



# PHYSICAL ACTIVITY & NUTRITION NEWS

HAWAII PAN BI-ANNUAL NEWSLETTER



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## News from Hawaii PAN Partners

### Making Wellness a Way of Life at UHA Health Insurance



Read the full case study online:  
<https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/WHRC-UHA-health-insurance-case-study-508.pdf>

The Centers for Disease Control (CDC) recently featured local employer, University Health Alliance (UHA) Health Insurance in a workplace wellness case study. UHA leaders make employee health and happiness a priority. They design the workspace to promote health, create policies to support wellness, and offer incentives to encourage engagement.

### County of Hawaii Hires Food Access Coordinator

Responding to the need for stronger food system resilience and increased access to healthy local food, the County of Hawai'i Department of Research and Development would like to welcome and introduce Silvan Shawe, Food Access Coordinator. >>



Silvan Shawe, Hawaii County's Food Access Coordinator

# County of Hawaii Hires Food Access Coordinator, cont'd.

>> (cont'd.) This is the first role of its kind in the state and Silvan will be working to build collaborative capacity surrounding food issues and projects, support the development of food networks, and conducting research and analysis.

A graduate of UH-West Oahu's Sustainable Community Food Systems Program, Silvan brings a background in non-profit food access project management, nutrition and garden education, and farming experience to the role. This position is funded by a contract with the Hawaii Department of Health using Supplemental Nutrition Assistance Program-Education (SNAP-Ed) funds and aligns with the exceptional vision and leadership of the Hawai'i Island Food Alliance.

Please reach out to her with opportunities for collaboration.

Contact Silvan Shawe at:

[silvan.shawe@hawaiicounty.gov](mailto:silvan.shawe@hawaiicounty.gov)

808-961-8582

## Highlighted Projects, Programs & Initiatives

### Hilo Bayfront Trails Wayfinding Sign Project



A healthy community design encourages walking, bicycling, and the use of transit, making it easier and safer for people to be physically active as a part of their daily lives. The Hilo Bayfront Trails (HBFT) Master Plan recognizes this and proposed a pedestrian and bicycle path system from the Wailuku River at Reed's Island to Hilo Harbor cruise ship terminal. The trail includes shared use paths, bicycle facilities, pedestrian walkways, and crosswalks.

The HBFT Wayfinding Sign Sub-committee was formed in November 2015 with the task to research, recommend and ultimately secure wayfinding signs for Phase One of the Trail. The HBFT Wayfinding Sign plan including trail markers, as well as Confirmation and Destination signs, which were completed in April 2017. >>



# Hilo Bayfront Trails Wayfinding Sign Project, cont'd.



>> (cont'd.) Going forward, the team will be following up with Hawaii County Department of Public Works, Traffic Division and state of Hawaii Department of Transportation to secure implementation of Destination Signs on both county and state roads. This will aid residents and visitor's direction to the Trail.

HBFT also has additional Confirmation and Destination Signs for Phase two of the Trail, which will include an additional .75 miles to connect the Trail to a major arterial roadway in downtown Hilo. This section of Trail, Phase Two is anticipated to break ground by the end of 2018.

## Wailuku Wayfinding Project

Wailuku hosts many hidden and well-known treasures that are all very accessible by walking such as parks, gyms, shopping and eating, theaters and museums. However, the majority of residents, visitors, and those who work in the area still drive to many of these places. Besides encouraging people to walk and enjoy the points of interests along the way, increasing physical activity benefits the health of the community. Heart disease is the leading cause of death in the state, and less than 1 in 5 adults meet physical activity recommendations.

To address this problem, the HEAL coalition Pōhai 'Imi Ala- Built Environment Committee in partnership with Wailuku Community Association and the Maui Redevelopment Agency created and ordered Wayfinding signs designed to help visitors and residents find arts, cultural, and historical destinations throughout Wailuku town. There are 55 signs in total that give directional information on locations as well as approximate walking times to that site. >>



Fifty-five new wayfinding signs were installed in Wailuku Town!

# Wailuku Wayfinding Project, cont'd.



>> (cont'd.) Once the signs came in, an event was organized for September 2016. Wailuku community members, county officials, county council members, coalition members, the Mayor and many others came together at this event to put up the Wayfinding signs. The event was a success and all of the Wayfinding signs were hung up in downtown Wailuku.

Although many of the signs were only up temporarily, people in the community did notice them and recognized their benefits. In the Spring 2018, members of the HEAL Coalition gathered to put up a few of the signs again. The coalition is now working with the county to see if permanent signs will be an option for Wailuku and Kahului.

## Get Fit Kauai's Fitness Week on Rice

In order to promote healthy lifestyles and highlighting many of the fitness studios in Līhu'e, Get Fit Kauai teamed up with several fitness studios and the County of Kauai from November 12th – November 17th to present "Fitness Week on Rice". Fitness studios opened their doors with special offers so that the public could try a myriad of fitness activities during the week. A Fitness Challenge punch card was available for downloaded at Get Fit Kauai's Fitness Week on Rice web page, <https://getfitkauai.com/fitnessweek/>.



Get Fit Kauai Team kicking off Fitness Week on Rice



"I wanted to let you know Fitness Week on Rice changed my life. I joined a gym and am doing lunch classes a couple times a week plus I'm doing some personal training. I've been looking for something that would provide strength training to complement bike riding and it's so convenient! Because of Fitness Week on Rice I am living a healthier life. Thank you!" Sam L – Kapa'a, Kauai

The program encouraged participants to reach the recommended 150 minutes of physical activity throughout the week (Physical Activity Guidelines for Americans) utilizing a variety of programs/offerings.

Community members earned a star each time they tried a class or training at a studio (one star per studio). The more studios people tried, the more stars they earned (up to 5 stars)! Participating fitness studios included Ala Yoga, Au 'rai Fitness, Barre Soul Deux, Ho'ola Lahui Hawai'i, Island Ride Kaua'i, Kaua'i Athletic Club, Pineapple Pilates, and Trinity Fitness.

# Get Fit Kauai's 2018 Worksite Wellness Challenge

On November 16, 2018, representatives from 15 worksites attended Get Fit Kauai's Worksite Wellness Challenge Awards Breakfast celebrating the conclusion of the highly successful nine-month challenge. This challenge was a free, nine-month worksite wellness challenge administered by Get Fit Kauai, and funded by Kaiser Permanente, HMSA, State Department of Health, and the Hawaii Public Health Institute.

The goal of the program was to increase worksite wellness by encouraging participants to implement policy, environmental, or small changes that promote employee health and wellness. Participants completed pre- and post-Challenge scorecards that indicate how many worksite improvements were made throughout the competition.



Awards were presented to those organizations that demonstrated the most improvements in seven core areas: (1) General Health Environment, (2) Physical Activity, (3) Nutrition, (4) Tobacco Control, (5) Stress Management, (6) Chronic Disease Prevention, and (7) Signs and Symptoms of and Emergency Response to Heart Attack and Stroke.

Additional components of the WSW Challenge included team coaches, the WSW Challenge Leadership Team, and the Get Fit Kauai staff. For the competition, each participating organization was assigned a "coach" who serves as a facilitator and motivator throughout the Challenge.



Second Place - Kauai Coffee



First Place - Courtyard by Marriott

First Place: Courtyard by Marriott (score change: 36 to 172, an increase of 136)

Second Place: Kauai Coffee came (score change: 82 to 199, an increase of 117)

Third Place: State Department of Health's Kauai District Health Office (score change: 99 to 187, an increase of 88)

- 100% of the participating teams reported worksite wellness improvements and/or change as a result of the WSW Challenge.

- The 15 teams accomplished a combined total of 87 Policy, 77 Environment, 198 Program, and 132 Small changes during the Challenge.

- Based on aggregate monthly team data, an average of 10 policy, 9 environmental, 22 program, and 15 small changes occurred each month of the Challenge.

# Kauai Path & Get Fit Kauai's Bikes on Rice



Grab your bike and join Kauai Path and Get Fit Kauai's Community Action Group, "Bikes on Rice". "Bikes on Rice" rides are for everyone; all ages, all skill levels and every type of bike is welcome. This unique group of dynamic community members brings people together from all over the island to discover more about Kauai's town center, engage in some physical activity and also allows time for free refreshments and socializing with the ultimate goal of changing social norms around bicycling.



*Bikes on Rice bring families, friends, and neighborhoods together.*

Be sure to stop in at Briggs Bicycles at 2955 Auakele St, Ste D, from 10 to 4 Tuesday to Friday for a free 6-point bike inspection, or arrive at 4:15 on the day of the ride.

Meet at 4:30 p.m. (with a 4:45 p.m. roll-out) at the Lihue Civic Center on Rice Street on the 2nd Tuesday of every month beginning in February. The rides last about an hour so bring your own water. Flat tire repair kits are recommended and State law requires helmets for kids under 16. There will be trained team members throughout the course for anyone that needs assistance. After the ride everyone will meet back at the Civic Center for snacks and talk story.

Schedule of 2019 Bikes on Rice Rides - 2nd Tuesday of every month from February – November. No cost! For more information go to <https://bikesonrice.org/>

1. Tuesday, February 12th
2. Tuesday, March 12th
3. Tuesday, April 9th
4. Tuesday, May 14th
5. Tuesday, June 11th (Holiday)
6. Tuesday, July 9th 13th
7. Tuesday, August 13th
8. Tuesday, September 9th
9. Tuesday, October 8th

## Bicycle Law Enforcement Training



Kauai Path.org



The Hawaii Bicycling League and Kauai Path coordinated presentations to the Honolulu Police Department and Kauai Police Department personnel and bicycling safety activists in January 2019. Bicycling safety consultant Peter Flucke presented Bicycle Law Enforcement Training as a three-hour seminar with specific references to Hawaii's statutes relating to operating a bicycle. On Kauai, the 3-hour event was well attended including bicycle advocates and members of Get Fit Kauai. >>

# Bicycle Law Enforcement Training, cont'd.



Kauai Path.org



>> (cont'd.) Flucke explained that for a community to be walkable and bikable the 5Es – (1) engineering (infrastructure), (2) education, (3) enforcement, (4) encouragement, and (5) evaluation (to make sure it's working & to make adjustments) must be intelligently addressed. Streets and roadways must be engineered with due regard to the safety of all users, all users must understand their rights and responsibilities, and authorities must be prepared to appropriately enforce the traffic laws and regulations.

During the course of the training, Mr. Flucke shared the main motorist and bicyclist violations that contribute to bicycle crashes, injuries, and fatalities:



Honolulu Police Department and Kauai Police Department personnel and bicycling safety activists

## Bicyclist

- Wrong way riding
- Disregard signs and signals
- Failure to yield right-of-way
- No lights at night

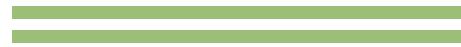


## Motorist

- Speed
- Failure to yield right of right-of-way
- Disregard signs and signals
- Turning and backing
- School zone congestion
- Alcohol/drugs

Focusing enforcement on these main violations that contribute to crashes and injuries and fatalities is key to having the greatest impact in making our streets safer.

Kauai Path and the Hawaii Bicycling League, in concert with Get Fit Kauai and additional pedestrian and bicycle safety advocates, are strategically implementing measures to advance awareness of traffic regulations, including the new Three-Foot Safe Passing law. Contact Kauai Path Executive Director Tommy Noyes at (808) 639-1018 or news@KauaiPath.org for more information on this initiative.



## Youth Participatory Action Research (YPAR)



YMCA OF HONOLULU

Youth-led Participatory Action Research (YPAR) has changed the after-school programs at the YMCA of Honolulu. Teens are now engaged in identifying solutions to the issues they see in their communities. The approach has built leadership among several dozen teens. >>

# Youth Participatory Action Research (YPAR), cont'd.



YMCA OF HONOLULU

>> (cont'd.)

YPAR guides teens through an eight-step process that includes:

- data collection
- data analysis
- planning
- action



Participants get hands-on, project-based learning experience in public health approaches.

In 2015, teens and adult allies at the YMCA received training on the YPAR process. They learned to restore a school garden they remembered loving as grade school students. The garden is maintained to this day, at a school with a 100% free and reduced lunch rate. It now provides hands-on learning experiences and fruits and vegetables for 456 students. The YPAR teens led cooking demonstrations using the garden's produce and delivered nutrition education sessions to the younger students.

After this initial success, another group of YPAR teens decided to assist in the restoration of Ulupō heiau. >>



A heiau is a sacred site. The Ulupō heiau rests behind the YMCA building. The site sits atop a series of terraces that in the past were used to grow traditional crops, such as taro, for Native Hawaiians.



Teens involved in the YPAR process have learned the importance of indigenous knowledge to health and community well-being. They describe it in empowering terms. They have also developed a teen leadership council. The council is focused on making change and impact in their community.

The YPAR approach is measured and evaluated by process measures. It also looks at short-term, mid-term and long term measures from the SNAP-Ed Evaluation Framework and interpretive guide. This work is being led in partnership with the Hawaii Department of Health.

*"I want to make a lasting impact that will positively affect many generations, and I believe YPAR is a great way to do that. Together, the Windward YMCA Teen Council works towards making a difference, building lasting relationships and memories, and bringing positive change to our communities."*  
- Angela, a 17-year-old participant



Interested in learning more about YPAR? See the "Conferences, Trainings & Professional Development" section for upcoming YPAR training opportunities!

# Conferences, Trainings & Professional Development



## Introduction to YPAR Workshop



Time: 8:30 am - 4:00 pm

**Wednesday  
Feb 20, 2019**

Where: Blaisdell Auditorium

Deadline to Register: **Monday, February 4, 2019**

**REGISTRATION IS  
REQUIRED.**

Please register by clicking on  
the following link:

**REGISTRATION FORM**



This training will provide you with the basics of the YPAR approach, guide you through the 8-steps, and prepare you to use this process to empower teens to create change in their community.

This workshop is ideal for:

- participants who are new to the YPAR approach
- organizations that already have a youth leadership development component as a part of their program and are looking to use YPAR to support what they are already doing
- organizations that do not have a youth leadership program and are looking for a process they can use as a framework to develop one.

Please contact Ariana Lospinoso at [Ariana.Lospinoso@doh.hawaii.gov](mailto:Ariana.Lospinoso@doh.hawaii.gov)  
or 808-586-5464 if you have any questions.



## Advanced YPAR Workshop



Time: 8:30 am - 4:00 pm

**Friday  
Feb 22, 2019**

Where: Blaisdell Auditorium

Deadline to Register: **Monday, February 4, 2019**

**REGISTRATION IS  
REQUIRED.**

Please register by clicking on  
the following link:

**REGISTRATION FORM**

This training is tailored to participants who have already attended an introduction to YPAR workshop and/or have had experience implementing a YPAR approach with youth programs. This workshop is for those who are looking to advance their knowledge of YPAR and would like to train other adults in how to implement YPAR.

Please contact Ariana Lospinoso at [Ariana.Lospinoso@doh.hawaii.gov](mailto:Ariana.Lospinoso@doh.hawaii.gov)  
or 808-586-5464 if you have any questions.

# Conferences, Trainings & Professional Development



## HH@WA's 4th Annual Wellness Leaders Conference



Learn more at [www.hhawa.com](http://www.hhawa.com) or email HH@WA at [workwell@hhawa.com](mailto:workwell@hhawa.com)

Hawai'i  
Health  
@ Work  
Alliance

A UHA Company

Hawai'i Health at Work Alliance (HH@WA), a subsidiary of UHA Health Insurance, is the pioneer in bringing Hawai'i employers together to learn how to build effective workplace wellness programs and share experiences to ultimately build higher-performing organizations.

HH@WA is open to all businesses that are interested in concrete solutions to:

- Improve the well-being of their employees
- Build sustainable and healthy habits, and
- Enhance the performance of their organizations

The 2019 conference will feature Dacher Keltner, Ph.D. He is a Professor of Psychology at the University of California at Berkeley, Director of the Berkeley Social Interaction Lab, and serves as the Faculty Director of the Berkeley Greater Good Science Center.

Keltner's research focuses on the biological and evolutionary origins of compassion, awe, love, and beauty, as well as power, social class, and inequality. His presentation will provide attendees with tools to help them develop their best selves and their best organizations.



### Contact us!

- Visit [www.healthyhawaii.com](http://www.healthyhawaii.com)
- If you'd like your name removed from our mailing list, please use the "unsubscribe" link in MailChimp.
- For other comments, please email Jessica at [Jessica.Fabrigas@doh.hawaii.gov](mailto:Jessica.Fabrigas@doh.hawaii.gov)

