Flowers thrive where there is water, as thriving people are found where living conditions are good (an ancient Hawaiian Proverb)

Mauli Ola
(Optimal Health and Wellbeing)
<table>
<thead>
<tr>
<th>Nā Pou Kihi</th>
<th>Principles/Strategies</th>
<th>Examples of Goals</th>
</tr>
</thead>
</table>
| Ke Ao ‘Ōiwi | Achieving optimal health for Kānaka ‘Ōiwi (Native Hawaiians) requires the preservation and access to cultural spaces and places to support their preferred modes of living and aspirations. | • Positive cultural identity development  
• Hawaiian/English linguistic landscape  
• Positive ‘Ōiwi (Native)-focused media  
• Strong ‘Ōiwi political representation and influence  
• Cultural-based public education |
| Ka Mālama Nohona | Achieving optimal health for Kānaka ‘Ōiwi requires the environments in which they live, work, learn, play, and age to be culturally safe and well-resourced to set a strong foundation for healthy living. | • Economic self-sufficiency  
• Food sovereignty and security  
• Strong civic participation  
• Access to walking/biking/hiking trails  
• Leveraging of Ali‘i (Royal) legacy organizations’ resources for sustained collective impacts |
| Ka Hana Pono | Achieving optimal health for Kānaka ‘Ōiwi requires healthy patterns of living that are supported by the development of a strong cultural, spiritual, (Ke Ao ‘Ōiwi), and physical environments (Ka Mālama Nohona). | • Community-based health promotion programs  
• Access to technology to enhance lifestyle goals  
• Affordable/accessible Hawaiian foods  
• Tax benefits to promote healthy living  
• Leveraging of traditional practices for health promotion. |
| Ka Wai Ola  | Achieving optimal health for Kānaka ‘Ōiwi requires a focus on social justice (equitable share to the benefits of society) and the ability to exercise their Indigenous prerogatives. | • ‘Ōiwi values/practices applied to policy making and enforcement  
• Livable wages  
• Kānaka ‘Ōiwi equitably represented in business, education, politics, and media  
• Access to high quality primary and secondary education |