

The Voices of American Indian, Alaska Native, and Native Hawaiian Elders

Recommendations for Evidence-Based Health Promotion Programs



Sixty American Indian, Alaska Native, and Native Hawaiian Elders participated in listening sessions to share their perspectives on aging, health, and what community-based programs can do to support them. See what they had to say.

What does “aging well” mean to you?

- ▶ One most frequent definitions of aging well for elders was cited as “being with family, grandchildren, friends, or engaged in family-oriented activities.”
- ▶ Self-care
- ▶ Keeping active
- ▶ Helping others
- ▶ Connections to family
- ▶ Group activities
- ▶ Gardening
- ▶ Dancing
- ▶ Fishing
- ▶ Group games such as pitching horseshoe
- ▶ Attending sports events with family or friends

How can community programs support elders in aging well?

- ▶ Provision of healthy food during sessions
- ▶ Engagement in community activities
- ▶ Offering spiritual or religious support
- ▶ Providing opportunities for group activity such as walks
- ▶ Providing health information
- ▶ Activities that enhance group socialization

What do you like about community-based programs and why do you participate?

- ▶ Friendly program staff that treat you like family
- ▶ Program incentives like giveaways
- ▶ A wide variety of choices
- ▶ Group outings
- ▶ Activities like harvesting traditional foods, drumming, and beading
- ▶ Recognition for completing a program, like a certificate or graduation ceremony

What type of health information do you need?

- ▶ Education on diabetes, heart disease, arthritis, Alzheimer’s disease, cancer, and eye health
- ▶ Interactive teaching strategies
- ▶ Activities like healthy food demonstrations
- ▶ Opportunities to learn from peers
- ▶ Intergenerational participation
- ▶ Technology education

Where do you look for health information?

- ▶ Community Health Representatives
- ▶ Clinics
- ▶ Family members
- ▶ Church
- ▶ Media