

# *Pilinahā*: Creating an Indigenous Framework of Health

KOKUA KALIHI VALLEY COMPREHENSIVE HEALTH SERVICES

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# KOKUA KALIHI VALLEY

## Mission:

Together we work toward healing, reconciliation and the alleviation of suffering in Kalihi Valley, by serving communities, families and individuals through strong relationships that honor culture and foster health and harmony.

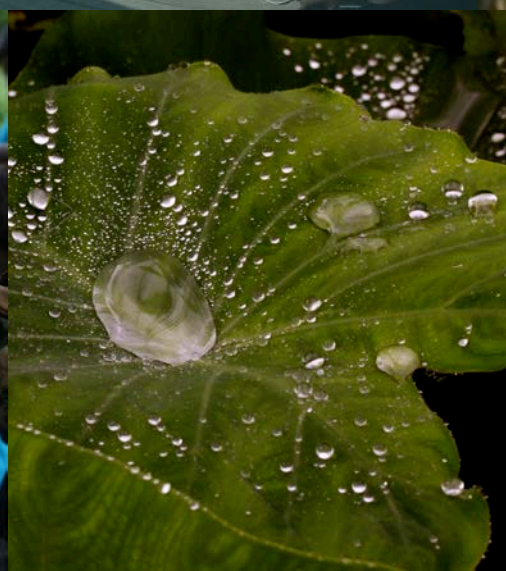


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‘Aipono  
a movement  
I ola no ke kino







# Grow

Community Gardens  
Community workdays  
Growing farmers training  
Supporting local farmers

# Share

Farmers Markets  
Mobile Market  
Cultural Food Hub  
"Farm"-acy  
Plant giveaways  
Produce giveaways  
Decolonizing Diets  
Food story sharing

# Prepare

Café & Catering  
Community food hub +  
business incubator  
Food demos  
Ehuola –  
family health program  
Cultural birthing classes







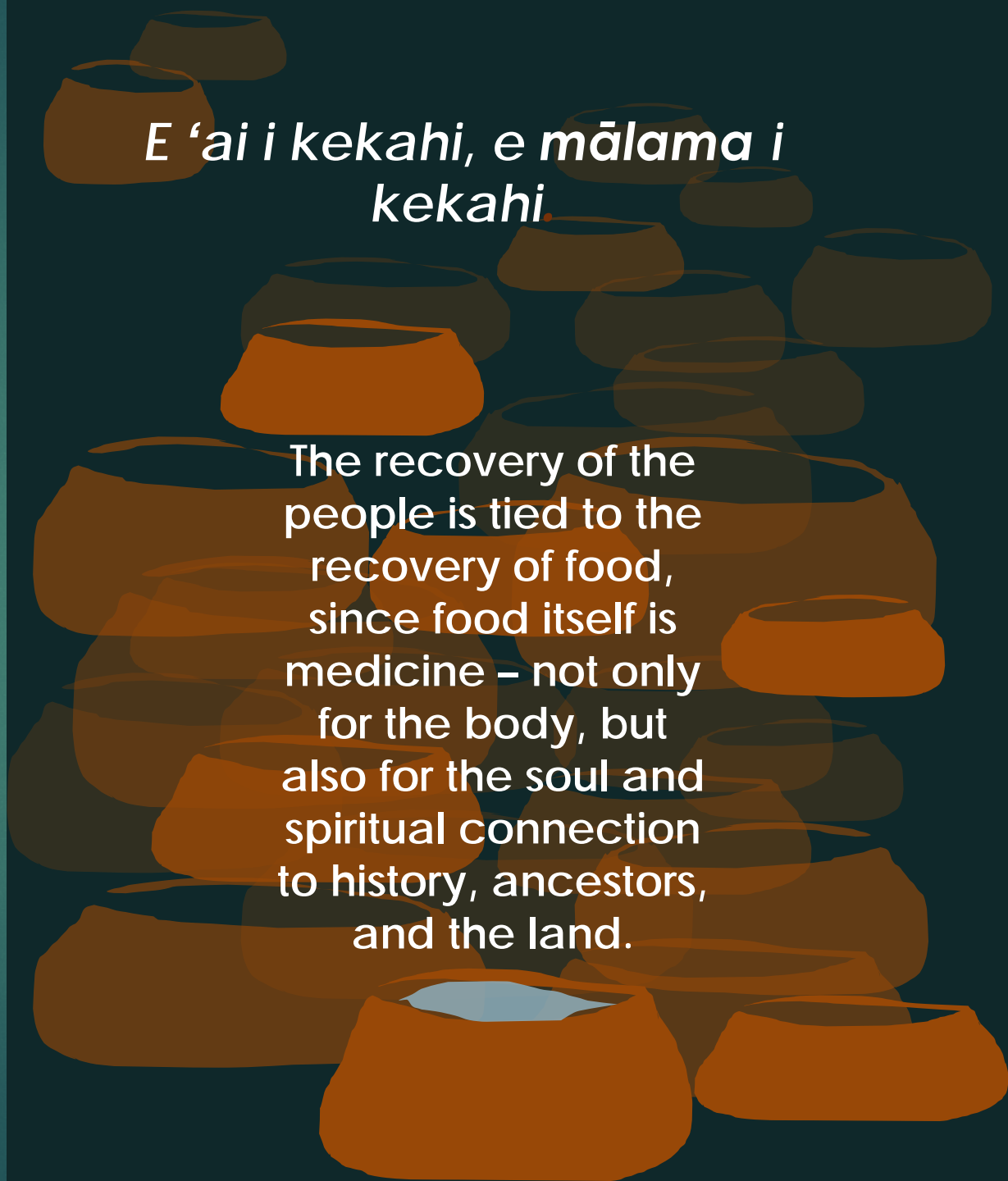
## Sustainability

*protecting ancestral  
abundance*

Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships.

– Winona LaDuke

Kalo is our older brother. Therefore, both the kalo and the land are older siblings to Kanaka Maoli. It is the responsibility of the older siblings to feed the younger, and they in turn are responsible to care for the older siblings.



*E 'ai i kekahi, e mālama i  
kekahi.*

The recovery of the people is tied to the recovery of food, since food itself is medicine – not only for the body, but also for the soul and spiritual connection to history, ancestors, and the land.



***Tell a story about feeling  
healthy and well...***



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- # Introduction

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# Introduction





# *Health is Connection*





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# Connection to *place*



## EXAMPLES OF QUESTIONS FOR ASSESSING CONNECTION TO PLACE

- What is the story of the place you call home?
- How well do you know the people and places around you?
- What places are special to you?
- Do you have a place where you feel your best—a healing place?
- Can you access the places you need to go?
- Do you feel a comfort and connection to the built structures around you?
- Do you do any activities in nature?

## SOME PRACTICES FOR DEEPENING CONNECTION TO PLACE



- Aloha 'Āina
- Mālama 'Āina
- Growing food
- Mapping community



# Connection to *others*

## EXAMPLES OF QUESTIONS FOR ASSESSING CONNECTION TO OTHERS

- What is the story of a person you feel closest to?
- Do you get good quality time with your 'ohana?
- Do you have someone you can trust and turn to when you need help?
- Is there someone who trusts you and turns to you when she/he needs help?
- Do you feel accepted by others and are you accepting of others?
- Do you feel good about the people you work with?
- Who are the people you eat with?
- Have you told someone you love how much they mean to you?

## SOME PRACTICES FOR DEEPENING CONNECTION TO OTHERS



- 'Ohana style
- Generosity
- Starting where people are at
- Talk story





# Connection to *past and future*



## EXAMPLES OF QUESTIONS FOR ASSESSING CONNECTION TO PAST AND FUTURE

- What is the story of your ancestry?
- Do you feel you are making your ancestors proud?
- Do you use traditional language?
- When was the last time you listened to an elder?
- What do you do for the future generations?
- When was the last time you held a baby; or read to a child; or listened to a teenager?
- What is your happiest memory of someone who has passed on?

## SOME PRACTICES FOR DEEPENING CONNECTION TO PAST AND FUTURE



- Cultural understanding and appreciation
- Traditional practices



# Connection to *your better self*



## EXAMPLES OF QUESTIONS FOR ASSESSING CONNECTION TO YOUR BETTER SELF

- What is the story of the last time you felt healthy?
- When was the last time you felt really good about something you did?
- Do you feel good about the food you are putting into your body
- Do you understand how medicines you take and medical procedures you've had work?
- Do you feel good about the roles you play? At home? At work?
- Are you getting enough sleep?
- When was the last time you... Cried? Laughed hard? Felt proud?
- What is the story of your name?

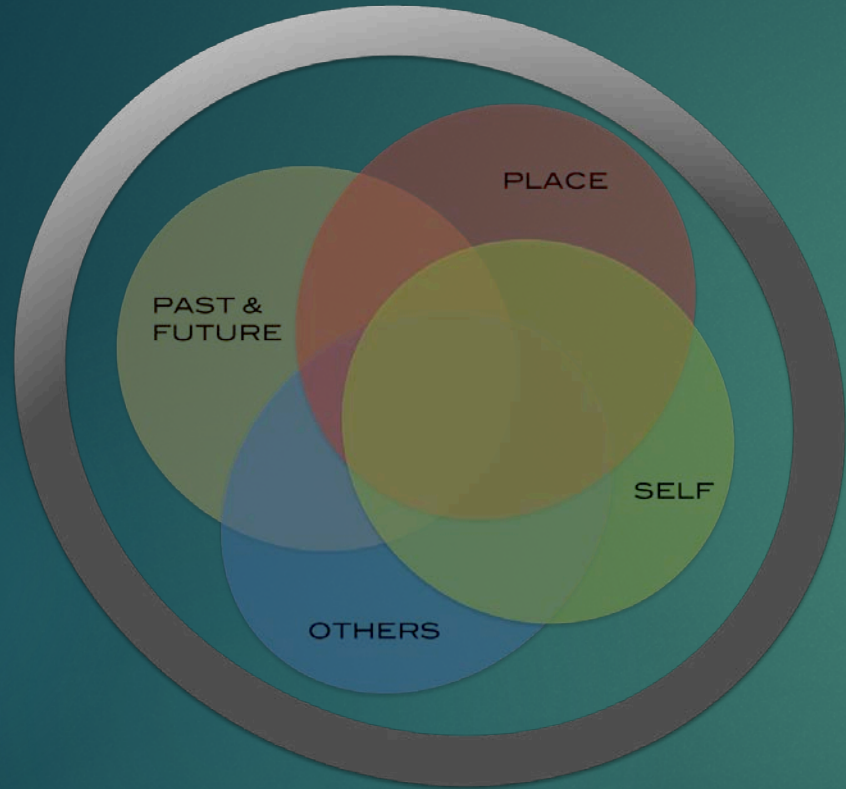
## SOME PRACTICES FOR DEEPENING CONNECTION TO YOUR BETTER SELF



- Finding your gift; living by your values
- Knowing your body
- Wholeness in the face of “illness”
- Telling your story



# Interconnection

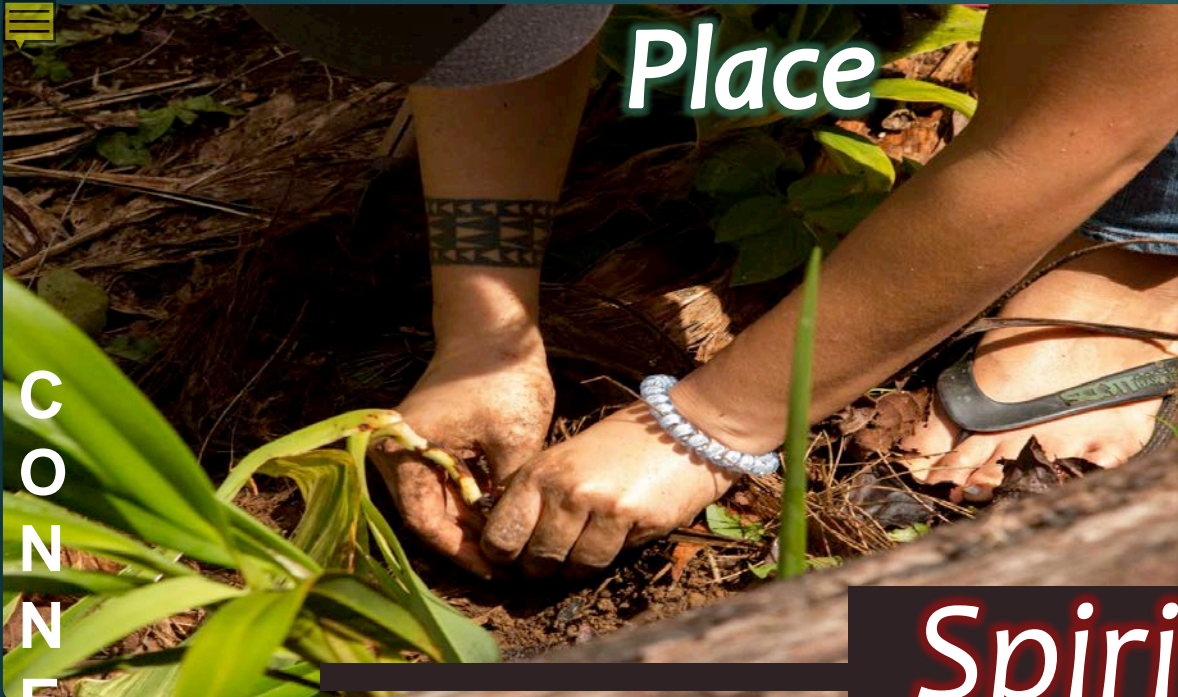


*“When I see people working together on the ‘āina, or in a fishpond, or gathering limu and doing traditional practices, I actually see them get physically stronger. They get connected to who they are, and to each other. And they feel power—not power over others, but power and control over their own destiny.”*

Striving toward wholeness—toward health—is a process of connecting and feeling connected to the things that matter.







Place



Others

Spirituality



Better Self

Past & Present









# Defining Community Health

- In 2016 and 2017, in a partnership with 5 organizations, discussions and storytelling sessions were held across 5 islands and 18 communities.
- Concept was the by developing a view of health, developed by the community...not for the community...and by building intercommunity alliances and bridges with other stakeholders..



We can work towards a health system built around what matters most to communities.





# Philanthropy

**Hawaii Medical Service Association (HMSA)** is a nonprofit health insurer in the state of Hawai'i. HMSA was founded in 1938, and is the largest insurer in the state of Hawaii serving more than 700,000 people.

- HMSA is one of the few local foundations that is solely focused on health. Under new leadership, the foundation is interested in integrating Pilinahā into it's grant making criteria.
- Two year grant to implement Pilinahā throughout KKV



# Introduction

- # Introduction







# Communications and Discussion

- State Department of Health has funded Mathew Nagato to create a film focusing on Pilinahā. He is best known for his movie titled ***Ola: Health is Everything***
- Hawai`I Health Care Conference, Sept 2017 – many of major health care partners will be present at a Pilinahā Session





# Introduction

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# Medical Education

- HIPHI was invited to share Pilinahā in the creation of an online learning module on the culture of health in Hawai'i. This two hour learning module will be incorporated into the APHN curriculum and also will be available to Department of Health employees.
- The Pediatric Grand Rounds at Kapiolani Childrens Hospital are weekly continuing medical education opportunities for medical students, residents and attending physicians. Presenters of Pilinahā by the Chief Medical Officer because he said "it is too easy in health care for the providers to assume they know what their community wants", and he wanted colleagues to hear about a perspective on health that comes from "the voices of the





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2016 – County of Hawaii Department of Research and Development held community meetings and developed a “Roadmap” for their tourism policy. Pilinahā is used as the definition of health



*past & future*

"We built 2 garden boxes at my grandparents hale. Planted kalo, about to be harvested; planted lā'i because I'm going to need it for the year. My grandma and grandpa help to water 'em everyday."

*other*

"Being healthy means to have great communication so we can share how we feel in everyday and let out stresses"

*better self*

"I feel the healthiest when I'm running and doing other activities."

*'Ohana Assessment:  
What does healthy mean to you?*

*place*

"Where the strongest would be out in the natural elements. Whether its up in the mountain or at the ocean, where I can feel the wind, or I can feel and hear the ocean. Even stronger when I go back to places where my 'ohana's from. When I'm stepping on Keanae or Waianapanapa, specific places, there's a different sense of health and vigor."



Legend Alaka'i Kupuna Keiki Makua

# Last Dinner: Because of Ehuola...

## *others*

"I like the fact what you're building leadership through all the activities that you're doing"

## *better self*

"I've been trying new foods..like pineapples"

## *past & future*

"I get to practice and teach what my grandpa taught me. I was around the same age when I was learning from my grandpa, hunting (not yet), fishing, cooking. It's good fun and memories. Being able to help connect the kids to 'āina and kai, I enjoy it a lot"

## *place*

"We started going to a beach clean-up at Kaiwi because we got real passionate about the illegal dumping and bonfires. We seen how hard that non-profit is working to keep the natives alive over there. Now every time we go beach we cannot leave without picking up rubbish. It all started with the beach walk and clean-up in Kailua when we saw all the micro-plastic. "

Photo by Kealii Parker



**Legend**

First day of the world

Second day of the workshop

# Midwife Training

## place

"I learned that I'm in the right place and feel more confident in continuing on this midwife journey"

## past & future

"Continue my training with an emphasis on indigenous birthing to become a native Hawaiian midwife and perpetuate our traditions & help heal the intergenerational trauma our ancestors suffered"

## other

"Eating a balanced diet, going to eat more of what my ancestors ate and help people that will want to do the same"

## better self

"For the reminder of my life I will perpetuate and grow this knowledge"

Photo by Kauila Niheu



## Wāhine Hāpai Reunion

### *better self*

"It made me think just beyond just the actual birth, like the physical part of the birth, it made me think of my family's role in taking care of my keiki, and even the question of my ancestors, that's something I never ever thought to think about. So just broader than myself, and broader than just the physical, individual act of giving birth"

### *place*

"Weekly classes provided a piko to center around regularly. Pregnancy was the healthiest we ever felt"

### *others*

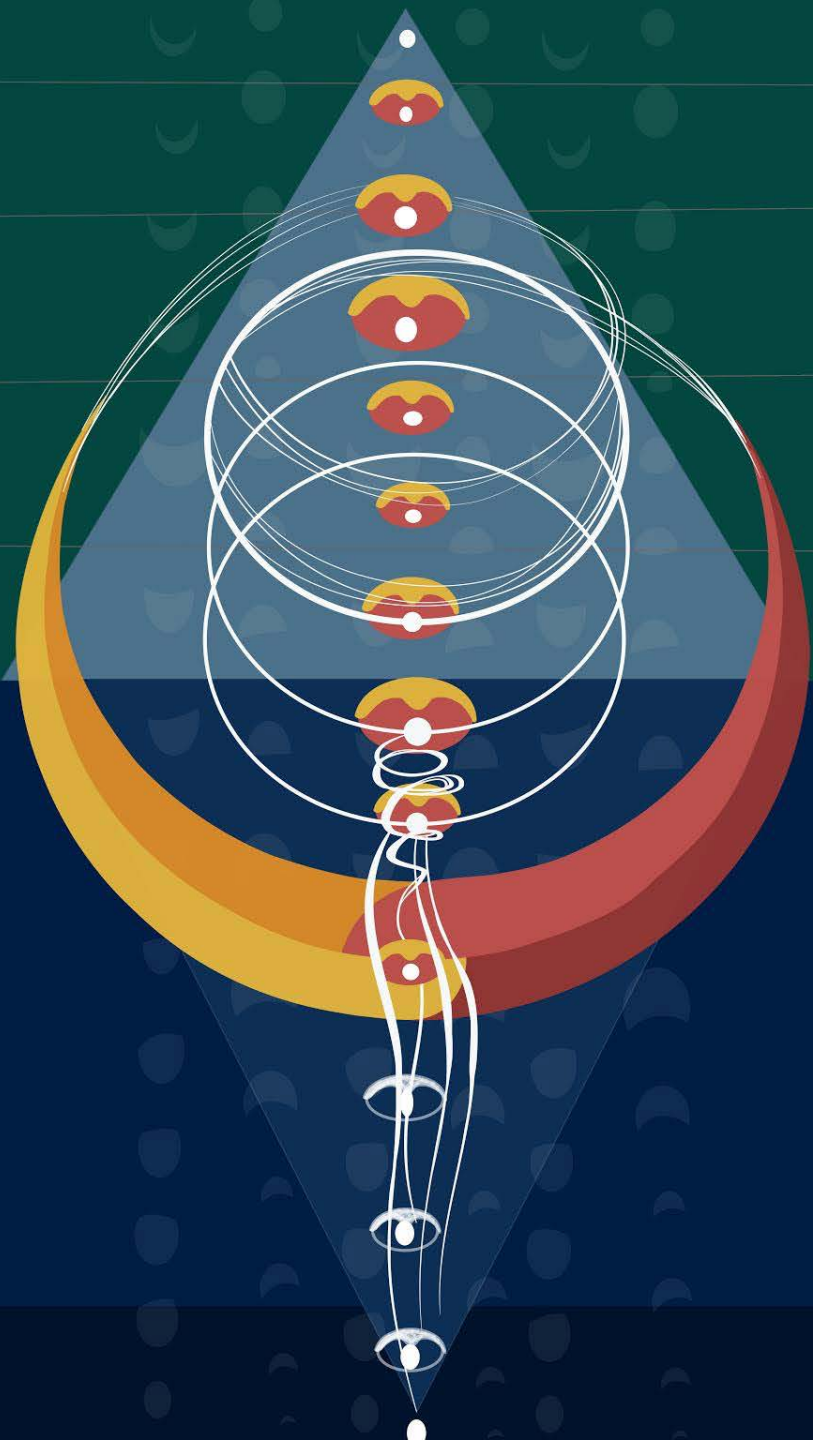
"Keeping everything organized so this area is for these people and this area is for these certain people and so when it came time, we just stuck to immediate family and just gave everyone a specific kuleana"

### *past & future*

"Remembering to acknowledge 'āina and kūpuna"

Photo by Ka'ōhūa Lucas





## The four elements:

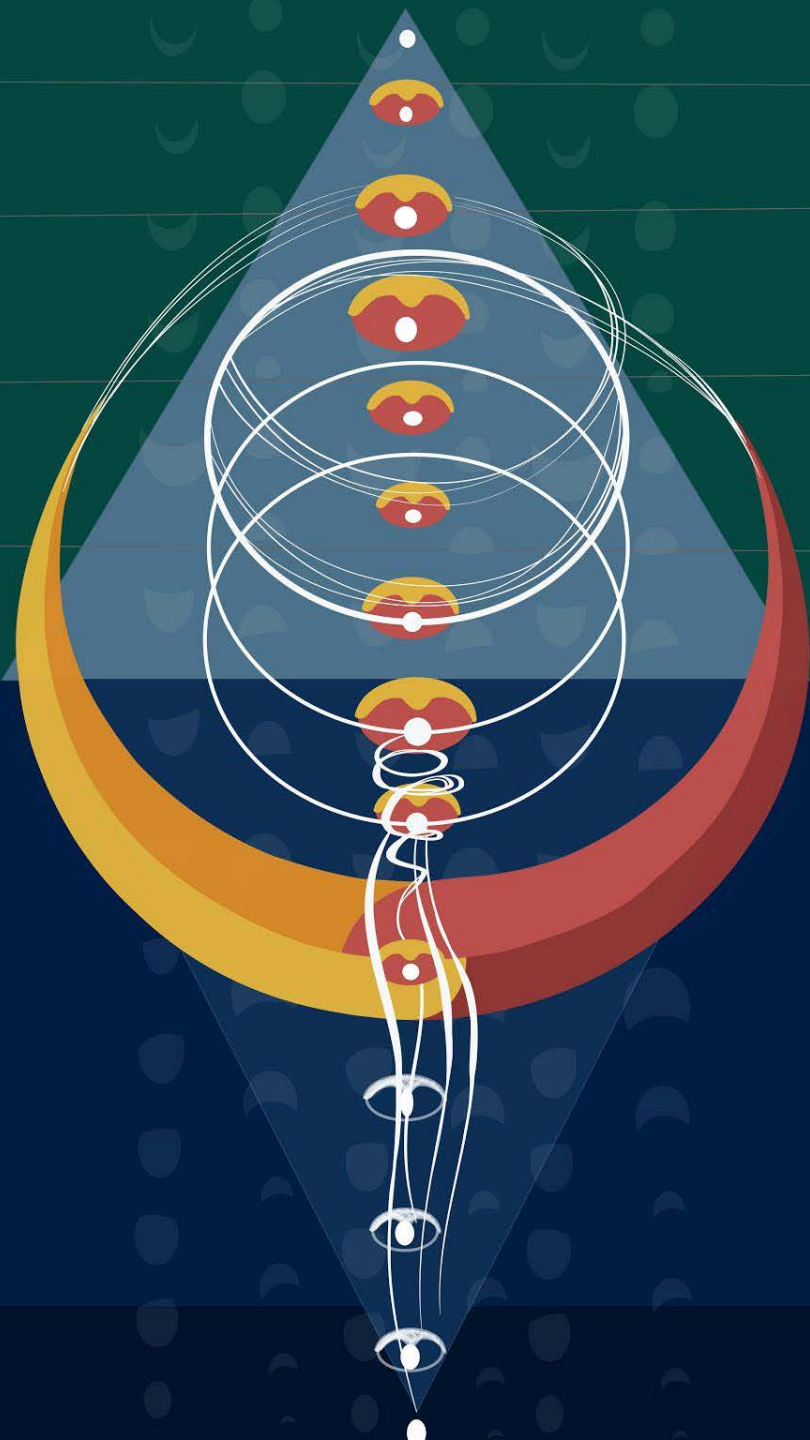
### Self:

I see self as the central design, the moon, the circles and the weaving. in our way of relating to everything around us, we have to almost imagine these large circles radiating out of our piko, out of us, and all around us. We have to be able to connect to things that are way below our feet, way above our heads, and far in front of and behind us.

### Others:

I see that others are intrinsically a part of the central circular design. There is no separation between the two. This is one thing that I remember in all of our stories, no matter what, we always talked about ourself and others.





## The four elements:

### Past & Future:

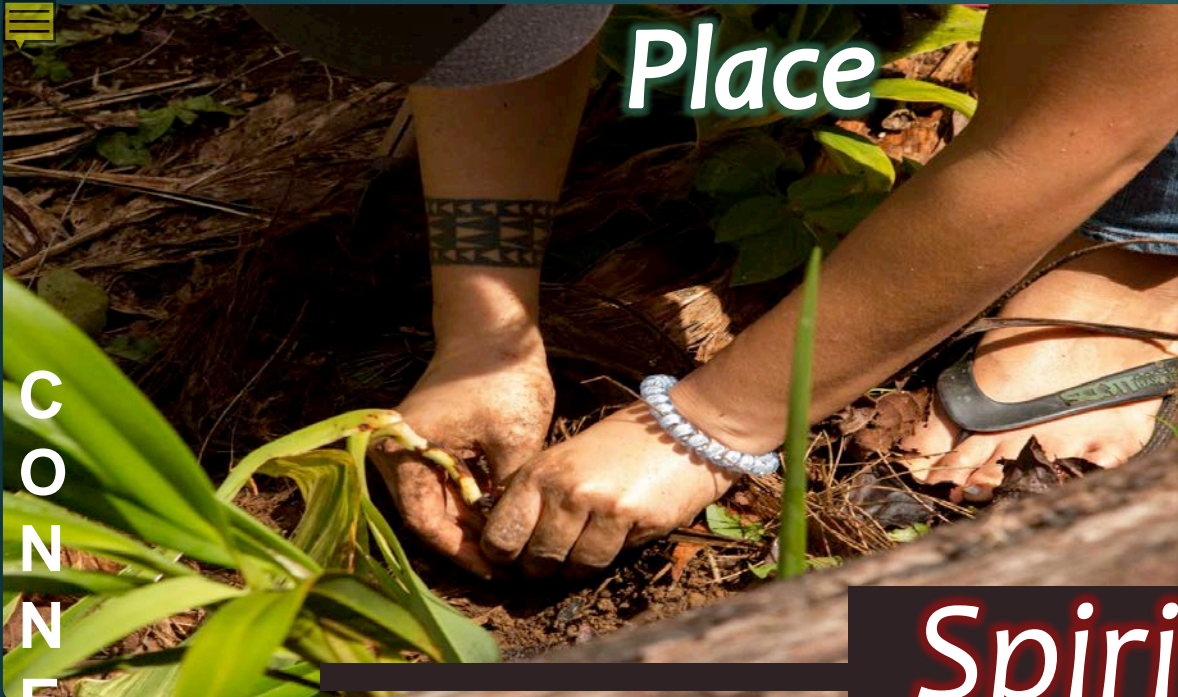
I have the deep darker color towards the bottom of the composition. It represents pō and references the Kumulipo. That is where the weave begins, that is where creation begins. The weave is what holds every being together. I also like to think that as far back as we can see in to our past is as far forward we can see in to our future. And that action of remembering requires understanding the intricacies of the individual fibers/strands that are used to weave that mat.

### Place:

I have a greenish color in the upper part of the composition to refer to aina and everything above our beautiful ocean. The horizontal lines are the different lewas, or atmospheric strata. And of course, the darker blue in the bottom half of the composition refers to the ocean.

You can see a mahina pattern in the far background which for me I like to have present to symbolize continuity. Our mahina will always be there, everyday for us, no matter what. She was there well before our time and will be there long after.





Place



Others

Spirituality



Better Self

Past & Present