

# **Mauli Ola**

## **Connecting to Our Indigenous Cultural DNA for Health Promotion**

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# Ka Moana-nui-ākea

## Our Shared Universe



Source: Pacific migration – Waka – canoes – Te Ara Encyclopedia of New Zealand.  
<http://www.teara.govt.nz/en/map/5994/pacific-migration>

# **Mauli Ola**

## **A Tradition of Health**



- “The natives of these islands are in general above the middle size, and well made; they walk very gracefully, run nimbly, and are capable of bearing great fatigue...” (Captain James King)
- “They have very mild & agreeable Tempers and in their dispositions are truly good natured, social, friendly, and humane, possessing much liveliness and a constant flow of good Humour.” (David Samwell)

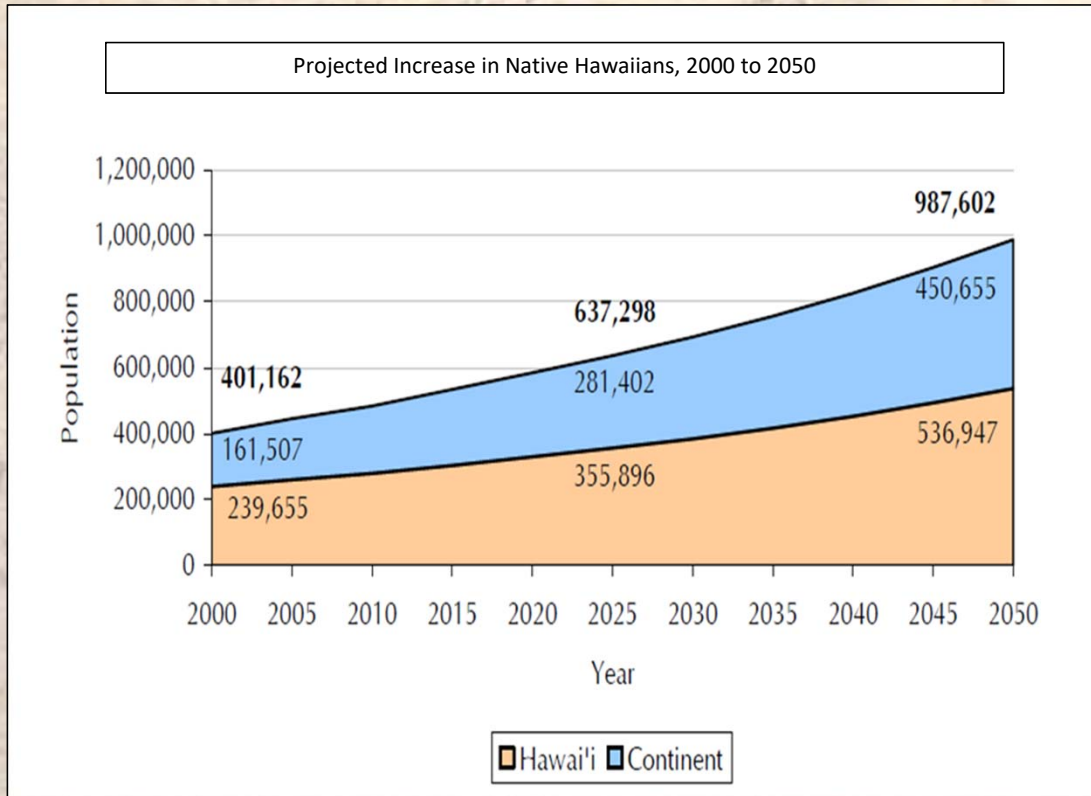
# Indigenous Cultural DNA

- DNA contains the instructions needed for an organism to develop, survive, and reproduce.
- Indigenous cultural knowledges contain the instructions needed for us to not only survive but to **thrive**.

*“Nānā i ke kumu”*  
(Look to the source)



# A People Rising

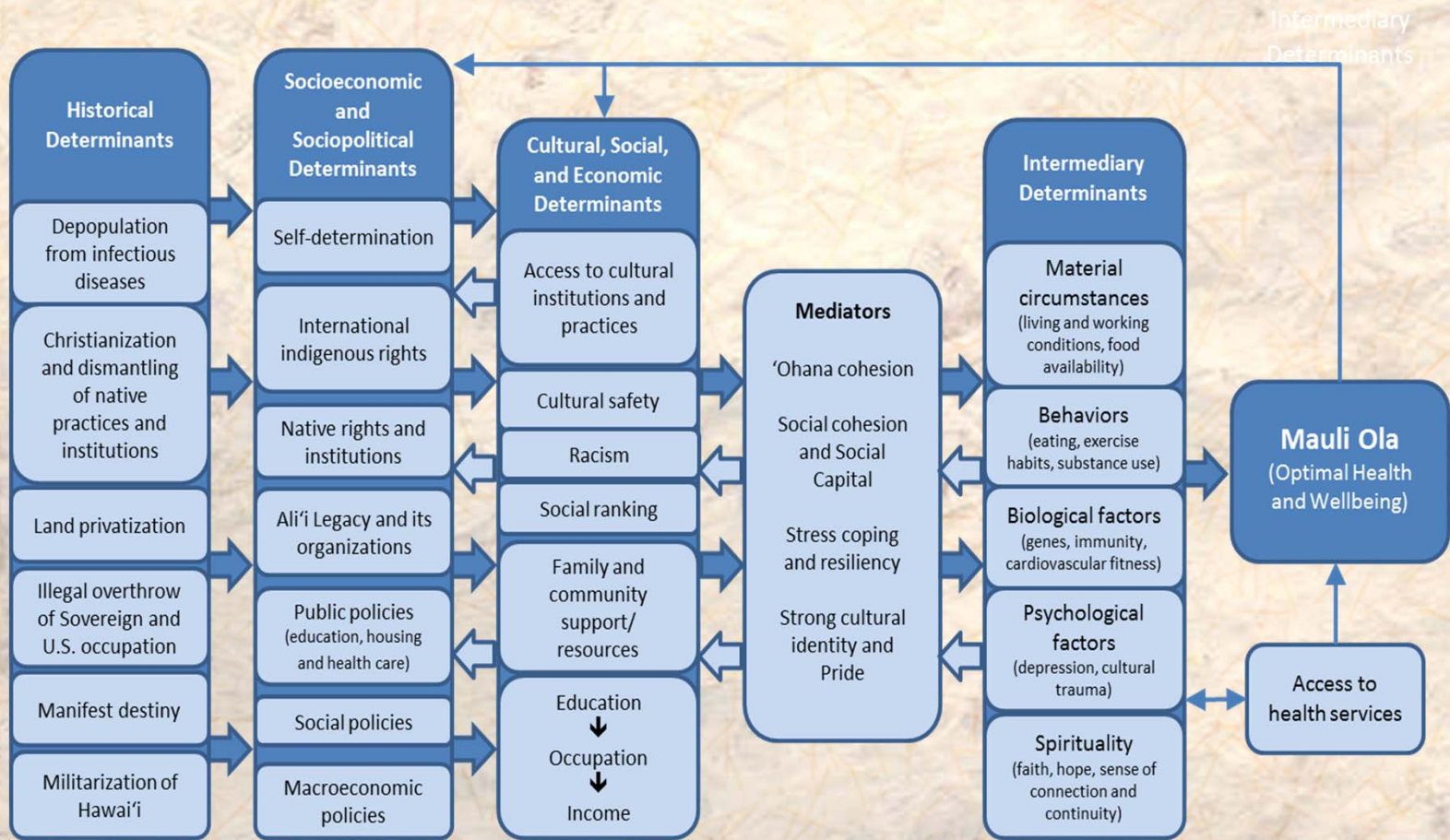


Source: [http://www.stats.govt.nz/browse\\_for\\_stats/people\\_and\\_communities/pacific\\_peoples.aspx](http://www.stats.govt.nz/browse_for_stats/people_and_communities/pacific_peoples.aspx)



*"He lei poina 'ole ke keiki"*  
(A lei never forgotten is a child)

# Determinants of Health



**Mohala i ka wai, ka maka o ka pua**

Flowers thrive where there is water, as thriving people are found where living conditions are good

# Indigenous Leadership

- *We were all chiefs but some of us forgot our genealogy* (Malo)
  - Lesson: It is in all of us to be leaders and our path is set in our genealogy.
  - *Ipu wai 'au'au* – genealogist were considered like a bathing water gourd for the ali'i (chief) to be cleansed.
  - Our history grounds us in the past while fixing a course for the future.
- Inherited versus acquired *Mana*
  - What is the Mana you pass on to future generations?



David Malo (1793–1853)

# Nā Kahua Hana

## Principles of Leadership\*

- **Ho‘opili** (engagement)
  - Nurturing relationships for engagement.
- **Ho‘omālamalama** (enlightenment)
  - Solution focused → *mai ka pō a ke ao.*
- **Ho‘omana** (empowerment)
  - Empowered leaders, empowering people.
- **Ho‘okāhuli** (affect change)
  - Systemic change or re-contextualizing ancient wisdom.

\*Adapted from Professor Sir Mason Durie, renowned Māori scholar.

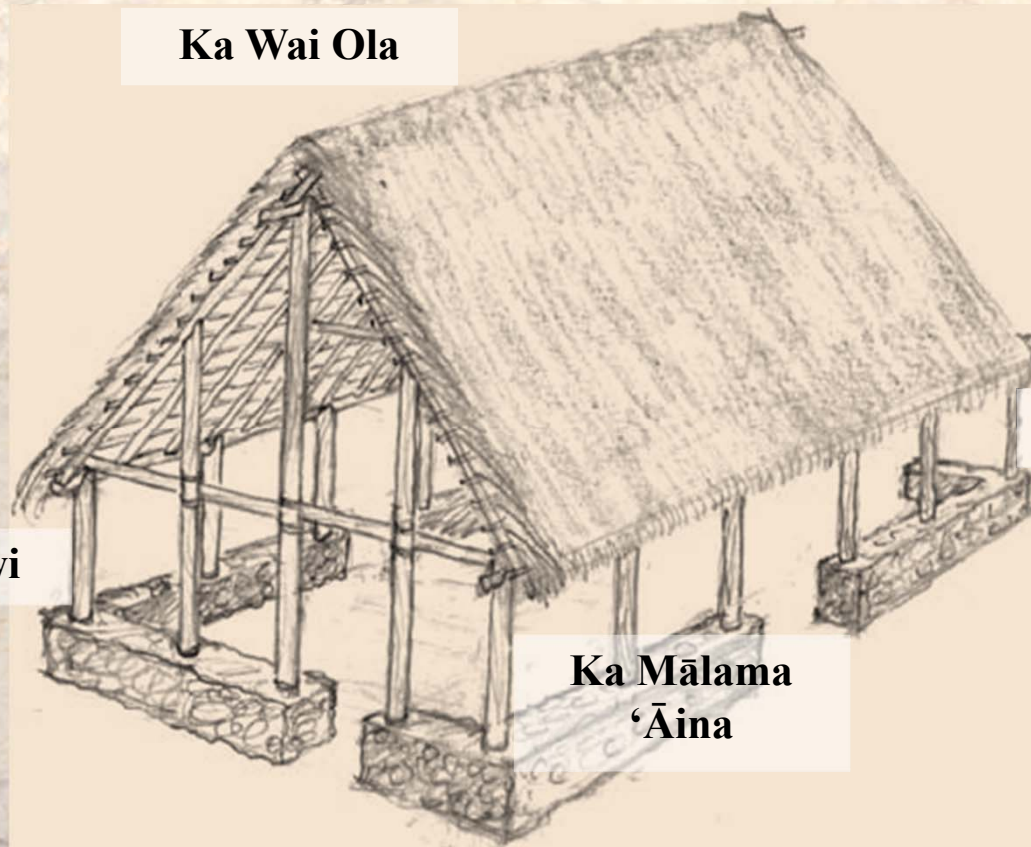


# Indigenous Aspirations

- **Mālama ‘Āina:** Protection and good stewardship of our sacred spaces and natural resources.
- **Mo‘omeheu:** A strong indigenous identity and connection.
- **Ho‘omana:** Spiritual well-being as the focal point for physical, emotional, and social well-being.
- **Ho‘opili:** Interdependency to facilitate positive socio-cultural and socio-economic development by ensuring strong families and communities.
- **Ho‘okahua:** Healthy and vibrant communities with access to healthy lifestyles and cultural institutions.
- **Ho‘opi‘i Alaka‘i:** Indigenous leadership and participation across all sectors of society.

# Nā Pou Kihi

## Pillars of Indigenous Health



**Ka Wai Ola**

**Ka 'Ai Pono**

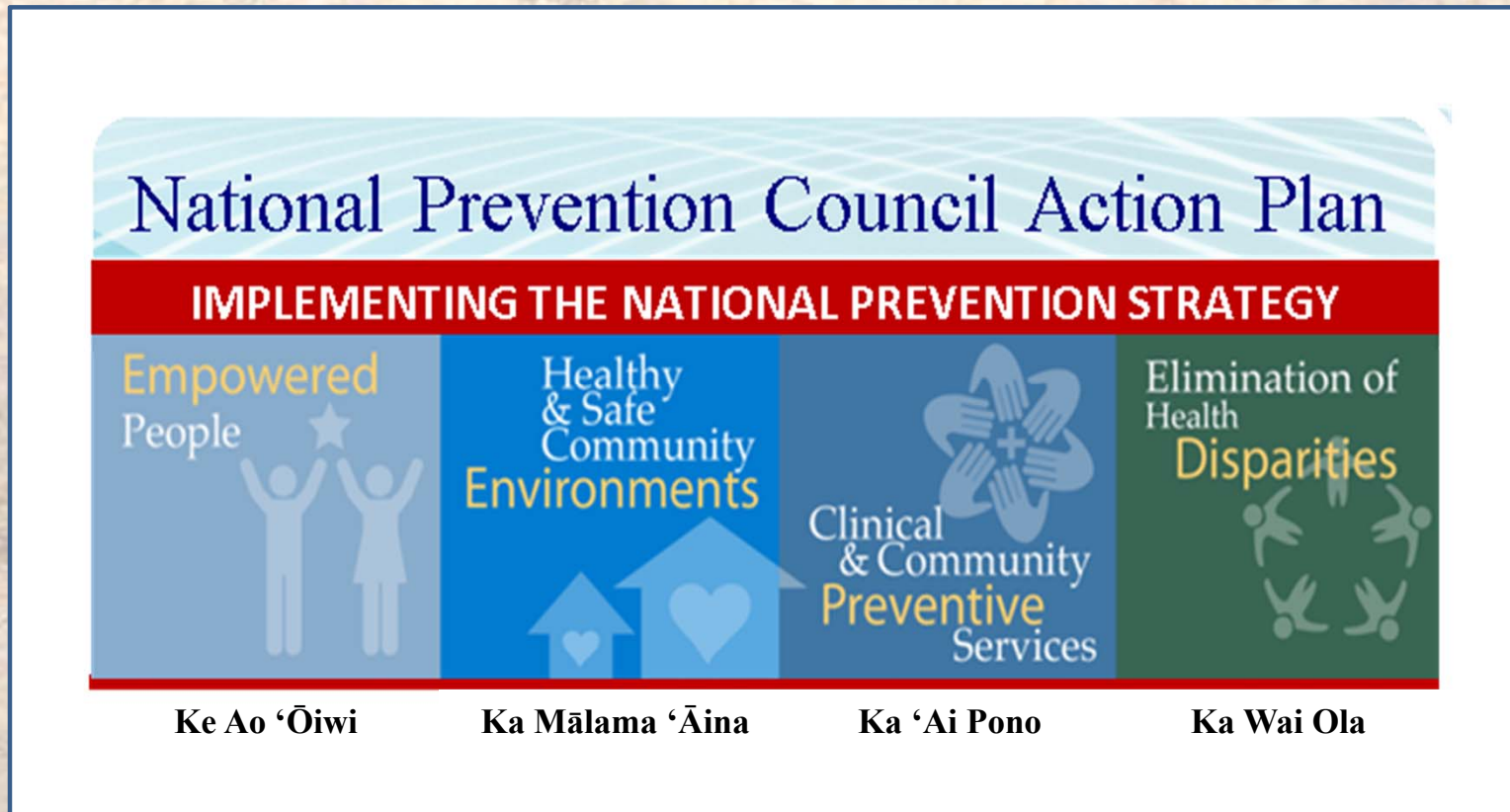
**Ke Ao 'Ōiwi**

**Ka Mālama  
'Āina**

<b>Nā Poukihi (the corner posts)</b>	<b>Principles/Strategies</b>	<b>Examples of Goals</b>
<b>Ke Ao ‘Ōiwi (Achieving a culturally-nurturing space)</b>	Optimum health of Kānaka ‘Ōiwi is achievable when society values their social group and provides the sociocultural space for their modes of living and aspirations.	<ul style="list-style-type: none"> <li>• Positive cultural identity development</li> <li>• Hawaiian/English linguistic landscape</li> <li>• ‘Ōiwi-focused media</li> <li>• Strong ‘Ōiwi political influence</li> <li>• Cultural-based public education</li> </ul>
<b>Ka Mālama ‘Āina (Creating healthier communities/environments)</b>	Optimum health of Kānaka ‘Ōiwi is achievable in safe and well-resourced communities as to provide opportunities for healthy living.	<ul style="list-style-type: none"> <li>• Economic self-sufficiency</li> <li>• Food sovereignty and security</li> <li>• Strong civic participation</li> <li>• Access to walking/biking/hiking trails</li> <li>• Expanded/synergized role of trust founded organizations in community development</li> </ul>
<b>Ka ‘Ai Pono (Accessing healthier lifestyles)</b>	Optimum health of Kānaka ‘Ōiwi can only be achieved when healthy patterns of living are accessible, promoted, and practiced; contingent upon Ke Ao ‘Ōiwi and Ka Mālama ‘Āina.	<ul style="list-style-type: none"> <li>• Community health promotion programs</li> <li>• Access to technology to enhance lifestyle goals</li> <li>• Affordable/accessible Hawaiian foods</li> <li>• Tax benefits to promote healthy living</li> </ul>
<b>Ka Wai Ola (Achieving social justice)</b>	Optimum health of Kānaka ‘Ōiwi is achievable through social justice (equitable share of the benefits and burdens of society) and indigenous rights; cumulative effect of Ke Ao ‘Ōiwi, Ka Mālama ‘Āina, and Ka ‘Ai Pono.	<ul style="list-style-type: none"> <li>• ‘Ōiwi values/practices applied to legislative decision-making</li> <li>• Livable wages</li> <li>• Obesity prevalence &lt;15%; diabetes prevalence &lt;5%; average life expectancy 81 years of age</li> <li>• Kānaka ‘Ōiwi equitably represented in business, education, politics, and media</li> </ul>

# Nā Pou Kihi

## A U.S. National Prevention Focus



Source: Healthcare.gov

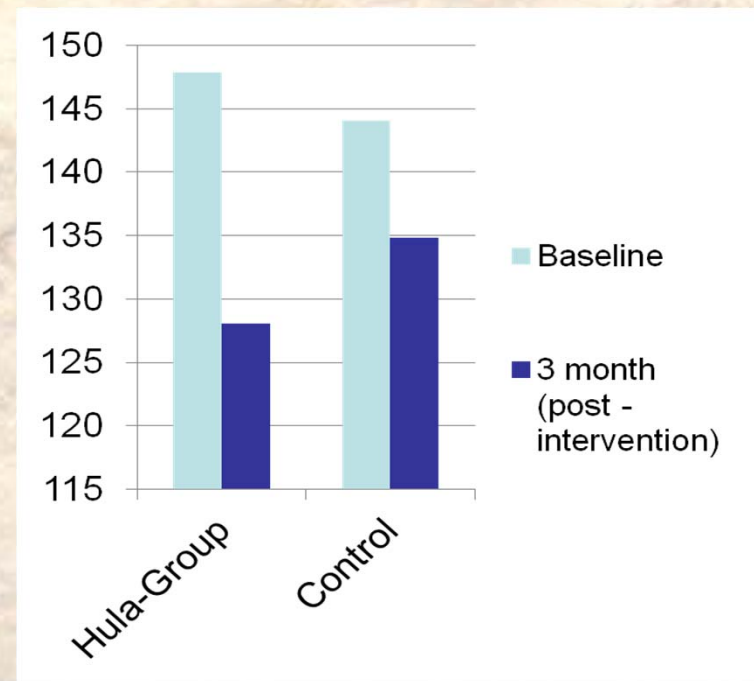
# Ola Hou I KA HULA



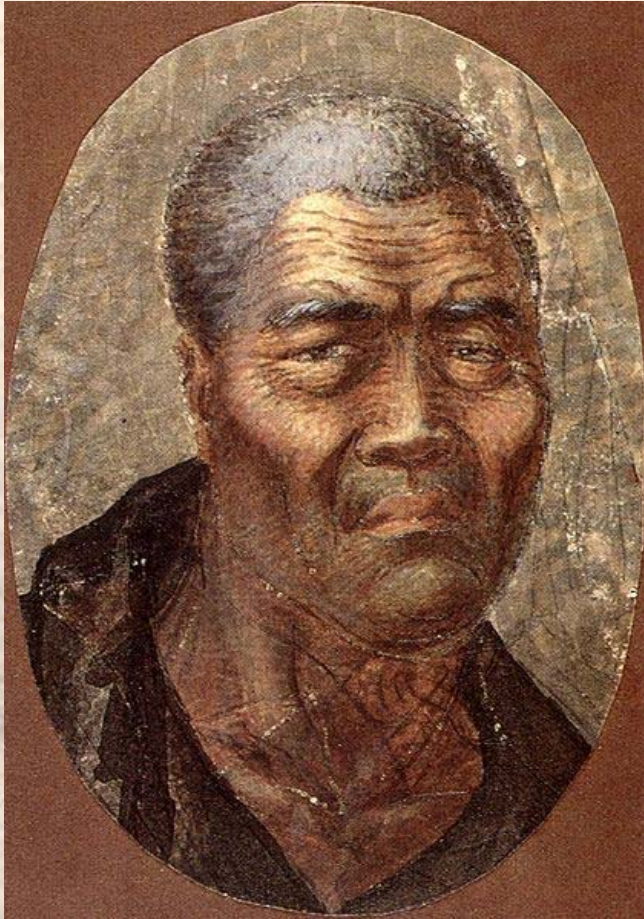


- Tested the efficacy of a hula-based intervention to address hypertension.
  - 12-week hula plus brief self-care education.
    - 27 intervention and 28 control
    - 55 yrs old, 78% female, 90% NHPI, 55% diabetic, 67% no hula experience
  - Statistically ( $p=.04$ ) greater reduction in systolic blood pressure for intervention group
    - Hula group -20 mmHg
    - Control -9 mmHg
  - Intervention led to significant improvements in social functioning and lower perceived racism.

Change in Systolic Blood Pressure



Kaholokula, J.K., Look, M., Mabellos, T., Zhang, G., de Silva, M., Yoshimura, S., Solatoris, C., Wills, T., Seto, T.B., & Sinclair, K.A. (2017). Cultural dance program improves hypertension management for Native Hawaiians and Pacific Islanders: A pilot randomized trial. *Journal of Racial and Ethnic Health Disparities*, 4(1), 35-46. [Epub 2015 December 22]



Kamehameha I (c. 1736 – 1819)

*I mua e nā poki‘i a  
inu i ka wai  
‘awa‘awa a loa‘a  
ka lei lanakila.  
‘A‘ohe hope e ho‘i  
mai ai.*

“Forward my younger siblings  
and drink of the bitter waters of  
battle for there is no turning back  
until we are victorious.”

– Kamehameha Nui

# **Mahalo Nui**

- **Whudjuk People, Noongar Nation**
- **All indigenous nations of Australia**
- **IAHA leadership**