

Case Study of Native Hawaiian Kupuna, Chronic Back Pain, and Opioid Use



This is Kekoa:

- 60-year-old grandfather
- History of chronic back pain
- Uses prescription (Rx) opioids
- Wife shares Rx opioids
- Retiree with fixed income



This is Kekoa's living situation:

- Lives in Moloka'i (rural)
- Multi-generational home with one car
- Lack of transportation
- Family travels for work
- Needs to care for grandchildren
- Difficult to cook

Let's look at **social determinants of health (SDOH)** to address Kekoa's back pain and Rx opioid use. SDOH are "**conditions in the environments** in which people are born, live, learn, work, play, worship, and age that affect a wide range of **health, functioning, and quality-of-life** outcomes and risks."

Food & Natural Environment



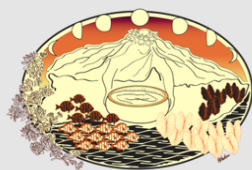
Nā Pu'uwai (Food & Health Resource)

- [Kūpuna Nutrition Program](#): Provides breakfast, lunch, and snacks daily

- [Lomilomi \(massage\) & lā'au lapa'au \(herbal medicine\)](#): Complement Rx opioids to relieve pain

Sust'āina ble Moloka'i (Community Resource)

- [Garden to Farm classes](#)



Sust 'āina ble Molokai
Working to restore 'Āina Momona

Women, Infant, Children



Maui Family Support Services, Inc. (Child Care Resource)

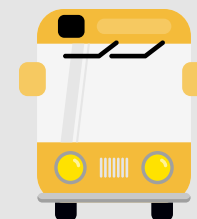
- [Home Day Care & After School Program](#): Child care options for infants and children

Puni Ke Ola (Substance Use Prevention Resources)

- Using [photography](#) to teach traditional Hawaiian practices: Eliminates substance use Promotes well-being



Neighborhood & Built Environment



Alu Like (Transportation Resource)

- [Ke Ola Pono no Nā Kūpuna \(Elderly Services Program\)](#):

Transportation to health appointments, pharmacies, and recreational and cultural activities

Hawaiian Community Assets (Housing Resource)

- Provides [housing counseling](#) to receive financial and housing education



Resources as of 07/15/2021

Sources:

- Social Determinants of Health. Social Determinants of Health | Healthy People 2020. (n.d.). <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>.



Behavioral Health & Homelessness
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