



DEPARTMENT OF HEALTH

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HAWAII PUBLIC SCHOOLS RECEIVE HIGH MARKS FOR WELLNESS

HONOLULU – The Hawaii State Departments of Health (DOH) and Education (DOE) today released findings from the second annual Safety and Wellness Survey, (SAWS) for all Hawaii public (non-charter) schools for the 2012-13 school year. The results indicate a consistently high level of achievement with all schools meeting an average of 76 percent of the DOE Wellness Guidelines.

“Healthy and physically active students are more likely to be academically motivated, alert, and successful,” said Health Director Dr. Linda Rosen. “Schools that follow the Wellness Guidelines provide a healthy foundation for their students to thrive in school and life.”

“The importance of health and nutrition standards in our schools cannot be overstated,” said Superintendent Kathryn Matayoshi. “Our Wellness Guidelines help students stay healthy and ready to learn.”

The Wellness Guidelines are a set of standards for foods and beverages provided to students that include goals for school-based wellness committees, health and physical education, and other practices that support student health. All 255 Hawaii public (non-charter) schools have been required to meet the Wellness Guidelines since 2011. The SAWS is administered annually to school principals.

Highlights of the survey results show that during the 2012-13 school year, 94 percent of Hawaii schools reported integrating nutrition education into multiple areas of the curriculum such as math, science, and English language arts, and 95 percent report they have required physical education classes that are aligned with state standards (Hawaii Content and Performance Standards III for Physical Education). Additionally, 100 percent of schools report promoting the importance of eating nutritious meals and snacks, and 77 percent have a wellness committee that oversees Wellness Guidelines implementation. Principals report that the greatest challenge for Hawaii schools is ensuring that only nutritious foods and beverages are sold or provided to students outside the cafeteria, with only 39 percent of schools meeting this requirement in 2012-13.

This year, 55 Hawaii public schools were recognized with “Excellence in Wellness Awards” for achieving 90 percent or higher on the SAWS during the 2012-2013 school year.

SAWS data for 2013-14 school year is currently being collected. The Wellness Guidelines, SAWS, and public reporting of SAWS data fulfills requirements of the Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010.

The Safety and Wellness Survey Data Report for School Year 2012-13 is available here:
<http://www.hawaiipublicschools.org/DOE%20Forms/Health%20and%20Nutrition/SAWS2012-13.pdf>

Previous years' SAWS indicators are included in the Superintendent's Annual Report
<http://www.hawaiipublicschools.org/VisionForSuccess/SchoolDataAndReports/StateReports/Pages/home.aspx>

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