

PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN NEWSLETTER

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This quarterly newsletter is brought to you by the Hawaii State Department of Health, Chronic Disease Prevention and Health Promotion Division, Primary Prevention Branch.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

KOKUA HARVEST EVENTS



Did you know that in addition to helping our Hawai'i Island community, volunteering with The Food Basket's Kōkua Harvest Program can also benefit our volunteers? Here are just a few ways volunteering for Kōkua Harvest can benefit our community mentally and physically.

Meet your neighbors

Volunteering with Kōkua Harvest gives residents a chance to meet like-minded folks right in their neighborhood.

Improve self-esteem

Volunteering may support confidence and self-esteem by doing something important that you feel is worth your time to contribute to.

Learn a new skill

Harvesting with Kōkua Harvest almost guarantees folks will learn a new skill.



Exercise

Kōkua Harvest events often require standing for long periods of time, overhead shoulder mobility and lifting various items. These are all ways to increase strength and flexibility (and, in our opinion, it usually provides a better view than a gym!).

Time Outside

Volunteers who harvest with us enjoy some outside time. Being outside is associated with lower risk of depression, can increase focus and attention, and so much more.



The Food Basket and Kōkua Harvest mahalo all of our volunteers for taking care of our community and themselves! If you're on Hawai'i Island and would like to get involved, check out kokuaharvest.org or email info@kokuaharvest.org.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

HEALTHY TOGETHER PROGRAM



The National Kidney Foundation of Hawai'i in partnership with Hawai'i Pacific Health is proud to offer the **Healthy Together Program** across the islands. This virtual evidence-based program is for children 6-13 years old and their families to learn more about healthier lifestyles. This provider-referred program uses the acronym MEND, which stands for Mind, Exercise, Nutrition, and Do It.

Healthy Together creates a safe, fun, and active environment for children and their families to explore and adopt proven methods to achieving and retaining a healthy lifestyle. In this 10-week program, families meet two times a week. The first weekly session is specifically for the parents/guardians, and the second session is for the whole family.

Research suggests that child lifestyle interventions are more effective when the whole family is involved and committed to adopting healthier habits. For this reason, all family members are invited to participate in the family sessions. Each session includes interactive activities and engaging family education on topics such as: healthy eating, physical activity, portion control, food label reading, and more!



Testimonials from participating families:

"The Healthy Together Program has made me, as a parent, more aware of the steps I need to take towards healthier choices. I have learned ways to add healthier foods to our meals and snacks."

"The food label lesson was really impactful with my kids. They will sometimes race each other to find out which snack is best. They like comparing food labels at the grocery store and I've overheard my son talking to his uncle about what to look for on a food label".

To learn more and see if you qualify, call **808-589-5906** or email programs@kidneyhi.org.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity

PLAY STREETS KAUAI PROGRAM; CONNECTING COMMUNITIES THROUGH ACTIVE PLAY

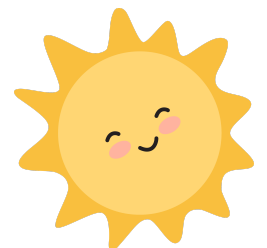


Play Streets refers to the temporary closure of streets for a specified period (usually 2-5 hours) to create a safe, publicly accessible space for children, adolescents, and/or their families to engage in active play. The goals are to promote physical activity and safe play for the keiki and to foster community.

The Kaua'i Play Streets Program is in the pilot stage with the goal of becoming a long-term island-wide program. Launched in Fall 2022, Kaua'i Play Streets Program creates a uniquely-Kaua'i version of play streets by directly engaging our play "experts"—the keiki and 'ohana of Kaua'i—in design and implementation while streamlining the application and approval process. The Kaua'i Play Streets Pilot Program is community driven, allowing residents the opportunity to choose how streets or non-active spaces can be used as public spaces, temporarily, periodically, or long-term.



Organizing Play Streets is one intervention for addressing unique barriers to promoting physical activity and social connections including limited resources and reduced access to playgrounds, sidewalks, or parks. Play Streets can be a one-time event or occur at multiple times through a year or month. Play Streets Kauai has created partnerships with local residents and community members who understand their community needs and strengths best.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity, Cont'd.

PLAY STREETS KAUAI PROGRAM; CONNECTING COMMUNITIES THROUGH ACTIVE PLAY



Play Streets provides community organizations with needed physical activity and related supplies, county permitting support, and implementation support to increase opportunities for active play and social connectedness.



Play Streets Kaua'i is possible thanks to a strong partnership between the Hawaii State Department of Health, County of Kauai Planning Department, County of Kauai Office of Economic Development, Kauai District Health Office, Na Lei Wili AHEC, Toy Fit, Kauai Skate Ohana, Hawaii Public Health Institute, and Get Fit Kauai.



BENEFITS OF PLAY STREETS INCLUDE:



Enhanced safety



Improved health



More physical activity opportunities



Better community relations



Reduced traffic concerns due to road closures



Increased adult supervision



For more info go to www.playstreetskauai.com.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity, Cont'd

PLAY STREETS KAUAI PROGRAM; CONNECTING COMMUNITIES THROUGH ACTIVE PLAY



One of the most well-attended Play Streets events happens at the Rice Street Block Party! If you happen to be on Kauai on **Saturday, October 28th**, you don't want to miss this free, fun and exciting event! See flyer below.

Play Streets

JOIN US! SATURDAY

at the Rice Street Block Party
in Lihue on Rice St. & Umi St.

4:00 pm - 7:00 pm
October 28, 2023

FREE KEIKI ACTIVITIES

Everybody is welcome!
No registration required

- Small skate park
- Ninja obstacle course
- Free play! Chalk, hula hoop, jump rope, and more!

Play Streets Kaua'i (PSK) is a community-led event that closes a road for a short time to offer a safe and accessible play space, so our Keiki and Ohana can come together and get active! For more information or to host your own PSK event, visit www.PlayStreetsKauai.com. PSK is brought to you by:

If you need an auxiliary aid/service or other accommodation due to a disability, contact the Planning Department at 808-241-4050 or planningdepartment@kauai.gov as soon as possible. Requests made as early as possible will allow adequate time to fulfill your request. Upon request, this notice is available in alternate formats such as large print, Braille, or electronic copy.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

AHA LOKAHI CONFERENCE



Save the Date!

The Hawai'i Afterschool Alliance
presents

'Aha Lōkahi



Hawai'i COMMUNITY
Conference

**Ka Lamakū Aloha
REignite the Light Within**

OCTOBER
23 - 25
KO'OLAU
BALLROOM

The 'Aha Lōkahi Conference is an opportunity for those who work in the afterschool, summer, and community school fields to learn, connect, and REignite their light and passion. Educators, administrators, youth development professionals, community school advocates and those who support Hawai'i's children and youth, are invited to participate!

Culminating Event: Join us on October 25 for Light On Afterschool at Hawai'i State Capitol!

For more information, visit: hawaiiafterschoolalliance.org/conference.html

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity

HIGH CANOE-PADDLING RATES AMONG NATIVE HAWAIIANS, PACIFIC ISLANDERS COULD HELP HEALTH OUTCOMES



A new study by researchers at the [University of Hawai'i at Mānoa](#) found that 1 out of 5 (20%) Hawai'i residents have participated in the uniquely Hawaiian sport of outrigger paddling. Paddling has particularly high popularity among Native Hawaiians; 42% have joined in this activity. The study also found the next ethnic group with the greatest participation was Pacific Islanders; 31% have paddled in their lifetime. These findings have been [recently published](#) by the Centers for Disease Control and Prevention.



These findings suggest that promoting paddling and other activities that are physically demanding as well as culturally relevant, could be a meaningful way to improve physical activity rates in Hawai'i, according to the researchers from the [UH Office of Public Health Studies](#), the Hawai'i Department of Health (DOH), and the [John A. Burns School of Medicine](#). The researchers also noted that paddling appealed to a wide range of ages, income groups, and geographic locations.

Hula and paddling provides cultural ties, health benefits

The study determined the extent of popularity of hula, which is an iconic part of Hawai'i's culture with a quarter of all Hawai'i residents reporting having [danced hula in their lifetime](#). Almost half of Native Hawaiians and 42% of Pacific Islanders have danced hula. Impressively, two-thirds of Hawaiian women dance hula sometimes or frequently. In other studies by UH researchers, it was found that the graceful dance of hula is also [physically rigorous](#) with energy expenditure levels that can be comparable to a basketball game or tennis match.

"Public health surveys do not typically measure culturally relevant physical activity," said Tetine Sentell, interim dean of the [Thompson School of Social Work & Public Health](#), who led the study. "Because of our diverse population, it is vital that we promote culturally relevant activities like outrigger canoe paddling in public health programming, research, and surveillance." Sentell also noted that policy makers could support these activities and promote both healthy behaviors and celebrate things that are unique to Hawai'i and make it a special place.



UH News

University of Hawaii at Manoa

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

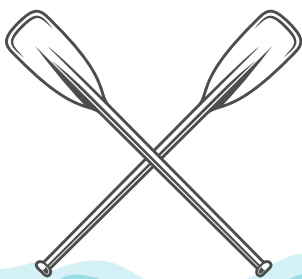
NATIVE HAWAIIAN SPORTS PROVIDE PHYSICAL AND SPIRITUAL WELLNESS, STUDY SAYS



"Really this is a way to think about promoting well-being activities with this broad perspective around strengths that are already in communities and people are already excited about and reduce the rates of chronic disease or how people manage their illnesses," said Tetine Sentell, UH Manoa Public Health Researcher. The study published in May by the Centers for Disease Control was a collaboration among the UH Thompson School of Social Work & Public Health, the State Department of Health and the John A. Burns School of Medicine's Department of Native Hawaiian Health. Read the [full study here](#).



*Ku'uwehi Hiraishi
Hawai'i Public Radio*



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

PROMOTING HEALTHY AGING AT PEARL CITY COMMUNITY CHURCH



"This group exercise program focuses on overall flexibility, balance, and endurance. It is a 1-hour class that runs 3 days a week for 16 weeks and can be ongoing. Each class has a 5-minute warm-up, 20-minute aerobic workout, 5-minute cool-down, 20-minute strength training, and 10-minute stretching. The participants benefit from this program by maintaining their health and socializing with their peers. For more information, contact:

- **Mylene Ibera**, Pearl City Community Church at Mylene@pccc-hi.org
- **Michiyo Tomioka**, University of Hawaii – Center on the Family at mtomioka@hawaii.edu
- **Jenny Ostlind**, YMCA of Honolulu at joslind@hmciahonolulu.org



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

KAUA'I'S KEIKI BIKE SAFETY DAY



While bicycling for fun is a healthy way for families to get exercise, connect with neighbors, and experience our environment, there are risks inherent to all activities that combine speed and keeping one's balance. The trauma management team at the Wilcox Medical Center on Kaua'i is reducing the likelihood of brain injuries and bicycle crashes by coordinating a sustained educational program.

"The Keiki Bike Safety Day is such an important event," Jen Chahanovich, president and CEO of Wilcox Medical Center and CEO of Kauai Medical Clinic, said. "Not only does it promote a healthy and active lifestyle from an early age, it provides our keiki with the tools and knowledge they need to be safe while having fun."



On Saturday, July 22, 2023 WMC hosted their eighth Keiki Bike Safety Day. This community engagement event was initiated in 2012. Successful keiki safety days depend on engaging several community based organizations, including Kaua'i Police Department, American Medical Response, Aloha Care, Keiki to Career, the Boy and Girl Scouts of America, Lions Clubs, and Kauai Path, Inc.

Thanks to Aloha Care's sponsorship, keiki bringing their own bicycles to the event, or winning one of the many donated prize bicycles, have their bike professionally inspected to assure that it is in sound mechanical working order.



More information on Kauai Path's educational programs is posted at www.KauaiPath.org.

Tommy A. Noyes
Executive Director, Kauai Path, Inc.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity

A WEST HAWAI'I COMPLEX AREA INITIATIVE - PROJECT NO KE OLA PONO O NĀ KEIKI (FOR THE PONO HEALTH OF THE KEIKI)

On the heels of the pandemic, the eight (8) Department of Health (DOH) & Physical Education Resource Teacher positions which had covered all HIDOE districts for more than 20 years were cut due to budget shortfalls. Using much of the innovative framework developed by these incredible teachers over the years, this Project No Ke Ola Pono O Na Keiki was started. This grant funded project is a unique partnership between DOE and non-profit organizations.

To date, notable accomplishments include:

- Safely holding some of the first in-person Whole School wellness events in the state under COVID-19 restrictions (Spring 2021).
- Holding over 38 Whole School wellness events since school year 2021-2022
- 5 Hawai'i County Resolutions passed and contingency fund grants awarded by City Council Representatives Maile David, Holeka Inaba, Heath Kimball, Tim Richards and Rebecca Villegas.
- Over \$159,000 in grant funding received so far including a Governor's Emergency Education Relief (GEER) Grant, Roberts Foundation Grant, & City Council Resolution Fund Grants, with 3 more on the horizon.
- Multiple articles published by Big Island News Now and West Hawaii Today.
- Recognition of programmatic success through awarding its founder the West Hawaii Complex Area Teacher of the Year.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity, Cont'd

A WEST HAWAI'I COMPLEX AREA INITIATIVE - PROJECT NO KE OLA PONO O NĀ KEIKI (FOR THE PONO HEALTH OF THE KEIKI)



Health & Fitness Field Days: In the 2020-2021 school year, one wellness event was held in West Hawai'i schools. By 2021-2022, eighteen events were organized, involving thirteen schools and benefiting 5,777 students and their teachers. An estimated 1,733,100 calories were burned during these events, bringing smiles to all participants. In the school year 2022-2023, twenty events were held, with over 6,700 West Hawai'i students participating. These field days also provide professional development to the entire school, helping teachers become familiar with the procedures and increasing the likelihood of repeated lessons. Thanks to the GEER grant, each school that held an event during that time earned \$1,000 to sustain the events annually by purchasing equipment.

Professional Development: Since 2021, 35 professional development events have taken place, with participation from 17 out of the 18 West Hawai'i Schools. The "No Ke Ola Pono O Nā Kumu" program includes professional development workshops, Project Learning Tree (PLT), teacher fitness challenges, team-building staff field days, interstaff kickball games, and the first annual West Hawai'i PE Teacher Golf Scramble. Additionally, a free 3-credit Physical Education (PE), Social Emotional Learning (SEL), and Professional Development Educators (PDE3) course was taught in the school years 2021-2022 and 2022-2023, addressing foundational gaps in instruction. Over twenty participating teachers who completed the course earned \$1,000 to purchase athletic gear for their schools. Two similar courses are planned for this year.

Project Based Learning: Four secondary schools are building their own versions of the Learning Readiness Physical Education Pilot Program. Equipped with new exercise equipment, state-of-the-art heart rate monitors, displays, and other technology, their goal is to establish targeted physical education as an academic and behavioral response to intervention (RTI). The development of these programs is ongoing.



This project seeks to help West Hawai'i Schools recover from the impacts of the pandemic by strengthening their wellness programs and building capacity for quality health and physical education.

[For more detailed information about Project Nā Ke Ola Pono O Nā Keiki, please visit their website](#)

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Worksite and Work From Home Wellness



3 DAILY HABITS THAT WILL HAVE A POSITIVE AFFECT

The act of self-care doesn't have to be about spa days, or extravagant treat yourself days. Self-care can also include daily habits and small changes that may have a big impact on your mental health. Here are three daily habits that you can incorporate into your life for a positive affect:

1. Focus on your physical health

Your physical health not only includes exercise but a balanced and nutritious diet and sleep. These three cornerstones help to create a healthy routine.



2. Make relaxation a priority

Try breathing exercises to help you relax. Begin with an inhale of 3-5 seconds, hold for 3-5 seconds, exhale for 3-5 seconds and repeat several times. This can be done during the day after a long meeting or a stressful interaction or as a jumpstart to your morning or transition into the evening.

3. Pause for gratitude

Focusing on gratitude helps Train our minds to look toward the positive instead of dwelling on the negative. Start a daily list with three things you're grateful for that day.



UHA's Connecting the Dots Podcasts include experts on these very topics:

- [Nutrition 101 with Dr. Jinan Banna.](#)
- [The Science of Sleeping Well with Dr. Val Cacho.](#)

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

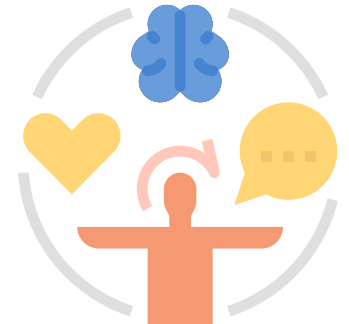
Hawaii Health Data

2021 BRFSS, PRAMS, AND YRBS



Data from the **2021 Behavioral Risk Factor Surveillance System (BRFSS)**, **Pregnancy Risk Assessment and Monitoring System (PRAMS)**, and **Youth Risk Behavior Survey (YRBS)** are now available on HHDW.org and HawaiiHealthMatters.org.

The **BRFSS** explores adult health-related risk behaviors, chronic health conditions, and the use of preventive services in Hawai'i. In addition to the latest data on fruit, vegetable, and sugar-sweetened beverage consumption, we've added a new nutrition section on food insecurity.



BRFSS Data Highlights

- Almost 14% of people responded that they didn't have enough money to buy balanced meals. This is a significant decrease from 2018 (22.7%).
- The percentage of adults who participated in physical activities or exercise outside of work in the past month increased significantly from 76.3% in 2019 to 80.6% in 2021. Males (82.9%) were more likely to engage in physical activity in their leisure time than females (77.9%).

The **PRAMS** collects population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy in Hawai'i. HHDW users can explore over 150 PRAMS data health indicators at the state and county level from 2000-2021, including indicators related to prenatal and postpartum assessment of weight management and nutrition.



2021 PRAMS Pregnancy Risk Assessment and Monitoring System

Explore maternal attitudes and experiences before, during, and shortly after pregnancy in Hawai'i.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Hawaii Health Data, Cont'd.

2021 BRFSS, PRAMS, AND YRBS



PRAMS Data Highlights

- While 73.1% of mothers received breastfeeding information from a lactation specialist before or after delivery, mothers from Hawai'i, Kaua'i, and Maui (48.5%, 59.9%, and 57.2%, respectively) were significantly less likely than mothers from Honolulu (80.9%) to talk to a lactation specialist.
- In 2021, 48.9% of mothers did not take a multivitamin, prenatal vitamin, or folic acid the month before they were pregnant, compared to 45.1% of mothers who did 4 or more times per week and 6% who did 1-3 times per week.

The **YRBS** explores Hawai'i's high school and middle school students in 6 categories of health-related behaviors: unintentional injuries and violence, sexual behaviors, alcohol and other drug use, tobacco use, unhealthy dietary behaviors, and inadequate physical activity. Users can explore over 175 YRBS indicators at the state and county level.

NEW

2021 YOUTH RISK BEHAVIOR SURVEY

Explore health-risk behavior indicators among middle and high school students in Hawai'i.

Hawai'i Health DATA WAREHOUSE



YRBS Data Highlights

- More than 3 in 5 high school students (61.3%) drank sugar-sweetened soda in the past 7 days, and 10.4% drank soda one or more times per day. Boys were more likely than girls to report daily sugary soda consumption (12.4% and 8.1%, respectively).
- 17.7% of high school and 19.0% of middle school students met federal guidelines for physical activity (60 minutes per day) and muscle strengthening (3+ times per week).



Contact us!



- Visit us at <https://livinghealthy.hawaii.gov> and <https://health.hawaii.gov/physical-activity-nutrition/>
- If you'd like your name removed from our mailing list, or to share other comments, please email Andy at DOH.PANPrevention@doh.hawaii.gov



**Thank you to everyone for submitting
your articles and helping to create a
venue for information sharing among
PAN professionals in Hawai'i!**

Your contributions are appreciated.



**THANK
YOU!**



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