

Perceptions of Health and Well-Being among  
Native Hawaiian Adults Living On Oahu's North Shore  
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Objective: The objective is to explore perceptions of health and well-being of Native Hawaiians living on the north shore of Oahu.

Research Design: A qualitative descriptive design was selected to fit the nature of the research question and to provide straightforward answers.

Sample: Native Hawaiian adult participants living on Oahu's north shore were recruited through purposive snowball sampling.

Method: In-depth, semi-structured interviews were conducted at times and locations chosen by participants. Interviews were audio-taped and lasted 30-60 minutes.

Data Analysis Procedure: Interviews were transcribed verbatim. On-going analysis involves 1) reading and re-reading transcripts, 2) coding by identifying and labeling related segments, and 3) identifying themes and categories.

Study Findings: The following categories are emerging from our on-going data analysis: 1) the importance of "keeping it country" on the north shore, 2) the importance of the aloha spirit, 3) the importance of traditional Hawaiian culture and healing, 4) consumption of alcohol and drugs has affected the health and well-being of the Native Hawaiians.

Discussion and Implications for Nursing: Native Hawaiians on the north shore of Oahu acknowledge the role of culture and community in their health and well-being. Participants viewed keeping the area rural and maintaining the aloha spirit as essential to their well-being. In addition, several participants expressed a desire to incorporate Hawaiian culture and healing into their lives. Unfortunately, some participants considered consumption of alcohol and drugs part of being Hawaiian. Nurses collaborating with Native Hawaiians in health promotion efforts should acknowledge cultural strengths and be mindful of cultural challenges.

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