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Contact Us

www.healthyhawaii.com

If you'd like your name removed from our mailing list, please use the link in the email you received or e-mail: carolyn.donohoe-mather@doh.hi.gov



News from Hawaii PAN Partners

Welcoming Biki to Honolulu County

On June 28th, supporters gathered on the grounds of the Hawaii State Capitol to celebrate the kick-off of [Biki, Honolulu's new bikeshare program](#). The Hawaii Department of Health (DOH) has played an integral role in the planning for Biki and celebrates the launch in recognition of bikeshare's impacts on health, equity and the environment.



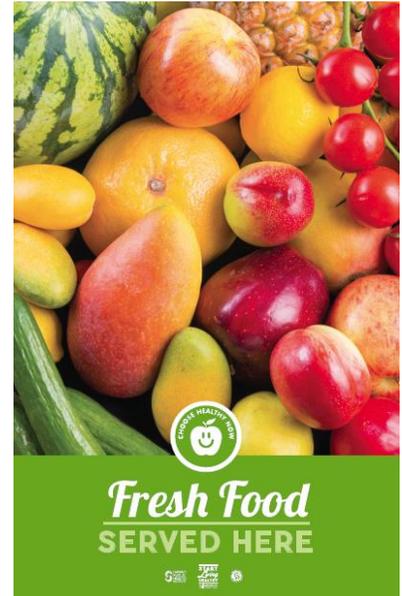
Bikeshare:

- Promotes healthy, active lifestyles, and provides opportunities for physical activity by creating a transportation option that will connect to transit, worksites, shopping, and other daily activities.
- Allows those who choose not to use, or are unable to afford, a car the flexibility of using a shared bike for trips to locations that are not easily accessible by walking or public transportation.
- Aligns with the State Physical Activity and Nutrition (PAN) Plan to increase by 10% the percentage of people who use active transportation to commute to work or school by expanding opportunities for active transportation.
- Offers a clean transportation option that aligns with the Department of Health's goal to protect and enhance air quality.

Choose Healthy Now Partners with Businesses in Each County

Choose Healthy Now (CHN) is a Department of Health nutrition project that partners with worksites, snack shops, cafeterias, convenience stores, and grocery stores in Hawaii. This project helps businesses increase healthy offerings and encourages customers to choose healthy foods and drinks more often. CHN began with a partnership with the Department of Human

Services' Ho'opono Program that trains and supports blind vendors in government worksite snack shops and cafeterias. Since then, CHN has partnered with hospitals including Castle Medical Center, Wilcox Memorial Hospital, and Queen's Medical Center, and stores such as Aloha Island Marts, KTA Superstore, and coming soon, 7-Eleven locations statewide! This Department of Health project has received funding from the Centers of Disease Control and Prevention to support healthier eating as a strategy to reduce obesity and chronic diseases. A list of sites that have adopted CHN can be found at: <https://hiphi.org/choose-healthy-now/#toggle-id-1>. Colorful, high-resolution CHN materials are available to businesses for download free of charge at: <https://hiphi.org/downloads/>. For more information on Choose Healthy Now, contact Carolyn Donohoe Mather at: carolyn.donohoemather@doh.hawaii.gov.



HH@WA Releases the 1st Hawaii-Centric Worksite Wellness Survey



Hawai'i Health at Work Alliance
A UHA Company

Mission:
Bringing Hawaii's employers together to build effective worksite wellness practices.

Vision:
Hawaii's leading authority in worksite wellness

hhawa.com

On May 18th Hawaii Health at Work Alliance (HH@WA), a UHA Health Insurance subsidiary, released the results of the islands' first Hawaii-centric workplace wellness survey. [Read the summary and view the infographic and tips for launching a successful wellness program here.](#)

HH@WA is open to all businesses (regardless of their health plan provider) that are interested in concrete solutions to:

- Improve the health of their employees (which includes physical activity and nutrition)
- Build sustainable and healthy habits, and
- Enhance the performance of their organizations.



On May 18, 2017, HH@WA held a general session featuring the results of their worksite wellness survey and research on financial wellness. Photo by UHA Health Insurance.

Be sure to join HH@WA at our **2nd Annual Hawaii Wellness Leaders Conference** featuring keynote speaker, Carol S. Dweck, PhD on Thursday, November 16th from 7:30 am – 12:00 pm at Pomaika`i Ballrooms. Register [here](#) or contact us at (808) 532-2156 or email workwell@hhawa.com for more information.



Hawaii Highlighted Programs, Projects, and Initiatives

Combatting Rat Lungworm Disease in Hawaii

Submitted by Julia MK Zee, MPH, RDN, Extension Agent, College of Tropical Agriculture and Human Resources, University of Hawaii at Manoa

“Can I eat raw vegetables?” “Is local produce safe to eat?” “My friend found a slug on the lettuce when we went out to eat.” “I don’t want to eat salad anymore.” “I have slugs in my garden.”

These are some of the questions and comments I have heard recently when talking about rat lungworm disease on Hawaii Island. This potentially debilitating yet highly preventable disease is causing consumers to think twice about eating fresh, locally grown vegetables and fruits. The first message I share with the public is that vegetables and fruits are part of a healthy diet. You can choose vegetables and fruits as fresh, frozen, canned, dried, and 100% juice, and enjoy vegetables and fruits that are in season for the freshest flavor and availability.



College of Tropical Agriculture and Human Resources

University of Hawai‘i at Mānoa

The other message I share is that we all need to be sure our food is safe to eat. This means rinsing all fresh vegetables and fruits well before preparing and eating—under clean, potable water, rinse all produce, whether it came from your garden, farmers market, or grocery store, even if it’s packaged and labeled “pre-washed.” Separate leafy vegetables into single leaves, and check and rinse each leaf carefully, then check again and rinse again. Use a brush to scrub thick-skinned produce like root vegetables, pineapple, and kale. I also remind consumers to keep their hands, kitchen sinks, counters, cutting boards and utensils clean.



As part of a rat lungworm outreach team, I cover the consumer end of our presentation on produce safety in your kitchen. Our presentations also include information about rat lungworm disease (transmission and epidemiology); controlling rodents and reducing rodent-borne disease risks; managing slugs, snails, and flatworms; and good agricultural practices for farmers and growers. Representing the Hawaii Departments of Health and Agriculture and the University of Hawaii at Manoa College of

Tropical Agriculture and Human Resources, we are educating children, adults, seniors, farmers, and food producers and workers. We are helping to get the message out and combat rat lungworm disease on Hawaii Island. Similar multiagency efforts are also happening in Maui County.



Department
of Agriculture
STATE OF HAWAII



Members of the East Hawaii RLWD Outreach Team: Jason Dela Cruz, DOH; Julia Zee, UH-M CTAHR; Luisa Castro, DOA. Other East Hawaii members include Chris Jacobsen, DOH; Kiersten Akahoshi, Randall Hamasaki and Sharon Wages, UH-M CTAHR.

Visit these websites for more information on rat lungworm disease:

State of Hawaii, Department of Health
Angiostrongyliasis (Rat Lungworm)

http://health.hawaii.gov/docd/disease_listing/rat-lungworm-angiostrongyliasis/

State of Hawaii, Department of Agriculture

Rat Lungworm Disease Information

<http://hdoa.hawaii.gov/blog/main/rat-lungworm-information/>

University of Hawaii at Manoa, College of Tropical Agriculture and Human Resources, Farm Food Safety, Good Agricultural Practices

Rat Lungworm

<http://manoa.hawaii.edu/ctahr/farmfoodsafety/rat-lungworm/>

University of Hawaii at Hilo, The Daniel K. Inouye College of Pharmacy

Rat Lungworm

<http://pharmacy.uhh.hawaii.edu/rlw/>

Centers for Disease Control and Prevention

Angiostrongyliasis (Angiostrongylus Infection)

https://www.cdc.gov/parasites/angiostrongylus/gen_info/index.html

Worksite WELLNESS – DOH and Blue Zones Project

Employees spend approximately 36% of their total waking hours at work. This makes the worksite an ideal place to provide workers with the knowledge and skills needed to help improve attitudes and behaviors concerning health.

Potential Benefits to Employers and Employees:

- Reduces cost for chronic diseases
- Decreases absenteeism
- Reduces employee turnover
- Improves worker satisfaction
- Demonstrates concern for your employees
- Improves morale
- Increases productivity
- Improves fitness and health
- Provides social opportunity and source of support within the workplace



Hilo Hawaii Department of Health District Health Office committee members above are from Family Health Services, Public Health Nursing, Department of Accounting and General Services and Chronic Disease Prevention and Health Promotion Division.

The goal is to build wellness and healthy living into the work day, by making positive changes in the workplace. Hawaii Department of Health Programs worked with the Blue Zones Project to promote the tips for improved health and longevity provided by author/researcher Dan Buettner. The Blue Zones Project workplace certification requires a multifaceted process that is designed to benefit workers and their families.

A few of the Worksite Qualifiers for Certification:

- Increase the number of healthy choices through vending machines and vendors
- Increase the number of government agencies engaged in healthy food choices at meetings
- Identify a designated smoking area at least 20 feet away from the facility
- Create appropriate signage to support cessation services (Hawaii Tobacco Quit line)
- Encourage using stairwells over elevators
- Encourage physical activity breaks for employees throughout the work day
- Organize walking meetings
- Develop and launch physical activity groups
- Promote lunch time walks

The certification took two years and mandates a plan for future worker nutrition education and exercise promotion. It encourages walking on breaks and during a portion of lunch time to meet the CDC recommended 75 minutes of vigorous walking or 150 minutes of moderate walking for adults per week.

Kauai Master Gardeners: Expanding Educational Outreach Through Farmers' Markets, Community Partnerships, and Technology

One of the goals the Kauai Master Gardener (KMG) Program set for 2017 is to increase their public educational outreach efforts. To accomplish this, KMG volunteers have identified local project opportunities and partnered with groups such as community institutions seeking to promote gardening and the local farmers' market at the Kauai Community College (KCC), where the KMG hold weekly booths and monthly presentations for the public.

Project #1: Farmers' Market Kauai Master Gardener "Food & Garden Info Series"

Objectives:

- Encourage KMG volunteers to research a topic of interest
- Develop the oratory capacity of KMG volunteers
- Share current or "new" gardening practices, information, and technology with the public
- Build relationships with local partners and farmers

March display of nutritious produce such as bittermelon, jicama, and eggplant



In March, the KMG kicked-off their monthly "Food & Garden Info Series" at KCC in order to 1) educate the public on sustainable gardening practices and 2) increase support for the farmers' markets and local produce. As March was National Nutrition Month, it was fitting to have our Department of Health representative Master Gardener (MG) Rachelle and Nutrition Extension Agent Laura share info on the nutrition, preparation, and appreciation of fruits and vegetables, such as jicama, eggplant, and bittermelon that are grown by farmers but may be strange to new gardeners. One of the key messages was to eat a variety of colorful foods each with important phytochemicals that promote health.

As April celebrated Earth Day, science-enthusiast MG Sam and coordinator Josh showed the public how to make and use homemade soil-blockers to create rammed-earth pots out of natural materials (i.e. coconut coir, compost, peat) and soil amendments (i.e. blood meal, greensand).

These natural pots not only reduce plastic waste, but also increase air-pruning that strengthens the seedling root system for transplanting. Using leftover PVC pipe, screws, and wood, anyone can make a homemade blocker for a fraction of the



KMG Sam presenting to the public on how to make and use soil blockers

cost for online, metal versions. Both farmers and gardeners expressed their appreciation and eagerness to utilize this technique for their plants. In preparation for this presentation, the KMG team also created their own YouTube channel (Kauai Master Gardeners) and posted two videos summarizing the processes of making the blockers as well as the soil mixes. Being first time video makers, the KMG learned tricks to improve future video quality, including holding phone cameras horizontally than vertically and going slower to allow for good pacing. Check the KMG YouTube videos out if you have time!

Lastly for late May/early June, the new KMG trainees will present their group presentations to the public, including individuals the KMG invite who were unable to register for this year's cohort. Trainees will research a specific item covered in a class lecture (i.e. composting from the Organic lecture), and develop an informative and/or hands-on demonstration for the market. This is an opportunity for the KMG to become the experts on a topic, as well as showcase the amazing things learned in the course to the community!

Through these presentations, the KMG have learned the importance of marketing and advertising when it comes to holding public workshops and presentations. In addition to flyers, social media, radio announcements, and newspapers/newsletters should be utilized to help spread the word.

Homemade soil blocker
pumping out
natural soil pots



Project #2: Friendship House

Objectives:

- Assist an underserved portion of the community in achieving their food and gardening goals
- Build partnerships and volunteer opportunities in different areas of the island

The Kapaa Friendship House (FH) is one of many national clubhouses that serves as a local community center for members who have mental illnesses and provides goal-driven opportunities for members to achieve their full potential. Among their many opportunities, the FH reached out to KMG Rachelle to plan and improve the facility's garden areas. This opportunity will build gardening skills in FH members that they can use to either grow their own food at home, for the FH, or even at a future employment opportunity!



KMG Margie
assisting a FH
member with
potting

Utilizing our strengths, KMG Rachelle recruited KMGs Margie, John, Pat, and Aimé, who have experience working with mentally ill individuals, to coordinate garden workdays and activities with members and KMG volunteers.

To kick-off the FH-KMG workdays, KMG volunteers taught members how to plant a variety of seeds and cuttings. When these plants give fruit later in summer, members will enter their produce into the county Farm Fair Fruit and Vegetable Contest, where they can win cash prizes to help build their program further! Additional workdays included learning how to take soil samples and use rapid soil test kits to get an idea of soil nutrition, and planning out the irrigation system for their potting benches. Activities still to come include pruning fruit trees on the property, creating compost piles from wood chips and food waste, and planting salt-tolerant trees as windbreaks given their proximity to the ocean.



KMGs Rachelle and Aimé taking soil samples with a FH member

Maui Earth Day Event a Success!



On Earth Day, nearly 450 people came together to celebrate the first annual Love the West Maui Greenway Day! This event, organized by the West Maui Greenway Alliance and the Maui Bicycling League, was intended to raise awareness and build support for the proposed 25-mile [West Maui Greenway project](#).

In the morning, attendees participated in "Get Fit the Green Way" activities including yoga led by [Sookie Kunst](#), hula hooping skills with [Cirque Jolie](#),

and greenway exploration rides provided by [RideSmart Maui](#), [Boss Frog's](#) and [West Maui Cycles](#). Love the West Maui Greenway guests joined thousands of others across the world by engaging in a March for Science, led by Mark Deakos, founder of [Hawaii Association for Marine Education and Research \(HAMER\)](#). Keiki participated in a bike rodeo and bike safety training with [Maui Parks and Rec](#) and the Maui Police Department. Face painting, a group art project and jumping on the bouncy house were among the other popular children's activities! Additionally, attendees participated in plein air painting with [Maui School of Art](#), stopped by educational booths and heard from guest speakers Donald Couch, Joy Barua, Roz Baker, Elle Cochran and Angus McKelvey.



We celebrated local culture with a hula show by [Old Lahaina Luau](#), traditional Hawaiian music by local artist [Anthony Pfluke](#), and chanting by Maui Nei's kumu, [Wainani Kealoha](#) and [Keoki Sousa](#). The afternoon entertainment also included a performance by singer and songwriter [Melinda Caroll](#), and rock 'n roll favorites performed by [Fred's Garage](#), [Heather Hirshson](#) and [Burn'n Love's Darren "Elvis" Lee](#).

Love the West Maui Greenway Day was filled with good music, fitness and health, delicious food, local culture and encouraging support of the West Maui Greenway project from the community! This first-time event was made possible by our sponsors, [Hawaii Tourism Authority](#), [Kaiser Permanente](#), [Na Ala Hele](#), [Boss Frog's](#), [RideSmart Maui](#), [Rotary Club of Lahaina Sunset](#), [Maui Chamber of Commerce](#), [AARP Hawaii](#), Hope Builders LLC and the Linn Family. Mahalo nui loa to all who participated and we look forward to celebrating next year.

According to Saman Dias, Co-Founder and Chair of Maui Bicycling League, "We are excited that the first annual Love the West Maui Greenway Day was a success. Nearly 100 community members participated in bike and walk exploration rides, and the variety of activities involved people of all ages. The event was well organized and ran smoothly with MC Kathy Collins keeping the agenda on track. We are very grateful to our sponsors, alliance partners, participants and volunteers for their support. Given it was our first event, we plan to incorporate feedback from the community to make next year even better and look forward to making this celebration one of the best events on West Maui."



Please stay updated on the progress of this project by following the West Maui Greenway [facebook page](#) and [website](#). To volunteer or get involved please email maui@hbl.org.



Featured Resources and Research



Hawaii

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 (JABSOM). <http://www.hjmph.org>

National

The Public Health Law Center released interactive maps about states' child care licensing and regulations

The Public Health Law Center released 50-state maps, which contain information about how state child care licensing regulations match best practices for 3-5 year olds in **healthy eating, active play** and screen time best. Maps relating to best practices for the birth-2 year olds will be

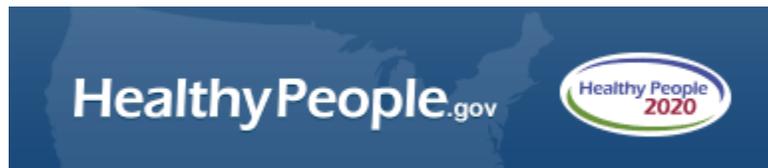


released this summer. The maps can be found [here](#). Go into the "Using the Maps" to find the interactive tool that allows you to click through how child care, grouped by two main settings, embed science-based best practices into licensing regulations. There is also a wealth of state-specific information on our [healthy child care webpage](#).

Participate in the Healthy People 2030 Process!

We're happy to invite you to participate in the Healthy People 2030 development process. The online public comment period is open through September 29, 2017.

During this period, the Healthy People team is requesting your comments on the proposed framework for Healthy People 2030, which refers to the Healthy People 2030 vision, mission, foundational principles, plan of action, and overarching goals. A number of the goals involve physical activity and nutrition.



Participate now!

Public comment is an essential part of developing Healthy People. Members of the public — both individuals and organizations — are invited to submit comments on the proposed framework. We look forward to hearing from you!

[Learn more about the proposed framework and see how to review and submit comments.](#)

An Emerging Perspective on Obesity



HARVARD
T.H. CHAN

SCHOOL OF PUBLIC HEALTH

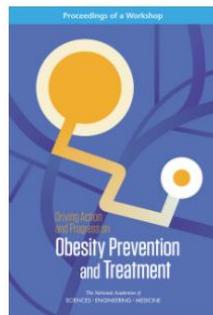
Why fat shaming harms health, and how we can change the conversation.
https://www.hsph.harvard.edu/magazine/magazine_article/the-scarlet-f/

Summertime Food Safety

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Follow [these steps](#) from the CDC and [these tips](#) from the Military Healthy System for a safe and enjoyable grilling season.



Driving Action and Progress on Obesity Prevention and Treatment



This is a summary report of the 2016 workshop by the same name that brought together leaders from health policy, philanthropy, business, health care, early education, nutrition and physical activity, and government to present their visions for improving opportunities for all Americans to move more and eat better, and offered practical steps to get there.

<https://www.nap.edu/catalog/24734/driving-action-and-progress-on-obesity-prevention-and-treatment-proceedings>



Grants and Awards

Voices for Healthy Kids Grant Opportunity



American Heart Association and the Robert Wood Johnson Foundation are working to create a culture of health through Voices for Healthy Kids. The program advances "coordinated state, local, and tribal public policy issue advocacy campaigns focused on healthy eating and active living, and will utilize the American Heart Association's proven advocacy capacity to drive meaningful and widespread policy change." Grant opportunity:

<http://voicesforhealthykids.org/grant-opportunities/> Applications should support one [Voices for Healthy Kids Policy Lever](#).

Deadline: July 21, 2017

Empowered Communities for a Healthier Nation Initiative

The Office of Minority Health (OMH), located within the Office of the Secretary of the United States Department of Health and Human Services (HHS or Department), announces the anticipated availability of funds for Fiscal Year (FY) 2017 for cooperative agreement grant awards for the Empowered Communities for a Healthier Nation Initiative (Empowered Communities Initiative or ECI) program under the authority of 42 U.S.C. 300u-6 (Public Health Service Act 1707). This notice solicits applications for the ECI program. The ECI program is intended to provide support for minority and/or disadvantaged communities disproportionately impacted by the opioid epidemic, **childhood/adolescent obesity**, or serious mental illness. It seeks to... **reduce obesity prevalence and disparities in weight status among children and adolescents...**

Eligible applicants that can apply for this funding opportunity are listed below: State Governments County Governments City or township governments Special district governments Independent school districts Public and State controlled institutions of higher education Native American tribal governments (Federally or State recognized) Public Housing authorities/Indian housing authorities Native American tribal organizations (other than Federally or State recognized tribal governments) including Tribal Epidemiology Centers Nonprofits having 501I(3) status with the IRS, other than institutions of higher education Nonprofits without 501I(3) status with the IRS, other than institutions of higher education Private institutions of higher education For profit Organizations other than small business Small Businesses

Estimated Application Due Date: Jul 31, 2017 (Please confirm due date independently; it is subject to change.)

<https://www.grants.gov/web/grants/view-opportunity.html?oppId=294314>



Conferences, Trainings, and Professional Development

Hawaii

Ho'ola: The Hawaii Health Care Conference

September 21-23, 2017

Pomaika'i Ballrooms at Dole Cannery

<https://www.hoolaconference.com/>

2nd Annual Hawaii Wellness Leaders Conference

November 16, 2017, 7:30 am – 12:00 pm

Pomaika'i Ballrooms at Dole Cannery

Register at: <https://hhawaconference.eventbrite.com/>

More information: (808) 532-2156 or workwell@hhawa.com

*Develop the Right Mindset
and Grow Your Organization*

Presented by
Carol S. Dweck, Ph. D.

**2ND Annual Hawai'i
Wellness Leaders Conference**
November 16, 2017

HH@WA
Hawaii's Health at Work Alliance
& CWA Company

Register today: hhawaconference.eventbrite.com

A portrait of Carol S. Dweck, Ph. D., a woman with dark hair, wearing a black jacket and a white flower pin.

Webinars and Virtual Conferences

Activity Advocates: The National Coalition for Promoting Physical Activity (NCPA)

July 17, 2017, 7:00 am HST

Register:



<https://attendee.gotowebinar.com/register/2413210703614656257>

Physical Activity Guidelines Advisory Committee Meeting

July 19 – July 21, 2017, see site for times

<https://events.kauffmaninc.com/events/pagacmeetingfour/register/?t=14>

Healthy Food Access at Corner Stores

July 27, 2017, 9:00 am HST

<https://secure.icohere.com/registration/register.cfm>

New Frontiers in Workplace Health (CDC)

August 15, 2017, 7:00 am HST

<https://www.cdc.gov/cdcgrandrounds/>

**Incorporating Public Health Skills to Improve Quality of Life:
Examples from Native American Food Systems**

August 22-24, 2017, see site for times

<https://wrphctc.arizona.edu/virtual-conference>

National

Society for Nutrition Education and Behavior

July 20-24, 2017

Grand Hyatt – Washington, DC

More information at: <https://www.sneb.org/2017>

Food & Nutrition Conference & Expo

October 21-24, 2017

McCormick Place West – Chicago, IL

More information at: <http://eatrightfnce.org>

Child Care Food Program Roundtable Conference

October 23-25

Lake Tahoe, CA

<http://ccfpconference.weebly.com>

**Society for Public Health Education 2018 - Igniting Change and
Innovation: The Impact of Health Education**

April 3-6, 2018

Columbus, OH

<http://my.sophe.org/SOPHE2018>

Public Health Conference Listings

More Public Health Conference Listings can be found at:

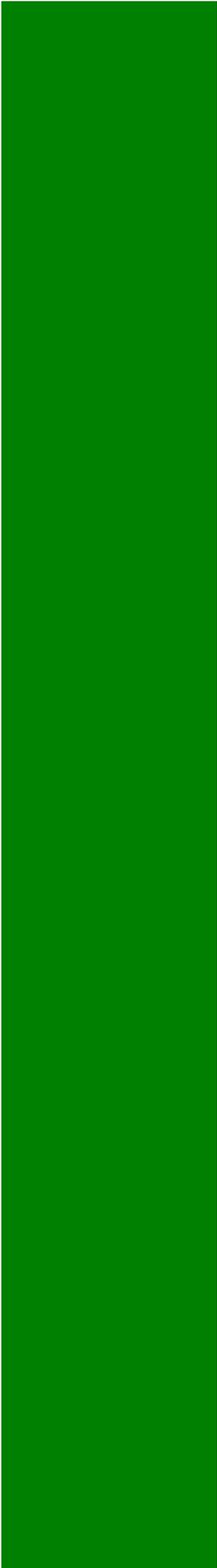
https://phpartners.org/conf_mtgs.html

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