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ISLAND VOICES

Partnerships change diabetes trends

By Michael F. Broderick

Diabetes is growing at an epidemic rate in the United States, and that unfortunately includes Hawaii. According to the Centers for Disease Control and Prevention (CDC), nearly 30 million Americans have diabetes. In Hawaii, 1 out of every 2 adults either has pre-diabetes or diabetes, and many don't realize it.

Sadly, diabetes is a leading cause of other chronic diseases like kidney disease. Risk factors for diabetes include being over 45 years old, overweight, having high blood pressure, physical inactivity and a family history of diabetes.

The statistics and health consequences are daunting, but through a collaborative effort of state agencies, private insurers and community organizations, Hawaii is helping to lead the nation toward better health.

In October 2016 in Hawaii, we launched the YMCA's Diabetes Prevention Program (DPP) as part of a national Y-USA preventive service project with the Centers for Disease Control and Prevention. The Y's DPP is proven to lower the incidence of Type 2 diabetes by 58 percent, and 71 percent in adults over age 60. Locally, we joined in a public campaign led by the state Department of Health featuring comedian Frank De Lima, who

himself has Type 2 diabetes, to alert people of the increasing risk of developing diabetes.

Residents were encouraged to take a one-minute quiz online, and those at risk could then take action by participating in a nationally recognized DPP offered by the Y and some community health centers.

This is a year-long program that helps to create healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight. In a classroom setting, a trained lifestyle coach facilitates a small group of participants over 25 sessions.

The goals for participants are to reduce body weight by 7 percent, and increase physical activity to 150 minutes per week. Of the 100 people enrolled since late 2016, participants averaged 5.5 percent weight loss and 195 minutes of physical activity per week.

The sessions themselves are collaborative and fun. Participants encourage each other, sharing obstacles and good ideas for developing a healthier lifestyle. We have received letters, emails and texts from past and present participants noting they



Michael F. Broderick is president/CEO of YMCA of Honolulu.

are eating healthier, having more energy, and losing weight gradually and keeping it off. Their biggest complaint seems to be having to shop for smaller size pants after dropping two waist sizes.

The cost of the Y's DPP is \$429 per participant. So, we were very encouraged when on April 1, Medicare rolled out nationwide full coverage of the cost for its providers with no cost to patients. UHA Health Insurance was an early partner with the Y, providing the program as a fully-covered benefit. Kaiser Permanente also partners to offer the program for some members and also to support underserved or economically challenged adults at risk for diabetes. HMSA is evaluating offering DPP as a covered benefit. We are excited to work with our state's health insurance providers so that more residents can take advantage of this new initiative.

Simple lifestyle changes can improve the health and well-being of so many who have pre-diabetes or diabetes. This is all possible only because so many community partners are pulling together to make our residents healthier. Health collaborations like this can, and should, be a model for our state.

Trump Cabinet member are just small-time grift



PAUL KRUGMAN

Of course Donald Trump is corrupt. Everyone with any sense knew he would be, although the scale of his personal profiteering, the strong likelihood that his family's financial interests have distorted U.S. foreign and national security policy, have startled even the cynics. And, of course, the example set by the grifter in chief has infected his whole administration.

But what's really striking to me is not so much the extent of corruption among Trump officials as his pettiness. And that pettiness itself tells you a lot about the kind of people now running America.

Corrupt Cabinet members used to look like Albert Fall, Warren Harding's secretary of the Interior, who was at the center of the Teapot Dome scandal. Fall used his office to secure sweetheart leasing deals for two oil

companies, and in return received more than \$400,000 in bribes — well over \$5 million in today's prices.

That's the kind of corruption you can understand and sort of respect.

Corrupt Trump officials, by contrast, look like Tom Price, who managed to lose his job as secretary of health and human services by taking too many private planes at public expense; Ryan Zinke, who holds Fall's old job at Interior and has a problem similar to Price's but with helicopters and a general habit of using public

Consider how well self-control must be willing to put this off at risk for the used mattress.

But the downy corruption from 'Dome to Chick-fil telling you about cials' immaturity window into the of their souls.

Long ago Tom wrote a memorial what really drive powerful men. It much a taste for things; the truth, vate planes aren' comfortable, and is that most of th who drink \$100 t wine couldn't tel ence if you serve \$20 bottle instead. It is, instead, if of "seeing 'em ju watching people. selves, jump thro to cater to your v about making yo bigger by getting ple to act small.

Doesn't this ex erifying? Pruitt d absurdity of his e a feature, not a b doubts about wh ever uses that \$4 soundproof phos but he surely too in making his sta provide it.

Why is the Tru istration full of s grifters? Clearly, their cues from ti who famously en phancy and dem subordinates, up chuding top offi l suspects that ma ficials are engage once saw desert cycling"; bowing above while tran those below.

And it has beer how supportive I been of officials li caught out in pett their position, de

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