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# LIFESTYLE AND WELLNESS

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## 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.

### INDICATOR

#### Reduce the proportion of adults with obesity (BMI $\geq$ 30)

State	Year	Percentage
Baseline	2020	24.5%
Target	2030	22.1%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2020	40.0%
Target	2030	36.0%

Source: [Behavioral Risk Factor Surveillance System](#)

### RELATED OBJECTIVE



Healthy People 2030

#### Increase the proportion of adults with a healthy weight (18.5 $\leq$ BMI < 25)

State	Year	Percentage
Baseline	2020	39.2%
Target	2030	43.1%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2020	27.0%
Target	2030	29.7%

Source: [Behavioral Risk Factor Surveillance System](#)

## INDICATOR

**Reduce the proportion of youth (grades 9 to 12) with obesity ( $\geq$ 95th percentile BMI for age and sex)**

State	Year	Percentage
Baseline	2019	16.4%
Target	2030	14.6%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	21.7%
Target	2030	19.3%

Source: [Youth Risk Behavior Survey](#)

## RELATED OBJECTIVE



Healthy People 2030



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**Increase the proportion of youth (grades 9 to 12) with a healthy weight (based on age-and sex-specific percentiles)**

State	Year	Percentage
Baseline	2019	69.2%
Target	2030	76.8%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	61.1%
Target	2030	67.8%

Source: [Youth Risk Behavior Survey](#)

## 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 meeting the physical activity guidelines for both aerobic and muscle-strengthening activities**

State	Year	Percentage
Baseline	2019	24.8%
Target	2030	27.5%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	24.1%
Target	2030	26.8%

Source: [Behavioral Risk Factor Surveillance System](#)

### RELATED OBJECTIVE



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## INDICATORS

**Increase the proportion of youth (grades 9 to 12) meeting the physical activity guidelines for both aerobic and muscle-strengthening activities**

## RELATED OBJECTIVE



Healthy People 2030

State	Year	Percentage
Baseline	2019	13.4%
Target	2030	14.9%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	18.8%
Target	2030	20.9%

Source: [Youth Risk Behavior Survey](#)

## STRATEGIES<sup>1,2</sup>

- ❖ Implement healthy community design and land use policies and practices that promote equitable access to physical activity.
- ❖ Implement policies and programs (e.g., Complete Streets, Safe Routes to School, Vision Zero, bike sharing) that increase safe, connected active transportation and transit use.
- ❖ Promote and provide daily opportunities in early childhood, K-12, and higher education settings for active play and physical activity, including activities for young children and students with chronic disease and other special needs and implement policies that require quality, comprehensive health and physical education.
- ❖ 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.
- ❖ Emphasize *Health in All Policies* (e.g., in relation to the built environment, land use and zoning, and food, beverage taxes or incentives).
- ❖ Prioritize implementation of policies, programs, and infrastructure changes to increase physical activity in communities experiencing health disparities and poor health outcomes.

## 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

### RELATED OBJECTIVE

#### **Increase the proportion of adults consuming fruits and vegetables 5 or more times per day**

State	Year	Percentage
Baseline	2019	17.5%
Target	2030	19.4%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	16%
Target	2030	17.8%

Source: [Behavioral Risk Factor Surveillance System](#)

## INDICATORS

**Increase the proportion of youth (grades 9 to 12) consuming fruits and vegetables 5 or more times per day**

State	Year	Percentage
Baseline	2019	13.9%
Target	2030	15.4%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2019	15.5%
Target	2030	17.2%

Source: [Youth Risk Behavior Survey](#)

## RELATED OBJECTIVE



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## STRATEGIES<sup>1,2</sup>

- ❖ Implement healthy community design and food security policies and practices that promote equitable access to affordable, nutritious, and preferably locally grown/produced food.
- ❖ 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, fresh, locally grown, and culturally appropriate foods and beverages are provided in early childhood settings and on school campuses.
- ❖ Assure the availability of healthy foods and beverages in snack shops, convenience and grocery stores, cafeterias, and vending machines.
- ❖ Support hospital and community efforts to increase breastfeeding exclusivity and duration.
- ❖ Prioritize implementation of policies, programs, and infrastructure changes to increase access to healthy food in communities experiencing health disparities and poor health outcomes.

## 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. Millions of people cope with tobacco-related diseases, such as heart disease, stroke, cancer, diabetes or chronic obstructive pulmonary disease (COPD)<sup>3</sup>.

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 (17%)<sup>4</sup>. Adults with behavioral health issues, such as mental illness and substance abuse disorders also have a much higher smoking prevalence and face systemic barriers to quitting. 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).

### INDICATOR

#### Reduce the proportion of adults smoking cigarettes

State	Year	Percentage
Baseline	2020	11.6%
Target	2030	5.0%
<b>Health Equity</b>		
<i>Native Hawaiian</i>		
Baseline	2020	17.4%
Target	2030	9.2%

Source: [Behavioral Risk Factor Surveillance System](#)

### RELATED OBJECTIVE



Healthy People 2030

## INDICATOR

**Reduce the proportion of youth (grades 9 to 12 and 6 to 8) smoking cigarettes in the last 30 days**

State	Year	Percentage	
		High School	Middle School
Baseline	2019	5.3%	3.9%
Target	2030	3.4%	3.4%
<b>Health Equity</b>			
<i>Native Hawaiian</i>			
Baseline	2019	6.4%	4.7%
Target	2030	3.4%	3.4%

Source: [Youth Risk Behavior Survey](#)

## RELATED OBJECTIVE



Healthy People 2030

**Reduce the proportion of youth (grades 9 to 12 and 6 to 8) using electronic smoking devices in the last 30 days**

State	Year	Percentage	
		High School	Middle School
Baseline	2019	30.6%	17.7%
Target	2030	10.5%	10.5%
<b>Health Equity</b>			
<i>Native Hawaiian</i>			
Baseline	2019	42.0%	27.5%
Target	2030	10.5%	10.5%

Source: [Youth Risk Behavior Survey](#)



Healthy People 2030



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## STRATEGIES<sup>1,3,5</sup>

- ❖ Prevent initiation among youth and young adults.
  - Counter pro-tobacco influences through mass communication and education campaigns.
  - Increase the cost of tobacco/nicotine products through tax and regulatory approaches.
  - Restrict access to tobacco products in combination with additional interventions (e.g. stronger local laws directed at retailers, active enforcement of retailer sales laws, and retailer education with reinforcement).
- ❖ Promote quitting of tobacco among adults and youth.
  - Promote easy access to proven tobacco use cessation treatments including counseling and medication.
- ❖ Eliminate exposure to secondhand smoke.
  - Support policies, partnerships, and intervention activities that promote social norm and behavioral change.
  - Promote ongoing enforcement of tobacco and nicotine-related policies and laws.
- ❖ Advance health equity by identifying and eliminating commercial tobacco product-related inequities and disparities. Prioritize implementation of policies, programs, and infrastructure changes in communities experiencing health disparities and poor health outcomes.

## References

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<sup>1</sup> [Hawaii Coordinated Chronic Disease Framework, 2014-2020](#)

<sup>2</sup> [Hawaii Physical Activity & Nutrition Plan, 2013-2020](#)

<sup>3</sup> [U.S. Department of Health and Human Services. The Health Consequences of Smoking – 50 Years of Progress. A Report of the Surgeon General, 2014](#)

<sup>4</sup> [Behavioral Risk Factor Surveillance System](#)

<sup>5</sup> [Centers for Disease Control and Prevention \(CDC\), Best Practices for Comprehensive Tobacco Control Programs – 2014](#)