



STATE OF HAWAII
KA MOKU 'ĀINA O HAWAII

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KE KIA'ĀINA

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**HILO TO CELEBRATE NATIONAL PUBLIC HEALTH WEEK WITH
'READY. SET. ACTION!' EVENT HONORING HEALTH, VOLUNTEERS
AND MAYOR'S HEALTH CHALLENGE**

26-044

FOR IMMEDIATE RELEASE

April 13, 2026

HILO, Hawai'i — The Hawai'i Department of Health (DOH) Hawai'i District Health Office in partnership with the County of Hawai'i Mayor's Office invites the community to a wellness celebration on Friday, April 24, 2026, from 11 a.m. - 2 p.m. on the state building lanai and the adjacent County Parking Lot in Hilo, at 75 Aupuni St.

This event serves as the community's "Grand Finale" for a month dedicated to wellness, bridging three vital health initiatives:

- National Public Health Week (April 6-12): Celebrating our fourth year! This event brings the national theme "Ready. Set. Action!" to life, transforming health awareness into tangible community engagement.

- National Volunteer Week (April 19-25): Serving as a highlight for the last week of April, the event will feature a special appreciation ceremony for the volunteers and community partners whose actions make the Big Island healthier.
- Mayor's Health Challenge Legacy: Though the initial challenge concluded in February, this celebration encourages residents to stay in action by maintaining the fitness habits they built earlier this year.

"This event is a great opportunity to embrace wellness, from the small choices we make each day to the ways we uplift our community," said Mayor Kimo Alameda. "Let's stay moving, stay connected and keep building a healthier Hawai'i Island together."

Event Highlights Include:

- Health Fair: Connect with various DOH and county divisions and community partners offering wellness resources.
- Volunteer Appreciation: Meet our local volunteer community teams leading our frontline response. Stop by, discover your passion and see how you can join the team.
- Fitness & Fun: Live entertainment and inspiration to continue the five pillars of the Mayor's Health Challenge: (Heart, Strength, Balance, Flexibility and Weight Management "fit into your proudest pants").
- Local Eats: Food trucks will be on-site with a variety of options available for purchase.

"While National Public Health Week kicked off our month of awareness and the Mayor's Health Challenge set our fitness foundation earlier this year, April 24 serves as the ultimate day of action. We are gathering during National Volunteer Week to recognize that a healthy community requires both individual commitment and the selfless support of our local heroes," said John Kolman, Hawai'i District Health Officer. "Join us as we celebrate the progress we've made and say 'mahalo' to our community partners who keep the Big Island moving forward."

We encourage all residents, state and county employees, and community partners to join us for an afternoon of gratitude and renewed commitment to health.

For more information, call 808-974-6006.

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