Hula Empowering Lifestyle Adaptations

- Measure O2 consumption/METs with hula
- Measure pulse and BP response to hula
- Kumu hula interviews
Hula Empowering Lifestyle Adaptations

“Major” Cardiac Event
- Cardiac Surgery, MI, HF

Usual Care
- Baseline
  - O2 consumption, 6MT
  - SF-12, DASI, Self-Efficacy
- 6 week
  - SF-12, DASI, Self-Efficacy
- 12 week
  - O2 consumption, 6MT
  - SF-12, DASI, Self-Efficacy

Hula x 12 wks

n=29
Lost to follow-up (n=3)
n=31
Lost to follow-up (n=2)
n=26
n=29
## Demographics

<table>
<thead>
<tr>
<th></th>
<th>Hula (n=29)</th>
<th>Control (n=26)</th>
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</thead>
<tbody>
<tr>
<td><strong>Age, y</strong></td>
<td>63.6 ± 10.5</td>
<td>59.1 ± 13.3</td>
</tr>
<tr>
<td><strong>Female</strong></td>
<td>62%</td>
<td>54%</td>
</tr>
<tr>
<td><strong>Native Hawaiian or Pacific Islander</strong></td>
<td>31%</td>
<td>27%</td>
</tr>
<tr>
<td><strong>BMI</strong></td>
<td>28.0 ± 5.2</td>
<td>29.1 ± 8.2</td>
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Hula Empowering Lifestyle Adaptations

Measure pulse and BP response to hula

Measure O2 consumption/METs with hula

Measure pulse and BP response to hula

Kumu hula interviews

Ola Hou i ka Hula

The Kaholo Project