Community Organizations
- Hawai‘i Maoli Association of Hawaiian Civic Clubs
- Kalihi-Palama Health Center
- Ke Ola Mamo
- Kōkua Kalihi Valley Comprehensive Family Services
- Kula No Nā Po‘e Hawai‘i - Papakōlea

Academic Researchers
- Center for Native and Pacific Health Disparities Research
- Dept. of Native Hawaiian Health
- John A. Burns School of Medicine
- University of Hawai‘i at Mānoa

Observing Traditional Hawaiian Values

PILI ‘Ohana abides by the following Traditional Hawaiian Values:

- **Aloha** mutual respect and compassion for others
- **Mālama** reciprocal caring for the physical, spiritual, and emotional aspects of others
- **Na‘auoa** seeking knowledge and wisdom for the betterment of humankind
- **Pono** maintaining working harmony between partners and the communities we serve
- **Nalu** flexibility to adapt to unexpected events and circumstances
- **Kokua** lending our expertise to each other to meet the program’s goals

PILI ‘Ohana
Dept. of Native Hawaiian Health
651 Iiolo Street
MEB, 3rd Floor
Honolulu HI 96813

Phone: [808] 692-1042
Fax: [808] 692-1255
Email: pili-ohana@hawaii.edu
Web: http://www2.jabsom.hawaii.edu/pili

The Tui ‘Ohana completed the PILI ‘Ohana program, lost weight and won the Fit Family Challenge at Papakōlea.
PILI ‘Ohana is . . .
a partnership between five community-based organizations in the State of Hawai‘i and a team of academic researchers from the Department of Native Hawaiian Health at the University of Hawai‘i at Mānoa, John A. Burns School of Medicine.

PILI ‘Ohana means . . .
PILI is an acronym for Partnership for Improving Lifestyle Intervention. Pili is also a Hawaiian word which means: relative, close relationship, adhere to, to be with, to touch and join. ‘Ohana means family, relative, shared ancestry, kin group.

Therefore the words PILI and ‘Ohana exemplify the spirit of our collaboration which is to foster and strengthen relationships between and within the communities.

Our purpose is . . .
to combine community wisdom and expertise with scientific methods to research effective obesity prevention programs, in Native Hawaiian and Pacific Peoples.

CBPR: Community-Based Participatory Research
CBPR is a community-based participatory research partnership which has been defined as “a collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings.”

Community organizations are co-investigators with academic researchers and play an active role in the planning, decision-making, and carrying out of research activities.

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The PILI ‘Ohana ISC Intervention Steering Committee

Above from left:
- Henry Gomes, MS; Charles Rose, Marjorie Mau, MD; Adrienne Dillard, Kalim Sinclair, PhD; Sean Mosier, Margaret West, MPA; Sheryl Raneses Yoshimura, RD; Krawe’aimoku Kaholokula, PhD; JoHsi Wang, Hanalei Abbott, Ka’ohimana Lydia Dang, Andrea Siu, Anne Leake, PhD, APRN-Rx; Andrea Nacapoy, MA; Puni Kekauoha

Missing: Donna-Marie Palakiko, RN, MS; Claire Townsend, MPH; Keali‘i Lum, Alohanaani Jamias, Andrea Macabeo

Health Disparities:
Among Pacific-based populations such as Native Hawaiians, Samoans, Filipinos, and other Pacific Island Peoples, the prevalence of overweight and obesity is rising with an estimated 7-11% increase since 2003.

For Native Hawaiians and Filipinos the prevalence of overweight and obesity is 75.2% and 55%, respectively.

The prevalence of obesity alone among Samoans and Micronesians as a group has been estimated to be as high as 65.6% and 65.1%.

Overweight and obesity is determined by a Body Mass Index (BMI) higher than 25. BMI is a number which is calculated from a person’s weight and height, and is an indicator of how much body fat a person has.

Medical complications associated with overweight and obesity:
- diabetes
- heart disease
- and some forms of cancer

Learn more about PILI ‘Ohana at: http://www2.jabsom.hawaii.edu/pili
or call us at: (808)692-1042