public health benchmarks, ie. chronic disease measures, immunizations.
- Implement gardening at schools, teaching basics of gardening.
- Having prevention services, education & services, i.e. smoking cessation.
- School health – teaching kids health education, ex. importance of hydration.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Reduce healthcare costs by way of prevention and education.
- All health agencies will be closed because everyone will be well.
- Keep up with medical technology and medical advancement; have state of the art technology.
- More people living longer because they are taking steps to be healthy.
- More people will be walking, jogging in morning, evening.
- Lifeguards at every beach.
- Islandwide higher quality of life by people taking care of themselves.
- Complete streets – community connected, with gardens, exercise areas, sidewalks, bike lanes.
- We need more/accessible mental health services and referrals, not just PCP's giving anti-depressants. We need to have a real pain management program/advisor, not KMC's "pain med" contract, which essentially provides a lethal supplier of narcotics without objective evaluation and treatment.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Implement health literacy in schools (including nutrition, exercise, hydration, school lunch, mental, spiritual). – 5 votes #1
- Accessibility and affordability of health care (food, physical activity, medical services). – 4 votes #2
- Infrastructure – complete streets, fitness course/classes, continuation of path, bike lanes, community gardens. – 4 votes #2
- Open air fitness facilities – fitness course, ADA accessible, restrooms at fitness facilities. – 2 votes
- Access to care – everyone has a doctor and has finances to cover, with a thriving hospital, unduplicated services. – 1 vote
- Clean air (tobacco-free and smoke-free public areas).
- Noise control.
- Public safety (security of home and neighborhood, eliminate drug activity that drives crime).

TALK STORY GROUP – Lihue Group #2

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Balance of physical, mental, emotional, social well-being.
- More sidewalks, bike paths (bike rather than walk to work).
- Sharing of information.
- More physical health programs that are: accessible (close to where we live, convenient times), affordable, enjoyable, informational (the why behind activity).
- Access to good info, support to make good decisions (ex. family, community); ability to act on decisions (ex. smaller paratransit vans), need for escort.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Multi-generational households - older wisdom and deference; caregivers for kids, younger: computer skills, energy, inspirational, elder feels needed, caregivers for elders.
- Great weather (south shore) for outdoor activities.
- Good community- safety in knowing each other and helping one another.
- Great leadership that have great vision for health projects, passion, willingness to work hard.
- Home gardens; gardeners share info.
- Farmer's markets everyday.
- Grass-fed beef, good marketing.
- Restaurants sell local products.
- Growing interest in growing own food.
- KCC- education and resources, Saturday market.
- Family nights: talk story, Hawaiian culture, prep for community events, movies, kids to adults, BBQ, talent shows, art night.
- Faith-based groups - youth, Bible-study.
- Challenge groups.
- KUGA – Kauai Underground Artists.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- No enforcement of no-smoking law.
- Lack of infrastructure to walk or bike safely.
- Security issues, ex. on bikepath, vulnerable groups.
- Lack of posted rules on bike path or need to enforce bike path rules.
- Hospital stays too short, good but too brief info about condition.
- More expensive; bankruptcy due to medical bills.
- Poverty causing multiple health problems.
- Affordability of healthy food, treatment, exercise (gym membership).

WHAT ARE YOUR VISION(S), IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- More health fairs, education about healthy diet and lifestyle.
- Health more socially acceptable.
- Areas for elderly to sit in stores, banks (anywhere we need to wait).
- Less vehicle traffic.
- Less traffic signals.
- More/smaller paratransit for elderly.

- Government buy back beachfront, better beach access.
- Bike lanes on roads.
- Bike/walking paths throughout the island.
- More time to relax, enjoy Kauai.
- Active community, day and night.
- More color- trees, flowers on roadways.
- Get artists and gardeners active in the community.
- Help for homeless, people congregating in places like bike path.
- No empty storefronts, businesses flourishing.
- Cleanup Coco Palms, old police station, refurbish eyesores.
- Beautiful and clean restrooms and showers at public facilities.
- More drug/alcohol-free environments and activities for kids.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- More walking and biking instead of cars.
- Beaches and bathrooms pristine all the time (good maintenance).
- Greater acceptance of fruits and vegetables in plate lunches.
- Enforcement and intervention of psychological abuse.
- Cleaning up of community by citizens feeling ownership.
- Reduction of ER visits.
- Healthier people, well-controlled chronic diseases.
- More psychiatrists.
- More integrative/complementary/holistic health care; kupuna willing to share, being more receptive to (aforementioned) health care.
- Respecting each other.
- Cell phone etiquette.
- Less expensive poi and fish.
- More recipe sharing.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Healthy fast food. – 4 votes #1
- Leadership training- positive attitude, motivational. – 3 votes #2
- Pristine bathrooms and showers at parks. – 3 votes #2
- More sidewalks, bike paths. – 2 votes
- Smaller paratransit vans. – 2 votes
- Mom and Pop stores vs. big box stores. – 2 votes
- More roundabouts. – 1 vote
- Systems to maintain the vision in perpetuity. – 1 vote
- More lighted walkways.
- More covered rest stops, trees, along bike paths.
- Teaching more stewardship.

TALK STORY GROUP – Lihue Group #3

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Free from disease or injury.
- Access to services, health care for all.
- Able to take care of yourself and being able to do what you need to do to be healthy and happy.
- Being positive in mind, body, and community.
- Being able to function at the highest level by age or ability.
- Focus more on prevention, fixing the problem.
- If there is a dangerous cliff, do you put a fence at the top or an ambulance at the bottom?

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Excellent physicians, RNs, facilities, and people.
- Good collaboration between providers; linking providers.
- A good percentage of people who are able to think outside of the box, not just traditional medicine but also modern medicine, to help people empower themselves.
- We have potential power to good health.
- There are good clearinghouses, in this small island; there are approachable people in position to help, we can bend the rules.
- We are flexible and sustainable.
- Our climate is very positive, the beauty of the island provides us the opportunity to: do things outdoors, grow our foods.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Diet, eating right.
- Substance abuse, addiction.
- Lack of physical activity.
- Poor family dynamics.
- Too much reliance on government aid (state and federal assistance).
- Lack of education (planned parenthood), sexually transmitted disease, unintended pregnancy.
- Challenging to get into the schools to discuss issues, ie. abstinence, sexual relations, sexually transmitted diseases, birth control.
- Safe walking areas.
- Smoking.
- Childhood, population obesity.
- Peer pressure, bullying.
- Air quality (pesticide use), GMOs.
- Water quality (Atrazine, cancerous chemicals).
- Obesity (childhood/adult).
- Cost of healthier foods.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Universal preschool.
- Being respectful of your surroundings so that you are only improving it, not hurting it. Appreciating music, hula.
- Artist can capture the beauty of our island, ie. photos, dance, music.
- More locally grown food.
- Access to more organic foods, less expensive food. Not GMO.
- A higher percentage of vaccinated kids; HEP B (mandated), HEP A, measles, mumps, rubella.
- Higher access to public transportation, more and better bike racks.
- Having a better transition process and support to home health care for families who bring their loved ones back from rehab.
- Better mental health services; Friendship House does a good job.
- Less disparity between Native Hawaiians in affordable housing, health care.
- More home gardens, school gardens (edible).
- Having schools be able to eat the foods that are grown in the schools.
- Allow schools to buy locally grown food, change state procurement code.
- Families having good support for premature babies once at home.
- Greater access for people of all fitness levels, ie. activities on beaches for persons with disabilities.
- Access for all, biking path, promote it.
- Better access to activities every day for people who have disabilities; not just once a year. Bike path, better promoting.
- Having more grants related to health.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Baby boomers will need senior independent, affordable housing.
- Ideally, less than 20% obesity and less than 10% diabetes.
- High percentage of locally grown food, accessible, cost effective.
- Less invasive plants.
- Less than 2% of people who smoke cigarettes.
- Legalized marijuana.
- More money spent on preventive care, and less money spent on sick care.
- Prescription drug use evaluated on a monthly basis.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Accessibility to health services and social outlet services. – 3 votes #1
- Workplace wellness programs. – 3 votes #1
- Safety on road for bikes, walking and homes, people not being stressed and worried about where they live, being injured when riding and walking on the side walk. – 2 votes #2
- More native shade trees. – 2 votes #2
- A sense of belonging to community, people accepting each other's culture, races, and other people's differences. 1 vote
- A permanent farmer's market. – 1 vote
- Respect for the aina.
- Fitness complex on the west side.

TALK STORY GROUP – Kapaa Group #1

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Holistic: mind, body, spirit.
- Fitness through physical activity.
- Every person has every opportunity to be the best person possible.
- To be empowered to manage your own health.
- Having innovated architecture in the community, ie. sidewalks, one way streets, family friendly activities.
- Opportunity to help people promote their own health.
- Being involved in different activities based on what you are interested in, within your community that makes you feel safe and happy.
- How interrelated we are, all choices have consequences, (affects our) quality of life.
- Having a good sense of community.
- Having a good self identity.
- Healthy, local food that is well prepared and savored (take the time to enjoy it).
- Distribute healthy food to the whole community (access).
- Healthy families.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Programs and people who care and want to get involved and make a difference.
- Small community that can bond together because you know people around you.
- We have the opportunity for public/private partnerships to work well together, public gets behind the policies and initiatives of government.
- Bike path.
- Community events such as Kapaa art night, promotes getting together.
- Wilcox Saturday sessions - "Meet the Doc".
- Commend Wilcox Memorial Hospital and Dept. of Health for reaching out into the community and engaging the community.
- Families coming together, whether it be work family, school family, community family.
- The scale of our community is small, people still feel that we can make an impact and affect things because we do not have a large community.
- Health individually.
- Health as a community.
- Beaches and trails, man made paths.
- Local farmers and farmer's markets.
- Family cohesiveness.
- Cultural values don't place emphasis on material goods.
- Physical attributes - air quality, accessibility to the ocean.
- Good programs like Get Fit Kauai and its different task forces, Planning Dept. and Complete Streets policy, which makes exercise a part of our life.
- Bev Brody, Get Fit Kauai going into the schools.
- Wilcox Memorial Hospital is doing a good job.

- Empty buildings are opportunities for places which could serve drive-through healthy food options.
- Kauai is able to attract people who have bring with them talent, skills, knowledge, education; great resource to our community.
- Desirable environment for retirement.
- We have the ability to train people at the community college to help gear up the industry and employment, transition to beyond tourism and agriculture industries.
- Health care is a strength as it is, modern and traditional medicine woven together.
- When you live on Kauai for a long time, you can adapt to a slower pace of life and can develop patience.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Access to care is very limited, elderly people have to go to so many different places to get their health needs done (ie. Social security, Medicaid).
 - o Have one building to access all services.
 - o Train people to become computer literate/technology sound.
 - o Retaining doctor/primary care physicians and specialist.
- Trying to get health system to work together, we need patient-centered care (focus is the patient).
- People are not always aware of the resources that are available.
- People are dependent on cars and trucks, people/services are so spread out.
- Access to healthy, good foods - linkages to get healthy foods are slow, how to keep linkages moving in right direction.
- It's a challenge for school systems and people to buy local food.
- Quality education.
- Affordable housing.
- Jobs that can sustain people economically to afford to live on Kauai.
- Disproportionate amount of drug and alcohol abuse on island.
- Misinformation about things, ex. Biotech, hurts employment, distracts people from making informed decision, people are believing things that are not true.
- Lack of information and knowledge on new technological things; ie. vaccines and getting accurate healthcare information. online banking.
- Trying to inform and educate people on activities on the island.
- More outreach programs for immigrant population - what are we doing?
- Priorities of our decision makers, ex. Department of Education and how they decide what's to be taught in schools.
- It is very hard for people to trust health care system.
- Eldercare; older population will increase.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Fewer people in cars, less traffic.
- Health is wealth.
- Reach everyone that we can.
- Everyone has an education.
- Everyone has good, solid information on health care, ie. vaccinations.

- One way streets in neighborhoods and historic towns.
- Golf carts with solar power charges, loaner bikes and bike parking lots at bus stops; tourists can just pick up bikes and ride around.
- Women and young girls being encouraged and empowered to seek higher education.
- Every person has every opportunity to be the best person possible.
- Strong communities with a link to the history of their community.
- People are physically active, can afford to eat healthy meals, and able to take care of each other.
- Pedestrian friendly streets and bike friendly roads and pathways.
- Integrated health care system from first breath to last breath.
- Having available resources.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- We are not only the healthiest state, but the healthiest county in the state.
- We make substantial progress towards any of our visions (see visions on previous question).
- Good health becomes a higher priority in our culture.
- In all aspects trying to move towards prevention, instead of treatment.
- Have a happier and healthier community, look at Bhutan and their national benchmarks.
- Tennis courts at Kapaa parks resurfaced.
- Our local parks and facilities are inviting, safe, and have shade structures or trees.
- Thriving retirement communities, spread out with the Infrastructure to support them.
- Wider bike lanes, with dots and stripes to help keep bikers safe.
- Having accessible and affordable health and dental care.
- Having our youth be excited to be in leadership roles and not think that it is weird or nerdy.
- Involve elderly as a resource in our community as our population increases.
- Healthier work places.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Integrated health care system from first breath to last breath. – 7 votes #1
- Education and access to health care. – 7 votes #1
- Well qualified. staffed community recreation centers, upgrading those facilities, better equipment with sand volleyball courts, tumble mats. – 6 votes #2
- Ability of residents and visitors to be less reliant on cars and trucks to get around the island. – 5 votes
- Every member of the community feels valued and a part of the community. – 4 votes
- Consumer education and consumer empowerment. – 3 votes
- Political structure/government that will listen to the concerns that are discussed by the community (from the meeting). – 2 votes
- People in the community highly value their health and act on the value. – 1 vote
- Plant more trees. – 1 vote
- Having an ordinance addressing noise/barking dogs.
- Control of landfill, not putting it by the beach.
- Better beach clean up programs.
- Better recycling programs.
- Having the youth more involved in structured activities.

TALK STORY GROUP – Kapaa Group #2

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Wellness, ability to stay alive and enjoy family and friends.
- Overall health – physical, mental, support health of people around you.
- Comfort.
- Continue walking, prolong life and life, and live life fully with as FEW medications as possible.
- Access to good health – facilities, doctors, things that keep you healthy (walk path).
- Peace, wellness in mind, body and spirit.
- Safety – safe communities.
- To be functionally fit, independent from physical crutches, ie drugs, reliance on another human being, physical and mental.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Kauai Athletic Club – great facilities, people trained are helpful
- Ho'ola Lahui – big support for elders (ie. Zumba).
- Three good acute care hospitals and great doctors, nurses, and care teams.
- Bike path.
- Community centers – programs, access to swimming pools.
- Beaches, hiking trails, support of family and community, Kokee.
- Sports for kids and adults, seniors.
- This community, outreach to give opinions.
- Access to outdoors and healthy activities. Willingness and support to provide more.
- Neighborhood centers that hold programs, ex. EnhanceFitness. Mayoral and government support and funding for healthy activities.
- Volunteer spirit.
- Farmer's Market.
- Food banks – nutrition.
- Climate.
- YMCA/YWCA.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Misconceptions of what good health is.
- High cost of healthy food.
- Lack of good dermatologist (skin cancer doctor).
- Transportation access to activities and functions; need for support (to hold their hand).
- Funding for program (current/future); what values do we put on the program?
- Time – families working multiple jobs, no time to engage with family and kids.
- Cost of health insurance.
- Too much spending on sickness, not enough spending on prevention.

- Unhealthy farming practices (GMO), pesticides.
- Education that causes attitude change, early education on making good choices for kids and adults.
- Obesity/chronic illness – need healthy eating habits and programs for people in this group.
- Substance abuse – tobacco, medications.
- Not enough sidewalks to ride/walk safely in neighborhoods.
- Need more parks and better care for families to go.
- No facility for long term care, ventilator patients.
- Noise problems interrupting sleep, ie. chickens, dogs.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- People prioritize health for prevention, put prevention first: ☺ – everybody.
- Turn Coco Palms into a park/cultural center, get rid of blight.
- Expansion of the bike path in both directions; large shoulders to make access easier to commute; bike lane both sides of the road.
- More public transportation, viable bus line.
- Air fare lowered for interisland travel (for kamaaina); cost to see doctor on Oahu, kids to activities.
- Better planning on highway construction – alternate highway out of flood zone, routes out of Hanalei, Kapaa; resorts in specific areas only; education about tsunami zones.
- Safe ways to get down to the bike path from the neighborhood.
- People having better connection to land/aina. Be responsible to the land (malama) that contributes to health.
- Bikers and pedestrians need education, ie. which side to bike or walk.
- Electrical lines underground!!!
- When working, “tearing up” roads for any reason, it will be planned, consulted in all areas (for sidewalks, underground utilities).
- Yearly published guide on line to community activities, services.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Healthy, well, not sick, surviving.
- Better way to utilize and share resources, ie. fruit trees, food.
- More parks and recreation services available to all kids; low cost, transportation, close to home.
- Affordable housing – seniors and first-time buyers; multi-generational.
- More contribution to infrastructure, housing by large developers.
- Better paying jobs for local people, not recruiting off island, using resources we have, better sustainability.
- More sustainable farming, more healthful eating; cooking classes for kids and families.
- Better mental health services.
- Over 27% over 65 years old – proactive education about health (activities, mammograms, health line).
- Reduction in obesity.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Sustainable farming – eat locally (meat, fruit, vegetables). Affordable, encourage farming, school gardens for cafeterias, community certified kitchen run by County (food hub). Sustainable island; not relying on outside sources; energy. – 13 votes #1
- Funding for more youth activities and families. – 5 votes #2
- Better public transportation – more frequent buses for everyone (visitors, kids, adults), shelters. – 5 votes #2
- Community Hotline; non partisan, trained volunteers. Anything related to health and wellness, ie sunburn, is avocado good for you, etc. – 4 votes
- More activities for teens and young adults; vocational schools, ie farming, construction, mechanics, cosmetology. Kauai Community College – more options outside college prep. – 3 votes
- Noise ordinance (need to control roosters). – 1 vote
- Civilization and nature in harmony. – 1 vote
- County planning process – stick to the plan and consider all areas, ie. when working on roads for any reason, consult on sidewalks, underground utilities, etc. – 1 vote

TALK STORY GROUP – Youth Group #1

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Healthy activities and food.
- Being active, not staying at home playing video games.
- Going to the park and playing with friends.
- Playing sports.
- Eating healthy.
- Exercising and putting the right things in your body.
- Doing things that you enjoy and make you happy.
- Making right choices for what you do for yourself, between what you eat and what you do.
- Know what's good for your body and take care of it.
- Caring for your body and your life.
- Keeping busy and doing activities.
- Maintaining a sound physical, mental, and spiritual well being.
- Being able to balance.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Walk to school days, "Walking School Bus".
- Zumba at neighborhood centers through Ho'ola, at schools.
- Volleyball, soccer, etc. clubs.
- Bike path.
- Beaches and pools.
- Relay for Life.
- Overall beauty of the island, inspiration to do outdoor things.
- Sports outside of school for all people to join in.
- Plants and trees.
- Everything natural about the island (beaches, hiking, paths, etc.).
- Running and biking.
- Sports and marathons.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Video games that make you want to stay inside.
- Keeping good health (maintenance).
- Watching t.v., influenced by ads – Oreos, Doritos, etc.
- Bullying.
- Traffic and pollution.
- Weather, staying in when it's not good.
- New technology distracts you from going outside and doing other activities.
- Non-healthy choices for school lunch.

- Cutbacks from jobs, more work – costs (to buy things), time, doesn't get people outdoors.
- Fast food places.
- Kapaa pool closing because of renovation needs, it is falling apart, not too many community pools and centers for people to do things.
- Negative peer pressure.
- People being busy.
- Price of healthy food – expensive, people can't afford it.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Using resources offered, ie. Zumba, bike/walk path, etc.
- Health being a priority to the community.
- More healthy places – restaurants serving healthy foods.
- Eating more natural foods instead of fast food.
- Less traffic and eating more organic.
- People taking care of the island, not littering.
- More people biking/walking instead of driving.
- More people with home gardens.
- Less drugs on the island.
- More renewable energy, ie. solar, wind, etc.
- More people going to farmer's markets.
- More people playing sports and physical activities.
- More cooking home meals rather than eating out.
- More spending time with family outside of their houses.
- Schools going on hiking/beach excursions.
- More positive influence on being healthier, no bullying.
- No bullying – fear of going out, prevent (people) from doing activities.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- People having more home gardens.
- More places to exercise.
- More bike paths and places for people to go outside of their homes.
- Extended roads and malls for more people.
- Cleaner beaches.
- More people taking care of the island, using the bike paths.
- More people getting out and doing physical activities, sports.
- More people happy, healthy, and outside.
- More health clubs that people can join for free.
- Less technology (so that people spend less time on their phones, games, etc.)
- More people being confident with themselves to do more things.
- Safer places for outdoor activities – ex. While jogging, pass by people loitering; using bike path without drug addicts hanging out.
- More medical resources.

- More priority in schools for health – healthy school lunches, teachers encouraging healthy eating habits.
- Cleaning air quality instead of pollution.
- Spend money on building better facilities for physical activities, ie. gyms.
- Healthy snacks at schools.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Safety when you're trying to be active outdoors; stricter enforcement of loitering, animal control (feral cats). – 11 votes #1
- Enforcing healthy habits at school – healthier options, school lunches offering salads, fruits, vegetables, healthy snacks. – 7 votes #2
- Communication, advertising about events. – 4 votes #3
- Healthy food at lower cost. – 4 votes - #3
- Self-esteem workshops (teens, young adults). – 4 votes #3
- Organic food grown here, so don't have to get from off island. – 3 votes
- More choices for physical activities. – 1 vote
- More community pools, gyms, places for people to exercise. – 1 vote
- Physical activity to help students "wake up" when school starts, ie. brain "warm-ups". – 1 vote
- Fields and parks to play more sports, ie. soccer.
- More clean community gardens for everyone to participate.
- More "walk to school" days, more marathons, more field trips as a school, ie. walk on bike path, hiking.
- People getting together to clean up the island.

TALK STORY GROUP – Youth Group #2

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Person doesn't have any physical major or minor injuries, is doing perfect in the mental (health) department, owns a house and can support themselves and their family.
- Maintain a healthy diet and exercises regularly.
- Adequate amount of rest and eating nutritious foods.
- Not sick all the time and you eat right.
- Maintain a healthy weight.
- No interference with external or internal healthy body, ex. drugs or substances that could interfere with the body.
- Someone doesn't have to struggle to get their needs.
- Being happy with yourself.
- When someone is involved with physical activity.
- Being active and having a strong immune system.
- Being smart with diet and exercise.
- Mentally healthy.
- Someone doesn't have to choose between two important things they need, ex. (having surgery or paying bills).

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- There are lots of alternatives to exercise, ie. Cross Fit, Zumba, community sports.
- Different types of healthy foods, like non GMO, no artificial flavors and colorings.
- Mayor-a-thon.
- Elementary healthy snacks for the students once a week, not high school.
- Extracurricular activities such as summer fun, soccer.
- People who donate their time for these activities.
- Farmer's markets.
- Lots of trees and fresh air.
- Bike path to get exercise.
- Running on the beach, going surfing.
- Live close to certain places, like the beach and mall, opportunity to be less dependent on cars, how buses are dominant than taking cars.
- Community services that are executed in the school.
- Churches have scouts to help keep active.
- School advisory activities like obstacle courses (at Kapaa Middle School); field day at Kapaa Middle to raise money for Cancer Society.
- At school (Kapaa Middle School), tried offering healthy fruits and snacks in the morning.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Economy and jobs, surgeries cost money.
- Living in Lihue close to fast food restaurants, ie. McDonald's, Pizza Hut; it's cheap and convenient.
- Sports and where you live (north shore) - can't go to after school activities esp. if you cannot drive.
- Lots of advertisement for unhealthy food.
- School lunches aren't healthy.

- Not everyone can play sports because they don't have the grades.
- Easier to not do anything due to lack of motivation, cost of activity, lack of variety.
- Honolulu has more activities like the water park.
- Sidewalks not safe, people don't allow you to cross in the cross walks, and "poop" all over the place.
- Because school lunch is bad, don't have time to eat before sports practice, so they eat fast food.
- Social media being critical of appearance, it affects your self esteem, especially for teenagers.
- Traffic jams, unclean beaches, and drowning, more pollution in air, ie. lots of exhaust.
- More electronics coming out, ie. new Iphone and Facebook, people more on their phone than being aware of outside.
- Racism at school, discrimination, you are judged on their looks, ex. haole, medical conditions.

WHAT ARE YOUR VISION(S), IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Beach clean ups.
- More home/local gardens.
- More extracurricular activities.
- More affordable work out plans.
- Community activities for all ages that are free.
- More flexibility with payments for activities.
- Island more green, don't want it to turn into Oahu, prevent deforestation.
- Safer and cleaner sidewalk areas.
- More people on the bike path.
- No construction by beach that harms beach and reef.
- Beach access open to public, ex. Altons (southside).
- Want people to be informed about nature and protecting environment.
- Smarter tourists - read signs, be aware of environment, need to ask.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Economic utopia, want to fix problems because we have the solutions, ex. bullying.
- Better school lunches.
- Less diabetes, child obesity and abuse.
- More people that care.
- More locally owned businesses and products.
- More people active, outside sports.
- Less financial problems - lower prices on food, shelter, lifestyle, properties.
- More affordable health foods.
- Smarter kids, ex. kids inhaling candies – Twix, Smarties; when you inhale it can clog your lungs.
- Stronger education system.
- More economically aware tourists.
- More stores in the mall.
- Have jam room more often at Kukui Grove, ie. Kanikapila Ka Kou open to youth at Marriott.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Less underage drinking and drunk drivers. – 9 votes #1
- Cheaper activities. – 5 votes #2
- Economic and physical natural activities cause healthier lifestyles, depend on the water we drink, the food we eat, to the environment we live in. – 5 votes #2

- More free workout places for people who can't afford it. – 5 votes #2
- Better school lunches, better school lunches would make a better school. – 5 votes #2
- Better law enforcement. – 2 votes
- More activities for family. – 2 votes
- Less people using drugs. – 1 vote
- More people having gardens, Farmer's market is the best. – 1 vote
- Friendlier people.
- More community activities to participate in.

TALK STORY GROUP – Kauai Economic Opportunity, Inc./homeless population

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Top priority to being happy is to be healthy.
- Starts with focus on children eating healthy and parents follow suit; ex. Child participated in walking school bus.
- Exercising.
- Not being sick.
- Good hygiene.
- Exercise and following doctor's suggestions.
- Try to live with less stress in our lives.
- Do things outdoors with the children and less electronics.
- Do something that's relaxing for you. During whale season look at whales, when it's clear at night, look at stars.
- Being happy.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Lots of outdoors activities, ie. Farmer's markets, going to the beach.
- Not drinking alcohol.
- Surfing.
- Medicine/good hospital.
- Activities like summer fun, being able to be with other children.
- Free flu shots.
- Zumba.
- Having your own garden, where you can plant your own vegetables and fruits.
- Relay for Life.
- Free activities for children; teaches good characteristics and discipline, and (provides) physical activities.
- State health care system and other organizations like KEO, Ho'ola Lahui, and Alu Like.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- High cost of living.
- State/County parks need cleaner facilities; no soap, toilet paper, paper towels, etc.
- Families not having time and it takes money to do activities, ie. bus fare, gas money.
- Junk food.
- How do we help the homeless who cannot get services because they are denied or do not qualify for services?
- Decisions you make determine your health.
- Family history of poor health.
- Keeping up with sanitation/clean environment.

- Affordable housing.
- Affordable health insurance: Quest.
- Need more preventive dental care.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- Having businesses help with (providing) free activities for children.
- Reduced cost of living.
- Cleaner oceans and beaches.
- More affordable medical and dental insurance.
- Raise limits for Quest.
- Affordable housing/utilities – a person shouldn't have to work 2 or 3 jobs to pay the rent.
- Free exercise facilities/equipment at parks for adults and children to use.
- Stop knocking down all the trees to build more buildings.
- No drugs.
- Less traffic, less cars, less pollution.
- More community activities at no cost.
- Keeping crime rate down.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- Better instead of worse as far as pollution and taking care of the aina (land).
- Public services need to stop looking at a person who needs services, as a piece of paper; need to look at the person and the family, rather than just a piece of paper.
- No one being homeless.
- Better services to help everyone move forward – everyone work together to help each other move forward.
- Slow down technology to, ex. phones, computers, cars, high tech.
- Spend more time outdoors.
- Show respect to each other.
- Keep Kauai, Kauai.
- Have a place for the homeless to work and take care of it to help build self esteem.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Reduce the cost of living. 8 votes #1
- Better public services. – 8 votes #1
- Affordable health, dental, optical (vision) insurance. 7 votes #2
- No homelessness. – 4 votes
- Education for children and adults. Adults want to further their education to better themselves; they should be able to have the financial support and the opportunity to do that. – 3 votes
- Education and training programs for employment and to better your life in general. – 2 votes
- Happiness. 1 vote
- Keeping track of over development; no pollution, keeping beaches clean. – 1 vote
- Create better paying jobs that don't require a college degree.

- Better public transportation schedule – 7 days a week; run buses every half hour, less wait time on the weekends.
- Education on home ownership, financial management, getting a loan.
- Practice and learn to use less electricity and water – conserve energy; ie. turn off hose and lights when not in use, water plants in the evening.
- Recycle more.
- Get rid of junk cars.

TALK STORY GROUP – Business community

WHAT DOES GOOD HEALTH MEAN TO YOU?

- Feeling safe and being free from injury and disease.
- Pertains to your body, mind, spirit - relating to your social and physical environment.
- Not merely absence of disease, but also includes physical, structural, chemical, mental and social aspects.
- Having adequate care for the mind, body and spirit.
- Being in shape; being physically able to participate in a wide variety of activities and having healthy habits.
- Feeling of well being.
- Wellness vs. avoidance of disease; focusing on the full spectrum of wellness.

WHAT STRENGTHS OR GOOD THINGS DO WE HAVE IN OUR COMMUNITY THAT CAN IMPROVE HEALTH?

- Physical environment that allows people to be active throughout the year, ie. jogging everyday, not worrying about weather, being able to hike, swim, participate in sports.
- Groups concerned about making people healthy.
- Sincerity among health care practitioners, closeness of community.
- Abundance of resources in health care.
- Sense of community – ie. senior centers, 40 yrs of Hawaii's pre paid health care act.
- For the size of the island, having 3 acute care hospitals on Kauai.
- Openness to full range of medical care and practices, complementary/alternative medicine.

WHAT ARE SOME OF THE CHALLENGES TO HAVING GOOD HEALTH?

- Lack of sidewalks and infrastructure that supports walking and biking.
- Families too busy working, neglect personal wellness (life styles); economic issues: work, able to do activities, education.
- Fee for service not sustainable, does not prevent disease.
- Preventative chronic disease - heart disease, cancer, etc.; 80% avoidable.
- What we eat - packaged food designed to be "addictive", foods are not labeled to inform people.
- Lack of alternative healthcare/providers; unable to get 2nd opinion without leaving the island.
- Doctors and nurses don't have enough time to listen and get involved with the patient; too few doctors and nurses.
- Patients need to be better educated, need to explain what good health is.
- Lack of good death experience; we have Hospice, but there is a need for a seamless experience between hospice and the medical community.
- Money is more important than the patient.
- Large population not educated, misinformed, not seeking medical attention. Obstacle to medical health providers and public health providers; gets in the way of good health.
- Shortage of doctors.
- Growing older population.
- Consumer is separated from having to pay for services; it's a personal responsibility.

- Reliance of meat, high calorie foods, unhealthy foods.
- Lack of mental health services and programs.

WHAT ARE YOUR VISIONS, IDEAS, OR IMAGE OF A HEALTHY KAUAI?

- 30% weigh less than we do now collectively.
- Integrated medical care from 1st breath to the last breath. Addresses prevention, treatment, services to support mind, body, and spirit.
- Blue Zone: opportunity to join and address systemic changes; ex. menu changes in restaurants, more available walking/bike paths.
- Creating good health, preventing illness and treating illness.
- Well educated public makes good choices – avoiding tobacco and drugs, get physically active. Consistent public health programs/services, reinforcing dieting, avoiding tobacco/drugs and engaging in physical activity.
- High risk products clearly labeled, ie. potato chips, oreos, etc (packaged foods)
- Less fast food.
- Informed decisions always evidence free will.
- Near death patients have good palliative care either at home or in-patient facilities
- Narrowing gap between rich and poor, reduced health care costs.
- Mentally/spiritually/socially healthy population where mental health is not neglected.
- All types of families (ie. with two parents, single parents, extended) are strong and resilient, and move forward to teach younger generations.
- Expanded consumption on healthy, locally grown fruits, vegetables, and proteins.
- Decrease instances of substance abuse.
- More resources on prevention.

WHAT WOULD YOU LIKE THE HEALTH OF OUR COMMUNITY TO LOOK LIKE IN 10 YEARS?

- More thoughtful, affordable senior housing. Allow for expansion, senior specific, multi-generational.
- Have more dialog and exploration on transitioning to end of life: joyously, healthy, and less burden on children. Kauai can be a good model for senior living.
- Mark decline in chronic disease; less stress, increase in productivity and happiness ☺.
- Accomplish our vision for a healthy Kauai!
- Built environment supports health - sidewalks, bike paths, etc.
- Cleaner community; less pollution.

WHAT IS IMPORTANT TO HAVE IN OUR COMMUNITY TO HELP YOU ENJOY A HEALTHIER KAUAI?

- Improvement in built environment and infrastructure: Sidewalks, bike paths. – 3 votes #1
- Integrated medical care from birth to death: prevention, treatment, addressing mind, body, spirit. – 3 votes #1
- Public health programs/services encouraging good diet, avoiding tobacco/drugs, engaging in physical activity. Well educated consumers on health issues. – 2 votes #2
- High risk food products (packaged foods) “clearly labeled”. – 2 votes #2

- Better access to mental health treatment, integrated mental health care. – 2 votes #2
- More supply of LOCALLY produced fruits, vegetables, and protein. – 1 vote
- More prominent recognition of “Children of Kauai” study; prioritize health and prevention. – 1 vote
- Health justice – everybody has access, equality. – 1 vote
- Health and prevention is priority in decision making.
- Worksite support for health/wellness: education sessions, subsidies, exercise classes on-site with employees teaching.

APPENDIX C

Assets Mapping: Kauai Island



On Improving Community Health

A Working Document
Prepared in Collaboration by the:
Kauai District Health Office, Hawaii Department of Health;
State Health Planning and Development Agency; and Kauai County Subarea Health Planning Council

DRAFT May 21, 2013

Health is a precious resource that we must intentionally cultivate. The Kauai Subarea Health Planning Council is sincere about effecting better health for future generations. This assets map is one of the first steps in a rather ambitious project to do just that.

We acknowledge the vision of our local leaders and cooperation across the spectrum of state, county and private entities. We appreciate the professionalism and hard work of the State Health Planning and Development Agency.

Sincerely,
Charlotte Carvalho
Chair, Kauai County Subarea Health Planning Council

Community resource mapping is used to identify available services and resources.

The wealth of Kauai resources can be found within this listing. Users, whether those seeking services or those planning ways to enhance the already vibrant communities will find this publication helpful.

The effort that the Kauai County Subarea Health Planning Council took to assemble this resource is yet another example of Kauai's community co-operation.

"Let us develop the resources of our land, call forth its powers, build up its institutions, promote all its great interests, and see whether we also, in our day and generation, may not perform something worthy to be remembered."

--W. Somerset Maugham

Sincerely,
Romala S. Radcliffe, Administrator,
State Health Planning and Development Agency

Aloha Kakou:

In our effort to inventory community needs on Kauai, we have not to the best of my knowledge, had a consolidated, comprehensive and current Assets Map of this kind. Like much of this effort the information are current as of today, but, will evolve with additions and subtractions over time.

All of us on Kauai are truly indebted to the Kauai County Subarea Health Planning Council members for personally and unselfishly engaging in this effort and collectively producing such a pristine product. We are also truly indebted to the State Health Planning and Development Agency and their leadership for having coordinated this effort and organized and assembled this document.

Again, on behalf of the Kauai population,
Mahalo Nui Loa.

Sincerely, Dileep G. Bal, M.D., District Health Officer,
Kauai District Health Office, Hawaii Department of Health

Kauai County Subarea Health Planning Council (KCSAC)

Charlotte Carvalho, Chair

Betty Moore, Vice Chair

Brian Carter

Kathy Clark

Missy Keyes-Saiki

DeAnna Starinieri

The KCSAC acknowledges the insights, information, and photos shared by the Kauai District Health Office (Dr. Dileep G. Bal, John Hunt, Tommy Noyes, and Toni Torres); the Kauai County Agency on Elderly Affairs (Kealoha Takahashi, Lito Asuncion, and Charlyn Nakamine); Naomi Sugihara; the Na lei Wili Area Health Education Center (Fran Becker); and the Kauai Planning and Action Alliance (Diane Zachary) in the development of this Assets Map. Special thanks to Brian Carter for dedicating time to take and make available photos for the Assets Map.

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*“See first that the design is wise and just. That
ascertained – pursue it resolutely.
--William Shakespeare*

Introduction

Assets Mapping: Kauai Island is a tool for community health planning. This tool is an inventory of the various resources and assets in Kauai that contribute to individual and community health.

Assets Mapping: Kauai Island was created by the Kauai County Subarea Health Planning Council (KCSAC). The KCSAC began this effort in late summer of 2012. Members of the KCSAC inventoried the community and compiled and organized the material collected to present the various assets in Kauai's communities. While KCSAC gave special attention to identifying the resources available in communities; KCSAC recognizes this map is not an all-inclusive one as there are many more formal and informal resources available that are not documented. This tool does show, however, the extent of resources and assets available to individuals and communities that support health outcomes.

*“Fact of Life –
the trouble with doing something right the first time
is that nobody appreciates how difficult it was!”*

Healthcare Delivery

PREVENTIVE CARE

Hawaii Department of Health Kauai District Health Office

Kauai District Health Office (KDHO) serves the community in the areas of **emergency preparedness, family health services, public health nursing**, services for the **developmentally disabled, environmental health services** which includes **vector control, clean air, clean water, and sanitation programs, vital statistics (births, marriages, deaths), public health laboratory, epidemiology**, and other health services.

KDHO in collaboration with the Pentagon's Innovative Readiness Training Program offered Tropic Care 2012 to residents, offering free medical care to over 8,000 residents, who benefited from over 12,000 procedures including dental care, optometry, family care, nutrition counseling and medical services training.



10 essential public health services:

- Monitor health status to identify community health problems
- Diagnose and investigate problems and hazards in the community
- Inform, educate, and empower people about health issues
- Mobilize community partnerships to identify and solve health problems
- Develop policies and plans that support individual and community health efforts
- Enforce laws and regulations that protect health and ensure safety
- Link people to needed personal health services and assure provision of health care when otherwise unavailable
- Assure a competent public health and personal health care workforce
- Evaluate effectiveness, accessibility, and quality of personal and population-based health services
- Research for new insights and innovative solutions to health problems

KDHO partners with organizations and communities to improve health through policy, systems and environmental changes based on socio-ecological models and works closely with four task forces:

- Built environment (Complete Streets policy)
- Schools and childcare facilities (Safe Routes to School)
- Worksites
- Nutrition and food systems (Farm to Preschool Project; Kauai Grown program).

KDHO also partners in a very active and productive tobacco control program.



Communities Putting Prevention to Work Project (CPPW): A CDC funded local effort targeting Kauai and Maui

- Passed a County-wide Complete Streets Resolution.
- Broke through “silos” to open channels of communication between various State and County agencies that facilitated the preparation of ordinances expected to embed in the Complete Streets concepts in the County Code.
- Completed training 25 (over twice the projected number) League of American Bicyclists certified bicycle safety instructors, exceeded the target number (200) of elementary school age children taught safe bicycling techniques, and taught Bicycling Traffic Skills 101 to over 50 adults.
- Increased access to healthy foods by initiating Electronic Benefit Transfer (EBT) card use for fresh produce purchases at four Kauai farmers markets.
- Established a healthy options menu at the Kauai Community College.
- Initiated Safe Routes to Schools programs at three of the island's public schools, with the participation of additional public schools expected.
- Established three new community gardens.
- Completed the visioning documents for multi-use path systems on the island's North Shore and West Side.



**Communities Putting
Prevention to Work**



**COMMUNITIES
PUTTING PREVENTION
TO WORK**

PRIMARY CARE

Physician Offices

Family Medicine

Ayabe, Sharon S., M.D.
 Dupree, Anthony, M.D.
 Esaki, Paul T., M.D.
 Haack, Dennis J., M.D.
 Krebs, Clara T., M.D.
 Lanson, Edward S., M.D.
 Lewan, Richard, M.D.
 Martinez, Raymond J., D.O.
 Menezes, Melinda J., M.D.
 Murray, Joseph M., M.D.
 O'Neill, Michael J., M.D.
 Ogilvie, Patrick D., M.D.
 Penner, Steven J., M.D.
 Rogoff, Steven, M.D.
 Scheppers, Dennis R., M.D.
 Sciaroni, Daniel M., D.O.
 Williamson, Thomas B., M.D.
 Yee, Eric K., M.D.
 Zimmerman, David, M.D.

General Practice

Goodale, Richard, M.D.

Ho'ola Lahui Hawai'i

Chong-Hanssen, Damien, M.D.
 Torres, Mariano, M.D.

Internal Medicine

Bickerton, Robert E., M.D.
 Braun, Michael S., M.D.
 Capelli, Thomas G., II, D.O.
 Duvauchelle, Douglas A., M.D.
 Flora, Constante J., M.D.
 Jenkins, C. Mitchell, M.D.
 Jordan, Judy L., M.D.
 Kheng, Liliane L., M.D.
 Laird, Jason M., M.D.
 Muana, Owen N., M.D.
 Netzer, Roger C., M.D.
 Paul, Linda, M.D.
 Pixler, Mary G., M.D.
 Splittstoesser, Lisa S., M.D.

Community Health Centers

Kauai Community Health Center
Ho'ola Lahui Hawai'i
(A federally funded Native Hawaiian Health Care
System and a Federally Qualified Health Center
[FQHC])



Promotes health and wellness through innovative and culturally appropriate services for Native Hawaiians, their families and others in need.

Provides services in primary health care, dental care, behavioral health counseling, substance abuse counseling, health promotion, health education, chronic disease management, nutritional counseling, fitness classes, outreach services, pharmacy services and case management services.

Clinics

Hale Le`a Family Medicine/ Kilauea Clinic,
Kauai Community Health Alliance

Ho`ola Lahui of Hawai`i Kauai Community Health Center

- Kapaa
- Waimea

Kauai Medical Clinic

- Eleele
- Lihue
- Kapaa
- Koloa
- Kukui Grove

Kuhio Medical Center, Lihue

Veterans Administration Primary Care Clinic, Lihue

West Kauai Clinics

- Kalaheo
- Kapaa
- Port Allen
- Waimea

Natural Health and Pain Relief Clinic, Lihue

North Shore Medical Center

Liberty Dialysis

- Kauai
- West Kauai

Dentists

Allen, Terry, DDS
 Apalla, Antonlin, Jr., DMD
 Bailey, Michael, DMD
 Baird, Mark, DDS
 Black, John, DDS
 Bundschuch, Lauren, DDS
 Carreno, Ileana, DDS
 Castle, Kenneth, DDS
 Chuah, Ivan, DDS
 Emerald Isle Oral Facial Surgery
 Genuth, Morley, DDS
 Russell, David, DMD
 Fasig, Ken, DDS
 Fujimoto, Lloyd, DDS
 Fujimoto, Royce, DDS
 Furgeson, Michael, DDS
 Gore, Richard, DDS
 Hamamoto, Paul, DDS
 Hanalei Dental
 Haruki, Craig, DDS
 Hawaii Family Dental Centers
 Hawaii Pacific Dental Group Kauai, Inc.
 Hiramoto, Clay, DDS
 Hiramoto, Jay, DDS
 Hirano, Timmy, DDS
 Ing, Alan, DDS
 Ishida, Clyde, DMD

Jaurequi, Randall, DDS
 Kalaheo Dental Group
 Kanna, Stanwood, DDS
 Long, Robert, DDS
 Lutwin, Michael, DDS
 Murphy, Shawn, DDS
 Omoto, Leslie, DDS
 Quade, Ronald, DDS
 Pediatric Dental Group
 Rebmann, Coy, DDS
 Russell, David, DMD
 Satta, Masahiro, DDS
 Seager, Bill, DDS
 Seamans, Braden, DDS
 Shimabukuro, Scott, DDS
 Sumikawa, Bert, DDS
 Sumikawa, David, DDS
 Sumikawa, Mark, DDS
 Taba, Charles, DDS
 Taudel, Mary DDS
 Tsunehiro, Cathy, DDS
 Tsunehiro, David, Jr. DDS
 Uehara, Keith, DDS
 Wisotzky, Stuart, DMD
 Yamaguchi, Randy, DDS

Non Physician Providers

Physician Assistants

PA-C, Orthopedics, Kauai Medical Clinic - Lihue
 PA-C, Urgent Care, Kauai Medical Clinic - Lihue
 PA-C, Family/General Practice, North Shore Medical Center - Kilauea
 PA-C, Family Medicine, Kauai Medical Clinic – Lihue, Koloa, Eleele, Kapaa
 PA-C, Primary Care, Hale Lea Clinic - Kilauea
 PA-C

Nurse Practitioners

FNP, Primary Care, Hale Lea Clinic - Kilauea
 FNP, Women's Health and Family Practice, Aloha Medical Center - Lihue
 NP, Family/General Practice, Ho`ola Lahui Hawaii - Waimea
 NP, Family Medicine, Kauai Medical Clinic - Lihue
 NP, Gerontology, Kauai Medical Clinic – Lihue and Omao
 NP, Oncology, Kauai Medical Clinic - Lihue
 NP, Orthopedics, Kauai Medical Clinic - Lihue
 NP, Women's Health, Kauai Medical Clinic - Lihue
 NP, Women's Health, West Kauai Clinics – Port Allen

Certified Nurse Anesthetists

CRNA, Anesthesia, Kauai Veterans Memorial Hospital - Waimea

**ACUTE AND
SUBACUTE CARE**

Kauai Veterans Memorial Hospital
Medical/surgical, critical care, obstetric

Samuel Mahelona Memorial Hospital
Medical/surgical, psychiatric, critical care

Wilcox Memorial Hospital
Medical/surgical, critical care, obstetric

Specialty Care

Castillo, Phil O., M.D.	Anesthesiology	Ngiam, Ryan, M.D.	Emergency Medicine
Chen, Howard, M.D.	Anesthesiology	Parker, Travis H., M.D.	Emergency Medicine
Clark, Michael M.D.	Anesthesiology	Prentice, Owen N., M.D.	Emergency Medicine
DeMello, Eliot, M.D.	Anesthesiology	Scamahorn, James O., M.D.	Emergency Medicine
Johnston, Michael D., M.D.	Anesthesiology	Schumacher, Erik J., D.O.	Emergency Medicine
Kubota, Elaine Y., M.D.	Anesthesiology	Tamanaha, Reid H., M.D.	Emergency Medicine
Millard, R. Joseph, M.D.	Anesthesiology	Morris, Elliot M., M.D.	Gastroenterology
Oelke, Robert E., M.D.	Anesthesiology	Murray, Scot A., M.D.	Gastroenterology
Plumer, Michael H., M.D.	Anesthesiology	Randolph, Michelle, M.D.	Gastroenterology
Sanchez, Thomas C., M.D.	Anesthesiology	Biuk-Agnai, Elisabeth N., M.D.	General Surgery
Funai, John T., M.D.	Cardiology	Dauway-Williams, Emilia, M.D.	General Surgery
Sable, David L., M.D.	Cardiology	Jordan, Christopher A., M.D.	General Surgery
So, Andrew U., D.O.	Cardiology	Lutkevich, Connie, M.D.	General Surgery
Potter, Thomas S., M.D.	Dermatology	Miyashiro, Linda A., M.D.	General Surgery
Culliney, John J., M.D.	Diagnostic Radiology	Rodriguez, Amy T., M.D.	General Surgery
Johnson, Allen C., M.D.	Diagnostic Radiology	Zelada, Juliette M., M.D.	General Surgery
Mackiernan, Mary, M.D.	Diagnostic Radiology	Leckova, Katarina, M.D.	Hematology/Oncology
May, Michael L., M.D.	Diagnostic Radiology	Yoon, James, D.O.	Infectious Disease
McGee, James, M.D.	Diagnostic Radiology	Denny, Aileen E., M.D.	Medical Oncology
Burris, Joseph W., Jr., M.D.	Emergency Medicine	Desai, Niraj S., M.D.	Nephrology
Conrad, Robert J., M.D.	Emergency Medicine	Rao, Surendra D., M.D.	Neurology
DeMello, Eliot, M.D.	Emergency Medicine	Chatkupt, Surachat, M.D.	Obstetrics & Gynecology
Dilley, Betty, D.O.	Emergency Medicine	Chelius, Graham T., M.D.	Obstetrics & Gynecology
Downs, William M., M.D.	Emergency Medicine	Fujiyoshi, Carol A., M.D.	Obstetrics & Gynecology
Elliott, Christopher D., M.D.	Emergency Medicine	Littler, Susan J., M.D.	Obstetrics & Gynecology
Fukino, Wayne, M.D.	Emergency Medicine	Mathis, Robert T., M.D.	Obstetrics & Gynecology
Gregorius, David, M.D.	Emergency Medicine	McDonald, David R., M.D.	Obstetrics & Gynecology
Hemingway, Thomas J., M.D.	Emergency Medicine	Wichert, John, M.D.	Obstetrics & Gynecology

Hutson, Amy M., M.D.	Emergency Medicine	Choy, Galen, M.D.	Oncology
Lee, Evan W., Jr., D.O.	Emergency Medicine	Liu, Randal, M.D.	Oncology
Leonard, Nicholas M., M.D.	Emergency Medicine		
Magelssen, Mark D., M.D.	Emergency Medicine		
Crane, Timothy B., M.D.	Ophthalmology	Goldberg, Harold L., M.D.	Psychiatry
Lee, Timothy L., M.D.	Ophthalmology	Kumar, Krishoia, M.D.	Psychiatry
Quarton, Gardner C., Jr., M.D.	Ophthalmology	McKenna, Gerald J., M.D.	Psychiatry
Shein, Jean, M.D.	Ophthalmology	Nakamura, John, M.D.	Psychiatry
Sherrer, Larry K., M.D.	Ophthalmology	Sampsell, J.B. Michael, M.D.	Psychiatry
Russell, David H., D.M.D.	Oral & Maxillofacial Surgery	Jackson, Tad, M.D.	Pulmonary Disease
Chen, Sam, M.D.	Orthopedic Surgery	Aboyoussef, Mohamed, M.D.	Rheumatology
Goding, Richard B., M.D.	Orthopedic Surgery	Bodenstab, William E., M.D.	Urology
Johnson, Derek S., D.O.	Orthopedic Surgery	Raithaus, Lawrence R., M.D.	Urology
Mori, Hayato, M.D.	Orthopedic Surgery	Collins, Bridget, M.D.	Hospitalist
Pohlman, Floyd H., M.D.	Orthopedic Surgery	Corliss, Amy, M.D.	Hospitalist
Rovinsky, David, M.D.	Orthopedic Surgery	Douban, Summer, M.D.	Hospitalist
Murphy, Jay M., M.D.	Otolaryngology	Fornari, Luke, M.D.	Hospitalist
Netzer, Harold R., M.D.	Otolaryngology	Garner, Matthew, M.D.	Hospitalist
Shek, Yo Ho, M.D.	Pathology	Lewan, Richard, M.D.	Hospitalist
Carolan, Terence J., M.D.	Pediatrics	Noyes, Diane, M.D.	Hospitalist
Carreau, Brigitte A., M.D.	Pediatrics	Rosenthal, Jonathan, M.D.	Hospitalist
Evslin, Lee A., M.D.	Pediatrics	Slagle, Steven, M.D.	Hospitalist
Knox, Jami, M.D.	Pediatrics	Spieler, James, M.D.	Hospitalist
Lam, Jesse T., M.D.	Pediatrics	Terdik, Katalin, D.O.	Hospitalist
Lam, Sarah K., M.D.	Pediatrics	Culliney, John J. M.D.	Radiology
Nelson, Carla, M.D.	Pediatrics	Johnson, Allen C., M.D. FRCP	Radiology
Raelson, James, M.D.	Pediatrics	Mackiernan, Mary, M.D.	Radiology
Riola, Bernard, M.D.	Pediatrics	May, Michael, L., M.D.	Radiology
Ross, Paul D., M.D.	Pediatrics		
Sang, New, M.D.	Pediatrics		
Weiner, Linda J., M.D.	Pediatrics		
Wotring, Robert D., II, M.D.	Pediatrics		
Young, Geri Q., M.D.	Pediatrics		

Yu, Carl, M.D.	Pediatrics
Hopkins, Heather A., M.D.	Physical Medicine & Rehab
Mirzai, Todd H.M., M.D.	Plastic Surgery
Phan, Bao L., M.D.	Plastic Surgery
Chihara, Tyler A., DPM	Podiatry

**Emergency
Medical
Services**

American Medical Response
(911 emergency services 24 hr/day x 7
days/week)



Hawaii Life Flight (Air Ambulance)



ANCILLARY SERVICES

Pharmacies

Foodland Pharmacy Kapaa
Foodland Pharmacy Princeville
Ho'ola Lahui
Kapaa Pharmacy
Kilauea Pharmacy
Koloa Pharmacy
Lifeway Pharmacy Koloa
Lifeway Pharmacy Lihue
Lifeway Waimea
Lihue Pharmacy
Lihue Professional Pharmacy
Longs Pharmacy Eleele
Longs Kapaa

Longs Lihue
Menehune Pharmacy, Waimea
Northshore Pharmacy
Papalina Pharmacy
Safeway Pharmacy, Kapaa
Southshore Pharmacy, Koloa
Walmart Pharmacy
Westside Pharmacy



Diagnostic

Kauai Veterans Memorial Hospital
Wilcox Memorial Hospital

X-ray units

Kauai Medical Clinic
Kauai Veterans Memorial Hospital
Samuel Mahelona Memorial Hospital
Wilcox Memorial Hospital

Labs

Clinical Laboratories
Diagnostic Laboratory Services, Inc.
Kauai Dental Laboratory
Richard's Denture Lab

Audiology

Ching, Shannon
Leach, Gregory
Pacific Hearing Care



MENTAL HEALTH

Providers	Alu Like Kauai Island Center Employment & Training Program Alzheimer's Association Kauai Chapter Bayada, Inc. Child & Family Service Head Start Kauai Department of Health, Adult Mental Health Division Department of Health, Children and Adolescent Mental Health Division Department of Health, Kauai Family Guidance Department of Health, Mokihana Project Department of Health, Kauai Community Mental Health Center Department of Health, Kauai Family Guidance Center Department of Health, Public Health Nursing, Kauai Department of Health, WIC Services Branch Department of Human Services, Adult & Community Care Services Department of Human Services, Human Services Division Child Welfare Services Section Kauai Department of Veterans Affairs, Vet Center Kauai/VA Primary Care Center Hale Ola Windward Abuse Shelter Hale Omao Home Health Service Hale 'Opio Kauai's Family Friends, Therapeutic Aide Program Hawaii Center for Independent Living Kauai Kauai County Agency on Elderly Affairs Kauai Rural Health Association Samuel Mahelona Memorial Hospital, Adult Acute Behavioral Health Narcotics Anonymous, Kauai Office of Hawaiian Affairs Kauai Mental Health Kokua St. Francis Home Care Services Kauai YWCA of Kauai Family Violence Shelter
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Psychologist

Adams, Jennifer, PhD
 Gamby, Tanya, PhD
 Correale, Angela, PsyD
 Bailey, Fahy PhD
 Gerard, Dianne, PhD
 Hall, James and Susan, PhD
 Hill, Mary Ann, PhD
 Horne, Robert, A. PhD
 Manka, Carolynne, Dr
 Marsh, Carol, PhD
 McGivern, Patrick, F. PhD
 Pacific Clinic

Counselors – Human Relations

Keiki Ohana Therapeutic Family & Individual Services
 Tyler, Jeff, QCSW

Social Work

Brittain, Matthew
 Eager, Beverly
 Foley, Michael
 Granda, Henry
 Levy, Joan
 Queen Liliuokalani Center
 Salmers, Sandra
 Stoll, Karin
 Taniguchi, Lisa
 Winnes, John
 Wisiorowski, Stacey

Psychotherapists

BodyMind & Breath Center
 Stevens, Jennifer, MA, MFT
 McGregor, Dianne, LCSW
 Pacific Center for Awareness & Bodywork

Counselors - Marriage

Boyd Carylee Tolly
 Briones, Maria, Ph.D.
 Horne, Robert, A. Ph.D.
 Koloa Church
 Levy, Joan, SMW, LCSW
 Marsh, Carol, Ph.D.
 Martha, Jay, Msw, LCSW
 McGivern, Patrick, F. Ph.D.
 Pillar of Truth

REHABILITATIVE SERVICES

Skilled Nursing Facilities

Garden Isle Healthcare
Hale Kupuna Heritage Home
Kauai Care Center
Kauai Veterans Memorial Hospital
Samuel Mahelona Memorial Hospital

Physical Therapy

Action Physical Therapy
Aloha Sports Medicine & Physical Therapy of Kauai

Cottrell's Sports Physical Therapy
Deborah Burnham
Garden Island Physical Therapy
Hanalei Center
Island Sports Chiropractic LLC
Kauai Hand Therapy LLC
Kauai Veterans Memorial Hospital
Mahelona Medical Center
Hawaii Sports & Balance Center
Northshore Physical Therapy
Ohana Sports Medicine
Physical Medicine & Rehabilitation
Rider Physical Therapy & Sports Clinic

Occupational Therapy

Kauai Hand Therapy LLC
Mahelona Medical Center
West Kauai Medical Center

Home Health Agencies

Bayada Home Health Care (formerly Nursefinders)
Mastercare Inc.
Paradise Workforce, LLC
St Francis Home Care Service, Kauai
Stay at Home Health Care Services (under Ohana Pacific Management Co.)

CONTINUING CARE

Nursing Homes

Garden Isle Healthcare
Hale Kupuna Heritage Home
Kauai Care Center
Kauai Veterans Memorial Hospital
Samuel Mahelona Memorial Hospital

Assisted Living

Regency at Puakea

Residential Care

Adult Foster Homes

Adult Residential Care Homes (ARCH) and Expanded ARCH

Contact the Hawaii Department of Health for the list of ARCHs.

Residential Alternative Community Care Program (RACCP)

For placement, contact case management agencies: Case Management Professionals, Inc. (Waipahu) or All Island Case Management Corp. (Honolulu)

Home and Community Based Care Services

Kauai Day Health Center (under Ohana Pacific Management Co.)

Dept. of Veterans Affairs

Dept. of Veterans Affairs Vet Center

County of Kauai Agency on Elderly Affairs

American Cancer Society – Kauai Field Office

Arthritis Foundation

Kauai Athletic Club

YMCA

See Social Services – Seniors for list of access, in-home, supportive services, legal, and caregiver support services



END-OF-LIFE CARE

Kauai Hospice

COMPLEMENTARY AND ALTERNATIVE MEDICINE

Chiropractors

Oda, Aaries
Blair, Richard
Bowen, Sally
Princeville Chiropractic
Davis, Frank J.
Koloa Chiropractic Clinic
De Deo, Edward
Dillberg Integrated Healthcare
Felcher, Gerald J.
Hanalei Chiropractic Clinic
Jackson, Lisa
Westside Chiropractic
Kauai Chiropractic & Wellness Center
Liddell, Charlotte B.
Network Wellness Center
O'Brien, Brian M.
Ogawa Chiropractic
Pavao, Kaipo
Kalaheo Chiropractic
Princeville Chiropractic
Smith Chiropractic
Swiryn, Bob

Healing Touch

Savitri Kumaran

Massage Therapists

A Better Island Massage
Alexander Day Spa & Salon
Devaki's Massage
Dolphin Touch Wellness Center Spa & Gift Shop
Dunas, Virginia
Essential Massage
Hanalei Bay Massage
Hanalei Massage Clinic
Kapaa Massage Center
Kauai Massage
Kauai Medical Clinic
Laynon, Norma
Mana Massage
Michael's Massage
Ola Massage
Princeville Massage by Morgan
Sweet Lomi Massage
Teves, Jessica
Touch Kauai
Waipouli Massage

Naturopathic Physicians

Brennan, Carrie
Natural Health Clinic
Kauai Naturopathic Medicine & Acupuncture
Clinic

Qiqong

Harmless One
Kahuna Valley

Acupuncture

Castillo, Romy
Dubey, Steven
Skabo, Anne

Certified Nurse Midwives (3)**Hawaiian Practitioners**

Chun, Sean - Cultural Resource & Community Advancement
Coordinator
Ono, Mark
Cardejon, Gwen
Doronio, Reuben
Kahalekai, Kauilani
Takahashi, Thomas Hoohie "Uncle Tom"
Niau, Lanakila
Panui, Opulani
Ohana, Locey
Saiki, Ginger

INSURERS

Aloha Care

HMSA

Medicare

Medicaid

VA

HMAA

Kaiser

TriCare

UHA

United Health Care



“Government is a contrivance of human wisdom to provide for human wants. Men have a right that these wants should be provided for, [including] the want of a sufficient restraint upon their passions.”
--Edmund Burke

Government

CONGRESS

Patient Protection and Affordable Care Act (Obamacare)

Access to affordable healthcare for everyone and improve quality and efficiency of healthcare; and promote population health.

FEDERAL

Kauai Community Based Outpatient Clinic (VA Pacific Islands Health Care System)

Primary health care to eligible veterans using available resources. Primary health care means non-emergent care for veterans with stable chronic health problems or minor acute illnesses.

Social Security Administration

Social Security services.

Dept. of Veterans Affairs

Nonemergent Counseling, Disability Services, Health Screening, Mental Health, Social Services, Veterans Services.

Dept. of Veterans Affairs Vet Center

Alcohol/Drug Abuse Counseling, Crisis Intervention, Disability Services, Mental Health services including Post Traumatic Stress Disorder, Family Counseling, Sexual Trauma.

STATE LEGISLATURE

Senate
House

The Twenty-Seventh Legislature, Regular Session of 2013. SB1085 Relating to Obesity Prevention. Companion bill HB854.

STATE GOVERNMENT

Governor's Office

A New Day in Hawaii.
Office of Healthcare Transformation.

Hawaii Department of Health

Protects and improves the health and environment for all people in Hawaii. Provides 10 essential public health services. KDHO serves the community in the areas of emergency preparedness, family health services, public health nursing, services for the developmentally disabled, environmental health services, vital statistics, and other health services. Partners with organizations and communities to improve health through systems and environmental changes based on socio-ecological models and works closely with four task forces: built environment, schools and childcare facilities, worksites, and nutrition and food systems.



-Tropic Care 2012
-Communities Putting Prevention to Work

Hawaii Department of Commerce and Consumer Affairs	Insurance regulation, Professional licensing
Hawaii Department of Human Services	Provides timely, efficient and effective programs, services and benefits, for the purpose of achieving the outcome of empowering those who are the most vulnerable in our State to expand their capacity for self-sufficiency, self-determination, independence, healthy choices, quality of life and personal dignity. -Vocational rehab and services for the blind, - Social services, -Benefits, employment support services, -MedQuest -Hawaii Housing.
Hawaii Department of Labor and Industrial Relations	Ensures and increases the economic security, wellbeing and productivity of Hawaii's workers.

Hawaii Department of Transportation



Planning for Air, Land, and Water Transportation.



Hawaii Department of Education



“Be what you are and say what you feel, because those who mind don’t matter and those who matter don’t mind.” – Dr. Theodore Seuss Seisel (Dr. Seuss)

Elementary schools:

Eleele
Hanalei
Kalaheo
Kapaa
King Kaumualii
Kekaha
Kilauea
Koloa
Niihau High and Elementary
Wilcox

Middle schools:

Kapaa
Chiefess Kamakahelei
Waimea Canyon

High schools:

Kapaa
Kauai
Waimea

Charter schools:

Kanuikapono PCS
Kawaikini NCPCS
Ke Kula Niihau Kekaha PCS
Kula Aupuni Niihau A Kahahealani Aloha

A+...After School Care
Community school for adult

**Libraries:**

Hanapepe
Kapaa
Koloa
Lihue
Princeville
Waimea

“The more that you read, the more things you will know. The more that you learn, the more places you'll go.”

--Dr. Seuss

COUNTY COUNCIL

Jay Furfaro, Council Chair
Nadine K. Nakamura, Council Vice Chair
Tim Bynum, Councilmember
Gary L. Hooser, Councilmember
Ross Kagawa, Councilmember
Mel Rapozo, Councilmember
JoAnn A. Yukimura, Councilmember

Complete Streets policy

COUNTY



Mayor's Office



Holo Holo 2020 (Vision for Kauai)

Ke Ala Hele Makalae “The Path that Goes by the Coast”

Leads the state in built environment and physical activity initiatives

Mayor-A-Thon

Life's Choices Kaua'i: Offers effective substance abuse prevention strategies, education, and programs that are school and community based.

Mission:

- Prevent drug and alcohol abuse and addiction on Kauai.
- Support the enforcement of Kauai, state and federal laws dealing with drug and alcohol abuse.
- Provide drug and alcohol treatment resources for those in need.
- Help rehabilitated residents rejoin the Kauai community as successful citizens.

ADA/EEOC Coordinator: Insures that all individuals shall be afforded equal access to all County employment, programs, services and

Agency on Elderly Affairs

facilities.

Plans, supports, and advocates for programs to promote the well-being of Kauai's older adults and to address and respond to the priority needs of all seniors.

Develops comprehensive system of services for older adults and caregivers including health and wellness programs EnhanceFitness program, Better Choices Better Health and Diabetes Self-Management programs for those with chronic health conditions.

Civil Defense

Conducts planning, preparing, and coordinating Civil Defense operations.

Fire

Protects life, preserves property and enhances environment of the County from all hazards.

Responds to all calls for services (fire protection/suppression, rescue, hazmat and EMS. Eight fire stations:

Hanalei	Hanapepe
Kaiakea	Kalaheo
Kapaa	Koloa
Lihue	Waimea

Programs: Ocean safety; Jr. Lifeguard Program; Keiki Junior Lifeguard Program; and Jet Ski Training.

Lifeguard towers:

Kee Beach	Haena Beach Park
Hanalei Bay (Pinetrees Beach)	Hanalei Bay (Hanalei Pavilion)
Anahola Beach Park	Kealia Beach
Lydgate Beach Park	Poipu Beach Park
Salt Pond Beach Park	Kekaha Beach

Housing Agency

Administers federal housing programs funded by U.S. DHUD, fair housing policy; Housing and Community Development Division develops affordable housing, administers the Community Development Block Grant Program, the Home Investment Partnership Program, the Residential Rehabilitation and Home-Buyer Loan Programs, and other Federal, State, and County housing programs; and Administers the Section 8 Housing Choice Voucher Program, Family Self Sufficiency Program, and Section 8 Homeownership Program.

Department of Liquor Control

Provides the administrative services for the Liquor Control Commission. It investigates all applications for liquor licenses and provides the Commission data so it can properly execute its duties. The department has police powers to enforce the liquor laws. It inspects all liquor licensed premises to insure compliance with the liquor laws and the Commission's rules and regulations. It investigates all alleged violations and complaints and reports all violations to the Commission.

Office of Economic Development

Works in partnership with the community to create economic opportunities towards the development of a healthy, stable, and balanced economy for the residents of the County of Kauai. Kauai Economic Development Plan. Programs: Brownfields Assessment; The Kauai Made Program; Agriculture; Energy; Kauai Film; Sustainable Tourism; and Workforce Investment Act.

Office of Prosecuting Attorney

Promotes the fair, impartial and expeditious pursuit of justice in every case, to ensure safer

communities, and to promote integrity in our profession. It is our mission to temper justice with compassion, and to do our work in an open, transparent, and accountable way.

Parks and Recreation



Provides quality programs that offer educational and recreational opportunities for all communities on the island of Kauai. Manages Ke Ala Hele Makalae coastal path system. Programs include: Adopt A Park Program; Neighborhood Centers (Hanapepe, Kalaheo, Kapaa, Kekaha, Kilauea, Koloa, Lihue, Waimea); Swimming Pools (Waimea, Kapaa); Senior programs, Summer Enrollment program; Baseball programs, Divisions I and II (boys league, girls league); and 67 parks:



Hanalei District

Haena Park (5.50 acres) Beach Park
Pavilion, Comfort Stations, Picnic &
Camping, Lifeguarded Beach

Hanalei Black Pot (2.47 acres) Beach Park,
Comfort Station, Picnic & Camping

Hanalei Pavilion (1.34 acres) Beach Park,
Picnic Pavilion, Comfort Station, Lifeguarded
Beach

Waioli Beach Park (6.41 acres) Beach Park,
Comfort Station, Picnic

Kawaihau District

Waioli Town Park (5.50 acres) Neighborhood
Park, Soccer Field, Playground Equipment,
Lighted Basketball Court

Anini Beach Park (12.53 acres) Beach Park,

Picnic & Camping, Comfort Station,
Pavilions, Boat Ramp

Kilauea Park (4.93 acres) Neighborhood
Park, Playground Equipment, Lighted
Softball Field, Comfort Station

Kilauea Dispensary Park (.25 acres)
Neighborhood Park, no facilities

Anahola Beach Park (1.54 acres) Beach
Park, Picnic & Camping, Comfort Station

Anahola Village Park (6.99 acres)
Neighborhood Park, Playground Equipment,
Soccer Field, Comfort Station, Pavilion.

Anahola Hawaiian Homes Park (4.95 acres)
Neighborhood Park, Clubhouse, Little League
Field, Basketball Court, Playground
Equipment, Restrooms

Kapaa Beach Park (17.54 acres) Beach Park,
Pavilions, Picnic

Kealia Beach Park (66 acres) Beach Park,
Lifeguarded Beach, Portable toilets only

Kapaa New Park (18.08 acres) District Park,
Little League Field, Baseball Field, Football
Field, Lighted Softball Field and Tennis
Courts, Lighted Roller Hockey Rink,
Basketball Court, Comfort Stations

Kapaa Town Park (2.78 acres) Beach Park,
Soccer Field, Comfort Station, Pavilions

Kapahi Park (4.00 acres) Neighborhood Park.

Playground Equipment, Little League Field and Soccer Field, Comfort Station

Gore Park (.73 acres) Neighborhood Park, Passive Beautification Park

Horner Park (18 acres) Neighborhood Park, Passive Beautification Park

Waipouli Park (2.93 acres) Beach Park, Picnic Tables

Wailua Houselots Park (10.05 acres) Neighborhood Park, Little League and Softball fields, Basketball Court, Pavilion, Playground Equipment, Lighted Tennis Court, Comfort Station

Wailua Homesteads Park (16.63 acres)

Neighborhood Park, Little League and Softball Fields, Basketball Court, Soccer Field, Pavilion, Playground Equipment, Lighted Tennis Court, Comfort Station

Wailua Riverview Park (86 acres)

Neighborhood Park, No facilities

Lydgate Park (57.85 acres) Regional Park, Comfort Stations, Picnic Shelters, Pavilions, Kamalani Playground, Ocean Pools, All Terrain Wheel Chair, Lifeguarded Beach, Bike path (Ke Ala Hele Makalae [Phase I]), Camping Grounds

Lihue District



Hanamaulu Beach Park (6.45 acres) Beach Park, Pavilions, Comfort Stations, Picnic and Camping, Playground Equipment

Peter Rayno Park (3.59 acres) Neighborhood Park, Lighted Softball Field, Basketball Court, Comfort Station, Playground Equipment

Wiliko Park (2.28 acres) Neighborhood Park. Playground Equipment, Basketball Court

Laukona Park (2.59 acres) Neighborhood Park, Playground Equipment, Basketball Court

Isenberg Park (9.16 acres) Neighborhood Park, Lighted Softball Field, Comfort Station, Practice Football Field, Playground Equipment

Lihue County Park (3.28 acres) Neighborhood Park, Little League and Pony Fields, Soccer Field, Comfort Station

Kalena Park (1.33 acres) Neighborhood Park, Basketball Court, Playground Equipment, Comfort Station

Nawiliwili Park (6.27 acres) Beach Park, Comfort Station, Playground, Volleyball, Picnic-Comfort Station, Picnic



If you obey all the rules, you miss all the fun.
--Katharine Hepburn

Niumalu Park (3.41 acres) Beach Park, Picnic, Boat Ramp, Pavilion/ Restrooms, Playground Equipment

Pua Loke Park (.63 acres) Neighborhood Park, Playground Equipment, Basketball Court

Puhi Park (3.40 acres) Neighborhood Park, Playground Equipment

Puhi Subdivision Park (4.37 acres) Neighborhood Park Playground Equipment, Tennis Court, Little League Softball Field, Comfort Station, Pavilion Tennis Courts

Ulu Ko Park (4.00 acres) Neighborhood Park Playground Equipment

Hokulei Subdivision Park (2.00 acres) Neighborhood Park Playground Equipment, Concrete Walkway

Molokoa Park (4.00 acres) Neighborhood Park, No Facilities

Middle School Park (5 acres) Not Developed

Vidinha Stadium (34 acres) Stadium/District, Athletic Complex, Baseball Field, Lighted Football Field, Track, 10 Acre Parcel Adjacent to Vidinha Stadium Converted to Soccer Fields, Restrooms

Koloa-Kalaheo District



Koloa Park (11.28 acres) District Park, Pavilion, Comfort Stations, Little League and Baseball Fields, Lighted Softball Field, Tennis Court and Basketball Court, Playground Equipment

Kukuiula Harbor Park (.93 acres) Beach Park, Pavilion, Comfort Station, Boat Ramp

Spouting Horn Park (4.44 acres) Passive Park, Vendor Booths, Comfort Station

Poipu Beach Park (5.44 acres) Beach Park, Pavilions, Comfort Stations, Picnic, All Terrain Wheel Chair, Lifeguarded Beach

Waikomo Park (3.74 acres) Neighborhood Park, Soccer Field, Comfort Station

Weliweli Park (9.00 acres) Neighborhood Park, Basketball Court, Open Field, Comfort Station

Waha Park (2.00 acres) Neighborhood Park, Paved Parking Lot, Soccer Field, No Facilities

"Kauai named most romantic island in U.S. Readers of Travel + Leisure magazine have named Kauai the most romantic island in the United States."



Kalaheo Little League (1.38 acres)
Neighborhood Park, Practice Little League Field, Comfort Station, Park Used by Kalaheo School

Omao Park (2.00 acres) Neighborhood Park, Playground Equipment

Kalawai Park (21.04 acres) District Park, Comfort Stations, Little League and Baseball Fields, Basketball Court, Lighted Softball Field and Tennis Court, Playground Equipment, Foodbooth, Pavilion

Eleele Nani Park (7.5 acres) Neighborhood Park, Playground Equipment

Eleele Park (2.86 acres) Neighborhood Park, Multi-purpose Softball and Little League Field, Comfort Station, Pavilion, Basketball Court

Waimea District

Hanapepe Stadium (14.68 acres)

Stadium/District Park, Comfort Stations, Baseball and Little League Fields, Lighted Football field and Tennis Courts, Practice Football Field

***Hanapepe Town Park*** (1.07 acres)

Neighborhood Park, Playground Equipment, Basketball Court, Comfort Station

Hanapepe Heights Park (.91 acres)

Neighborhood Park, Playground Equipment, Basketball Court, Comfort Station

Hanapepe Cliffside Park (1.75 acres)

Neighborhood Park, Playground Equipment, Fencing, Landscaping

Salt Pond Park (5.90 acres) Beach Park, Pavilions, Comfort Stations, Picnic, Camping, Lifeguarded Beach

Hanapepe Pavilion (.81 acres) Beach Park, Pavilion, Comfort Station

Kaumakani Park (3.45 acres) Neighborhood Park, Multi-purpose Softball and Little League Field, Basketball Court, Pavilion, Comfort Station

Lucy Wright Park (4.48 acres) Beach Park, Picnic, Camping, Pavilion, Comfort Station

Smokey Valley Park (.48 acres) Neighborhood Park, Basketball Court, Clubhouse, Restrooms

Hofgaard Park (.30 acres) Neighborhood Park, Passive Beautification Park

Waimea Neighborhood Park (1.86 acres) Neighborhood Park, Playground Equipment, Comfort Station

Waimea Athletic Field (11.73 acres) District Park, Playground Equipment, Little League and Baseball Fields, Pavilion, Food booth, Lighted Softball Field and Basketball Court, Comfort Stations

Kekaha Faye Park (8.51 acres) District Park,
Lighted Tennis Court and Softball Field,
Baseball Field, Practice Football Field, Comfort
Station, Track, Lighted Basketball Court,
Playground Equipment

Kekaha Beach Park (9.70 acres) Beach Park,
Pavilions, Comfort Station, Picnic, Lifeguarded
Beach

Kekaha Gardens Park (4.00 Acres)
Neighborhood Park Pavilion

*(County of Kauai Department of Parks and Recreation,
Park Facilities)*



Planning

Vision for Kauai 2020:

"We envision that in 2020 Kauai will be . . .

*a "garden island" of unsurpassed natural beauty;
a rural environment of towns separated by broad open spaces;
a vital modern society formed by the people and traditions of many cultures;
an island of distinctly individual towns and communities, each with its own unique history and character;
a community which values its historic places and where people practice and draw strength from ancient languages and cultural traditions;
a rural place whose population size and economy have been shaped to sustain Kauai's natural beauty, rural environment and lifestyle;
a community which cares for its land and waters, leading the way with best management practices in the development of roads and other public facilities and in its land development and environmental regulations;
an agricultural center, producing a wide range of crops, food, and forest products for local consumption and export;
a resort destination where visitors are welcomed, supported with adequate facilities, and provided with a variety of cultural and recreational opportunities;
a resort destination whose government and industry leaders respect the island's residents and their need to have a community life where visitors are not always present and who find effective ways to protect residents' customary use of special places for religious and cultural observances, fishing, gathering, hunting and recreation; and
an island whose government supports the labor force and small business owners, firmly holding to essential policies and regulations while eliminating unnecessary red tape".*

(The Kauai General Plan)



Planning and land use, zoning and subdivision ordinance. The Kauai General Plan and Comprehensive Zoning Ordinances.



Police

Provides police services:

- Hanalei Police Station
- Kapaa Substation
- Lihue Police Station
- Waimea Substation
- Koloa Substation

and Investigative Services. Programs include Citizen Police Academy and Kauai Policy Activities League.

Public Works

Planning, design, construction of county owned facilities – 4 sanitary sewage facilities (Wailua, Lihue, Eleele, Waimea), landfill (Kekaha), and four refuse stations (Princeville, Kapaa, Lihue, Hanapepe)

Transportation

The Kauai Bus operates public (fixed route) bus services and Paratransit (door to door) bus service from Hanalei to Kekaha daily.



Water

Provide safe, affordable, sufficient drinking water through wise management of our resources.



Education and Research

Kauai Community College



Is an accredited 2-year public community college.

Academic program includes:

Business Education

Health Services (RN, Practical Nurse, Nurse Aide, Medical Assisting, Medical Office Receptionist, Massage Therapy, ARCH Operator)

Liberal Arts program (Associate of Arts degree)

Public Service (Certificate of Competence; Certificate of Achievement; Associate of Science)

Science and Mathematics (Certificate program in Plant Bioscience Technology)

Trade Technology (Auto Body Repair & Painting Automotive Technology; Carpentry Technology; Cisco Certified Networking Associate (CCNA) Program ; Electronical Installation and Maintenance Technology; Electronics Technology; Facilities Engineering Technology; DMA: Digital Film; and DMA: Digital Graphic Design).

Community Gardens Project (sponsored by the Food and Agriculture Career Pathways Program at KCC).

Community pharmacist internship. Pharm to Pharm Program.

University of Hawaii – Hilo, School of Pharmacy

University of Hawaii, John A Burns School of Medicine

Medical School admissions from Kauai.

University of Hawaii, School of Nursing

Nurse Practitioner internship.

Social Services

Keiki to Career Inventory of Services for Children, Youth and Families

This *Keiki to Career Inventory* is provided courtesy of the Kauai Planning and Action Alliance (KPAA). KPAA is working together with 25 groups to carry out the mission: *unite the community in nurturing and developing Kauai's young people from keiki to career so they are ready to learn and ready for life.*



Support Services

Aloha Peace Project – Character Ed Program	Social/ Emotional Development
ALU LIKE – Kulia Like Department – Financial Literacy	Life Skills
ALU LIKE – Hoomaneo Oihi – Employment & Training Program	Job Training
Baby Hui Org	Parenting Education and Support
Child & Family Services – Enhanced Healthy Start & Healthy Start	Family Support & Perinatal Services
Friends of the Children's Justice Center of Kauai	Child Abuse and Neglect Intervention

*An old Japanese saying: “Kodomo no tami ni” –
For the sake of the children.*

Child & Family Services – Family Strengthening Services	Child Protection
Child & Family Services – Hale Ho`omalua	Parenting Classes
Child & Family Services – Independent Living Skills Program	Life Skills
Child & Family Services – Nana's House	Family Support
Child & Family Services – Positive Youth Development Program	Youth Development
Department of Education – Loving Solutions	Parenting Services
Department of Education – Parent Community Networking Center	Parenting Services
Department of Education – Parent Project	Parenting Services
Department of Education – Teen Moms	Parenting Services
Department of Education & Department of Health – Kauai Mokihana Program	Mental Health (Elementary to H.S.)
Department of Health, Family Health Services Division – Maternal and Child Health	Health Care
Department of Health, Family Health Services Division – Women, Infants and Children	Health Care & Prenatal Services



*Let parents bequeath to their children
not riches, but the spirit of reverence.
- Plato*

Department of Health, Family Health Services Division – Children with Special Health Needs	Health Care
Department of Health & Easter Seals – Kauai Early Intervention Program	Special Needs Infant & Toddlers
Department of Health – Kauai Family Guidance Center	Mental Health
Department of Health – Developmental Disabilities Council	Health Intervention
Department of Health – Developmental Disabilities Program	Health Care/Case Management
Department of Health – Public Health Nursing	Health Care
Department of Health – STD/AIDS Screening & Treatment Program	Health Intervention
Department of Human Services – Child Care Connection Hawaii	Child Care Subsidies
Department of Human Services – Child Protective Services	Child Protection
Department of Human Services – Foster Grandparent Program	Child Well-being
East Kauai Drug Prevention Education – Fatheread/Motheread; Story Exploring	Parenting Services

Good Beginnings Alliance – Family-Child Advocacy	Family-Child Advocacy
Goodwill Industries – First to Work	Job Training
Hale `Opio - First Jobs Academy	Prevention
Hale `Opio - Kauai Chapter of the Hawaii Foster Youth Coalition	Prevention
Hale `Opio - Kauai Teen Court	Prevention
Hale `Opio - Ke Kahua O Ka Malamalama	Prevention
Hale `Opio – Making Proud Choices	Prevention
Hale `Opio - Positive Action School Connections Program	Prevention
Hale `Opio – Street Smart	Prevention
Hale `Opio - Teen Dating Violence Prevention	Prevention
Hale Kipa Kauai – Hawaii Advocate Program	Intervention
Hawaii Center for Independent Living – Kauai – Resources for Individuals of All Ages with Disabilities	Special Needs
Hawaii Community Assets – Kahua Wai Wai Youth Financial Literacy Curriculum	Life Skills
Hawaii Department of Labor - WorkWise	Job Readiness & Training

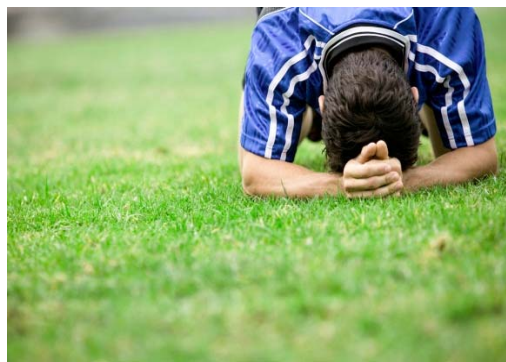


Hawaii Families as Allies – Hawaii's Youth Helping Youth Program	Parenting Services
Hawaii Planned Parenthood – Pregnancy Test, Birth Control, STI	Health, Intervention
Healing Horses – Equine Facilitated Psychotherapy Riding Sessions	Mental Health
Hiilei Prenatal Services – Home Birthing & Prenatal Services	Prenatal
Hina Mauka – Teen C.A.R.E. Program	Substance Abuse Treatment Programs
Ho`ola Lahui Hawai`i – Low Cost Clinic	Health
Kamehameha School - Hi`ilani Program	Family-Child Interaction Learning
Kauai Community Children's Council – Children's Mental Health Matters	Parenting Services
Kauai Community College – Wellness Center	Health
Kauai H.S. – Newcomer Bridge Program	Intervention
Kauai H.S. – Summer Bridge Program	Intervention
Kauai Team Challenge, Inc. – Kauai Team Challenge	Youth Development
Kaulele Education Services – Tutoring Services	Tutoring

Kumon Math and Reading Center – Academic Tutoring Program	Tutoring
Kupu AE	Youth Development
Leadership Kauai – Pi`ina Hoku Youth Leadership Training, Adult Leadership Training	Leadership
Malama Pono Health Services – Condom Sense	Health Intervention
Na Pua No`eau – Kauai – Enrichment Activities	Enrichment
NOAA-HI Islands Humpback Whale Sanctuary – Science of the Beach	Curriculum Enrichment
Parenting Central Kauai – Motherread/Fatherread; Guiding Good Choices; Loving Solutions; Parent Project	Parent Education
Parenting from the Heart – Sacred Birthing	Prenatal
PATCH – Child Care Resources and Referral	Child Care support
PATCH – Babysitting Classes	Child Care support
Paxen Group - Hawaii About Face	Job Training
Queen Liliuokalani Children's Center	Parenting Services, Life Skills
Workforce Investment Board	Job Training

YWCA – Girlz Zone, Girlz Unplugged; Girlz Tech; Girl Dayz Intervention

YWCA – School Presentations on Good Touch, Bad Touch Child Protection



Out of School Time (OST) Activities, Sports and Recreation Programs

4-H Clubs and School Gardens Program

Farm to Preschool
Volunteer Program

A+ King Kaumualii

Afterschool Programs

A+ Wilcox

Afterschool programs
Summer Enrichment
Programs

Aikido Clubs

Beginning, Intermediate
thru Advanced Classes

All Saints Episcopal Church

Afterschool Dance
Classes, Gymnastics, &
Dodgeball

AYSO Region 940

Youth Soccer
Organization



AYSO Region 941

Bandwagon Studios

Big Brothers, Big Sisters

Boy Scouts of America, Aloha Council

Boys and Girls Club of Hawaii

Youth Soccer
Organization

Bandwagon Camp

Community & School-
based mentoring

Boy Scout Camp

Year-round, after-school
and intersession

Child & Family Service

Children of the Land

Circles of Light

Coast Guard Auxiliary

Girl Scouts

Nana's House, Waimea

Summer Camp June 4-
July 15

Creative programs

Ocean Safety Guildlines
for Children; Boating
Safety and Seamanship

Daisies, Brownies,
Junior, Senior,
Ambassador

Hale Halawai 'Ohana Hanalei	Summer Enrichment Program
Hawaii Leadership Academy - Winner's Camp	Winner's Camp
Hawaii Public Library-Kapaa	Summer reading program
Hawaii Public Library-Lihue	Summer reading program
Hawaii Public Library-Princeville	Ka Holo Kamalei - Young Childrens Reading Hour
Hawaii Children's Theatre	Hawaii Children's Theatre Summer Stars Program
Island School	Kauaibots (team includes all four Kauai high schools)
Kamehameha Schools	Summer Programs, Explorations and Computer Camps

Kauai Academy of Creative Arts Summer Program	4-week Summer program offers morning & afternoon sessions
Kauai Community College	Kids College
Kauai County Parks and Recreation	Junior Leader Program
Kauai County Parks and Recreation	Summer Enrichment Program
Kauai County Parks and Recreation	Summer Golf Classes
Kauai County Parks and Recreation	Summer Swim Classes
Kauai Economic Opportunity (KEO)	Summer Program, After school Program for middle school students
Kauai Empowered Youth Kauai Gymnastics Academy	Summer Camp Gymnastics & Dance Summer Classes & Camps
Kauai Keiki and High School Rodeo Association	Affiliated with Hawaii Rodeo Association

Kauai Humane Society	Critter Camps (4 specialties): Veterinary Science - Creative Writing - Animals & Art - Pet Play Performance Camp
Kauai Humane Society	Veterinary Science Camps
Kauai Junior Lifeguards-Ocean Safety Bureau	Junior Lifeguard Program
Kauai Police Dept-KCC	Police Explorer Program
K-PAL (Kauai Police Activities League)	Boxing; Wrestling; Flag Football; Jiu-Jitsu; Hip-Hop Dance
Kauai Sea Grant Program	TSI - Teaching Science as Inquiry
Kauai Swim Aquatics	Competitive swim team; Masters Program also offered.
Kauai Technical Institute - Martial Arts Academy	Jiu-Jitsu Self Defense
National Tropical Botanical Garden	Internship Program-Kokua Aina

Nawiliwili Yacht Club	National amateur sailing safe boating, afterschool program, maritime education & exploration
Pop Warner Football & Cheerleading (KPWLF)	Football & cheerleading league
Pop Warner Football & Cheerleading - Lihue	Football & cheerleading league
Pop Warner Football & Cheerleading - Kapaa	Football & cheerleading league
Pop Warner Football & Cheerleading - Koloa	Football & cheerleading league
Pop Warner Football & Cheerleading - Hanapepe	Football & cheerleading league
Pop Warner Football & Cheerleading - Kekaha	Football & cheerleading league
Rotary Clubs - Leadership Hawaii	Youth Leadership Camps
Save Our Seas	Science & Environmental Program
Sea Scouts	Seamanship Programs Character Development

Storybook Theatre

Enrichment Saturdays,
Media Studio Internship
Program

Surfrider Foundation

Senior Projects, Science
Fair, Marine Options
Program

Volleyball Clubs

Girls: Seven to 17 years

YMCA

Swim Programs: The Y
Aquatics & Swim Kauai
Aquatics

Preschools and Play Groups



By investing in our children, we are investing in our future as well as theirs. A school readiness program is the best possible start you can have in life. (Governor Abercrombie, 2013).

Ae Kamalii

Preschool

All Saints Preschool Kauai

Aloha School Early Learning Center, Inc.

Child and Family Service –
Head Start Eleele

Child and Family Service –
Head Start Ekahi - Hale Malie

Child and Family Service –
Head Start Elua – Hale Malie

Child and Family Service –
Head Start – Kapaa

Child and Family Service –
Head Start – Kekaha

Child and Family Service –
Head Start – Kilauea Pre Plus

Child and Family Service –
Koa Keiki Head Start – Lihue Pre School and
Day Care Center

Child and Family Service –
Head Start – Koloa
Children's Garden

Family Child Interaction
Learning

Department of Education	Preschool & Intervention Services
Island School Na Pua Keiki	Preschool
Kalaheo Missionary Kamehameha Preschool - Anahola	Preschool, day care
Kamehameha Preschool - Kamakani	Preschool
Lihue Hongwanji Preschool	
Na Kama Pono (Kauai Community College ECDC "Lab" School)	
KEO-Kalaheo	
KEO-Lihue	
K.I.D.S. Pre-school/ Association for Early Childhood Education	Parenting
K.I.D.S. School	Preschool
Menehune School Day Care Center	
Natural Bridges	
Ohana Mamma's	Family Child Interaction Learning

Partners in Development Foundation	Family Child Interaction Learning
PMRF	Preschool
Punana Leo O Kauai	Preschool
St. Catherine School	K – 12 th Grade
St. Theresa School	K – 8 th Grade
Tutu and Me	Family Child Interaction Learning

Home Schools, Charter Schools, Private Schools

Christian Homeschoolers of Kauai	K - 12th Grade
Hawaii Technology Academy	K - 12th Grade, closed during summer
Island School	K - 12th Grade
Kahili Adventist School	
Kanuikapono Learning Center	K - 8th Grade, Anahola
Kauai Christian Academy	Pre-K - 12th Grade
Kawaikini New Century Public Charter School	K - 12th Grade; next to KCC

KEA Homeschools	K - 12th Grade
Ke Kula Ni'ihau o Kekaha Learning Center	K - 12th Grade
Kula Aupuni Ni'ihau A Kahelelani Aloha Public Charter School	K - 12th Grade, Kekaha
Olelo Christian Academy	K - 12th Grade, Lihue
St. Catherine School	Preschool to 8th Grade, Kapaa
St. Theresa School	Pre-K to 8th Grade, Kekaha

Coalitions

Hui Kilo Pohaku	Early childhood education directors and professionals seeking to educate and collaborate with community; formed in 2011.
Hawaii Early Learning Advisory Board (ELAB)	Council created by 2008 Hawaii Legislature, Act 14. Governor appoints Council members.
Hawaii Association for the Education of Young Children (HAEYC)	Promote, support & expand quality & professionalism in early childhood programs & services for Hawaii's children (ages 0-8) and their families.
Kauai Community Alliance	Addressing homeless issues.



"I choose not to place 'DIS', in my ability."

-- Robert M. Hensel

Access Services

Mayor's Advisory Committee for Equal Access
 Alu Like, Inc.
 Kauai Island Center
 County of Kauai Agency on Elderly Affairs
 County of Kauai Office of Prosecuting Attorney,
 Victim Witness Program
 Department of Budget and Finance
 Office of the Public Defender
 Department of Health, Community Service for the
 Developmentally Disabled Branch
 Kauai Developmental Disabilities Committee

Department of Human Services, Social Services Division
 Adult & Community Care Services Branch
 Department of Human Services, Social Services Division
 Child Welfare Services Section, CWS Intake
 Assessment
 Kauai Economic Opportunity
 Legal Aid Society of Hawaii

Access
 Advocacy & Legal Services

Hawaii Centers for Independent Living (HCIL)	Disability Association
Aloha VRI	Deaf Services
Department of Education, Kauai Community School for Adults	
Easter Seals Hawaii, Kauai Early Intervention Program	
Hawaii Centers for Independent Living (HCIL) - Kauai	
Lihue United Church	
Sorenson Communications	
Alu Like, Inc. Kauai	Employment
Department of Human Services	
Department of Education and	
Department of Human Services	
Vocational Rehabilitation and Services for the Blind Division	
Work Readiness Skills Program	
Department of Labor and Industrial Relations, WIA Youth Services	
Department of Labor and Industrial Relations, Workforce Development Division, Kauai Branch	
Kauai Economic Opportunity, Inc.	
American Cancer Society	
Gammie Home Care	
Home Infusion Associates, Ltd.	
Department of Health	Financial
Children with Special Health Needs Branch	
Department of Human Services, Benefit, Employment & Support Services Division	

Department of Human Services, Med-Quest Division,
 Kauai Section
 Kauai Economic Opportunity
 Malama Pono
 Kauai AIDS Project
 Partnership for Prescription Assistance (PPA)

Department of Education, Office of Curriculum,
 Instruction and Student Support, Community Schools
 for Adults
 University of Hawaii, Community College System,
 Kauai Community College

Higher Education

County of Kauai, County Housing Agency-Section 8
 Hawaii Center for Independent Living (HCIL) – Kauai
 Hawaii Public Housing Authority
 Kauai County Housing Agency
 Kauai Economic Opportunity, Inc.
 Malama Pono-Kauai AIDS Project
 Steadfast Housing Development Corporation

Housing

ACCESS – Kauai/Care Hawaii Crisis Service
 Suicide Prevention and Intervention
 Department of Health, Adult Mental Health Division,
 Kauai Community Mental Health Center
 Department of Health, Child and Adolescent Mental
 Health Division, Kauai Family Guidance Center
 Friendship House
 Malama Pono
 Kauai AIDS Project
 Mental Health Kokua Kauai Office

Mental Health

Samuel Mahelona Memorial Hospital
Steadfast Housing Development Corporation

County of Kauai
Mayor's Office
Esprit de Corps Riding Academy
Hawaii Center for Independent Living (HCIL) – Kauai
Kauai Ocean Recreation Experience (KORE)
Ocean Quest Watersports
Polynesian Adventure Tours

Recreation

Department of Health, Community Services for the
Developmentally Disabled Branch
Easter Seals Hawaii
Kauai Economic Opportunity
Malama Pono
Kauai AIDS Project

Residential Services

Aloha Council for the Blind
Alzheimer's Association
Kauai Office
American Cancer Society

Support

Lihue Library

Technology

Akita Enterprises, Ltd.
County of Kauai, Department of Finance, Driver Licensing
Section
County of Kauai, Transportation Agency
Department of Health, Children with Special Health Needs
Program
Hawaii Center for Independent Living (HCIL) – Kauai

Transportation

Hawaii Mobility

Polynesian Adventure Tours, Inc.

SpeediShuttle

Wheelers Van Rentals of Hawaii LLC

Wheelchair Getaways-Kauai

Na Kupuna (Seniors)

*As we look to the future, we must never forget where we came from, and to whom we owe our gratitude. Those that came before us, sacrificed to help build our state, and create the foundation upon which we stand today. To those that have long contributed to our society, we owe much, and we should not ignore their needs.
(Governor Neil Abercrombie, 2013).*

Access Services

County Agency on Elderly Affairs

AARP

Alu Like, Inc.

Alzheimer's Association – Kauai

American Cancer Society

Bayada Home Health Care

Catholic Charities

Child & Family Service

Dept. of Human Services – Adult & Community Care Services

Hawaii Center for Independent Living – Kauai

Ho'ola Lahui Hawaii

Kauai Economic Opportunity, Inc. – Persons-In-Need

Kauai Hospice

Nana's House

North Shore Caregivers Support Group

The Salvation Army – Lihue

Information and Referral

County Agency on Elderly Affairs
American Cancer Society
Dept. of Human Services – Adult & Community Care Services
Dept. of Veterans Affairs – Vet Center
Hawaii Center for Independent Living – Kauai
Kauai Economic Opportunity, Inc.
Kauai Food Bank, Inc.

Outreach



Kauai Agency on Elderly Affairs' Information and Referral unit providing outreach service at Kekaha Neighborhood Center.

County Agency on Elderly Affairs
 Child & Family Service
 Dept. of Health – Developmental Disabilities Service
 Dept. of Human Services – Adult & Community Care
 Services
 Dept. of Health – Community Services for the
 Developmentally Disabled
 Dept. of Health – Adult Mental Health Division
 Dept. of Veterans Affairs – Vet Center
 Kauai Hospice

County Transportation Agency
 County Transportation
 County Transportation Agency
 The Salvation Army – Lihue

Workforce Development Division/Workwise Kauai

American Cancer Society

Case Management

Kupuna Care Transportation
 Transportation - Paratransit
 Transportation – Public

Transportation – Bus Pass
 Assistance

Assisted Transportation

In-Home

Bayada Home Health Care MasterCare Inc. Kauai Economic Opportunity, Inc. – Persons-In-Need	Attendant Care
Bayada Home Health Care Kauai Economic Opportunity, Inc. – Persons-In-Need	Chore
County Agency on Elderly Affairs American Cancer Society Bayada Home Health Care Child & Family Service Church of the Pacific, United Church of Christ	Friendly Visiting
Bayada Home Health Care	Homemaker
Bayada Home Health Care Kauai Economic Opportunity, Inc. – Persons-In-Need Kauai Hospice	Personal Care
County Agency on Elderly Affairs	Senior Companion Program
County Agency on Elderly Affairs Hawaii Center for Independent Living – Kauai	Telephone Reassurance
Bayada Home Health Care	Other-Nursing

Supportive Services

Ohana Pacific Management dba Kauai Adult Day Health Center Adult Day Care
 Kauai Economic Opportunity, Inc. – Persons-In-Need

Alzheimer's Association – Kauai Counseling
 Church of the Pacific, United Church of Christ
 Dept. of Health – Adult Mental Health Division
 Dept. of Human Services – Adult & Community Care Services
 Dept. of Veterans Affairs
 Hawaii Center for Independent Living – Kauai
 Kauai Hospice
 North Shore Caregivers Support Group
 The Salvation Army – Lihue
 AARP
 Alzheimer's Association – Kauai
 Child & Family Service
 Dept. of Health – Adult Mental Health Division
 Hawaii Center for Independent Living – Kauai
 Kauai Community School for Adults
 Kauai Food Bank, Inc.
 Nana's House
 North Shore Caregivers Support Group

AARP Education and Training
 Alzheimer's Association – Kauai
 Child & Family Service
 Dept. of Health – Adult Mental Health Division
 Hawaii Center for Independent Living – Kauai
 Kauai Community School for Adults

Kauai Food Bank, Inc.
Nana's House
North Shore Caregivers Support Group

Dept. of Human Services – Adult & Community Care
Services

Elder Abuse and Neglect

Dept. of Health – Adult Mental Health Division
Friendship House
Workforce Development Division/Workwise Kauai

Employment Assistance

Bayada Home Health Care

Escort

Bayada Home Health Care

Physical Exercise/Fitness



County Agency on Elderly Affairs
Alu Like, Inc.
Alzheimer's Association – Kauai
American Cancer Society
Dept. of Health – Adult Mental Health Division
Kauai County Parks and Recreation Department
North Shore Caregivers Support Group

Health Education/Promotion

Bayada Home Health Care
Ho'ola Lahui Hawaii

Health Screening

Kauai County Housing Agency
American Cancer Society
Catholic Charities
Dept. of Health – Adult Mental Health Division
Hawaii Center for Independent Living – Kauai

Housing Assistance

Kauai Economic Opportunity, Inc – Persons-In-Need

Kupuna participating in an EnhanceFitness (EF) Program. Science found that with EF, medical costs were reduced by 20%. Return on investment \$1:2. (*Saving money through exercise: estimating the investment ratio of an elderly exercise program on Kauai, Hawaii Medical Journal*, 2011:116-120).

Kauai Economic Opportunity, Inc – Transitional Housing	
Hawaii Center for Independent Living - Kauai	Literacy/Language
Kauai Economic Opportunity, Inc. Alu Like, Inc.	Home Delivered Meals
Kauai Economic Opportunity, Inc. The Salvation Army – Lihue	Meals - Congregate
Kauai Economic Opportunity, Inc. Department of Veterans Affairs Ho'ola Lahui Hawai'i Kauai Hospice	Nutrition Counseling
Kauai Economic Opportunity, Inc. American Cancer Society Dept. of Veterans Affairs Ho'ola Lahui Hawaii Kauai Food Bank, Inc. Kauai Hospice Nana's House	Nutrition Education
Kauai County Parks and Recreation Department	Multi-Purpose Senior Center
AARP American Cancer Society Bayada Home Health Care Church of the Pacific, United Church of Christ Dept. of Veterans Affairs Hawaii Center for Independent Living – Kauai	Public Education

Kauai Community School for Adults
 Kauai County Parks and Recreation Department
 Ho'ola Lahui Hawai'i
 North Shore Caregivers Support Group

Alu Like, Inc.
 Kauai County Parks and Recreation Department
 Kauai Community School for Adults
 The Salvation Army – Lihue

Recreation/Leisure

Retired and Senior Volunteer Program
 AARP
 American Cancer Society
 American Red Cross
 Church of the Pacific, United Church of Christ
 Dept. of Human Services – Foster Grandparent Program
 Friends of Kamalani and Lydgate Park
 Judiciary/Family Court
 Kauai Economic Opportunity, Inc.
 Kauai Medical Reserve Corps
 Nana's House
 Samuel Mahelona Memorial Hospital
 The Salvation Army – Lihue

Volunteer Opportunities

Kauai Economic Opportunity, Inc. – Persons in Need

Assistive Devices

County Driver Licensing Division

Disability Communication
 Access Board

Kauai Hospice

Hospice Services

Child and Family Service

Kinship Care

Catholic Charities
American Cancer Society
Nana's House

Material Assistance

Workforce Development Division/Workwise Kauai

Senior Employment

Hale Kupuna Senior Apartments
Lihue Theater Senior Apartments

Senior Housing

American Cancer Society
Hawaii Center for Independent Living - Kauai

Support Groups

Catholic Charities
Alu Like, Inc.

Utility Assistance

Friendship House

Vocational Rehabilitation
Support Services

Legal Aid Society of Hawaii
Seniors' Law Program
Child & Family Service
Judiciary/Family Court

Legal Assistance

Legal Assistance –
Guardianship

Caregiver Support Services

Alzheimer's Association – Kauai
 Ho'ola Lahui Hawaii
 Kauai Hospice
 Kauai Counseling and EAP Services, LLP
 Nana's House
 North Shore Caregivers Support Group
 Seniors' Law Program
 Ohana Pacific Management dba Kauai Adult Day Health Center

Counseling

Alzheimer's Association – Kauai
 Kauai Hospice
 North Shore Caregivers Support Group

Support Groups

Alzheimer's Association – Kauai
 Bayada Home Health Care
 Seniors' Law Program
 Kauai Hospice

Training

Bayada Home Health Care

Respite

Bayada Home Health Care

Supplemental Services

Alzheimer's Association – Kauai
 American Cancer Society
 Bayada Home Health Care
 Dept. of Health – Adult Mental Health Division
 Hawaii Center for Independent Living – Kauai
 Ho'ola Lahui Hawai'i
 Legal Aid Society of Hawaii

Information Services



Nana's House
 Senior's Law Program
 Workforce Development Division/Workwise Kauai
 Dept. of Human Services – Adult & Community Care
 Services

Bayada Home Health Care
 Dept. of Human Services – Adult & Community Care
 Services

Nana's House

Kauai Community School for Adults

Church of the Pacific, United Church of Christ

Judiciary/Family Court
 Senior Law Program

Gammie Home Care, Inc.

Ho`ola Lahui Hawai`i
 Bayada Home Health Care

Access Assistance

Education and Material
 Assistance

Education

Food Assistance

Legal Assistance
 (Guardianship)

Home Medical Equipment

Behavioral Health Services

Services for Grandparent Raising Grandchildren 18 and Younger



Child & Family Service
Queen Lili'uokalani Children's Center
Seniors' Law Program
Nana's House

Counseling

Child & Family Services
Queen Lili'uokalani Children's Center

Support Groups

Child & Family Service
Bayada Home Health Care
Dept. of Health – Community Services for the Developmentally Disabled
Queen Lili'uokalani Children's Center

Respite Care

Bayada Home Health Care
Child & Family Service
Queen Lili'uokalanai Children's Center
Seniors' Law Program
Workforce Development Division/Workwise Kauai

Information Services

Bayada Home Health Care

Access Assistance

Kauai Community School of Adults

Education

Nana's House

Enrichment

Church of the Pacific, United Church of Christ

Food Assistance

Legal Aid Society of Hawaii

Legal Assistance

Seniors' Law Program

Queen Lili'uokalani Children's Center

Limited Financial
Assistance

Department of Human Services – Adult & Community Care
Services

Other Referral
Assistance

Caregiver Support for Families of In-Hospital Patients

Garden Isle Healthcare

Other Inpatient
Nursing and Therapy

Food

Kauai Independent Food Bank, Inc.
Hawaii Food Bank

Salvation Army – Hanapepe Corps
Salvation Army – Lihue Corps
Kauai Economic Opportunity, Inc.
Eleele Baptist Church
Organization of Kalalau Karetakers
Calvary Chapel Kauai/U-Turn for Christ
Hui O Na Makuahine Ho`okahi O Kauai
Puuwai Canoe Club
West Kauai United Methodist Church
Kauai Christian Fellowship
St. Raphael's Church
Hale Ho`omalua (Kapaa)
Kauai Christian Fellowship (Koloa)

Emergency Food

Central:

Aloha Church
Kauai Economic Opportunity, Inc.
King's Chapel
Koloa Union Church
Lihue Court Town Homes
Salvation Army
St. Michael's All Angels Church

North:

Church of the Pacific

East:

Hale Ho`omalu
Kapaa Missionary Church
Kapaa Seventh Day Adventist

West:

Salvation Army
Kalaheo Missionary Church
Kauai Bible Church
Nana's House
Waimea United Church of Christ
Westside Christian Center
Eleele Baptist Church

Kilauea Neighborhood Center
Lihue Neighborhood Center
Koloa Neighborhood Center
Kaumakani Neighborhood Center
Waimea Neighborhood Center
Kekaha Neighborhood Center
Kauai Economic Opportunity, Inc.
Alu Like Inc. (Waimea Plantation Cottage and Anahola Club House)

Food Pantries



Congregate

Department of Human Services – Benefit/Empl/Supp
Department of Human Services – Benefit/Empl/Supp
Child and Family Service Community Centers

Public Assistance

Housing and Shelter



Hawaiian Community Assets	Housing, education
Kauai Habitat for Humanity	Build/repair houses
Kauai Economic Opportunity, Inc.	Homeless shelter, transitional and emergency housing
Catholic Charities	Assistance Program
Housing and Community Development corporation of Hawaii	Public Housing
Hawaii Center for Independent Living	Independent Living
County of Kauai Housing Agency	Rental assistance and home ownership program
Hawaii Public Housing Authority	Low and moderate income rental housing
Women in Need	Supportive and educational services
Steadfast Housing	Housing and employment
Hale `Opio Kauai, Inc	Serves 0–21years old
YWCA Kauai Family Violence Shelter	Emergency shelter

Community**Business**

Kapaa Business Association
Kauai Chamber of Commerce
Kauai Health and Wellness Association
Kauai North Shore Business Council (KNSBC)
Kauai Visitors Bureau
Lihue Business Association
Poipu Beach Resort Association (PBRA)
We the People Kauai
West Kauai Business & Professional Association

Charitable

Hawaii Community Foundation
Kamehameha Schools, Kauai Regional Resource Center
Kauai United Way

Churches



All Saints Episcopal Church, Kapaa
Aloha Church-Assembly of God, Lihue
Amazing Grace Church
Anahola Baptist Church
Apostolic Faith Church, The
Bahai Faith
Breath of Life Christian Ministries
Calvary Chapel Kauai
Calvary Chapel North Shore
Calvary Chapel South Shore
Central Kauai Christian Church, Lihue
Christ Memorial Episcopal Church
Christian Science Society
Church of Christ
Church of God-Maranatha Fellowship
Church of Jesus Christ of Latter Day Saints
Hanalei Branch Chapel
Kalaheo Ward Chapel
Kapaa Ward I Chapel
Kapaa Ward II Chapel
Kekaha Ward Chapel
Lihue Ward Chapel
Church of the Nazarene, Hanapepe
Church of the Pacific-A United Church of Christ at
Princeville
Episcopal Church on West Kauai
Garden Island Missionary Baptist Church

God Can Christian Center, Kapaa
Hanapepe Hawaiian Congregational Church
Hanapepe United Church of Christ
Holy Cross Church
Immaculate Conception Church
Island Worship Center, Anahola
Jehovah's Witness Kapaa Hawaii Anahola Congregation
Jehovah's Witness Kilauea Congregation
Jesus Saves Mission
Kalaheo Missionary Church
Koloa Missionary Church
Kapaa Assembly of God Church
Kapaa Baptist Temple, Lihue
Kapaa First Hawaiian Church
Kapaa Missionary Church
Kapaa Seventh-day Adventist Church
Lawai Valley Seventh-Day Adventist Church
Kapaa United Church of Christ
Kauai Bible Church
Kauai Reformation Church
Kauai Christian Fellowship, Poipu
Ke Akua Mana Church
King's Chapel Eleele
King's Chapel Lihue
Koloa Church
Koloa Huiia Protestant Church
Koloa Union Church

Lighthouse Christian
Lihue Baptist Church
Lihue Christian Church
Lihue First Church
Lihue Hongwanji Mission
Lihue Lutheran Church
Lihue Missionary Church
Lihue United Church
New Hope Christian Fellowship Kauai
New Hope Kilauea Church
New Hope Lihue
Ohana Christian Fellowship
Resurrection and Life Ministries Kauai
Sacred Hearts Church at Eleele
St. Catherine Church, Kapaa
St. Michael & All Angels Episcopal Church
St. Raphael's Church
St. Theresa's Parish
St. Sylvester, Kilauea
St. William, Hanalei
Salvation Army
Seicho No Ie Kauai
Southshore Baptist Mission
Tensho Kotai Jingu Kyo
Toho No Hikari
Waimea Baptist Church

Waimea United Church of Christ
Waioli Huiia Church
West Kauai United Methodist Church
Westside Christian Center

Civic and Community Service

East Kauai Lions Club
Kapaa Lions Club
Koloa Lions club
North Shore Lions Club
West Kauai Lions Club
Kiwanis Club of Kauai
Koloa Lions Club
Leadership Kauai
Rotary Clubs of Kauai
Wailua-Kapaa Neighborhood Association (W-KNA)
Zonta Club of Hanalei

Communication

Kauai Community Radio – KKCR (Kekahu Foundation)
H Hawaii Media
KFMN FM 97 Radio
KONG FM 93.5
KUI AM 720
Pacific Wireless Communications LLC
Verizon Wireless
AT&T Wwireless
Hawaiian Telcom

Cultural Organizations

*Preserving our cultural heritage ...
appreciating our ancestors' cultural practices ...
sharing our customs and practices ...
appreciating our diversity.*

Children of the Land (Na Keiki O Ka Aina)
E Ola Mau Na Leo O Kekaha (Forever-Live on the Voices of Kekaha)
Friends of the Festival of Lights
Garden Island Arts Council
Hawaii Ocean Film Festival
Historic Waimea Theater & Cultural Arts Center
Kapaia Foundation
Kauai Academy of Creative Arts
Kauai Community Radio - KKCR
Kauai Music Festival
Kauai UnderGround Artists aka KUGA
Live Music Kauai
Malama Kauai
Pualani Foundation
Storybook Theatre of Hawaii
Women in Theatre
Kauai Music Festival

Filipino Associations

Kauai Filipino Chamber of Commerce
Kauai United Filipino Community Council
Filipino Club, Kauai Community College
Filipino Club, Waimea High School
Visayan Women's Club

Hawaiian Associations

Hawaiian Club, Kauai Community College

Hawaiian Club, Kapaa High School

Hawaiian Club, Waimea High School

Hookipa Network of Hawaiian CBO's on Kauai

Ka`Imi Na`auao o Hawai`i Nei

Kauai Heritage Center of Hawaiian Culture and the Arts

Hula Halaus



Halau Hula O Leilani

Halau Mohala O Ka Pua Hau Hele

Kahiko Ha Lapa I Hula Alapai

Na Hui O Kamakaokalani

Haawi Hemolele O Keakawaiola

Halau Hula O Nani

Halau Ka Waikahe Lani Malie

Halau Hula Na Lei Kupua O Kauai

Halau Hula O Kauiakamakakeahiopuna and Halau Hula

Makanahale O Kapiioho

Halau Ka Lei Mokihana O Leinaala

Halau Kaulupuaonalani

Halau Palaihiwa O Kaipuwai

Healani's Hula Halau

Na Hula O Kaohikukapulani

Ohana O Hanalei

International Association

Japanese Associations

Bon Dances



International Students Club, Kauai Community College

Japanese Club, Kauai High School

Japanese Club, Kapaa High School

Japanese Club, Kauai Community College

Japanese Club, Waimea High School

Kauai Japanese Cultural Society

Lihue Kendo Club

Rotary Club – High School Exchange Program

Kapaa Jodo Mission

West Kauai Soto Zenshiji Temple

Koloa Jodo Mission

Lihue Hongwanji Mission

Waimea Shingon Mission

West Kauai Hanapepe Hongwanji

KVMH Auxiliary – West Kauai Medical Center

SMMH Auxiliary – Samuel Mahelona Memorial Hospital

Waimea Hongwanji

Kapaa Hongwanji

Waimea Higashi Hongwanji

Spanish Associations

Spanish Club, Kapaa High School

Spanish Club, Waimea High School

Environment



Apollo Kauai
Garden Island Resource Conservation and Development, Inc.
Hanalei Watershed Hui
Hawaiian Islands Land Trust – Kauai Office
Hawaiian Monk Seal Conservation Hui
Kauai Outdoor Circle
Kauai Path
Kauai Westside Watershed Council
Kilauea Point Natural History Association
Kokee Resource Conservation Program (KRCP)
Malama Kauai
Malama Mahaulepu
Na Pali Coast Ohana (NPCO)
Regenerations International Botanical Garden (RIBG)
Restore Kauai
Save Our Seas (SOS)
Sierra Club Kauai Group of the Hawaii Chapter
Zero Waste Kauai

Neighborhood



Community Gardens Project
Friends of Kamalani and Lydgate Park
Garden Island Resource Conservation and Development, Inc.
Get Fit Kauai; Nutrition and Physical Activity Coalition for
the County of Kauai
Hale Halawai Ohana O Hanalei
Hanamaulu Neighborhood Association
Kauai Farmers Coop
Kekaha Community Garden
Sustainable Food Solutions, Kauai (SFSK)

Other Communities

American Cancer Society – Kauai Field Office
American Red Cross
Arthritis Foundation
Civilian Emergency Response Team
Hawaii SEED
Kauai Farmers Coop
Kauai Humane Society
Kauai Medical Reserve Corps
Kauai Planning & Action Alliance (KPAA)
National Tropical Botanical Garden

Recreation

Hanalei Canoe Club
Kauai Athletic Club
Kauai Bodyboarding Association
Kauai Ocean Recreation
Kauai Sailing Association
Kawaikini Canoe Club
Kilohana Canoe Club
Nawiliwili Yacht Club
Philippine Islands Hawaii Islands Cycling Club
Puuwai Outrigger Canoe Club



*“... you are not obligated to complete the work,
but, neither are you free to abandon it.”*
The Talmud

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County of Kauai Fire Department. <http://www.kauai.gov/Government/Departments/FireDepartment/Tabid/107/Default.aspx>

County of Kauai Office of Economic Development. <http://www.kauai.gov/Government/Departments/EconomicDevelopment/tabid/59/Default.aspx>

County of Kauai Housing. <http://www.kauai.gov/Government/Departments/CommunityAssistance/HousingAgency/tabid/87/Default.aspx>

County of Kauai Parks and Recreation. Park Facilities. <http://www.kauai.gov/Government/Departments/ParksRecreation/ParkFacilities/tabid/105/Default.aspx>

County of Kauai Planning Department. The Kauai General Plan. <http://www.kauai.gov/Government/Departments/PlanningDepartment/TheKauaiGeneralPlan/tabid/130/Default.aspx>

County of Kauai Transportation Agency. <http://www.kauai.gov/Government/Departments/CommunityAssistance/TransportationAgency/tabid/58/Default.aspx>

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Kauai Planning and Action Alliance. Keiki to Career Kauai. <http://www.kauainetwork.org/programs/keiki-to-career-kauai/>

University of Kansas Community Tool Box. <http://ctb.ku.edu/>