



Reducing the risk of Alzheimer's disease and related dementias in Native Hawaiians and Pacific Islanders through a hula-based intervention

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INTRODUCTION

- Prevalence of Alzheimer's disease and related dementias (ADRD) is rising
- In Hawaii, Native Hawaiians and Pacific Islanders (NHPs) are more likely to have early onset ADRD than Whites, Asians, and African Americans
- NHPs have a higher prevalence of hypertension, obesity, diabetes, and dyslipidemia than other US racial and ethnic groups
- ADRD is often preceded by subjective cognitive impairment (SCI) and mild cognitive impairment (MCI)
- Interventions that promote physical activity, healthy diet, and social and cognitive activities can prevent or slow cognitive decline
- In a previous study, hula lowered systolic and diastolic blood pressure compared to the control condition over a period of 6 months

OBJECTIVE

- To adapt our existing hula-based intervention to target vascular risk factors for dementia, improve cognitive symptoms or functions and optimize salience, implementation, and adherence in NHP adults with subjective cognitive impairment or mild cognitive impairment.
- Conduct a GRT to test the effect of 'IKE Kupuna on vascular risk factors for Alzheimer's disease and related dementias and cognitive complaints and function over 12 months
- Evaluate a cross-sectional association of vascular risk factors and APOE genotype with cognitive complaints and functions in NHPs

MATERIALS AND METHODS

Pilot Test Resiliency Questionnaire was administered to determine face validity, clarity, applicability, readability, and timing of the instrument.

- Native Hawaiians
- ≥ 50 yrs. old
- n=16



Pilot testing of research instruments and procedures with Native Hawaiians and Pacific Islanders are essential to culturally adapt and tailor our methods and strategies using community feedback and opinions

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RESULTS

- In terms of applicability, pilot test participants expressed concerns with the relevance of leisure activities such as museums and theatres.
- In terms of validity, concerns were expressed in regards to the time period of "in the past year," given the impact of COVID-19 restrictions on daily activities. Another concern is that the wording of some of the questions were confusing for some kupuna.
- In terms of format, there were confusion with how to answer the questionnaire as it was not specified to circle, underline, or check mark. In the daily activity questionnaire, some columns were missed by participants. In the diet questionnaire, there is no "never" option.
- In terms of timing, the duration it took the pilot test participants to complete the entire packet was 18 minutes to 42 minutes.

All feedback and opinions given by the pilot test participants will be used to modify the ADRD Questionnaire in our 'IKE Kupuna study.

CONCLUSIONS

Pilot testing of research instruments and procedures with those who have similar background to our target population are essential to culturally adapt and tailor our methods and strategies using community feedback and opinions.

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