



Hawaii Physical Activity and Nutrition Newsletter

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News from Hawaii PAN Partners

In Memoriam of Loretta "Deliana" Fuddy

1948-2013

It is with deep sadness that we mourn the death of our Health Director Loretta "Deliana" Fuddy.

Director Fuddy's life and work made a tremendous difference in the lives of everyone in the state. She was loved and respected for her passion and dedication to public health and the children and people of Hawaii. She will be greatly missed by all.



News from Hawaii PAN Partners

Healthy Keiki Fun Run

Submitted by Eileen Wagatsuma and Jamie Nekoba

The Healthy Keiki Fun Run is an event sponsored by the Health Services Academy of Waiakea High School to encourage healthy living in children, kindergarten to fifth grade. On December 14, 2013, youngsters participated in a 1000 and 2000 meter run around Waiakea High School and then later participated in various activities in the Health Fair including dancing with DEMO, UHH College of Pharmacy, Hawaii Meth Project, carnival games by the Health Strategies class, Germ City, and indulged in some delicious Goody Goody.

Bikeshare in the news

KITV recently provided coverage of the Bikeshare program in Hawaii: "A program being spearheaded by City and State officials will put new meaning behind the phrase 'Get up and go!' Bikeshare Hawaii is being planned for the urban core, and that means a short trip to the corner store or even the beach will be a whole lot easier." Click [here](#) to see the video.



What do you do to stay healthy?

Share your tips for healthy living with us at: [Facebook.com/StartLivingHealthyHI](https://www.facebook.com/StartLivingHealthyHI)

SNAP Education Program

The Kohala Center has partnered with the Hawaii Department of Health to bring healthy cooking demonstrations and nutrition education to East Hawaii where is a high number of SNAP eligible families. Healthy cooking demonstrations will be offered at 5 elementary schools in and two farmers markets in East Hawaii. There will also be a series of cooking classes offered to agencies that serve food to those in need. For more information: dmitts@kohalacenter.org.



SAVE THE DATE!

Submitted by Ruby Hayasaka

PAN partners are invited to attend the Hawaii Dietetics Association Annual Conference on May 2nd, 2014. Professionals from both the US mainland and our local community will convene to discuss cutting-edge nutrition topics at the picturesque Harbor View Center Hawaii. Conference participants will learn to evaluate and discuss new approaches in: Pacific Wellness, Nutrition in the Media, Sustainability and Biotechnology, the Affordable Care Act, and Diabetes Care. More information: <http://eatrighthawaii.org> or Ruby Hayasaka: ruby.hayasaka@ah.org



Baby Behavior Training at Hawaii WIC

Submitted by Maggie Davidson

[Hawaii WIC](#) is rolling out Baby Behavior training and brochures to agencies statewide. The research based material came from the FITWIC Baby Behavior Study conducted by the [UC Davis Human Lactation Center](#) and [California WIC Program](#). By improving mothers' ability to read and respond to their infant's cues, WIC aims to decrease overfeeding of infants and improve breastfeeding duration rates. Brochure topics include Understanding Your Baby's Cues, Why Do Babies Cry, and Healthy Sleep.



Community

Resources for Salt Reduction in Filipino Foods

Submitted by Dr. Corilee Watters

Recently Linda Green from the State of Hawaii, Department of Health Heart Disease & Stroke – Chronic Disease Prevention & Health Promotion department worked with Dr. Corilee Watters, PhD, RD, nutrition professor at the University of Hawaii to develop resources for businesses, chefs, dietitians, and health professionals to use to reduce salt in Filipino Foods. These resources include

patient education handouts, templates to adapt for restaurant table tents, template for a business newsletter and detailed guide on how to reduce salt. These resources were developed by dietetic students and members of the Filipino community.

High blood pressure prevalence among the Filipino population in Hawaii exceeds the Healthy People 2020 goal. Recent focus groups and key informant interviews among Filipino populations in Hawaii (2009-2012) were conducted to gauge what Filipino community members think about health and healthy communities. It was reported that diet and high-salt diet is a major cause of high blood pressure and a major difficulty is changing eating habits to move away from fats, sugars and salty foods. This project aims to support efforts to reduce sodium in the Filipino community by developing resources to be used by health professionals and chefs in high contact with the Filipino community. For more information contact cwatters@hawaii.edu or (<http://corileewatters.com/chronic-disease.html>)



Waimanalo Community Intervention: Community Garden

Submitted by Leimomi Dierks

Through a cooperative agreement with the Centers for Disease Control and Prevention (CDC), the Hawaii State Department of Health (DOH), Healthy Hawaii Initiative (HHI) received funding to conduct a community based intervention. HHI worked in cooperation with the Waimanalo community to plan and carry out activities aimed at improving access to fruits and vegetables and encourage the consumption of healthy meals. One of those activities was the development of at least one community garden.



Between February 2012 and May 2013, HHI assisted the community in planning, implementing and completing 2 community garden projects in Waimanalo. The 2 community garden sites are at the Waimanalo Health Center and St. Matthew's Episcopal Church.

The Waimanalo Health Center Community Garden primarily serves the patients and staff of the Waimanalo Health Center, although it is open to all members of the community. The garden is intended to help those patients who have been diagnosed with diabetes. The garden has become a part of the health center's nutrition program's curriculum to help teach patients how to prevent and manage chronic diseases, such as diabetes, through growing their own food and preparing healthy, nutritious meals with what they grow.

The St. Matthew's Episcopal Church Community Garden primarily serves the church's congregation. However, they have set up joint use agreements with other organizations who share the church's facilities. The different organizations take turns helping to take care of and maintain the garden. Everyone gets to share in the bounties of the garden's harvest as they learn how to prepare healthy meals for their meetings and fellowship. The church is looking forward to supplementing their Kokua Basket giveaway, a regular service in which they provide free produce to the homeless in the Waimanalo community.



Participants and volunteers from both community gardens have been learning how to plant and grow their own food, amend the soil in their gardens, make compost, eradicate pests and insects, harvest the food they grow, and prepare healthy, nutritious meals for their families. As a result of working in these gardens and preparing meals together, participants were also able to develop relationships and partnerships with each other and foster their sense of community.

Hawaii Public Health Data

Physical Activity & Nutrition Plan Tracker

- Strategies to increase physical activity & healthy eating in Hawaii by 2020.
- Tracking 39 objectives for a healthier Hawaii.

Hawai'i Health
DATA WAREHOUSE

Tracking Hawaii's PAN Plan Targets

Submitted by Julia Chosy

In conjunction with the release of the new Hawaii Physical Activity and Nutrition (PAN) Plan, the Hawaii Health Data Warehouse (HHDW) unveiled an updated PAN Plan Tracker on its [Hawaii Health Matters](#) website, to monitor the progress of the state toward the plan's objectives and targets.

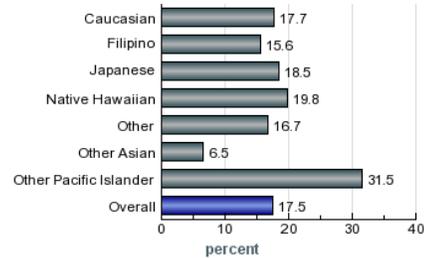
The [PAN Plan Tracker](#) presents a visual snapshot of how the state is measuring up to the targets established for the year 2020. Relevant indicators, current status, and target goals are visually showcased by the tracker to easily gauge the state's performance. Additionally, the tracker provides context, historical data, and links to more resources for each objective.

Teens who Drink Non-Diet Soda or Pop at Least Once Per Day **Current:** 17.5 percent
Target: 15 percent



The tracker began with 22 physical activity and nutrition indicators and it currently houses 39, with more to be added as they are developed. Some of the new indicators include teen soda consumption and funding for Safe Routes to Schools. Visit the [Hawaii Health Matters' PAN Plan Tracker](#) to see Hawaii's progress towards a healthier 2020!

Teens who Drink Non-Diet Soda or Pop at Least Once Per Day by Race/Ethnicity



National Highlighted Programs, Projects, and Initiatives

APHA Infographic

The American Public Health Association published a new infographic, [Public health takes on obesity: A route to better health](#), that highlights the impact public health efforts have had in curbing obesity in the US, and encourages continued funding for these public health programs.

Cardiovascular Health: Action Steps for Employers

Cardiovascular Health: Action Steps for Employers

provides a selection of concrete action steps that employers can take at their worksites to help individuals improve cardiovascular health. These strategies are drawn from the [Centers for Disease Control and Prevention \(CDC\) Worksite Health ScoreCard \(HSC\)](#), a

comprehensive tool designed to help employers assess the extent to which they have implemented evidence-based health promotion interventions in their worksites and prioritize approaches to health promotion.



Championing Change: Elected Officials Act Locally to Make their Communities Healthier

[Championing Change](#), a new brief by Prevention Institute and the American Public Health Association, examines the approaches local elected officials are taking to improve the health of their communities. Through interviews and case studies, it provides tips and lessons from across the country, providing a resource to help local elected officials and their staff members improve health in their hometowns.

ChangeLab Solutions develops a new Sugar Sweetened Beverage Playbook

ChangeLab Solutions released their new Sugar-Sweetened Beverages Playbook which provides 10 recommended strategies for communities and states to consider to reduce SSB consumption and improve health in their communities. You can visit <http://changelabsolutions.org/publications/SSB-playbook> to download their playbook and infographic.

Let's Move! Cities, Towns and Counties

The National League of Cities (NLC) recognized nearly 400 local elected officials representing communities from across the country for their commitment and efforts to complete health and wellness goals for Let's Move! Cities, Towns and Counties (LMCTC). Click [here](#) to view the rankings of all cities, towns and counties participating in LMCTC and to learn about their activities.



Featured Resources and Research

Hawaii

- Resources

[Conference Materials from 2013 Physical Activity & Nutrition Summit](#)

View handouts from talks given by local and national speakers including the keynote speaker, Dr. Maya Rockey Moore, President and CEO, Global Policy Solutions.

- Research

Hawaii Journal of Medicine & Public Health



Please enjoy your complimentary copy of the Hawaii Journal of Medicine & Public Health, a joint effort between the Hawaii Department of Health and the University Clinical Education & Research Associates at the John A. Burns School of Medicine.

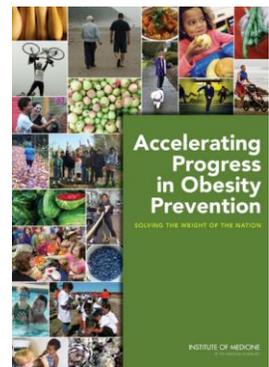
To view the full edition of the Hawaii Journal of Medicine & Public Health, please click on the hyperlink in the title above while pressing the Ctrl key or visit the website at www.hjmph.org.

National

- Resources

Creating Equal Opportunities for a Healthy Weight

The 2012 IOM report Accelerating Progress in Obesity Prevention identified five environments (physical activity, food and beverage, messaging, health care and worksites, and schools) in which change is needed to accelerate progress in obesity prevention. Access the report [here](#).



Physical Activity

Walking as a Way of Life: 2013 Walking Summit Summary

The 2013 Walking Summit focused on how to encourage more Americans to walk, and how to make communities across the country more walkable.

[Walking as a Way of Life](#) is a full-color booklet that includes benefits of walking, what Americans really think about walking, and next steps for the walking movement.

Nutrition

DASH diet tops list for best diet overall, again

Originally written as a diet to combat high blood pressure, the DASH diet (Dietary Approaches to Stop Hypertension) continues to grab the top spot, ranking above other healthy diets such as the Mediterranean diet and the Mayo Clinic diet. Each year US News and World Report assembles a [panel of experts](#) in diet, nutrition, obesity, food psychology, diabetes and heart disease to review common diets. See the results of their ranking [here](#). Other resources include: DASH Diet [Brief](#), [64-page guide](#), [DASH Recipes from Mayo clinic](#).

Schools

Comprehensive School Physical Activity Programs

CDC, in collaboration with [American Alliance for Health, Physical Education, Recreation, and Dance \(AAHPERD\)](#), developed a step-by-step guide for schools and school districts to develop, implement, and evaluate comprehensive school physical activity programs. [The guide](#) can be used to develop a new comprehensive school physical activity program or assess and improve an existing one.

School Nutrition Environment and Wellness Resources

Team Nutrition just launched a new website that consolidates school wellness resources in a way that will make them easier for you to find. Check out the new [School Nutrition Environment and Wellness Resources website](#).

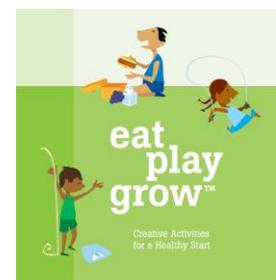


Team Nutrition Cookbooks Available

The top 30 kid-tested and approved recipes from the Recipes for Healthy Kids Competition is [now available](#). It is sponsored by USDA in support of First Lady Michelle Obama's Let's Move Initiative. So are [cookbooks for child care centers and schools](#).

Early Childhood

EatPlayGrow™ is a new early childhood health curriculum and the first to be approved by the National Institutes of Health and Center for Disease Control. [EatPlayGrow™](#) is an obesity prevention program for use with children ages 6 and younger and their adult caregivers. Interested persons can [register for a free two hour training](#) on the use of the materials to be held on Wednesday, Feb 5, 2014, 7:00 - 9:00 AM HST.



Go NAP SACC Self-Assessments for ECE

The [Go NAP SACC self-assessments](#) help early care and education programs compare their nutrition and physical activity practices to best practice standards. The assessments employ the most up-to-date research on how early care and education programs can help children ages 0 to 5 develop healthy eating and activity habits.



Ten Steps to Breastfeeding Friendly Child Care Centers

[This 56 page resource kit](#) has been approved for continuing education units for child care providers and includes: the ten steps rewritten for child care, a self-appraisal tool, and information and resources for planning and implementing action plans. Developed by the Wisconsin Partnership for Activity and Nutrition – Breastfeeding Committee.

- Research

- [Adverse Outcomes Associated With Media Exposure to Contradictory Nutrition Messages](#)

- Rebekah H. Nagler

- Pages: 24-40

- DOI: 10.1080/10810730.2013.798384

- [School lunch debit card payment systems are associated with lower Nutrition and higher calories \(abstract\)](#)

- David R. Just, Brian Wansink

- Article first published online: 23 SEP 2013

- DOI: 10.1002/oby.20591

- A story from NPR discusses this study. [Click here](#) to hear and read the NPR story.*

- Recommended Reading and Viewing

- **VIDEO: Multiple Chronic Conditions: A Day in the Life**

- [This 2 minute video](#) centers around the experiences of Mae, a woman with multiple chronic conditions. Beginning at home with her family, we follow Mae as she visits one health care provider after another, struggling to keep track of the various instructions, treatments, and prescriptions she receives – all while trying to maintain a balanced life.



Grants and Awards

Cooke Foundation, Ltd.

Upcoming deadline: March 3, 2014

<http://www.cookefdn.org/>

General Mills Foundation: Champions for Healthy Kids

Upcoming deadline: March 14, 2014

http://www.generalmills.com/Responsibility/Community_Engagement/Grants/Champions_for_healthy_kids.aspx

Atherton Family Foundation

Upcoming deadline: April 1, 2014

<http://www.athertonfamilyfoundation.org/>

HMSA Foundation

[The HMSA Foundation has extended an RFP](#) to provide funding to reduce health disparities between Native Hawaiians and other racial/ethnic groups in Hawai'i through school-based projects, community-based projects, and health care setting approaches. Proposals are accepted quarterly; those submitted by April 1, 2014 will be reviewed in June.

The Kaiser Permanente Hawaii Region Community Grants Program

The priorities of [Kaiser grants in Hawaii](#) include reducing obesity, improving diet and physical activity, improving access to health care, education of medical practitioners or consumers about better health, and informing policy makers on how to deliver better health for all. [Local contact information here.](#)



Conferences, Trainings, and Professional Development

Hawaii

Hawaii Academy of Family Physicians: Family Physicians, Advocates for All

February 21-23, 2014

Hilton Waikiki Beach Hotel, 2500 Kuhio Avenue, Waikiki

More information: <http://www.hafp.com/index.html>

Building Communities of Practice for Resilience

March 10-13, 2014

Hawaii Convention Center, Honolulu

More information:

<http://collaborate.csc.noaa.gov/PRiMO/about/events/default.aspx>

2014 Cultural Diversity Conference: Diversity and Disabilities

April 12, 2014

University of Hawaii at Manoa

More information:

<http://www.hawaiipsychology.org/diversity/2014/index.html>

Hawaii Dietetic Association Annual Conference 2014

May 2, 2014

Harbor View Center Hawaii

1129 N. Nimitz Hwy, Honolulu, HI 96817

More information: <http://eatrighthawaii.org>

Contact: Ruby Hayasaka ruby.hayasaka@ah.org or (808) 263-5357

Community-Academic Partnerships for Pacific Health Equity

September 18-20, 2014

Aulani Resort in Ko Olina, Oahu

More information: <http://www3.jabsom.hawaii.edu/native/>



Cross Cultural Health Care Conference: Collaborative and Multidisciplinary Interventions

January 16-17, 2015

Ala Moana Hotel, Honolulu

More information: <http://cchc-conference.com/>

Online

Measuring the Pedestrian Streetscape is a free webinar that will introduce participants to the Microscale Audit for Pedestrian Streetscape (MAPS) tool to help communities assess the activity-friendliness of streets, sidewalks, and crossings.

[Click here to register.](#)

Webinar Date: Thursday, February 14, 2014

Time: 10:00 - 11:15 am HST

EatPlayGrow™ is offering a free 2 hour webinar on the use of the new materials.

[Click here to register.](#)

Webinar Date: Wednesday, Feb 5, 2014

Time: 7:00 - 9:00 AM HST

Online and In Person

Work@Health™

The Centers for Disease Control and Prevention (CDC), in collaboration with ASHLIN Management Group, is offering free workplace wellness training to businesses and other organizations through a new initiative called Work@Health™. The April 2014 training in Oakland, CA has an application deadline of March 1, 2014. More information [here](#).

National and International

AMCHP 2014 Annual Conference

January 25-28, 2014

Washington DC

More information: www.amchp.org/Calendar/Conferences/amchp-conference/Pages/default.aspx

Selected Online Learning Opportunities

Selected National and International Conferences

24th National Leadership Forum: The Power of the Movement

February 3-6, 2014
National Harbor, MD
More information: <http://forum.cadca.org/>

New Partners for Smart Growth Conference

Denver, CO
February 13-15, 2014
More information: <http://newpartners.org/>

27th Annual Children's Mental Health Research & Policy Conference

March 2-5, 2014
Tampa, FL
More information: <http://cmhconference.com/>

2014 National Bike Summit

Washington DC
March 3-5, 2014
More information: <http://www.bikeleague.org/summit>

The International Conference on Urban Health

Manchester, England
March 4-7, 2014
More information: www.icuh2014.com

Active Living Research Annual Conference

March 9-12, 2014
San Diego, CA
More information: <http://activelivingresearch.org/annual-conference-2014>

2014 Aging in America Conference

March 11-15, 2014
San Diego, CA
More information: <http://asaging.org/aia12>

The Partnership for a Healthier America: Building a Healthier Future

March 12-14, 2014
Washington, DC.
More information: <http://ahealthieramerica.org/summit/>

National Healthy Start Association's 15th Annual Spring Conference

March 29 - April 1, 2014
Washington, DC
More information:
[http://www.nationalhealthystart.org/what we do/spring conference](http://www.nationalhealthystart.org/what_we_do/spring_conference)

2014 Public Policy Workshop - Academy of Nutrition and Dietetics

March 30 - April 1, 2014
Washington DC
More information: <http://www.eatright.org/ppw/>

Public Health Preparedness Summit 2014

April 1-4, 2014
Atlanta, GA
More information: <http://preparednesssummit.org/>

5th International Congress on Physical Activity and Public Health

April 8-11, 2014

Rio de Janeiro, Brazil

More information: <http://icpaph2014.com/ingles/inscricoes/index.php>

Global Health & Innovation Conference

April 12-13, 2014

Yale University, New Haven, CT

More information: www.uniteforsight.org/conference

National Farm to School Network 7th Farm to Cafeteria Conference

April 15-18, 2014

Austin, TX

More information: <http://farmtocafeteriaconference.org/7/>

Selected Conference Highlights

(from <http://www.physiciansbriefing.com/>)

American Heart Association, Nov. 16-20, 2013

<http://www.physiciansbriefing.com/Article.asp?AID=682483>

American Academy of Pediatrics, Oct. 26-29, 2013

<http://www.physiciansbriefing.com/Article.asp?AID=681764>

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