



PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN BI-ANNUAL NEWSLETTER

In this issue

News from Hawai'i PAN Partners

- Pages 1-2: Two new bills to keep Hawai'i's families healthy signed into law!

Highlighted Projects, Programs & Initiatives

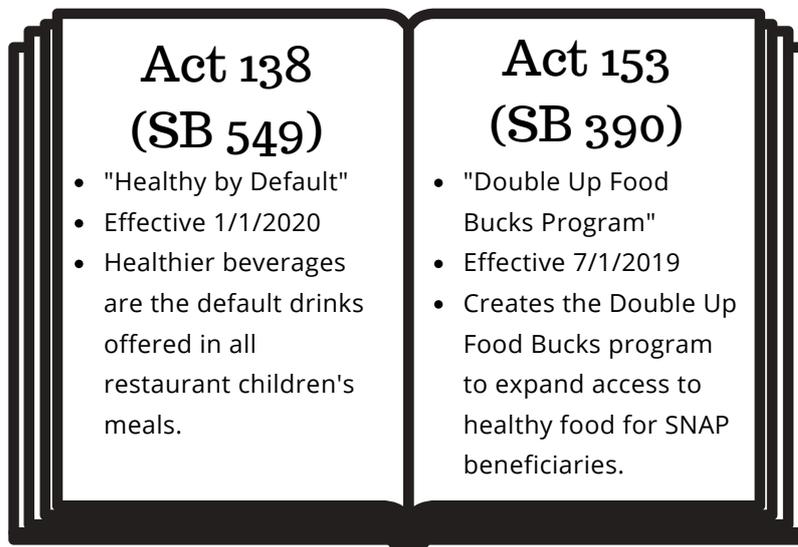
- Pages 3-5: Hawai'i County
 - Waimea Walk Audit
 - Hilo Bayfront Trails Phase II
 - SNAP Gardens Outreach Project
- Pages 5-7: Honolulu County
 - Kalihi Quickbuild Project
 - Let's Walk Wahiawa
- Pages 8-10: Kaua'i County
 - Ride the Bus Day
 - Mayor-A-Thon 2019
 - Kupuna Healthy Food Project
- Page 11: Maui County's
 - Walkability Action Institute Team
- Pages 12-14: Statewide
 - Hawai'i Farm to ECE Program
 - Hawai'i Farm to School Hui

Conferences, Trainings & Professional Development

- Page 15: HH@WA's General Meeting
- Pages 15-16: 2020-2030 PAN Plan Workgroup Sign-Ups

News from Hawai'i PAN Partners

Two new bills to keep Hawai'i's families healthy signed into law!



In July 2019, Governor David Ige signed two bills to expand access to healthy food and beverages across the state.

- **Senate Bill 549**, now **Act 138**, ensures that healthier beverages like water, milk, or 100% fruit juice are the default drinks offered in all restaurant children's meals, instead of soda or other sugary drinks.
- **Senate Bill 390**, now **Act 153**, doubles the value of Supplemental Nutrition Assistance Program (SNAP) benefits—also known as food stamps—when they are used to purchase fresh, locally-grown fruits and vegetables.

ACT 138 (SB 549)

Hawai'i is the second state in the nation to pass statewide "Healthy by Default" legislation, following California. Act 138 takes effect on January 1, 2020 where restaurants and food establishments that serve meals to children will be required to provide >>



Governor Ige signs Act 138 into law!

>> unflavored milk, non-dairy milk, water or sparkling water, and 100% juice or vegetable juice as the default beverage option. Customers will still be able to purchase sodas, juices and other sugary drinks upon request.



Kids Meal
(for our guests 12 years of age and under)
 Each meal includes a free drink & side

Choice of one kid size drink (8 oz.):
Low Fat Milk, Water, Sparkling Water

Sample menu



"Hawai'i's keiki will now automatically receive a healthy beverage with their meal," says Jessica Yamauchi, Hawai'i Public Health Institute's Executive Director. "By making the healthier choice the easy choice, we are protecting our children from the long-term problems associated with sugar-sweetened beverages, including type 2 diabetes, obesity and tooth decay."

ACT 153 (SB 390)

In addition, Act 153 takes effect on July 1, 2019 and creates the Double Up Food Bucks program, which will provide a dollar-for-dollar match of up to ten dollars per visit, per day, to SNAP beneficiaries who purchase locally grown fruits and vegetables at participating farmers markets, grocery stores and community supported agriculture projects. Modeled after the national program designed by the Fair Food Network and pilot-tested on Hawai'i Island, the incentive program expands access to healthy food for low-income residents and supports local farmers.



Governor Ige signs Act 153 into law!



"DA BUX: Double Up Food Bucks on Hawai'i Island has had a strong record of success," said The Food Basket's Executive Director Kristin Frost Albrecht. "The statewide expansion will put healthier food on the table for our low-income families, support our local farmers, and allow dollars to stay in our local communities."

Funding for this program will be initiated by a \$100,000 appropriation from the state. An application for the USDA Gus Schumacher Nutrition Incentive Program (GUSNIP) grant has also been submitted that, if awarded, would provide matching federal funds. In preparation for the GUSNIP grant, a request went out to community partners for matches. Thanks to the generous support of community partners, the grant request increased to \$1.971 million! Hawai'i will be notified if it has received the grant by September 30, 2019.

Highlighted Projects, Programs & Initiatives

➤ Hawai'i County

Getting Active on Active Transportation & Living!



On a rainy, misty Monday morning on April 22, 2019 over 30 partners from the State of Hawai'i Department of Transportation (DOT), Hawai'i County Department of Public Works, Mass Transit, Planning, SSFM, Hawai'i Public Health Institute (HIPHI), Waimea Trails and engaged community partners, canvassed Waimea town for a four-mile walk audit with Portland transportation expert, Peter Koonce (funded through the Department of Health), as part of the Waimea Regional Safety Study.



The walk audit focused on community-identified improvements for improving the ease and safety of multimodal travel within Waimea Town. The walk audit route included portions of Māmalahoa Highway, Lindsey Road, and Opelo Road, as well as a portion of the Waimea Stream Trail. Each walk audit started and ended at the Waimea Civic Center.



HIPHI staff members, who oversee Healthy Eating/Active Living (HEAL) work on Hawai'i Island, participated in the walk audit and provided insight to State DOT regarding school traffic concerns, common risk areas for children walking to and from school, recreational use of the area, and active transportation needs near the Waimea town central area.

The State DOT is working with communities in Waimea for and gathering their input for the Waimea Regional Safety Study, which is being completed by SSFM, using the Planning and Environmental Linkage (PEL) process. The PEL process emphasizes collaboration and integration during the planning. The first, second, third and fourth community PEL meetings were held between the months of October 2018-March 2019. The last PEL meeting was held on May 29, 2019 and shared the results of the Waimea Walk Audit, welcoming input from the community.

For more information on the Waimea Regional Safety Study and the results of the April 22 Waimea Walk Audit, please visit:

www.waimearegionalsafteystudy.com/wp-content/uploads/2019/05/190517-WaimeaWalkAduit_SummaryRpt.pdf

For more information on Hawai'i County HEAL efforts, please contact:

Sally Ancheta, HIPHI Community Coordinator at sally@hiphi.org.



Hilo Bayfront Trails Phase II



Hilo Bayfront Trails is preparing to begin Phase II of the multi-use trail in downtown Hilo. The total cost of Phase II is projected to cost around \$440,000 dollars, including engineering, permits and construction; this project has been fully funded through various sources, including a Federal grant, Hawai'i County funds and Hilo Bay Front Trail private contributions. As of May 2019, the County approved to move into the engineering procurement phase with construction to start before the end of the year.

At roughly 2000 feet, Phase II is broken into two sections: the makai portion along Waiolama Canal and the mauka portion which will come off the existing Phase 1/section 3 path and head north along the boundary of weedy long grass and the soccer fields until it meets up with the existing access road to the Alanaio flood control pond; near Ponahawai Street and Kilauea Avenue.

Phase II will provide another access point to downtown Hilo while increasing safe routes and multi-modal transportation and active living. Hawai'i Public Health Institute/HEAL Hawai'i County staff members are active partners in Hilo Bayfront Trails, Mayor's Active Living Advisory Committee, PATH and Vision Zero Task Force.



For more information on Hawai'i County HEAL efforts, please contact:

Sally Ancheta, HIPHI Community Coordinator at sally@hiphi.org.

SNAP Gardens Outreach Project Launches on Hawai'i Island



Did you know that SNAP benefits can be used to purchase plant starts, seeds, and fruit trees?

Every dollar invested in gardening, grows an average of \$25 worth of food (USDA), and the Hawai'i Island Food Alliance (HIFA) with support from SNAP-Ed is launching the SNAP Gardens Outreach Project to provide informative materials for everyone interested in starting their own gardens. >>



SNAP Gardens Outreach Project Launches on Hawai'i Island, cont'd.

>> HIFA has partnered with SNAP approved retailers who also sell plants and seeds including KTA Superstores to bring awareness to little known SNAP-approved items. Through the use of SNAP Gardens branded handouts, posters, and shelf tags HIFA is spreading the word about how SNAP benefits make it more affordable to start growing your own garden, and cultivate good eating habits and a physically active routine in addition to all your favorite fruits and vegetables.



SNAP Gardens materials will be available to download for free on **HIFA's website** soon!



Honolulu County

Painting Safer Streets: Kalihi Quick Build Project



With the help of the City and County of Honolulu, Councilmember Joey Manahan's office, Hawaii State Department of Health, National Park Service, Blue Zones Project, and Ulupono, Farrington High School engineering students brainstormed concepts for artwork in crosswalks and painted curb extensions and provided safety improvement ideas to City traffic engineers. This collaborative quick build project in Kalihi is in the final stages and ready for implementation to create a safer, healthier community for all to enjoy.

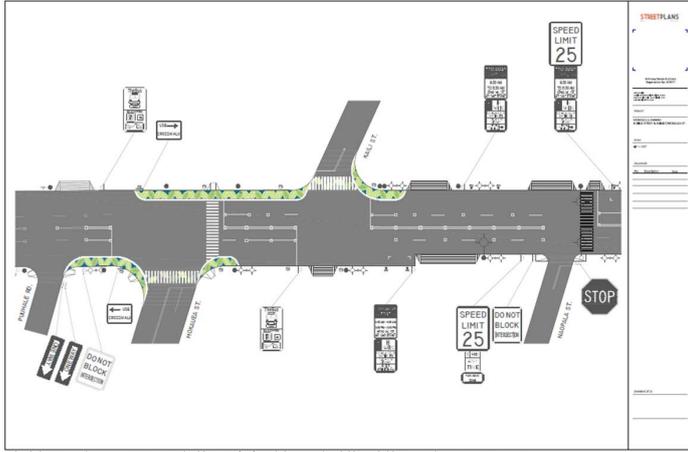


Students brainstorm ideas to increase street safety

Throughout the 2018-2019 school year, Farrington High School students were brought together to consider road safety improvements near their school. To begin, lectures and discussions were held in the classroom to provide an overview of the work that is done by the City and County of Honolulu, and their partners, to make our public streets safe and effective. Students were asked to discuss how they got to school, if they felt unsafe anywhere along that route, and potential areas where safety improvements could be made. >>

Painting Safer Streets: Kalihi Quick Build Project, cont'd.

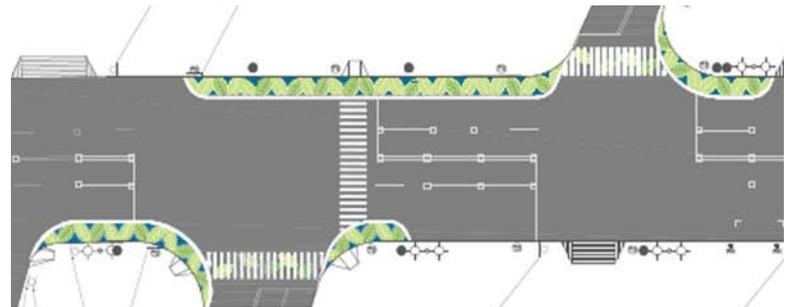
>> After listing potentially hazardous sites and heading outside to view them, students chose two sites along North King Street to improve.



Final Design for North King Street

In April 2019, students attended a Design Workshop and brainstormed ideas to increase safety for the two sites. Funded by the State Department of Health SNAP-Ed program, consultants from Street Plans, a planning and engineering firm, were brought in to lead and facilitate the project. After two days of creative thinking and designing, student groups shared their designs and ideas for the two sites with one another.

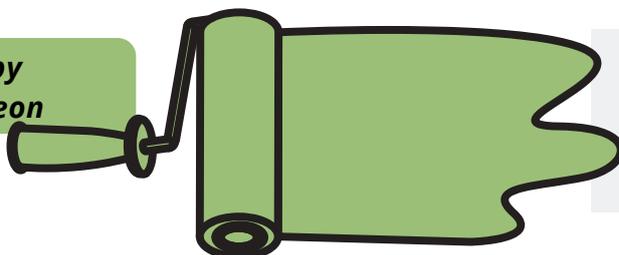
The final improvements consisted of painted bulb outs, sometimes known as curb extensions, in addition to decorative crosswalks. Two outstanding designs included one featuring octopus tentacles and another proposing a blue and green leafy design, with the latter ultimately being chosen for this project because it was more easily implementable.



The blue and green leafy design that will be painted on the streets.

In Fall 2019, the designs will be painted on the streets by students and project partners. This type of low-cost, rapid change in urban areas is an easy solution to increasing road safety for keiki and other community members. In addition to the safety benefits, this project encourages students to walk or bike to school, increases neighborhood pride, and gives students creative opportunities to contribute to their community. The students' long-term involvement in the project helped to ensure community buy in and excitement, while inspiring them to become future community activists.

**Article written by
Claire Rossi de Leon**



**For more information, please
contact Radiant Cordero at
rcordero@honolulu.gov**

Let's Walk Wahiawa



Brought to
Hawaii by



Throughout October, Blue Zones Project - Wahiawa School Committee will plan and execute a public awareness campaign called "Let's Walk Wahiawa". The month-long campaign aligns with National Walk to School Day, creating awareness of transportation and routes to schools. It was held successfully last year and organizers hope to reach even more students and families this year.

Blue Zones Project is a community-led well-being initiative brought to Hawai'i by HMSA. Wahiawa is one of eight communities in Hawai'i currently practicing common traits found in blue zones - regions in the world where people live the longest without chronic disease. The initiative's mission is to enhance the well-being of Hawai'i's people by continually improving the environments where we live, work, and play.

As part of the campaign, Wahiawa schools will organize a walking school bus, which is a structured walk to school with dedicated chaperones. Students, chaperones, and parents will meet at a designated "stop" and walk together along a safe route to school. Schools that are concerned about the safety and walkability of neighboring streets will organize Walk-in-School activities.



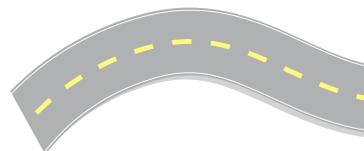
Achieved Objectives

- ✓ *Promoted healthy habits and exercising daily to keep kids healthy and connected to their neighborhoods*
- ✓ *Identified opportunities to create walking school bus programs and routes*
- ✓ *Identified current student transportation methods*
- ✓ *Brought the community together through a walk event*

Last year, the organizers of "Let's Walk Wahiawa" conducted a transportation survey to better understand how Wahiawa students get to school. Through the survey, the Blue Zones Project - Wahiawa team learned that residents are concerned about the walkability of sidewalks and the large volume of traffic on California Avenue during school pick-up and drop-off. Moving forward, the survey results will help guide road work along California Avenue.



10 WAHIAWA SCHOOLS
2,898 STUDENTS
291 ADULTS



**Is your school interested in participating in Blue Zones Project walking programs?
Send us an email at bluezonesprojecthawaii@sharecare.com.**

Ride the Kaua'i Bus for FREE on September 20, 2019!



According to "Active Living Research", people who use public transportation for any reason are less likely to be sedentary or obese than those who do not use public transportation:



29% of those who use transit were physically active for 30 minutes or more each day, solely by walking to and from public transit stops.



Transit users took 30 percent more steps per day and spent 8.3 more minutes walking per day than did people who relied on cars.

Ride the Bus Day

On Friday, September 20th, 2019, the County of Kaua'i Transit Agency is providing free rides all day on the Kaua'i Bus to all passengers for Ride the Bus Day. Head to work, run some errands, pau hana with co-workers, go to the beach and catch the sunset all with the convenience of stress-free transit!

Get Fit Kaua'i, The Kaua'i Bus, The County of Kaua'i and the Great Aloha+ Challenge Community Action Group is offering FREE bus transit service in coordination with National "Get on Board Day" day on September 20, 2019.

Contact the Kaua'i Bus Office at (808) 246-8110 for more information and for special accommodations.



Kaua'i Bus September Selfie Contest

In the weeks leading up to Ride the Bus Day, the Kaua'i Aloha+ Challenge is running a September Selfie Contest on the Kaua'i Bus! Win 2 free month-long bus passes!

1. Snap a selfie while riding the Kaua'i Bus.
2. Post your selfie on Facebook (make sure the image is "public" so the KA+ Team can view it) with the hashtags #kuaichallenge, #thekauaibus, and #allbusallthetime.
3. Get your Facebook friends to "like" your photo - The tagged selfie with the most "likes" wins!
4. "Like" the Kauai Bus Facebook Page and the Kauai Aloha+ Challenge Facebook Page.

The tagged selfie with the most "likes" wins! One winner will be chosen once a week on Friday, between September 1 - September 20, for a total of 3 winners.



Mayor-A-Thon 2019 - An Outstanding Success!



What a celebration! On Saturday, June 22nd, approximately 1,300 bicyclists, runners, walkers and strollers came in droves to participate in the 11th Annual Mayor-A-Thon at Kapa'a Beach Park on Kaua'i.



The event was a celebration of Ke Ala Hele Makala'e; a 4-plus mile segment of Kaua'i's multi use path which provides a safe place for Kaua'i residents and visitors alike, to engage in physical activity such as walking, biking or running.

All in attendance enjoyed a beautiful morning full of activities such as, dancing, games, and Zumba. This year's turn-out was one of the largest in the event's history with several attendees taking advantage of the FREE Bus Mayor-A-Thon transit from both the west and north sides of the island.

There were people in attendance from around the nation. 21 states including Alabama, Arizona, California, Colorado, Delaware, Florida, Georgia, Hawai'i, Idaho, Kansas, Maryland, Minnesota, Mississippi, Montana, Nevada, North Carolina, Pennsylvania, Tennessee, Texas, Utah and Washington. In addition, over 50 people attended from three foreign countries: Canada, Japan, and Denmark!



The first Mayor-A-Thon was held on Saturday, June 27, 2009, and attracted about 500 walkers, runners, strollers, and bicyclist of all ages and fitness abilities. Since that historic day in 2009, the Mayor-A-Thon has more than doubled in size to between 1,000 to 1,500 'Mayor-A-Thoners' and sponsorship has risen from 5 to 22, reflecting the growing popularity of and community support for the event.

Major sponsors of the Mayor-A-Thon are: Get Fit Kaua'i, the County of Kaua'i and Kaiser Permanente. Other generous sponsors included HMSA, Hawai'i Public Health Institute, Hawai'i State Department of Health, Ho'ola Fitness Center, The Kaua'i Bus, Kaua'i Coffee, Kaua'i Cycle, Kaua'i Marriott Beach Resort, Kaua'i Path, County of Kaua'i Department of Water, Kaua'i Grown, KONG Radio Group and the Lihu'e Boys and Girls Club.



Mark your calendars now for the 11th annual Mayor-A-Thon on Saturday, June 20, 2020 from 6:30 a.m. - 10:00 a.m. at Kapa'a Beach Park!



Kupuna Healthy Food Project



Older Kaua'i residents (Kupuna) are often the quiet segment of our community frequently receiving less attention than other community groups. Yet, many seniors face significant challenges to their health and well-being, including insufficient income, transportation, health care and food, especially nutritious food. Food insecurity for seniors is a growing problem. Due to our rural geography and limited public transportation, the Kupuna on Kaua'i are at particular risk of being unable to access enough food.

Over the past few months, Get Fit Kaua'i's Kupuna Healthy Food Project held focus groups with several seniors that frequent the Kaua'i Independent Food Bank (KIFB). In addition, using the curriculum for "Grinding for Wise Dining", cooking classes were held to educate the Kupuna population on nutrition and easier ways to assure a healthy diet, with an emphasis on healthy, local food and food provided by the KIFB. Information was gathered to better understand the preferences, opinions and experiences at the KIFB.

The next time you're at the grocery store, please shop for and donate: fresh fruit or fruit cups in 100% juice or water, fresh vegetables or low sodium canned alternatives, whole grains, and low sodium meats such as light fish and chicken.

Bring your donations to the Kaua'i Independent Food Bank warehouse in Nawiliwili, or to any county of Kaua'i fire station.



Recently, Get Fit Kaua'i and Kaua'i Independent Food Bank have partnered together to ask community members to help Kupuna access heart healthy foods. A comprehensive media campaign was launched to:

- Educate how valuable Kupuna are to our community and family structures;
- Further educate and encourage the Kaua'i Community as to the specific healthy food donation items that are needed at the Kaua'i Independent Food Bank or Fire Stations that will directly benefit Kaua'i's Kupuna when they receive their monthly bag of groceries.

Visit www.getfitkauai.com or www.kauaifoodbank.org for more info and a list of items to donate



Maui County's Walkability Action Institute (WAI) Team



Ten teams from across the nation were awarded a competitive grant to attend the 2019 Step It Up!: Action Institute to Increase Walking and Walkability also known as the “Walkability Action Institute” or “WAI” in Decatur, Georgia on April 22 – 25, 2019. To be considered, applicant teams were required to put together a multidisciplinary team consisting of public health, planning, transportation, and elected officials and demonstrate the ability to influence walkable community design through policy, systems, and environmental activities.

The Maui County WAI team includes: Mayor Michael Victorino, Team Leader and Maui Metropolitan Planning Organization Executive Director Lauren Armstrong, State of Hawai'i Na Ala Hele Maui Council Member Donna Clayton, Planning Long Range Division Administrator Pam Eaton, Healthy Eating Active Living Coalition Community Coordinator Lauren Loor, and County Traffic Engineer Nolly Yagin.



The Maui County WAI Team

Over the course of four days, the team participated in an aggressive agenda, covering topics such as: public health, transportation and land use planning, the role of socioeconomic in walkable communities, disabilities, community engagement, private-public partnerships, safe routes to school, and bicycling.



Sidewalks and paths are only one part of making Maui more walkable. Walkability also factors in traffic conditions such as vehicle speeds and volumes, land use patterns, development projects, accessibility, user experience, and safety. The WAI provided the Maui group with the knowledge and resources to implement their walkability goals. Aside from the obvious environmental benefits of walking, making our community more walkable gives us one tool to help make our community healthier.

So the big question...why WAI? Because we care.



Article written by Nolly Yagin, County Traffic Engineer, Department of Public Works, County of Maui.

For more information on the HEAL Coalition for Maui, Moloka'i and Lāna'i, please contact the HEAL Community Coordinator Lauren Loor at lauren@hiphi.org.

The Hawai'i Farm to ECE Program

The Bennett Foundation was founded in 2014 to positively impact the health and wellness of underserved children and families. Subsequently, the Hawai'i Farm to ECE (Early Care & Education) Program was created to introduce a holistic approach to health in Honolulu Community Action Program (HCAP) Head Start classrooms and preschools on O'ahu. We focus on Early Childhood during the years when children begin to form taste preferences and exposure to gardening, nutritious and culturally relevant food, and lessons in environmental stewardship may influence a child's long-term development and behavior.

Utilizing a cohort model to bring together 40 self-selected Early Childhood educators, we provide ongoing training, mentorship, and encourage collaborative learning throughout the yearlong program. In partnership with Kapi'olani Community College, Culinary Arts Department, cohort teachers learn basic culinary skills, applied nutrition, and gain familiarity with local resources, to incorporate healthy snack preparation activities into their lessons. Teachers apply their skills and knowledge in the classroom. One mother at Iroquois HCAP Head Start wrote:

"This has been a fantastic year in large part because of your program...nutrition has been much more in-depth than I ever could have hoped for...Our girl is now the nutrition minder in the house... and we don't drink soda because it has too much sugar. She has been taught basic culinary skills such as chopping and washing fruit and now loves to prepare dessert (strawberries)...I am so very grateful for all the exposure to new and interesting things that your program has provided and I cannot wait to see what comes next."



Building a collaborative learning network of Early Childhood educators has proved to be a rich resource for teachers to share their classroom successes, knowledge of place, and how they implement āina based lesson plans in their individual classrooms. In just over one year, the program has reached more than 700 preschool children, 40 educators, 20 teaching assistants, and 1000 parents. By sharing resources and learning experiences, the collaborative model has the potential to accelerate implementation of best practices across O'ahu and eventually statewide.



This Fall, the Hawai'i Farm to ECE Program will expand program offerings. First, garden and compost trainings will be enhanced through a new community partnership with Keiki & Plow Farm, a small family farm, which specializes in Early Childhood farm tours and activities. The "Produce to Preschools Market," an innovative mobile market program is also set to launch in September. It combines increased access to affordable, local food for preschool children and their families while integrating nutrition education and healthy cooking lessons on site. This program is made possible through the support of Kamehameha Schools and HMSA Foundation.

For more information about our program, please visit our website www.thebennettfoundation.org

Our hope is to grow a new generation of informed teachers, preschool children, and families leading healthier lifestyles while contributing to a more sustainable food system in Hawai'i.

Statewide Collaboration: The Hawai'i Farm to School Hui



Advocates see “farm to school” as a powerful driver for systems change in the areas of agriculture, education, and health. More than a means for transforming school food, farm to school programs aim to instill lifelong healthy eating habits among students while raising future farmers and conscious consumers and restoring vibrant food systems in all communities. The Hawai'i Farm to School Hui envisions a holistic education system that renews our relationship to food, farming, and the environment, improves health, and raises academic achievement.

We envision Hawai'i as a center for agro-ecological education and food production and as a model of regenerative community food systems for the Pacific and the world.



Hawai'i Farm to School Hui Goals



1. Establish, support, and sustain school learning gardens and 'āina-based education throughout the preschool through post-secondary (P-20) continuum.
2. Increase access to, and consumption of, locally grown or raised food in schools.
3. Strengthen the health of Hawai'i's people, 'āina, and community food systems.
4. Build leadership and sustain the organization and efforts of the Island Networks and the Hawai'i Farm to School Hui

The Hawai'i Farm to School Hui and its member organizations have developed key resources such as:

- ★ **The Hawai'i School Garden Safety Manual**
- ★ **Curricula:**
 - Farm to Keiki Curriculum (ages 3-9)* *Hawai'i School Garden Curriculum Map (grades K-8)*
 - 'ĀINA In Schools Curriculum (grades K-6)* *Rat Lungworm Disease Curriculum (grades 5-8)*
- ★ **Ongoing professional development opportunities for teachers are offered, such as Kū 'Āina Pā (a multi-day intensive PDE3 course)**

Working groups meet regularly to advance shared goals in such areas as Farm to ECE (Early Childhood Education), legislative policy, professional development, school peace gardens, and safety, and to collaborate on specific projects such as the 'Ulu Education Toolkit and Hawai'i Garden to Cafeteria Program.



The Hawai'i School Garden Safety Manual developed by the Hawai'i Farm to School Hui provides guidance on best practices for safe growing, harvesting, and serving of school garden produce.



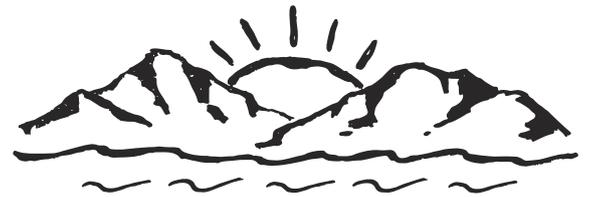
Statewide Collaboration: The Hawai'i Farm to School Hui, cont'd.

Important milestones for the movement have also been achieved through policy change, including the following successful legislative efforts of the Hawai'i Farm to School Hui:

- **Act 218 (2015)**, establishing a Farm to School Program and Coordinator position in the Hawai'i Department of Agriculture. This ultimately led to the creation of 'Aina Pono.
- **Senate Resolution 80 (2015)**, requesting that the University of Hawai'i at Mānoa College of Tropical Agriculture and Human Resources convene a working group to develop a coordinated framework of support for preschool through post-secondary (P-20) agriculture education and a plan for implementation.
- **Act 10 (2017)**, establishing the month of October as Farm to School Month in Hawai'i.
- Legislative funding beginning in 2018 for a Farm to School Coordinator position in HIDOE School Food Services Branch, enabling the expansion of 'Aina Pono.



Members of the Hawai'i Farm to School Hui Steering Committee gather in the Lieutenant Governor's office for a meeting.

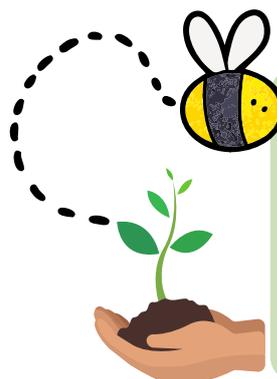


Hawaii's farm to school movement has experienced steady growth during the past 14 years, thanks largely to a significant investment of resources by the private sector.

Behind every precious dollar invested and the countless hours spent, is a highly motivated, passionate, and growing group of dedicated individuals that comprise the Hawai'i Farm to School Hui, along with thousands of teachers, administrators, parents, farmers, foodservice providers, and others who care deeply about Hawaii's keiki, 'āina, and communities.



Teachers explore soil samples during a Kū 'Āina Pā professional development (PDE3) course



To stay connected and get involved, sign up to receive updates through HIPHI (<https://act.hiphi.org/sign-up/>) or contact Hawai'i Farm to School Hui Coordinator Lydi Bernal at lydi@hiphi.org to share your support.

Conferences, Trainings & Professional Development



Hawai'i Health at Work Alliance General Meeting



Get the latest updates at hhawa.com.

Contact us at **808.532.2156** or email workwell@hhawa.com for more information.

Hawai'i Health at Work Alliance (HH@WA) is your local workplace wellness resource!

We can help you get started with your workplace wellness journey. A great place to start is by taking our Work Well(SM) Hawai'i Assessment. It's free and will take you no more than 30 minutes to complete! It's the first step towards improving the health and well-being of your employees and your business.

Start Here - Take me to the Work Well(SM) Hawai'i Assessment

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

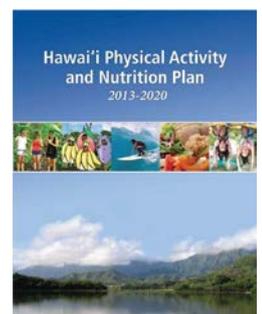
We invite you to network with like-minded wellness leaders at our General Meeting. Learn more about how organizational purpose can impact your workplace wellness. Get the latest updates at hhawa.com. Contact us at 808.532.2156 or email workwell@hhawa.com for more information.



2020-2030 Hawai'i PAN Plan Workgroup Sign-Ups

2020 is fast approaching and it's time update the Hawai'i Physical Activity and Nutrition (PAN) Plan 2013-2020!

As an important partner whose expertise positively impacts the health of the people of Hawai'i, we invite you to contribute to the creation of the 2020-2030 Hawai'i Physical Activity and Nutrition Plan.



2020-2030 Hawai'i PAN Plan Workgroup Sign-Ups, cont'd.

The PAN Plan is organized by sector areas and these will be carried into the updated plan. As part of the update process, objectives will be reviewed and updated by sector area workgroups. There will be more than one chance for input and we are planning on doing most of the work through webinars, virtual meetings, online surveys and/or other easily accessible methods.

2020-2030 PAN Plan: Sector Area Sign-Ups

As sector workgroup members, you will be asked to participate in the following activities:

- Review and comment on the draft sector goals, objectives, and activities
- Attend conference calls and contribute to sector area objective development discussions
- Provide final review recommendations
- Continue to work on implementation of sector area objectives after the 2030 PAN Plan has been published

Please use the link above to sign-up for one or more sector area workgroups if you haven't already!



Contact us!

- Visit www.healthyhawaii.com
- If you'd like your name removed from our mailing list, and to share other comments, please email Jessica at Jessica.Fabrigas@doh.hawaii.gov

