

Lifestyle and Wellness

Physical Activity, Nutrition, Obesity, Tobacco Use

Healthy Hawai'i 2020
A Community Health Plan

Physical Activity

Regular physical activity is important for overall health and well-being. Physically active adults reduce their risk of many serious health conditions including obesity, heart disease, diabetes, colon cancer, and high blood pressure. In addition to reducing the risk of multiple chronic diseases, physical activity helps maintain healthy bones, muscles, joints, and helps to control weight, develop lean muscle, and reduce body fat.

Guidelines for recommended physical activity include both aerobic and muscle-strengthening exercises for both adults and youth. Adults are recommended to get 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity per week (or some combination of the two), and engage in muscle-strengthening exercises 2 days per week. Youth are recommended to get 60 minutes or more of aerobic activity 7 days per week, and engage in muscle- and bone-strengthening activities 3 days per week.

Indicators

- Increase the proportion of adults (18+ years) meeting the physical activity guidelines for both aerobic and muscle-strengthening activities.
 - 2013 Baseline¹: 26.5%
 - Hawaii 2020 target: 28.4%
 - HP 2020 target: 20.1%
- Increase the proportion of youth (grades 9-12) meeting the physical activity guidelines for both aerobic and muscle-strengthening activities.
 - 2015 Baseline²: 16.4%
 - Hawaii 2020 target: 23.0%
 - HP 2020 target: 24.1%

Strategies^{3,4}

- Implement healthy community design and land use policies and practices that promote access to physical activity and healthy food.
- Implement policies and programs (e.g., Complete Streets, Safe Routes to School, bike sharing) that increase active transportation and transit use.
- Promote and provide daily opportunities in educational settings for physical activity, including activities for students with chronic diseases and other special needs and implement policies that require quality, comprehensive health and physical education.
- Emphasize *Health in All Policies* (e.g., in relation to the built environment, land use and zoning, and food, beverage taxes or incentives).

Nutrition

Good nutrition is important for children to grow and thrive, and for adults to achieve good health, maintain a healthy weight, and for both young and old to reduce the risk of chronic disease. A healthful diet includes a variety of nutrient-dense foods, especially fruits, vegetables, whole grains, low-fat or fat-free milk or milk products, and seafood, lean meats, legumes, and other protein sources. Numerous studies have shown a clear link between the amount and variety of fruits and vegetables consumed and decreased rates of chronic diseases, such as cancer.

The guidance in the United States Department of Agriculture Dietary Guidelines for Americans (DGA) has changed over time, however one recommendation has remained constant: that one's diet should be rich in fruits and vegetables. The 2015-2020 DGA recommends four and one-half cups (nine half-cup servings) of fruits and vegetables daily for a 2,000-calorie diet, with higher or lower amounts depending on the caloric level. Despite well-known benefits, many people still do not eat recommended amounts of fruits and vegetables.

Indicators

- Increase the proportion of adults (18+ years) consuming 5 or more servings of fruits and vegetables per day.
 - 2013 Baseline¹: 18.1%
 - Hawaii 2020 target: 21.1%
 - HP 2020 target: --
- Increase the proportion of youth (grades 9-12) consuming 5 or more servings of fruits and vegetables per day.
 - 2015 Baseline²: 18.7%
 - Hawaii 2020 target: 19.3%
 - HP 2020 target: --

Strategies^{3,4}

- Increase to 80%, the number of farmer's markets that accept Supplemental Nutrition Assistance Program (SNAP) Electronic Benefit Transfer (EBT) transactions.
- Enact at least two statewide policies to increase access to healthy food and decrease access to unhealthy food/drinks.
- Define and identify issues related to access and consumption of healthy food in each county and develop strategies to address them.
- Improve community access to affordable, preferably locally grown, fruits and vegetables.
- Ensure that nutritious and appealing foods and beverages are provided on school campuses.
- Assure the availability of healthy foods and beverages in snack shops, convenience and grocery stores, cafeterias, and vending machines.

Obesity

Maintaining a healthy body weight decreases one's risk for disease and premature death. Being overweight or obese substantially increases the risk for coronary heart disease, diabetes, hypertension, some forms of cancer, and certain musculoskeletal disorders, such as osteoarthritis. Over the past 30 years, the prevalence of overweight and obesity has increased steadily for both adults and children. Over one-half of adults have a Body Mass Index (BMI) that exceeds the healthy range. Nearly one-third of children entering kindergarten are overweight or obese; estimates are similarly high among public middle and high school students.

Indicators

- Reduce the proportion of adults (18+ years) with obesity (BMI \geq 30).
 - 2014 Baseline¹: 22.1%
 - Hawaii 2020 target: 21.2%
 - HP 2020 target*: 30.5%
- Increase the proportion of adults (18+ years) with a healthy weight ($18.5 \leq$ BMI $<$ 25).
 - 2014 Baseline¹: 39.5%
 - Hawaii 2020 target: 44.0%
 - HP 2020 target*: 33.9%
- Reduce the proportion of adolescents (12-19 years) with obesity (\geq 95th percentile BMI for age and sex).
 - 2015 Baseline²: 12.9%
 - Hawaii 2020 target: 11.9%
 - HP 2020 target: 16.1%
- Increase the proportion of youth (grades 9-12) with a healthy weight (based on age- and sex-specific percentiles).
 - 2015 Baseline²: 71.7%
 - Hawaii 2020 target: 76.0%
 - HP 2020 target: --

*HP 2020 restricts this objective to adults 20 and older

Strategies^{3,4}

- Promote worksite policies to assure availability of physical activity opportunities, including flex time policies, accessible and attractive stairwells, and incentives or discounts for fitness center memberships and bus ridership.
- Implement healthy community design and land use policies and practices that encourage physical activity and promote access to healthy food.
- Provide health benefits, such as health risk assessments and/or chronic disease screening with risk factor and early detection education.
- Develop culturally appropriate information and educational tools to influence social norms and attitudes by promoting healthy living, wellness, and disease prevention.
- Assure the availability of healthy foods in vending machines/cafeterias in schools.
- Prohibit sugar-sweetened beverages on school campuses during instructional time.
- Implement policies requiring comprehensive health and physical education in schools.

Tobacco Use

Tobacco use is the leading cause of preventable death and disease in the U.S. In Hawaii alone, tobacco claims 1,400 lives each year and creates \$526 million in direct annual healthcare costs. Tobacco kills more people than alcohol, HIV/AIDS, car crashes, illegal drugs, murders, and suicides combined. Thousands more die from tobacco-related causes, such as fires caused by smoking⁵. Despite advances in tobacco prevention and control in Hawaii, certain populations continue to experience a disproportionate health and economic burden from tobacco. Native Hawaiians have the highest smoking prevalence among all ethnic groups (27%). Adults with behavioral health issues, such as mental illness and substance abuse disorders also have a much higher smoking prevalence rate and are less likely to quit. Other populations that are disparately affected by tobacco include the lesbian, gay, bisexual, and transgender (LGBT) population and persons of low socioeconomic status (lowest levels of education, income, & those unemployed).

Indicators

- Reduce the proportion of adults (18+ years) who smoke cigarettes.
 - 2014 Baseline¹: 14.1%
 - Hawaii 2020 target: 12.0%
 - HP 2020 target: 12.0%
- Reduce the proportion of youth (grades 9-12) who smoke cigarettes (past 30 days).
 - 2015 Baseline²: 9.7%
 - Hawaii 2020 target: 9.2%
 - HP 2020 target: 16.0%
- Reduce the proportion of youth (grades 9-12) using electronic smoking devices (past 30 days).
 - 2015 Baseline²: 25.1%
 - Hawaii 2020 target: 23.8%
 - HP 2020 target: --

Strategies^{3,6,7}

- The Hawaii Department of Health Tobacco Prevention & Education Program focuses on four priorities: (i) prevent initiation among all of Hawaii's people; (ii) promote quitting of tobacco among adults and youth; (iii) eliminate exposure to secondhand smoke; and (iv) identify and reduce tobacco-related disparities among groups most affected by tobacco use and secondhand smoke exposure.
- Promote easy access to proven tobacco use cessation treatments including counseling & medication.
- Counter pro-tobacco influences through mass communication & education campaigns.
- Support policies, partnerships, and intervention activities that promote social norm & behavioral change.
- Promote ongoing enforcement of tobacco- and nicotine-related policies & laws.
- Increase the cost of tobacco/nicotine products through tax & regulatory approaches.

Citations and further resources

¹[Behavior Risk Factor Surveillance System \(BRFSS\)](#)

²[Youth Risk Behavior Survey \(YRBS\)](#)

³[Hawaii Coordinated Chronic Disease Framework, 2014-2020](#)

⁴[Hawaii Physical Activity & Nutrition Plan, 2013-2020](#)

⁵[Hawaii State Department of Health, Tobacco Prevention & Education Program](#)

⁶[Centers for Disease Control and Prevention \(CDC\), Best Practices for Comprehensive Tobacco Control Programs – 2014](#)

⁷[U.S. Department of Health and Human Services. The Health Consequences of Smoking – 50 Years of Progress. A Report of the Surgeon General, 2014](#)