



# OLAKINO MAIKA'I

To Improve Your Health and Well-Being



## Health Independence

Discover how good health supports independence, from healthy aging to mental health.



## Mobile X-Ray Trucks

Step back in time to learn how mobile X-ray trucks helped Hawai'i fight tuberculosis.



## Summer UV Safety

Learn how to protect yourself from Hawai'i's intense sun and summer heat.

## Summer of Health



Summer in Hawai'i is a time for gathering with family and friends, enjoying our beaches and parks, and making the most of the season's opportunities. It's also a reminder that good health helps us stay active, independent, and ready for whatever life brings. In this issue of **Olakino Maika'i**, explore ways to protect your health this summer: from water safety to brain health, mental wellbeing, and healthy outdoor recreation. Learn how small steps today can help you enjoy a safer, healthier, and more independent tomorrow.

**SCHOOL READY**

**Have questions about childhood vaccines? You're not alone.**

**CLICK FOR MORE**

## Good Health = Independence



As we come together for July 4 celebrations, we remember that a healthy life is an independent life – with the freedom to make choices, stay active, care for ourselves and loved ones, and participate fully in our communities. By taking small steps today, we can help preserve our independence for many tomorrows.

### ★ Basic health care

Vaccinations, regular health screenings and doctor visits, and paying attention to warning signs.

### ★ Chronic conditions

Carefully managing health challenges like diabetes, heart disease and high blood pressure.

### ★ Kūpuna

Aging safely at home, connecting with family and community, and staying as active as possible.

### ★ Healthy habits

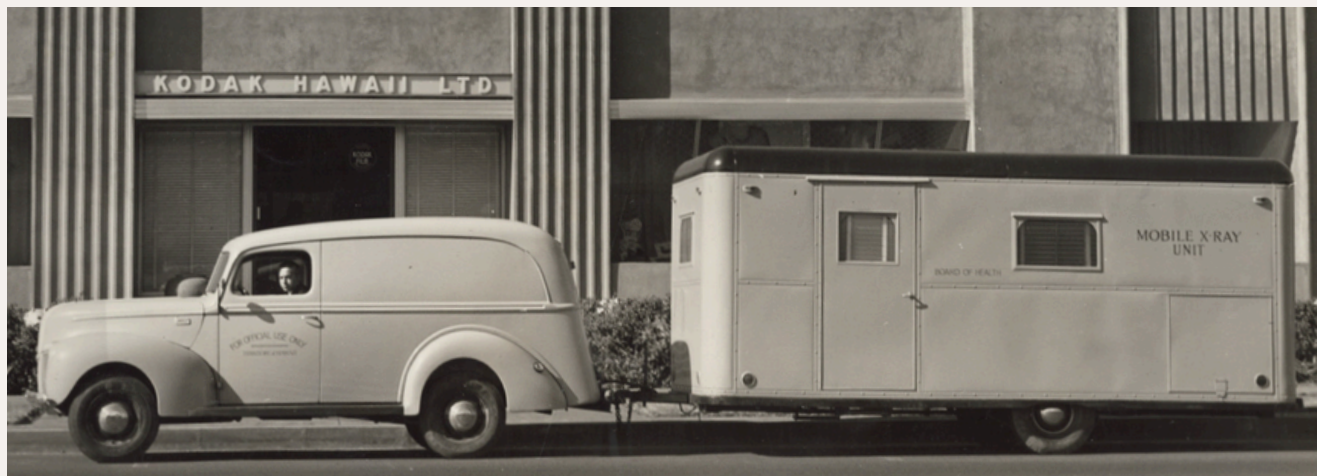
Eating well, getting plenty of exercise and a good night's sleep, and taking care of your mental health and well-being.

## MO'OLELO OLAKINO

### *History of Health*



## Health History: When the X-Ray Truck Came to Town



The Hawai'i Territorial Board of Health acquired its first mobile X-ray truck in 1941 when mobile X-ray units were an important tool in the fight against tuberculosis (TB).

In 1940, TB, which was also referred to as consumption, caused approximately 60,000 deaths in the US and 260 in Hawai'i. Over the next decades, use of the Mantoux (PPD) skin test to screen for TB became widespread, and antibiotics were developed to treat TB. With access to this care, by 2000, there were less than 800 deaths annually from TB in the US and less than 5 in Hawai'i. However currently, there are still more than one million deaths annually from TB globally.

In 2025, Hawai'i had 125 diagnosed cases of active TB disease, and Hawai'i continues to have the second-highest TB case rate in the country. The DOH Tuberculosis Control Program continues to emphasize screening for TB, treatment to prevent TB disease — and contact investigation for those who have been exposed to TB.

Today, the DOH safeguards the health of residents by maintaining a strong public health workforce and collaborating with public and private partners to continue to promote community-based TB screening.

[TB TESTING LOCATIONS](#)

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## UV Safety Month: Protect Your Skin in Hawai'i's Sun



July is **UV Safety Month**, a reminder that protecting your skin is important year-round in Hawai'i. Ultraviolet (UV) radiation from the sun can damage skin and increase the risk of skin cancer, even on cloudy days.

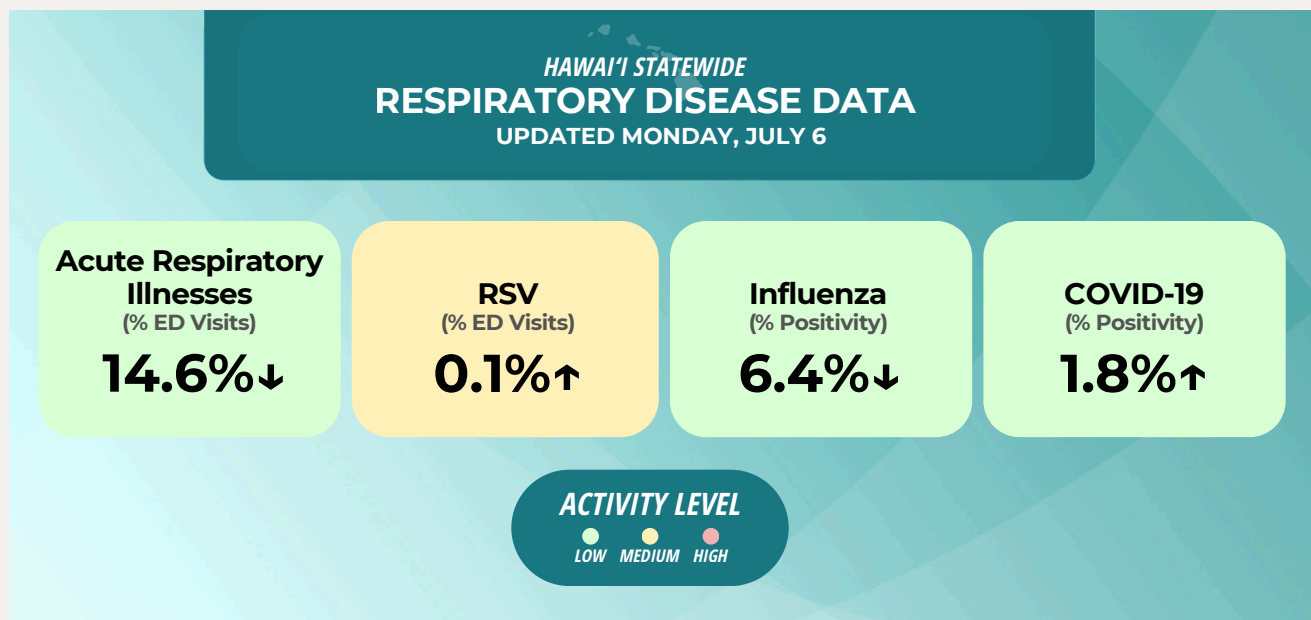
Simple steps can help reduce your risk. Wear broad-spectrum sunscreen, seek shade during peak sunlight hours, wear protective clothing and sunglasses, and reapply sunscreen regularly when swimming or spending time outdoors.

Children are especially vulnerable to sun damage, making sun protection an important habit for the whole family. By taking a few precautions, you can continue enjoying Hawai'i's beaches, parks, and outdoor activities while protecting your long-term health.

Exposure Category	Index Number	<b>UV INDEX: WHAT TO KNOW</b>
Low	<2	You can safely enjoy being outside. Cover up and use sunscreen SPF 15+.
Moderate	3-5	Take precautions outside. Reduce exposure by seeking shade midday.
High	6-7	Protection against sun damage needed. Wear a wide-brimmed hat and sunglasses, use sunscreen and wear long sleeves when practical.
Very High	8-10	A shirt, hat and sunscreen are a must, seek shade and know that white sand and other bright surfaces can double UV exposure.
Extreme	11+	Same as "very high."

SUN SAFETY FACTS

This Week's Respiratory Disease Data



This week's data shows low activity levels for acute respiratory illnesses (14.6% ED visits) and medium activity levels for RSV (0.1% ED visits). Influenza (6.4% positivity) and COVID-19 (1.8% positivity) activity levels are low.

## RESPIRATORY DISEASE DASHBOARD

# BEHAVIORAL HEALTH

## National Minority Mental Health Awareness Month



July is **National Minority Mental Health Awareness Month**, a time to recognize the unique mental health challenges that can affect racial, ethnic, and culturally diverse communities. In such a diverse place as Hawai'i, supporting mental wellbeing means ensuring that everyone feels seen, respected, and connected to care.

Mental health is an important part of overall health. Mental health is an important part of overall health. Yet challenges in our systems, such as discrimination, language access gaps, differences in cultural understanding, and limited access to services, can make it harder for individuals and families to seek support.

Building awareness and encouraging open conversations can help reduce those barriers.

Strong social connections, cultural identity, family support, and access to appropriate care all play important roles in mental wellbeing. Whether it's checking in on a loved one, reaching out for support, or learning about available resources, small actions can make a meaningful difference.

This month, take time to support your own mental health and help create communities where everyone feels a sense of belonging and connection.

## MINORITY MENTAL HEALTH

# ENVIRONMENTAL HEALTH

## Hurricane Season Starts with Preparedness



Summer barbecues are a Hawai'i tradition, but warm weather can also create ideal conditions for bacteria to grow. A few simple food safety steps can help keep your next gathering safe and enjoyable.

Keep cold foods cold and hot foods hot. Perishable foods such as meat, seafood, salads, and cut fruit should be kept at 40°F or below until serving, while cooked foods should be held at 140°F or higher.

Avoid leaving food in the "danger zone" between 40°F and 140°F for more than two hours, or one hour on especially hot days.

## QUICK GUIDE TO SAFE PICNICKING

<b>Cold Foods</b>	40°F or below until serving
<b>Hot Foods</b>	140°F or higher after cooking
<b>Danger Zone</b>	Between 40°F and 140°F for more than 2 hours
<b>Cross-Contamination</b>	Separate raw meat from ready-to-eat foods
<b>Not Sure if It's Safe?</b>	When in doubt, throw the food out

Prevent cross-contamination by keeping raw meat separate from ready-to-eat foods and using clean plates and utensils for cooked items. When grilling, use a food thermometer to ensure meat reaches a safe internal temperature.

Remember: when in doubt, throw it out. Taking a few precautions can help ensure your summer memories are made around the barbecue pit, not recovering from food poisoning.

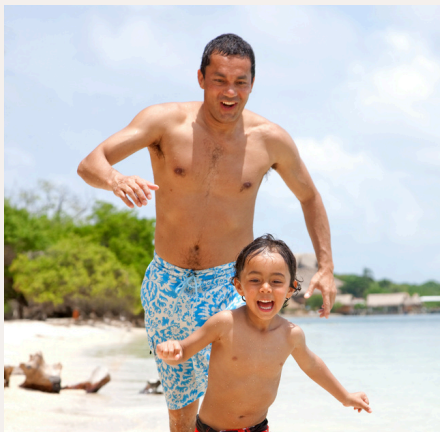
BARBECUE BASICS

FOOD SAFETY INFORMATION

TIPS: HANDLING FOOD SAFELY

## PUBLIC HEALTH

### World Drowning Prevention Day: Every Second Counts



Observed on July 25, **World Drowning Prevention Day** highlights the importance of water safety and the simple actions that can save lives. Hawai'i's waters offer countless opportunities for recreation, but drowning remains a serious and preventable public health concern.

Earlier this year, Honolulu Emergency Medical Services responded to 12 pediatric non-fatal drownings involving children ages 2 to 9, nearly double the number reported during the same period last year.

Experts recommend constant, close supervision whenever children are near water, whether at the beach, pool, hot tub, or bathtub. Designating a "Water Watcher," an adult whose only responsibility is watching children in and around the water, can help prevent tragedies. Learning swimming skills, wearing life jackets when appropriate, choosing lifeguarded beaches, and knowing CPR are additional layers of protection.



Consider dressing your keiki in bright colors to make them easier to spot. High-visibility colors don't replace supervision, but they buy critical seconds when every moment counts.

This World Drowning Prevention Day, take a few moments to review water safety practices. A little preparation can help save a life.

[DROWNING PREVENTION](#)

[GET CERTIFIED](#)

## SHORT TAKES

### World Hepatitis Day: Know Your Status



Observed each year on July 28, **World Hepatitis Day** raises awareness about viral hepatitis, a disease that affects the liver and can lead to serious health complications if left untreated.

Many people with hepatitis B or hepatitis C do not experience symptoms for years and may not know they are infected. Screening, vaccination, and early treatment can help prevent severe liver disease and reduce transmission to others.

Hawai'i has long worked to prevent hepatitis through vaccination programs, testing services, and public health education. This World Hepatitis Day, consider talking with your healthcare provider about whether hepatitis testing or vaccination may be right for you.

Knowing your status is an important step toward protecting your health and maintaining your independence.

WORLD HEPATITIS DAY

## World Brain Day: Supporting Brain Health at Every Age



Observed annually on July 22, **World Brain Day** was established by the World Federation of Neurology in 2014 to raise awareness about brain health and neurological disorders. The campaign encourages people around the world to take steps to protect and support brain health throughout their lives.

While there is no guaranteed way to prevent dementia, healthy habits may help reduce risk and support healthy aging. Regular physical activity, quality sleep, and managing conditions such as high blood pressure and diabetes can all contribute to better brain health. Staying socially connected through family, friends, and community activities can also support emotional wellbeing and cognitive function.

This World Brain Day, consider taking a walk, connecting with a loved one, or making time for a good night's sleep. Small steps can make a lasting difference.

WORLD BRAIN DAY

*In Hawaiian, the word olakino refers to the state of health and well-being. The word "ola" means life and health, and the word "kino" means body. Olakino is generally considered to be the greatest wealth and great health that one can attain, not just of the body but holistically. Maika'i in Hawaiian means good or wellbeing.*

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