

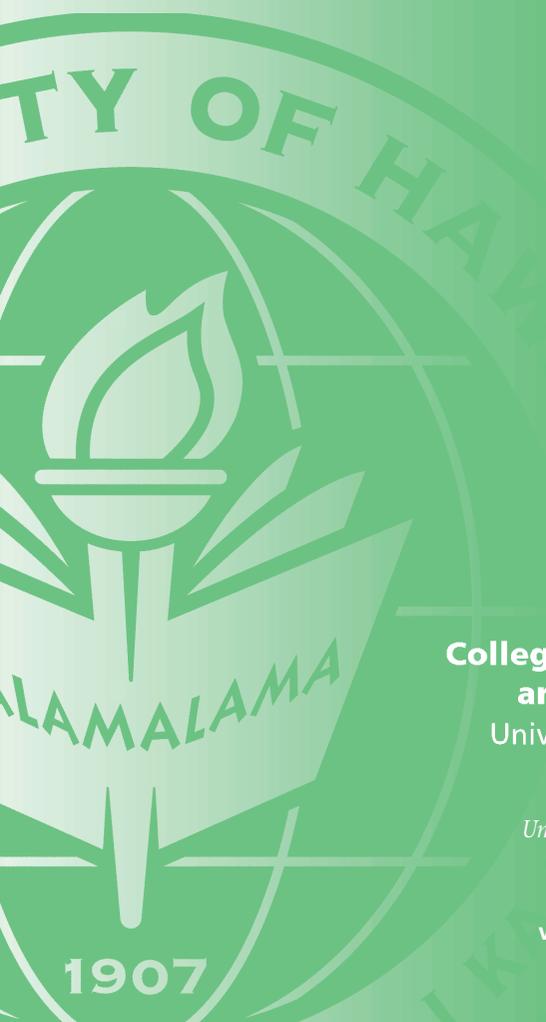
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IMPACT REPORT Q4

FOURTH QUARTER



People,
Place,
Promise



**College of Tropical Agriculture
and Human Resources**

University of Hawai'i at Mānoa

*The founding college of the
University of Hawai'i, established 1907*

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FOURTH QUARTER

Q4

College of Tropical Agriculture and Human Resources
People, Place, Promise



“Many of the traditions that make up our cultural mix place great importance on learning from and showing respect to senior members of the family.”

Teaching and Learning. Hawai‘i is a state that values its elders. Many of the traditions that make up our cultural mix place great importance on learning from and showing respect to senior members of the family, and our percentages of multi-generational households and citizens over 65 are higher than the national average.

Last quarter’s Impact Report focused on the many ways CTAHR works to nurture the youth of our state, and now we continue by looking at how the College likewise reaches out to our kūpuna. This quarter’s Impact Report shows how three departments both offer help to, and acknowledge, the wisdom and service of our elders.

Family and Consumer Sciences offers several extension programs aimed at family caregivers, both grandparents raising grandchildren and other family members caring for older relatives. The Center on the Family maintains a vital database on the demographics of aging and the elderly in the Islands, used alike by policymakers, professional advocates, and the public. And professors and nutritionists in the Human Nutrition, Food and Animal Sciences department help keep seniors’ bodies and minds strong and healthy with research-based tips on food and lifestyle choices.

All this makes sense when we consider how CTAHR has always been blessed with senior teachers and mentors, some of whom have been with the College for more than half a century and who continue to make important contributions today.

Aloha,

A handwritten signature in gold ink that reads "Maria Gallo". The signature is fluid and cursive.

Maria Gallo
Dean and Director of CTAHR

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Kūpuna and Keiki Care

Extension agents are CTAHR’s “slippahs on the ground” in terms of bringing the research done in the College to the community. In the Department of Family and Consumer Sciences, three important extension initiatives are working to help Hawai‘i’s seniors and those who love them.

It’s a laudable and loving thing to do, but no one said beginning a second stint of childrearing at an advanced age was easy. In almost 3 percent of Hawai‘i households, grandparents are responsible for their grandchildren—nearly twice the national average. And for close to 10 years, the Maui-based Hi‘i Na Kupuna Coalition has been helping to make the lives of grandparents and other elder family members caring for their young relatives a little easier. This group, headed by Heather Greenwood and comprised of the grandparents themselves, and the professionals who work with them, focuses on learning about the caregivers’ needs and developing resources to support them. The coalition distributes a quarterly newsletter and hosts meetings and workshops on topics of interest to their members, including resiliency and lokahi.

‘Ohana Caregivers, headed by Lori Yancura, brings together family caregivers statewide on both ends of the lifespan—

grandparents raising grandchildren and families caring for aging loved ones. Their website offers brochures and Extension publications focusing on understanding keiki behavior, dealing with addiction in the ‘ohana, caring for the caregiver, health care fraud, and much more. It also houses information from the integrated Research-Extension Hatch Project “Building Support for Family Caregivers in the Workplace.” This offers informational and skills-building workshops for these caregivers, including Stress Management for Caregivers, Resources in the Aging Network, and Understanding the Family Medical Leave Act.

Powerful Tools for Caregivers is a national educational program brought to Maui in 2009. Certified instructors teach 6-week courses that focus on providing family caregivers with the tools required to thrive, not just survive, during the caregiving experience. Topics include using stress-management strategies, practicing self-care to maintain health, using effective communication strategies, conducting family meetings, accessing community resources, and more. Professionals and volunteers from Maui, Moloka‘i, the Big Island, and O‘ahu have become certified class leaders, reaching over 250 family caregivers through the 6-week programs. Family caregiving is a growing concern—and CTAHR’s support is growing with it.



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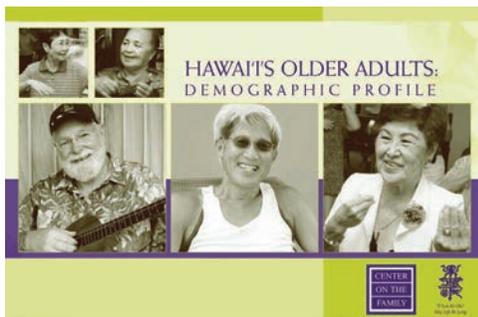
The Power of Information

Did you know that Hawai'i not only has a significantly higher percentage of elderly than the national average but also that percentage is growing? By the year 2020, according to a report by the Center on the Family (COF), a quarter of the people in Hawai'i will be 60 years or older. "Needless to say," the authors comment, "this will have significant impacts on all aspects of society, including the economic structure, use of health and social services, and interpersonal and family relationships."

To empower individuals, families, and communities to meet the challenges of the Silver Wave, COF developed the online Data Center on Hawai'i Aging. Their database, a collaboration between COF and the State Department of Health's Executive Office on Aging, offers policymakers, agencies, advocates, and the general public the most comprehensive available collection of data and publications pertaining to Hawai'i's rapidly greying population. The associated publication database brings together full texts or abstracts of journal articles, dissertations, governmental and agency reports, and legislative acts relating to Hawai'i's seniors.

Nor is the Data Center, for all its importance, the only contribution COF makes to the issue of aging in Hawai'i. Associate Specialist Sarah Yuan was also recently appointed by the governor as a member of the Policy Advisory Board for Elder Affairs. Members of the Board are selected for "their ability to make contributions to the solution of problems relating to aging," a charge Dr. Yuan is well qualified to fulfill owing to her work on intergenerational relationships and the demography of aging. The honor is even greater in that she may be one of the youngest members of the board, a majority of which is required to be over 60 years old!

In her doctoral work, Dr. Yuan looked at the future long-term care needs of America's rapidly aging population, making a strong case that neither individuals nor existing systems were prepared to meet these increased demands. In part, she concluded, this was due to a lack of knowledge—of what services would be needed, how much these would cost, and what was already available. But luckily, her work, along with COF's Data Center, has been helping to address this knowledge gap ever since.



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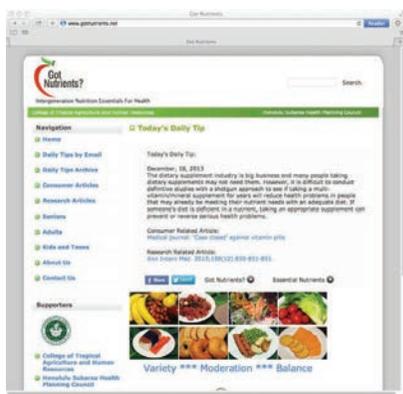
Tasty Tips for Active Aging

As a person ages, it becomes both more important and more difficult to meet essential nutrient needs. While there are several reasons that seniors find it challenging to eat as much or as healthfully as when they were younger, their protein, vitamin, and mineral needs don't decrease—in fact, some nutrient needs may even increase. Since it's common for some key sources of nutrients to be labeled as “bad” or “unhealthy,” Joannie Dobbs and Alan Titchenal, faculty in the Human Nutrition, Food and Animal Sciences department, created the concept of a “Got Nutrients?” website that explores the “Intergenerational Nutrition Essentials for Health” (www.gotnutrients.net), in collaboration with the Honolulu Subarea Health Planning Council.

Rather than continue to label foods as “good” and “bad,” these two certified nutrition specialists are working to bridge the nutrition knowledge gap with a website that provides a daily nutrition tip (also emailed to subscribers), with links to both consumer-oriented and research-based articles that provide more in-depth information. The “Got Nutrients?” website has almost five years of nutrition tips archived on the site and indexed by categories.

Now numbering over 1,830, the tips form a compendium of helpful information delivered straight to those who need it. Recent tips describe how a combination of lean protein and strength training can help older adults to retain muscle mass, a common problem in aging, and explain that eating two or more servings of oily fish per week can reduce the risk of stroke, a benefit interestingly not realized from taking fish oil supplements. It's simple information, easy to use, and backed by scientific studies.

Twice a year, the two also contribute to the “Young at Heart” column in the *Honolulu Star-Advertiser*, dealing with health and lifestyle issues for those over 55. The latest columns (www.nutritionatc.hawaii.edu/YoungHeart/youngheart.htm) have dealt with topics such as macular degeneration, how to purchase dietary supplements, and the need for caregivers also to take care of themselves, lest they experience burnout and health issues of their own. Because those of all ages can stay young at heart, and Dr. Titchenal and Dr. Dobbs help show how it's done.



The “Got Nutrients?” website offers nutrition and health information for seniors.



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