

Introduction

The MALAMA Program

Tireless dedication to both diversity and community engagement is a cornerstone of the University of Hawai'i at Mānoa (UHM). These values are pervasive throughout both the university culture and curriculum – the mission statement for UHM states: "...Mānoa's hallmark is a culture of community engagement that extends far beyond the classroom to bridge theory and practice, fostering creative and critical thinking, and promoting students' intellectual growth and success as contributing members of society." Expanding the concepts of diversity and community engagement, a key aspect of UHM's mission is possible through facilitating spaces for students and faculty to connect with the local community. Through a partnership with KTUH, the student-operated radio station at UHM, an opportunity exists to build on a successful program started by Dr. Jane Chung-Do, an Associate Professor of Office of Public Health Studies (OPHS) at the University of Hawai'i (UH) and Ilima Ho-Lastimosa, MSW, a Native Hawaiian cultural and health practitioner. Since 2011, Chung-Do and Ho-Lastimosa have operated a successful program bridging students with the predominately Native Hawaiian and rural community of Waimānalo.

Waimānalo has twice the number of Native Hawaiians, the indigenous people of Hawai'i, compared to the Hawai'i state average. Similar to other Native Hawaiian communities across the State, Waimānalo residents face pervasive educational and health disparities with 13.5% of Waimānalo residents obtaining a bachelor's degree or higher compared to the 31% state average, and 24% of Waimānalo residents live in poverty versus 11% statewide.

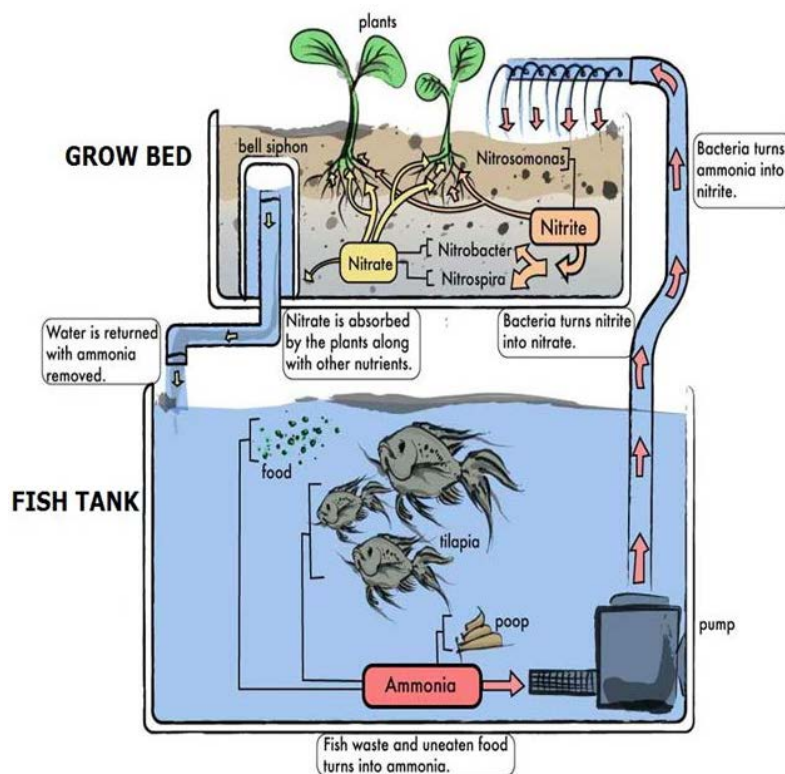


Waimānalo is a federally designated Medically Underserved Population as a result of lack of access to personal health services as well as economic and cultural barriers to receiving primary care. Waimānalo has also been identified as a "food desert" with no grocery stores and a high concentration of fast food options. Approximately one-third of the residents of Waimānalo are Native Hawaiian. The strengths of Waimānalo's close-knit community are clear. Efforts being made by Waimānalo community members and leaders to address educational and health disparities by restoring lost Native Hawaiian practices.

The MALAMA (Mini Ahupua'a for Lifestyle and Mea'ai through Aquaponics) program aims to test a 3-month culturally grounded family-based backyard aquaponics intervention with Native Hawaiian families living in Waimānalo. Native Hawaiians were recognized to be healthy and robust people before Western colonization. Located 2,285 miles from the nearest major land mass, Native Hawaiians developed a complex food-producing land system based on traditional practices of land stewardship. Part of the MALAMA program goals is to restore traditional aquaponics practices to the Waimānalo community.

KTUH – campus radio station

Since 1969, KTUH has broadcasted both music and education content for the local community from UHM. The mission of KTUH is: "To provide the people of Honolulu with alternative programming for the cultural and



Images courtesy of Ilima Ho-Lastimosa.

educational enrichment of the students of the university system and the community.” Since its inception, KTUH has consistently produced cutting-edge programming for Oahu, unlike any other local radio station. Providing a public space for the Native Hawaiian community in Waimānalo to discuss the MALAMA program is an ideal project for an educationally focused, college radio station like KTUH. Through experiential learning opportunities, UHM students who work with the community in Waimānalo have learned how to apply concepts of cultural safety and cultural humility, reflect on how the role of power and privilege can influence their interactions, and learn cultural protocols through these real-life experiences in the community. By collaborating with KTUH, UHM can expand the reach of a unique opportunity for meaningful community engagement. The below reflections of past students’ on their community-based experiences in Waimānalo are encouraging evidence supporting the ability of a program like MALAMA to forge a connection between Waimānalo and the rest of Oahu:

“I think just being in Waimānalo—being allowed into people’s homes and families, observing all the people who stopped by the quarry because they saw Ilima out there or beeped their horns at her while we were driving by—reinforced the closeness of the community to me. Waimānalo is still a place where people know their neighbors, where generations grew up together, and where the sense of community is of value.”

“I was blown away by what our participants shared in the focus group. Their insights were so deep and touched on things that I had never thought about in relation to aquaponics. Being open to the co-learning process was a huge benefit of community-engaged research. Although I always knew it to be so, this experience has reinforced that community wisdom is invaluable. We are privileged to be able to collect it in a systematic way and apply it to research that has action as its end goal. Moving forward, I will continue to keep a strengths-, not deficits, perspective.”

“The main lesson I learned is the importance of and emphasis on relationships. As students, we would not have had the opportunity to work within these communities, if not for the pre-established relationship these community leaders have with Dr. Chung-Do. These community relationships imply a degree of trust, especially considering the harmful history researchers have within indigenous communities.”

Goals and objectives

KTUH provides a space for students, faculty, and community members to discuss research, culture, and issues that are important to the local community. The KTUH website received 2090 unique visitors in September 2018, 65% of whom were from Hawaii. KTUH has thousands of listeners, both terrestrial and streaming, who regularly engage with the station and its programming. KTUH has a dedicated community of terrestrial listeners who listen daily and donate annually. The station hosts an annual fund drive called Radiothon that raises money for equipment and programming. In 2018, out of 474 Radiothon donors, 91% were from Hawaii. Such a platform is an ideal place to give underrepresented groups, such as the community in Waimānalo, a voice about issues that matter to them. Since February 2017, Ilima and Dr. Chung-Do have been organizing monthly gatherings that bring together Waimānalo community members, academic partners, and student researchers. Based on the principles of community-based participatory research (CBPR), the goal of these gatherings is to ensure that research and programming that are being done in the Waimānalo community are culturally-relevant, honors community knowledge, and is pono to Native Hawaiian values.

Through a collaboration between Ilima (MALAMA), Dr. Chung-Do (MALAMA), Bjarne Bartlett (KTUH) and Dr. Ted Radovich (MALAMA/KTUH), our team hopes to expand the reach of the MALAMA program to promote wellness in the Waimānalo, UHM, and Native Hawaiian communities around the state. We have an ambitious, multi-pronged goal to produce educational programming for Oahu with the Waimānalo community and air it at KTUH. This programming will take the form of a podcast, discussions, and interviews.

1) Broaden the audience for educational training on Native Hawaiian health

To expand the reach of this program outside of the Waimānalo community and facilitate discussions that extend beyond a small group of people, we plan to air discussions and interviews with the Waimānalo community during regularly scheduled programming.

2) Create on-demand content

The Malama program podcast will consist of 10, 20-minute episodes. These will be released between June and August of 2019. Each episode will be both featured on a KTUH prime time show and released as a podcast. The podcast will create on-demand content that can be accessed by the community for years to come.

Episode	Proposed Episode Topics	Anticipated Release Date
1	History of aquaponics in Hawaiian homestead	06/03/19
2	Measuring the impact on community health	06/10/19
3	The cost savings of using aquaponics	06/17/19
4	How does aquaponics work?	06/24/19
5	Different types of aquaponics equipment	07/01/19
6	Na mea kanu (the plants)	07/08/19
7	I'a (fish)	07/15/19
8	Cooking/recipes	07/22/19
9	Other current uses of aquaponics	07/29/19
10	Future opportunities for aquaponics in Hawaii	08/05/19

3) Develop a podcast program at KTUH

The MALAMA program will be the first of many podcasts to be created at KTUH. Purchasing equipment to developing a robust podcasting platform at KTUH will both broaden the scope of programming and expand educational and on-demand content from the radio station. The ability of KTUH to produce podcasts has enormous potential give a voice to underrepresented groups affiliated with the University of Hawaii.

Method and Evaluation of the project

Our group will gather demographic data on podcast listeners. Demographic data will include (but not be limited to): listener location, device used, and whether users listened to the entire podcast. We will also conduct podcast surveys with the assistance of UH students to evaluate outcomes, such as increased knowledge of aquaponics, attitudes about Native Hawaiian agricultural practices, and new skills from listeners to the podcast.

Area of diversity addressed

According to the UH SEED report in March 2016, Native Hawaiians are underrepresented at Manoa, making up approximately 13.4% of Native Hawaiian students at UH Mānoa yet comprising over 26% of the Hawaii DOE student body. Although the UH community colleges outside Manoa have higher proportions of Native Hawaiian students, more initiatives are needed for communities to truly see the University of Hawai'i as a "Hawaiian place of learning" and an indigenous-serving institution, which is a major initiative outlined by the UH Mānoa Strategic Plan for 2015-2021.

About Dr. Ted Radovich, Dr. Chung-Do, Mrs. Ho-Lastimosa, Sarah Yap, and KTUH

Dr. Ted Radovich is principle investigator of the sustainable and organic farming systems laboratory in the College of Tropical Agriculture and Human Resources at UH Mānoa. He is currently working with growers and other agriculturalists statewide to investigate links between ecological farming practices, yield, and crop quality. He is co-coordinator of the WSARE PDP and CTAHR Sustainable and Organic Agriculture programs and manages 3 acres of certified organic land at the Waimānalo Research Station.

Dr. Jane Chung-Do obtained her MPH in social and behavioral health sciences and DrPH in community and translational research from the University of Hawai'i Office of Public Health Studies. Dr. Chung-Do currently teaches and advises public health graduate students at the University of Hawai'i. Dr. Chung-Do is also a BUILD EXITO mentor and provides support for students from underrepresented communities in higher education. She is the Chair of the Diversity and Recruitment Committee at OPHS where she works with faculty and student to recruit and support students in public health. She has led and conducted locally and federally-funded research on youth violence, suicide prevention, child abuse and neglect prevention, youth and minority mental health, rural health disparities, and culturally-based programming. She has been partnering with the Ilima Ho-Lastimosa and the Waimānalo community since her graduate studies in 2006.

Ilima Ho-Lastimosa, MSW is a Native Hawaiian cultural and health practitioner and life-long Waimānalo resident. She was the founder and the Executive Director of God's Country Waimānalo, which spearheaded multiple culturally-grounded educational and health projects that are family based and hands-on, such as backyard gardening, aquaponics, wa'a training, etc. She is currently the Community Coordinator for the Waimānalo Learning Center with the UH College of Tropical Agriculture and Human Resources. The Waimānalo Learning Center is conveniently located in Waimānalo, which encompasses 128 acres of agricultural plots and indoor and outdoor classroom spaces, 4 acres of certified organic land, and a traditional hale. It is also the location where the monthly gatherings are held. Since 2014, Ilima has facilitated the engagement of over 3,000 community members and 1,300 youth to emphasize the connection between food production and health. She holds a Bachelor's Degree in Hawaiian Studies and a Master's Degree in Social Work – Ilima is currently working on a Master's Degree in Acupuncture and Oriental Medicine.

Sarah Yap has been the faculty advisor for KTUH; the student-run radio station for the University of Hawai'i at Mānoa since 2012. Prior to her assignment as the Director for Student Events and Campus Life, which is responsible for supporting student media and student union services, Ms. Yap was the Campus Center Director for approximately eight years. During that time, she worked with the Campus Center Board to advance its goals to make the student union the "third space" for the campus community. This would enhance the diversity and service offerings of the student union, all the while making it a student center ran and governed by students. During her tenure as the KTUH advisor, she assisted with KTUH's FCC license renewal for the maximum allowable term of eight years as well as with the colocation of the KTUH antenna with Hawai'i Public radio on Tantalus which allowed KTUH to be broadcasted island wide.

KTUH is a student-run campus radio station that includes 56 volunteer DJs as well as other staff members that mainly consist of students. Students are involved in all aspects of managing the campus radio station. The students and community volunteers who comprise KTUH come from diverse backgrounds, interests, education, and affiliation. The KTUH program is a learning laboratory for all students to engage in self-governance through this medium. While KTUH is a media program, students learn a variety of skills that allow them to manage and operate a 24 hour/7days a week service to the community. As a non-commercial radio station, KTUH must abide by FCC regulations upholding its requirement to be of public interest. KTUH's reach is island-wide via radio but nationally as well as internationally through its web streaming capabilities.

Budget

The SEED IDEAS fund will cover equipment for podcasting from KTUH as well as the cost of travel, hiring a host, hiring a student for back-end production, and a small gift for each participant.

Item Category	Description	Cost
Podcasting Supplies	Behringer Xenyx 1204USB Mixer with USB	\$149.99
Podcasting Supplies	Zoom H6 Six-Track Portable Recorder	\$369.99
Podcasting Supplies	Auralex Studiofoam Wedgies (Charcoal Gray, 24-Pack)	\$107.38
Podcasting Supplies	Blue Yeti USB Microphone	\$128.88
Podcasting Supplies	Audio-Technica AT2005USB Cardioid Dynamic USB/XLR Microphone	\$79.00
Podcasting Supplies	13-inch MacBook Pro - Space Gray	\$1,249.00
Podcasting Supplies	Audio-Technica ATH-M20x Closed-back Monitoring Headphones	\$49.00
Shirts	T-Shirts for Participants	\$500.00
Student Producer	Mike Andrews (KTUH Production Director)	\$250.00
Participant Transportation	10 Participants (\$25 per participant)	\$250.00
Host Transportation	1 Podcast Host (\$100 to host 10 episodes)	\$100.00
Interviewees	\$50 gift each	\$500.00
Podcast Host	Individual to host and interview MALAMA program participants	\$500.00
Podcast Director	Podcast Supervisor and web work	\$250.00
TOTAL		\$4,483.24