



2010 HEALTHY LIFE EXPECTANCY FOR NATIVE HAWAIIAN, WHITE, FILIPINO, JAPANESE, AND CHINESE PEOPLE LIVING IN HAWAI'I

KEY FINDINGS

- In 2010, life expectancy at birth for Native Hawaiians was 76.6 years, compared with 80.6 years for Whites, 84.3 years for Filipino, 84.7 years for Japanese, and 87.8 years for Chinese.
- After considering years spent in disability, healthy life expectancy at birth was lower than life expectancy for all groups.
- For Native Hawaiians, healthy life expectancy was 62.2 years, compared to 76.6 years for life expectancy. This suggests that this group spends about 13.7 years in disability.
- When compared with Chinese, the group with the longest HLE, Native Hawaiian women have 15.7 fewer healthy years (78.3 vs 62.6); Hawaiian men have 12.3 fewer healthy years than Chinese men (73 vs 60.7).
- Women live longer than men, and women's HLE is longer than for men. Among Native Hawaiians, the healthy life expectancy for females was 1.9 years longer than for males.



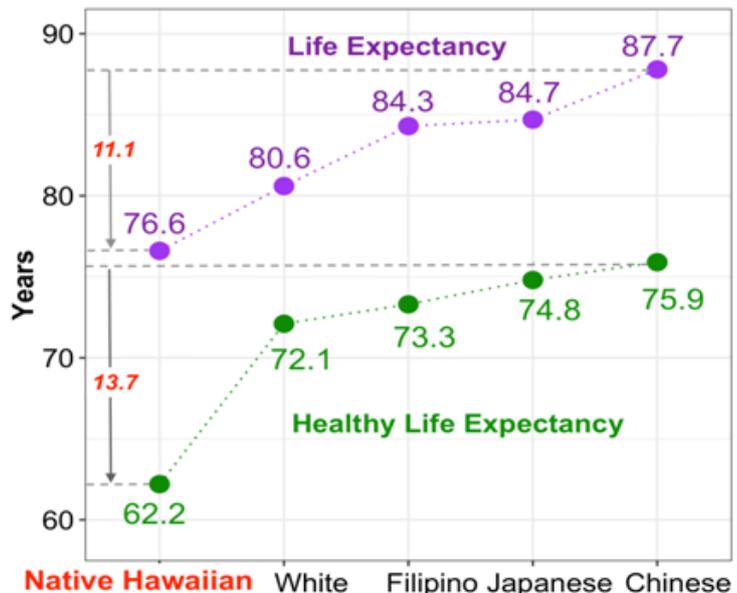
What is Healthy Life Expectancy (HLE)?

Healthy life expectancy is a measure of population health. It provides an estimate of the number of years a person is expected to live in a healthy state. In other words, it gives an average of the years we can expect to live without disability.

As individuals live longer, greater attention needs to be placed on the extra years of life lived in a healthy condition. Extending life is good, but we want those extra years to be spent in good health, not in disability.

This measure was developed by the World Health Organization to give a better picture of population health.

Figure 1: Life Expectancy and Healthy Life Expectancy



Methods

Statistical method

The Sullivan method was applied to estimate healthy life expectancy by sex and race/ethnicity from these data sources: death records, population estimates, and self-rated health status.

Death records

The 2010 death record data were provided by the Hawai'i Department of Health. Race/ethnicity was family reported. Numbers of death were calculated based on the mean number over a period of 3.5 years centering on April 1, 2010.

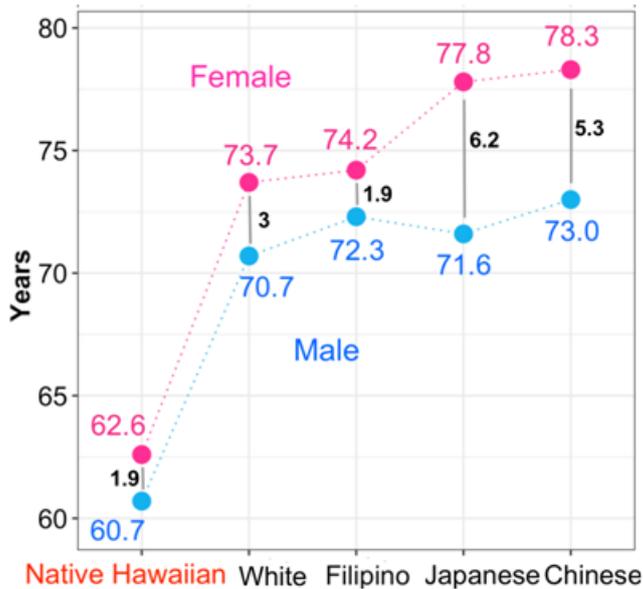
Population estimates

Population estimates were based on the Hawai'i Census 2010 and adjusted by ethnicity estimates from the Hawai'i Health Survey (HHS). The HHS is a random-sample telephone survey modeled after the National Health Interview Survey. The HHS ethnic categorization in Hawai'i is defined by the Hawai'i Department of Health.

Self-rated health

Self-rated health asks people to rate their own general health on a scale of excellent, very good, good, fair, or poor. It is important to remember that responses capture a person's **perception** of their own health, not their actual health status. Proportions of self-reported fair/poor health status were computed using data from the Hawai'i Behavioral Risk Factor Surveillance System (HBRFSS) and National Survey of Children's Health (NSCH).

Figure 2: Gender Gap in Healthy Life Expectancy



Public Health Implications

Our findings highlight the need for policies that seek to improve the health of the Native Hawaiian population. As others have noted, our government and private sector need to work together to develop, evaluate, and implement public health policies that focus on basic needs, including child health, housing, education, income support, employment, and healthcare.

Healthcare and health services research need to take a culturally competent and indigenous-centered approach. Building capacity of indigenous peoples to raise household income and family security, and collaborating together in the development and dissemination of public health programs and interventions, will ultimately improve health status.

For a full report, see Wu, Y.Y., Uchima, O., Browne, C., Braun, K. (2019) Healthy life expectancy in 2010 for Native Hawaiian, White, Filipino, Japanese, and Chinese Americans living in Hawai'i. *Asia Pacific Journal of Public Health*. 31(7), 659-670. doi: 10.1177/1010539519875614.

The goal of Hā Kūpuna : The National Resource Center for Native Hawaiian Elders is to assure the transmission of hā (breath of life; wisdom) from older to younger generations by enhancing knowledge to improve health and well-being. Hā Kūpuna is supported by grant #900I0006/01 from the Administration on Aging, US Department of Health and Human Services.