



PROJECT BRIEF

The KaHOLO Project: Preventing Cardiovascular Disease in Native Hawaiians

PARTNERSHIPS
for NATIVE HEALTH

Washington State University

BACKGROUND:

In Hawai'i, Native Hawaiians are 70% more likely than non-Hispanic Whites to suffer a stroke. They are also diagnosed with heart disease about 10 years earlier than other ethnic groups. Rates of hypertension are high in Native Hawaiian communities, creating a serious risk of heart disease. To address these health problems, biomedical scientists and Kumu Hula (traditional hula teachers) developed the KaHOLO Project. This is a physical activity intervention that pairs hula dancing with heart health education. It teaches the importance of reducing salt, quitting cigarettes, and making other changes in diet and lifestyle.

OBJECTIVES:

The goal of this project is to see if traditional Hawaiian practices can re-establish health and well-being. Participants will attend hula classes for 6 months and will be coached on how to make healthy changes in their lives on a permanent basis.

FUNDING AGENCY: National Heart, Lung, and Blood Institute

GRANT NUMBER: R01 HL126577

PROJECT YEARS: 2015 – 2020

PARTNER: University of Hawaii: Department of Native Hawaiian Health

SITE PRINCIPAL INVESTIGATOR: Ka'imi Sinclair

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Our Mission

Conduct community-centered research, training, education, and outreach to improve the health and quality of life of American Indian and Alaska Native populations