



# Hawaii Physical Activity and Nutrition Newsletter

April 2015

Quarterly Issue -- Volume 6, Number 2

## In This Issue

- News from Hawaii PAN Partners
- Highlighted Hawaii Programs
- Highlighted National Programs
- Featured Resources and Research
- Conferences, Trainings, and Professional Development

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## Announcements from Hawaii PAN Partners

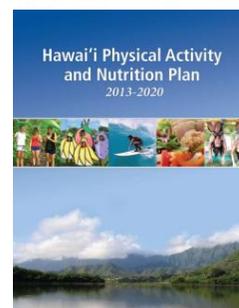
### SAVE THE DATE!

### 2015

## Hawai'i State Physical Activity and Nutrition (PAN) Forum

Hilton Waikiki Beach

### Thursday, May 28<sup>th</sup>



The PAN Forum will be an innovative meeting using graphic facilitation and graphic recording to:

- Present the message from the **Keynote Speaker on Public Health Policy**
- Review and **Celebrate Progress** on the Hawai'i Physical Activity and Nutrition Plan and Efforts from Statewide Partners
- Create a **Shared Vision** of a Healthy Hawai'i in 2020
- Develop **Next Steps and Policy Priorities** for 2015-2016



## More information and details coming soon!

## PAN Newsletter Subscription

If you would like to receive the PAN Newsletter, please click [here](#), fill out the form, and click the red "sign up" button at the bottom of the form.

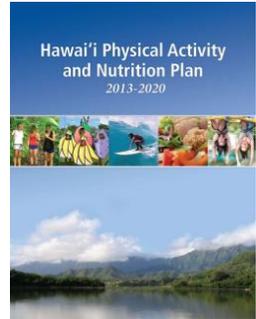
For current and previous PAN newsletters, please click [here](#).

## Hawaii State PAN Plan

Click on the link below to access the Hawaii State PAN Plan:

<http://health.hawaii.gov/physical-activity-nutrition/home/state-pan-plan/>

Articles in this newsletter are organized by sector area – specifically, Community Design and Access, Educational Systems, Healthcare Systems, Statewide Media, and Worksite/Industry/Business. At the end of each article, you will find the PAN Plan Objective that is supported by the activities mentioned in the article (where appropriate).



## Hawaii Highlighted Programs, Projects, and Initiatives

### Community Design and Access – Physical Activity

#### **NPAC- Get Fit Kauai Wins National Award for Efforts to Improve Community Health!**

Submitted by Bev Brody-Skerik, NPAC – Get Fit Kauai

With many thanks to Lehua Choy for writing up the paper and Dr. Jay Maddock for suggesting she submit it.

After just four years, the National Physical Activity Plan (NPAP) is having a positive impact around the nation. For the first time, individuals and organizations were recognized for their exceptional efforts in implementing the NPAP and setting a standard for achievement. The new Champions Awards shine a national spotlight on those who have made a significant commitment to adopting plan strategies and have shown outstanding progress toward improving physical activity for their target audience.



Get Fit Kauai was one of only three organizations in the entire nation that won the National Physical Activity Plan Champions Award and was recognized during the National Physical Activity Plan Congress held in Washington, D.C. in February.

Get Fit Kauai has made tremendous strides in promoting physical activity through policy change, programs, and projects. The coalition has led successful advocacy efforts for three major policy changes, including a county Complete Streets resolution (2010), a statewide Safe Routes to School Bill that allocates funding from speeding traffic violations to counties for Safe Routes to School efforts (2012), and a county ordinance change to the subdivision code that requires sidewalks and shorter block lengths (2013).



The coalition has also partnered with the County Public Works Department to develop infrastructure improvement plans for participating schools, and several changes to improve the safety of crosswalks have been implemented. Other notable accomplishments of Get Fit Kauai are: organizing a worksite wellness challenge that encourages 25 businesses to create policy and environmental changes to support physical activity and better nutrition. The efforts of Get Fit Kauai align with several of the strategies and tactics in the Transportation, Land Use, and Community Design sector of the NPAP.

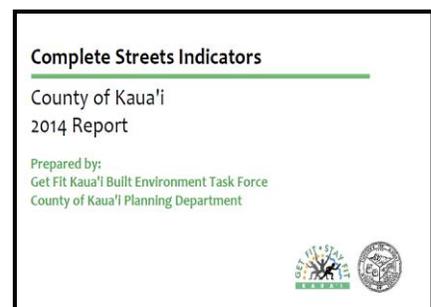
To read more, please click [here](#).

*PAN Plan 2020: Community Design and Access – Physical Activity  
Objective 3: Implement state and county-level “complete streets” policies.  
Objective 4: Develop and implement processes at the state and by every county to include physical activity priorities when determining building design and location, land-use planning, and transportation decisions (e.g., revise, disseminate, and utilize the Healthy Community Design Assessment/Checklist).*

### **NPAC- Get Fit Kauai’s Built Environment Task Force Completes 3<sup>rd</sup> Annual County of Kauai’s Complete Streets Indicator Report**

Submitted by Bev Brody-Skerik, NPAC – Get Fit Kauai

Get Fit Kauai’s (GFK) Built Environment Task Force (BETF) prepared the first Kaua’i County Complete Streets Indicators Report 2 years ago, followed up with the second report last year... and now, for the third year in a row... GFK’s BETF has completed the 2014 Complete Streets Indicator Report.



Performance measures are used to evaluate progress made towards specific goals, but the County has not yet established quantitative targets related to Complete Streets. Therefore, this report provides a snapshot of active transportation behavior and facilities on Kauai and serves as a basis upon which to monitor progress. It is anticipated that the report will be expanded upon in the future.

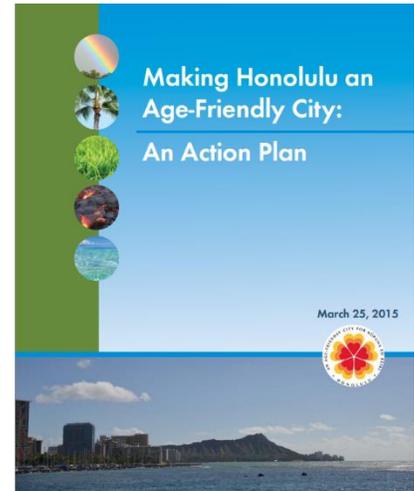
To see the full report, please click [here](#).

*PAN Plan 2020: Community Design and Access – Physical Activity  
Objective 3: Implement state and county-level “complete streets” policies.*

## **Honolulu Age-Friendly City Action Plan**

Submitted by Meredith Trockman, M.A., Project Coordinator, Center on Aging and Lecturer, Department of Communicology, University of Hawaii at Manoa

Honolulu is in the midst of an exciting transformation. With the vision and leadership of Mayor Kirk Caldwell and AARP, Honolulu is committed to becoming an age-friendly city. As part of this initiative, Honolulu has created an Age-Friendly City Action Plan. With the strong leadership of a Steering Committee and consultants from the University of Hawai`i Center on Aging, input from the more than 80 members of the Citizen's Advisory Committee, information from key informant interviews and focus groups, and public input, this Action Plan is a comprehensive plan for transforming Honolulu's built environment and encouraging social involvement and healthy aging. It addresses all aspects of life that help us to be more physically active and age in a way that is healthier for all. If you would like to review the Action Plan and give feedback on what is important to you and your `ohana, please visit [www.kupunatokeiki.com](http://www.kupunatokeiki.com) and download the plan today!



*PAN Plan 2020: Community Design and Access – Physical Activity  
Objective 4: Develop and implement processes at the state and by every county to include physical activity priorities when determining building design and location, land-use planning, and transportation decisions (e.g., revise, disseminate, and utilize the Healthy Community Design Assessment/Checklist).*

## **Community Design and Access – Nutrition**

### **Hawaii County Growing Communities and Access to Fresh Produce Through Community Gardens**

Submitted by Paul Strauss, MPA, Public Health Educator, Hawaii District Health Office

In October of 2013, Ka Hale Kahalu`u housing community residents and management, Hawaii District Health Office personnel, and other community partners came together to plant and re-establish a community garden that had lain fallow for many years within the Ka Hale Kahalu`u housing community, located a few minutes south of Kailua-Kona. The Kahalu`u Community Garden Ho`olaule`a was a success thanks in large part to the enthusiasm and support from



members of the Kahalu`u community. Young and old alike participated in planting the garden with kalo, sweet potato, lettuce, tomatoes, `ulu, banana, star fruit, and many other local favorites. The planting of the garden was followed by a BBQ and potluck put on by the residents, with games and face

painting for the keiki. It was a day of fun for all to enjoy and celebrate the beginning of a community garden that would eventually provide residents with easy access to fresh fruits and vegetables they chose to grow.



Since then the number of gardens has continued to grow, transforming Ka Hale Kahalu`u into an edible landscape. The property management company, Hawaii Affordable Properties Inc., manages Ka Hale Kahalu`u , as well as more than a dozen other affordable housing communities across Hawaii County. With their support and that of the community, we hope to continue planting community gardens and growing communities of health

and wellness. In fact, this is already happening. Residents from Ka Hale Kahalu`u have reached out to the affordable housing community of Kaimalino and begun helping to establish community gardens and edible landscapes there. They have been able to use their experiences from Kahalu`u to be more efficient in working with the management company on establishing areas to plant and establishing access to water. Kahalu`u has also been a key resource in supplying much of what was planted at Kaimalino from the gardens of Kahalu`u , such as banana, papaya, kalo, and sweet potato.

Community gardens have the potential to bring people together in an environment that promotes and supports the bridging of cultures creating more connected communities. They provide settings and circumstances to develop practical skills that can easily be translated into assets in personal and professional settings. Community gardens can act as a gateway for empowering residents and



communities with new skills and access to resources, improving the health and well-being of communities with each new garden. As expressed by Lilo Keju, one of the leaders of the Kahalu`u community garden efforts, "it brought the kids out...they are interested and I think they do learn....nobody knew how a pineapple grew....they eat healthier....and it brings other resources and help into the community because of the common interest....they are like 'hey what are you guys doing over here' and they want to get involved and help..". Growing communities and planting gardens can affect change for the better by helping to address the social determinants of health at the individual, interpersonal, and community level.

*PAN Plan 2020: Community Design and Access – Nutrition*

*Objective 8: Define and identify issues related to access and consumption of healthy food in each county and develop strategies to address them.*

## Educational Systems (Schools)

### Connecting Students to the World Wide Voyage through 'Ai Pono

Submitted by Donna Mitts, Program Coordinator, The Kohala Center



Through the 'Ai Pono Program, teachers and students in school gardens and classrooms all across Hawai'i will be growing, preserving, drying, and experimenting with locally grown foods that can be eaten by the crews of the wa'a (canoe). Students will be sharing their food and gardening experiences with students around the world.



We hope to be able to share traditional foods grown in school gardens with the Makali'i when she sails south in 2017 to bring Hokule'a and Hikianalia home. Students are also learning to make cordage from traditional materials which are being offered as makana (gifts) symbolizing the tying of Hawai'i to the world's peoples in the spirit of Malama Honua - to Care for the Earth. At the 11<sup>th</sup> Annual Grow Hawaiian Festival held recently at the Amy Greenwell Ethnobotanical Garden, students displayed some of their 'Ai Pono products and work.

To read more and view the photo gallery, please click [here](#):

*[PAN Plan 2020: Educational systems](#)*

*Objective 12: Increase educational opportunities for students and staff to learn about nutrition and agriculture.*

## **Health in Mind: Wellness Continues to Improve in DOE Public Schools**

Submitted by Jennifer Ryan, School Health Coordinator, Hawaii State Department of Health

Every year, the Hawaii State Department of Education (DOE) administers an online survey with public non-charter school Principals to monitor adherence to the DOE Wellness policy. Data from the Safety and Wellness Survey in school year 2013-14 indicate that the majority of schools are making steady progress towards full implementation of the Wellness Guidelines.

When compared to the previous school year, more schools now report having:

- *A Wellness committee (76.8% in 2012-13 vs 78.2% in 2013-14);*
- *At least 20 minutes of recess per day during which students are encouraged to participate in moderate to vigorous physical activity (81.3% in 2012-13 vs 83.6% in 2013-14);*
- *Health classes that meet the recommended minutes of instruction (76.8% in 2012-13 vs 77.0% in 2013-14);*
- *Physical Education classes that meet the recommended minutes of instruction (83.4% in 2012-13 vs 84.2% in 2013-14); and*
- *Competitive foods and beverages that meet nutrient standards (38.6% in 2012-13 vs 43.6% in 2013-14)*

While there is great improvement, meeting the nutrient standards for foods and beverages sold or provided to students outside of the meals program continues to be a challenge. In contrast to competitive foods, 100 percent of public schools are serving meals in the cafeteria that meet or exceed federal guidelines.

The average school Wellness score has also increased since last year, from 76.4% in 2012-13 to 79.0% in 2013-14. To recognize high-achieving schools, the DOE and DOH award schools that achieve 90% or more of the Guidelines. This year, there are 46 schools receiving "Excellence in Wellness" banners for display on campus.

For more detailed information about the Wellness Guidelines and the Safety and Wellness Survey, see the Superintendent's Annual Report or please click [here](#).

*[PAN Plan 2020: Educational systems](#)*

*[Objective 9: Require quality, comprehensive Health and Physical Education in Department of Education schools.](#)*

*[Objective 10: Establish a data collection system to measure, track, and report student health data.](#)*

## **Growing Good in the School Gardens on Maui**

Submitted by Nio Kindla, Operations Manager/Garden Educator, Grow Some Good, Educational School Gardens on Maui

Maui was behind the times when it came to school gardens. In fact, when Grow Some Good started their nonprofit to help local schools build out fertile grounds on campus, it was a hard sell at first. Administrators just weren't sure of their value.

Now, with a few years under their belts, the program is flourishing. Sure, there's a long list of schools that tap into their plant nurturing organization, but Grow Some Good has also exponentially affected our local food-growing systems and access to vegetables by teaching kids how to grow food. Getting students outside also plants kernels of career opportunity, gives them hands on knowledge of market exchange and has created occasions to cook, eat and make value-added products with their crops.



Finally, the state Legislature is catching on, and there are bills pending that would create a farm-to-school program, as well as another that aims to get locally grown food into school lunches.

"We've had a lot of focus this past year on the perils of industrial farming," says Kirk Surry of Grow Some Good. "We are seeing a shift in action to what people in the community can do. They can take back control of the local food system and make healthy organic produce more accessible to everyone, not just those who can afford to shop at health food stores."

Education is about making the relevant connections to knowledge that will last into your future. That isn't always obvious in classroom sessions, but taking lessons outdoors to a school garden can be refreshing and inspiring. There, students can learn where their food comes from. Eventually, the gardens will expand and students can take their knowledge home and create garden exchanges in their neighborhoods. From there, they learn how to market and sell their projects and (hopefully) the importance of reinvesting their profits into the garden.



"Families are growing food at home because of the lessons students are learning at school and taking it home to teach and inspire their parents," says Surry.

This concept is changing the environment and landscape of our schools. Last year, students at Lokelani Intermediate School transformed their campus with a huge school garden and landscaping initiative that fostered friendships outside the classrooms, earning the school the top honors in campus beautification and a \$5,000 grant from the Cooke Foundation. Baldwin High School's Workforce Readiness Program has taken to the garden to teach entrepreneurial skills from planting to harvest. And Princess Nahienaena is the newest school to jump aboard Grow Some Good's budding list.



Success stories like these are making state legislators take notice. Senate Bill 376 seeks to create a farm to school program at the state level as well as a link between school gardens, school food and Department of Agriculture. It passed the Ways and Means committee last month.

*[PAN Plan 2020: Educational systems](#)*

*Objective 12: Increase educational opportunities for students and staff to learn about nutrition and agriculture.*

### **Delicious Life Lessons**

Submitted by Nio Kindla, Operations Manager/Garden Educator, Grow Some Good, Educational School Gardens on Maui

Grow Some Good is a nonprofit community program dedicated to creating hands-on, outdoor learning experiences that cultivate curiosity about natural life cycles, connect students to their food sources, and inspire better nutrition choices. In addition to helping establish food gardens and living science labs in local schools, we provide resources and curriculum support through community partnerships in agriculture, science, food education and nutrition.

[This video](#) gives a tour of local food inspirations happening early in school gardens with our keiki. Local chefs mentor students during harvest festivals each year in recipe workshops showing how delicious farm to table living can be. We are so thankful for our community, helping us grow more Delicious Life Lessons with kids. Visit [Rally.org/GrowSomeGood](http://Rally.org/GrowSomeGood) and make a donation and/or join our School Garden Club!

*[PAN Plan 2020: Educational systems](#)*

*Objective 12: Increase educational opportunities for students and staff to learn about nutrition and agriculture.*

## **Worksite/Industry/Business (Worksite Wellness)**

### **American Heart Association Presents UHA with Hawai'i's First Community Innovation Award**

Submitted by Suzanne Eugenio, Marketing Services Manager, UHA Health Insurance

Honolulu, HI - The American Heart Association recognized UHA Health Insurance (UHA) on Tuesday, Feb. 3 as the first Hawai'i company to receive its Community Innovation Award during a presentation at a meeting of the Hawai'i Health at Work Alliance (HH@WA).

UHA was recognized as a Platinum-Level Fit-Friendly Worksite and Community Innovation Award winner by the American Heart Association for helping employees eat better and move more. The Community Innovation Award is given to a worksite that first must complete all criteria for gold- and platinum-

level achievements as a Fit-Friendly Worksite, in addition to developing and implementing an innovative community program in worksite wellness.

"I am proud to further the cause of the American Heart Association, both at UHA's worksite and within the community at large. UHA is pleased to be the first Hawai'i company honored with the Community Innovation Award," said Howard Lee, UHA CEO. "We're committed to providing the healthiest workplace environment possible at UHA and to promoting the benefits of physical activity, healthy nutrition and employee wellness within our community at large."

"UHA's Community Innovation Award was given in recognition of UHA's work in founding and developing the HH@WA," said Lee. Founded in 2013, the HH@WA currently represents more than 225 Hawai'i employers with the singular purpose of collaboratively learning how to build effective worksite wellness programs and applying methods that lead to sustainable lifestyle change for employees and improved productivity for employers.



*Pictured above: Howard Lee with AHA BOD member Paul Yokota, President, FCH Enterprises. Photo credit: Walter Kinoshita, UHA*

American employers are losing an estimated \$225.8 billion a year because of healthcare expenses and health-related losses in productivity, and those numbers are rising. Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. The American Heart Association is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

Recognition is a critical component of the Fit-Friendly Worksites program. Employers that join this program qualify for official recognition by the American Heart Association. They are listed on the program's national website. Qualifying worksites also have the right to use the program's annual recognition seal for internal communications and with external, recruitment-related communications.

"The Fit-Friendly Worksites Program offers easy-to-implement ways for organizations to help employees eat better and move more, which will help improve their health – and their employer's bottom line," said Lori Suan,

American Heart Association Hawai'i Division executive director. "Even people who haven't exercised regularly until middle age can reap significant benefits by starting a walking program. A study published in 1986 in the New England Journal of Medicine found that some adults may gain two hours of life expectancy for every hour of regular, vigorous exercise they performed."

For more information about the Fit-Friendly Worksites program and how it's helping to improve the health of Americans by focusing on the workplace, call 377-6641 or visit [heart.org/worksitewellness](http://heart.org/worksitewellness).

#### About the American Heart Association

The American Heart Association is devoted to building healthier lives, free of cardiovascular diseases and stroke. Our mission drives everything we do. To improve the lives of all Americans, we provide public health education in a variety of ways. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit [heart.org](http://heart.org).

#### About UHA Health Insurance (University Health Alliance)

UHA was founded as University Health Alliance in 1996 by a group of physician faculty at University of Hawai'i John A. Burns School of Medicine. UHA provides medical, drug and vision plans to more than 4,100 Hawai'i employer groups and 51,000 members. As the only health plan in Hawai'i founded by physicians, it was the first to offer preventive and wellness care focused health plans in the state, and now offers one of the largest physician and provider networks in Hawai'i. By meeting strict quality standards to ensure clinically sound decision-making that respects the rights of patients and medical providers, UHA received accreditation in Health Utilization Management through URAC, the independent non-profit that promotes healthcare quality. To learn more, call 532-4009, or visit [uhahealth.com](http://uhahealth.com).

#### About the Hawai'i Health at Work Alliance (HH@WA)

Founded in 2013 by UHA Health Insurance, membership is open to all Hawai'i employers, regardless of size or industry. A growing partnership of more than 225 organizations, HH@WA meets quarterly to learn from subject matter experts about emerging concepts in employee health and wellness, share best practices in worksite wellness programming, assist each other in solving problems, often with knowledge gained from first-hand experience, and to network with other like-minded Hawai'i employers. To learn more, call 535-5980 or 522-5572, email [info@hhawa.com](mailto:info@hhawa.com) or visit [hhawa.com](http://hhawa.com).

#### *PAN Plan 2020: Worksite, Industry, Business*

*Objective 16: Develop a statewide infrastructure to provide worksite wellness resources and technical assistance to employers.*

#### **Workplace Fitness Meets "Little Joe": Lex Brodie's Caveman Fit Club**

Submitted by Suzanne Eugenio, Marketing Services Manager, UHA Health Insurance

Written by Valerie Au, Worksite Wellness Program Manager, UHA Health Insurance

Workplace wellness programs are on the rise; in a recent study, 79% of employers say that wellness programs are an important part of their overall business strategy. But if the thought of offering new wellness resources overwhelms you, don't feel discouraged. Offering healthy benefits doesn't have

to be challenging or expensive. There are simple ways to incorporate wellness in your workplace using resources you already have at your disposal: and that's what this case study is all about.

### The Lex Brodie's Case Study: Transform Unused Space

When Lex Brodie's auto repair reconfigured their Queen Street location, president Scott Williams decided to transform resulting unused space into their very own wellness zone. Because Lex Brodie's mascot is "Little Joe" the caveman, they dubbed their new space the "Caveman Fit Club."



But at its heart, the Caveman Fit Club embodies a wellness solution *any* business could implement: it's a back-to-basics, cost-effective fitness area for employees that made use of the space the organization already had. The new area includes a half-basketball court, treadmill, elliptical, punching bag, and television. Staff from all of their five locations can use the 2400-ft space – making it easier and more convenient to fit in an exercise session before work, during their lunch break, or even after work rather than sitting in traffic.

Even if you don't have the room or the budget for a full set of equipment, you can still offer your employees the same benefits on a smaller scale. Any extra room can be transformed into a cozy yoga space or meditation oasis by adding some \$20 mats and privacy curtains, for example. There are also many effective cardio and strength training options that require very little space and equipment – like jump rope, resistance exercises, and free weight workouts.

### No Space? No Problem! The Caveman Way Keeps it Simple

When it comes to wellness, even small changes can make a big difference. Circulate information about at-desk exercises that office staff can do to keep their muscles limber and their minds engaged. Your own version of the Caveman Fit Club can be to encourage (and remind) employees to take short breaks to go for a walk or stretch their legs at regular intervals; it's all about reallocating the resources you already have toward a healthier lifestyle for your staff.

You can also implement a team fitness program and schedule group workout sessions at a nearby gym or studio, where you can use someone else's space for exercising. There are many simple strategies that help promote healthier work habits and activity levels without requiring any additional at-work space or equipment.

### Need Support? Take Advantage of Custom Wellness Programs

Don't have the time or expertise to design an effective employee wellness program? Contact UHA's Worksite Wellness department at 808.532.2156 or email [worksitewellness@uhahealth.com](mailto:worksitewellness@uhahealth.com) for a complimentary wellness consultation. Whether your goal is to address specific issues (like smoking cessation or stress reduction), or to promote overall health and wellness, custom programming can offer the resources and support that your team needs to make positive, concrete lifestyle changes – and to sustain their progress.



party, while equipping them with everything they need to make the changes stick.

Incorporating wellness in the workplace doesn't have to be complicated: just look at how Lex Brodie's has incorporated simple, budget-friendly wellness options for their staff. Offering even basic supports and resources can have a tremendous positive impact on your employees by showing that you prioritize their health and well-being. And when you're ready to take the next step, custom wellness programming can offer a comprehensive support system to accelerate progress and keep that momentum going.

*[PAN Plan 2020: Worksite, Industry, Business](#)*

*[Objective 16: Develop a statewide infrastructure to provide worksite wellness resources and technical assistance to employers.](#)*

### **Haven't You Heard? Employers are Taking "A STAND" in the Workplace**

Submitted by Valerie Au, Worksite Wellness Program Manager, UHA Health Insurance and Rachelle Bachran, Public Health Educator, DOH

Check out [juststand.org](http://juststand.org) to learn more about the amount of sitting, resulting in the rise of obesity and disease.

On February, 12, 2015, members of the Worksite, Industry and Business Sector met on Oahu and via webcast with our neighbor island partners. Our numbers are growing, thanks to our new campaign, "Each One, Reach One". Our goal is to DOUBLE our workgroup by the 2015 Physical Activity and Nutrition (PAN) Forum on Oahu, on Thursday, May, 28, 2015. Details will be out soon.

We have prioritized our next steps as follows:

- *Achieve one of the targets of Objective 16 - Develop a statewide infrastructure to provide worksite wellness resources and technical assistance to employers, such as:*
  1. *Expanding statewide recognition for worksites that adopt healthy practices and policies.*
  2. *Implementing a comprehensive worksite wellness program in at least five of the largest employers in the state.*
  3. *Employing a full time worksite wellness coordinator within the State Department of Health and /or Employer-Union Trust Fund (EUTF).*
- *Development of the [healthyhawaii.com](http://healthyhawaii.com) website promises to be a great place for worksite resources, links and events. Have a great wellness resource to share? Email them to Val ([yau@uhahealth.com](mailto:yau@uhahealth.com)) or Rachelle ([Rachelle.Bachran@doh.hawaii.gov](mailto:Rachelle.Bachran@doh.hawaii.gov)).*

- "Each One Reach One", doubling our membership numbers by 2015 PAN Forum, May, 2015.

For more information about the 2020 PAN Plan, please click [here](#):

[PAN Plan 2020: Worksite, Industry, Business](#)

*Objective 16: Develop a statewide infrastructure to provide worksite wellness resources and technical assistance to employers.*



## Featured Resources

### Hawaii

#### Resources

##### **Text4baby Launches a Free App!**

Submitted by Melissa Nagatsuka, MPH, Project Coordinator, Healthy Mothers Healthy Babies, Coalition of Hawaii

We are excited to announce that Text4baby has launched an app!

The Text4baby app makes it even easier for mothers to get critical health and safety information to keep them and their babies healthy. As a complementary tool to Text4baby text messages, the free app offers additional content and interactive features that enhance the overall Text4baby experience.



Using our app, moms can look forward to:



- A weekly planning list of medical, developmental and lifestyle calendar items.
- Polls that allow participants to compare themselves to other moms on topics such as pregnancy symptoms, infant development and emotional experiences.
- Appointment reminders that are set up through the application itself and received through the text message service.
- Helpful health hotlines and community resources.

Encourage moms to sign up for the new Text4baby app! Download it for free in the [iTunes](#) or [Google Play](#) app stores. For more information on Text4Baby, please visit the Healthy Mothers Healthy Babies Coalition of Hawaii website at [www.hmhb-hawaii.org](http://www.hmhb-hawaii.org) or contact us at (808) 737-5805.



## Conferences, Trainings, and Professional Development

### Hawaii

**Friday, October 2, 2015**

**Hawai'i's Physical Activity and Nutrition Plan Update**

**Queen's Conference Center, 510 S Beretania St., Honolulu, HI 96813**

**12 Noon to 1:30 pm HST – Bring your lunch, or watch the webinar**

TO REGISTER for QCC, all video conferencing sites or webinar, GO TO:

<http://www.training2oct2015.eventbrite.com>

For more information contact:

Camille Cristobal at [cuc@hawaii.edu](mailto:cuc@hawaii.edu) or call (808) 627-5246.

Physical activity and nutrition are key elements in reducing obesity and chronic diseases. The Hawai'i State Physical Activity and Nutrition Plan is a comprehensive state strategic plan designed to create environments and policies to improve health outcomes in Hawai'i.

*Guest Speakers: Carolyn Donohoe Mather, MAS, RDN, LD, IBCLC and Katherine Richards, MPH.*

This training has been approved for 1.5 CEU CSAC hrs. or 1 CEU hr., National Association of Social Workers, HI Chapter hr., for the Primary, Video Teleconference & Webinar sites.

### **SAVE THE DATE**

**HPHA's Hawaii Public Health Conference**

**October 9, 2015**

Location: Hawaii Convention Center

### National and International

**Grow. Share. Prepare. Food Systems Program Training**

**June 8-10 in Austin, Texas**

**Sustainable Food Center**'s fourth annual **Grow. Share. Prepare. Food Systems Program Training** is an intensive three-day workshop designed for community-based organizations, local government entities and other groups interested in sustainable and local food systems programming. **Register soon!** The deadline is April 24, and spaces are limited.

**The Right to Food: Power, Policy and Politics in the 21st Century  
UVM Food Systems Summit**

**June 16-17 in Burlington, Vermont**

All people deserve access to adequate, nutritious food. Drawing scholars, practitioners and food systems leaders, the annual [University of Vermont Food Systems Summit](#) explores how to provide this basic human right. [Learn more and register here.](#)

**8<sup>th</sup> Biennial Childhood Obesity Conference**

**June 29 - July 2, 2015**

San Diego, California

[Click here for more details.](#)

**Native Food Sovereignty Summit**

**Oct. 26-29 in Green Bay, Wisconsin**

[First Nations Development Institute](#) and the [Oneida Nation of Wisconsin](#) will co-host the third annual [Food Sovereignty Summit](#) this October to bring Native American communities together to promote Native health, wellness and food sovereignty. [Register here.](#)

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