



PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN QUARTERLY NEWSLETTER

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HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity

KALĀKAUA OPEN STREET SUNDAYS



The City and County of Honolulu, along with the Hawai'i Bicycling League, reimagined a 2 mile stretch of Kalākaua Avenue from Seaside Ave. to Kapahulu Ave. as a safe, spacious boulevard for kama'aina to experience Waikīkī in a healthy new light. The Open Streets Sundays started on June 14 and continued through the end of July.

Between 6 a.m. and noon every Sunday, pedestrians, strollers, bicycles, wheelchairs and all manner of people-powered mobility options had the run of the road to enjoy outdoor activity and promote clean, green transportation options.

"We've all noticed more people out walking, jogging, and biking as a result of the COVID-19 pandemic," said Mayor Kirk Caldwell. "Opening Kalākaua Avenue to everyone so they have a place to exercise while allowing our local families the opportunity to enjoy a less-crowded Waikīkī during this time is a win-win for everyone."



Open Streets Sunday was Honolulu's first Open Street Initiative. In response to COVID-19, cities across the world are adapting streets to meet increased demand for safe space for outdoor recreation and decreased automobile traffic by either temporarily or semi-permanently restricting or minimizing automobile traffic on key corridors.

Open Streets encourage communities to reimagine their neighborhoods' potential for creating healthier, safer, more inclusive spaces. In Honolulu, they've proved popular with merchants along Kalākaua Avenue, many of whom have reported huge upswings in business after months of drought. They're also aligned with public health best practices. >>

KALĀKUA OPEN STREET SUNDAYS, CONT'D.

"When people were asked to limit themselves to 'essential trips', we were worried that some would limit their physical activity. Physical activity is definitely 'essential,'" said Department of Health Physical Activity Coordinator, CJ Johnson. "It's essential for reducing mild to moderate depression and anxiety, and controlling weight to prevent obesity. It's also essential for preventing and managing chronic conditions like diabetes and heart disease, which are linked with increased severity of respiratory illnesses like COVID-19."



Participants of all ages and abilities were welcomed, including families with small children and infrequent and inexperienced bicyclists. Physical distancing was still required between family or household groups, with face coverings being worn to the extent possible. Motorists were advised to avoid the area if possible and use alternate routes. Special Duty Honolulu Police Department Officers were also posted to assist with traffic control. Thanks for playing in the street!

O'AHU COMMUNITY HEAT ASSESSMENT (CHA)

Article submitted by Ujay Siddharth, Climate Adaptation Research Analyst, AmeriCorps VISTA



The City and County of Honolulu (City) Office of Climate Change, Sustainability and Resiliency (Resilience Office) completed and published O'ahu's first *Community Heat Assessment (CHA)*. This data has since been released online via the [O'ahu Heat Map](#). Collected during a record-setting year, the analyzed data have identified "hot spots" and will inform implementation of actions to address increasing temperatures and support walkable communities, allowing residents to stay connected across O'ahu's neighborhoods.



Data from O'ahu's first Community Heat Assessment (CHA) has been released online via the O'ahu Heat Map.



Trees and green space in our local parks are essential to strengthening our heat resilience.

Completion of the CHA could not be timelier. Globally, 2019 was the 2nd hottest year on record for our planet. Here on O'ahu, 2019 was the hottest year ever recorded at our airport station. Statewide, we tied 138 daily temperature records and set 135 new ones. This capped off the hottest decade on record for the globe. Now, this summer in 2020 in the midst of the COVID-19 public health crisis, planning effectively for heat resilience will be critical to mitigating high heat health risks and preventing an over-taxed healthcare system. **Leveraging the potential for local parks to be cool sanctuaries for community gathering, physical activity, and investing in trees such as those planted on Magic Island are critical actions for community quality and livability in the face of higher and hotter heat.** >>

O'AHU COMMUNITY HEAT ASSESSMENT (CHA), CONT'D.



Volunteers and City personnel collected heat data on August 31, 2019.

>> Data for the heat map was collected by community volunteers and City personnel on Saturday, August 31, 2019, covering all of O'ahu's community plan areas and City Council districts. That day marked the hottest day of the year for Honolulu and tied Honolulu's hottest-ever recorded temperature of 95 degrees Fahrenheit. The data was then analyzed by CAPA Strategies, LLC, to produce community heat index maps, which show how hot it really feels when relative humidity is factored in with the actual air temperature.

The maximum heat index recorded was 107.3 degrees at the Waimalu Plaza Shopping Center. Other neighborhoods with afternoon heat indices around 105 degrees included: Ala Moana, Kahala, Hawai'i Kai, Waimānalo, Mā'ili, Nānākuli, and Pearl Ridge.



Ala Moana Boulevard in front of Ala Moana Shopping Center registered one of the highest heat indices – 105.1 degrees. In comparison, across the street on Magic Island, the heat index registered as low as 95.4 degrees. A *fundamental reason for this significant heat differential is the presence of trees and green space in the park*. Just this past year the City Department of Parks and Recreation (DPR) planted over 100 trees on Magic Island.

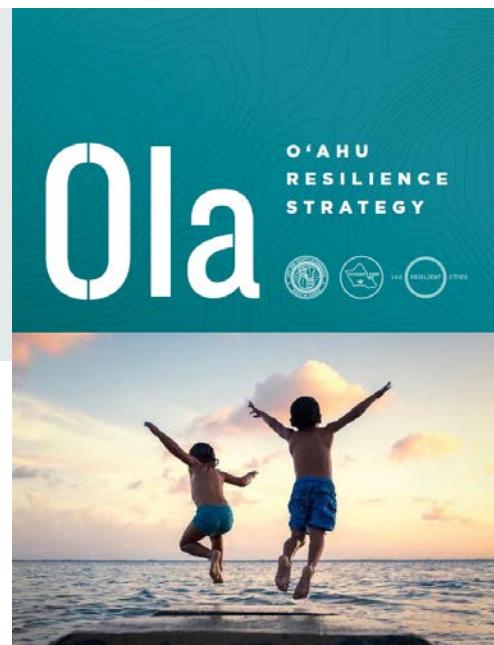
Published in May 2019 and unanimously adopted in October 2019 by City Council as a guiding policy document for the City and County of Honolulu, the City's O'ahu Resilience Strategy includes several specific actions to address both heat shocks and heat stresses, such as:

Action 15. Develop a Network of Community Resilience Hubs

Action 28. Chart a Climate Resilient Future by Creating and Implementing a Climate Adaptation Strategy

Action 33. Keep O'ahu Cool by Maintaining and Enhancing the Community Forest

If 2019's punishingly hot summer teaches us anything, it's that these locations and our neighborhoods can get at least this hot. The City's Climate Change Brief, produced by the City's Climate Change Commission, tells us that temperatures will only increase as a result of global heating. Before temperatures rise even higher, this summer is the time to take actions to both eliminate our carbon pollution and contributions to global climate change, and support walkable communities for the benefit of everyone who calls O'ahu home.



The City & County of Honolulu Office of Climate Change, Sustainability and Resiliency's O'ahu Resilience Strategy includes several specific actions to address both heat shocks and heat stresses.

VITAMIN TREE

Article submitted by Heather McMillen and Jade Rhodes, DLNR, Division of Forestry & Wildlife



Trees provide shade, reduce air temperatures, remove pollutants, improve mental and physical health, and enrich our lives. The State of Hawai'i Division of Forestry & Wildlife's Urban and Community Forestry program, Kaulunani (Hawaiian for 'the beautiful growth'), highlights the important relationship between public health and the forests all around us: trees near our homes, along the street, and on trails.



The health benefits of nature and our own wellbeing go hand in hand. Kaulunani is working with partners, such as the Hawai'i Department of Health, community-based non-profits, and the private sector to increase the tree canopy where we live, work, and play.



Photo taken at Maui Nui Botanical Gardens during a recent "Green Walk"

For example, partnerships with Blue Zones and Forest Bathing Hawai'i foster the connection between wellbeing and nature with Green Walks across the islands of O'ahu, Hawai'i, Kaua'i, and Maui.

Visit the [Kaulunani Grantee Storymap](#) for details on where and how Kaulunani has supported the expansion of the forest all around us over the last 25 years. It features past grantee projects by locating them on a map, and it also weaves in stories and images. To learn more, contact Heather McMillen at heather.l.mcmillen@hawaii.gov.



808B-FIT HEALTH AND FITNESS FOR KUPUNA

[808B-FIT.COM](#) is a collaborative partnership including the Hawai'i Island YMCA, County of Hawai'i Department of Parks and Recreation, Elderly Activities Division, Hawai'i Island Adult Care, Blue Zones Project Hawai'i, KTA Super Stores and the County of Hawai'i COVID-19 Task force.

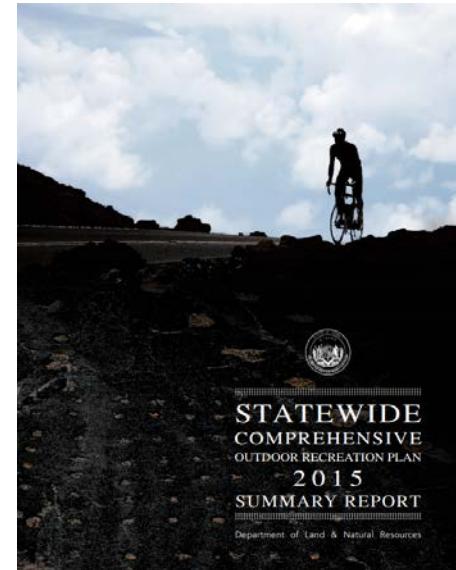
Its purpose is to provide an easy, online experience for seniors to participate in physical and mental wellness programs while being at home during this COVID-19 pandemic. It's a fun and unique way to learn from Hawai'i Island instructors and opportunity to try these excellent programs in the comfort of your own home.



IT'S TIME TO UPDATE HAWAII'S STATE COMPREHENSIVE OUTDOOR RECREATION PLAN (SCORP)!

WHAT'S A SCORP?

The State Comprehensive Outdoor Recreation Plan, or "SCORP", is an inventory of existing recreational resources; a report on the public demand and issues relating to those resources; and a strategic plan to address those issues and demand. Since the inception of the federal Land and Water Conservation Fund (LWCF) program in 1964, the fund has contributed to the protection of some of the nation's most important recreation resources. In Hawai'i (2015), \$38 million in LWCF grants have been leveraged for a total investment of at least \$76 million, benefitting over 401 acres of Hawai'i's recreation land and open space.



The LWCF is a federal matching grant, and to remain eligible for matching grant funds, states must prepare and update their SCORP *every five years*. Hawai'i's SCORP was last updated in 2015. The State of Hawai'i, Department of Land and Natural Resources (DLNR), under Act 236 (the Hawai'i State Planning Act 1984), is responsible for preparing and implementing the SCORP.

If you are interested in staying informed of the SCORP update, please sign up for the SCORP [contact list](#).

WHY IS A SCORP IMPORTANT?



Participants at a public meeting for the last SCORP update comment on the types of projects they'd like to see funded with Land and Water Conservation Funds.

A key component of the SCORP is the Open Project Selection Process, a method for determining outdoor recreation project eligibility and priority for LWCF funds.

A State's SCORP defines this process, and ties prioritization of funds to the issues and demands identified in the SCORP update. Therefore, it's critically important that a State's SCORP correctly identify public outdoor recreation needs, demands, as well as issues relating to outdoor recreation.

At regular intervals, the State invites Hawai'i's County Park and Recreation departments to submit proposals for projects to receive matching grants from LWCF and they are reviewed through the Open Project Selection Process. The projects that rank the highest in terms of addressing the public outdoor recreation needs, demands, and issues identified in the SCORP are then recommended for funding.
>>

IT'S TIME TO UPDATE HAWAII'S STATE COMPREHENSIVE OUTDOOR RECREATION PLAN (SCORP)!, CONT'D.

HOW CAN I CONTRIBUTE TO THE SCORP?

Physical Activity & Nutrition (PAN) professionals and advocates recognize the important linkages between outdoor recreation and the public's mental and physical health.

The PAN community can make a significant contribution to the SCORP Update by giving voice to your constituencies, articulating emerging trends and issues, and promoting the state of the practice. The SCORP update is just beginning to get underway, and this is an ideal time to engage early by signing up for the SCORP update [contact list](#).



Multi-use paths are one type of outdoor recreation facility that have been constructed in Hawai'i with funds from the Land and Water Conservation Fund.

- 1** **Sign up for the SCORP contact list.** This list will be used by Hawai'i State Parks to inform agency professionals and the public on the status of the SCORP Update, as well as opportunities to engage on-line and at in-person meetings.



- 2** **Share links to SCORP-related materials with your professional and social networks as well as your 'ohana.** We want to hear from as many people as possible, reflecting the diversity of age, culture, and abilities that make Hawai'i beautiful.

The Hawai'i State Comprehensive Outdoor Plan (SCORP) endeavors to capture outdoor recreation trends, demands, and needs that are unique to our state.

- 3** **Participate in on-line and in-person engagement opportunities.** The SCORP update process will include an on-line survey as well as meetings statewide and participation is critical for the SCORP team to capture emerging issues and trends unique to our Hawai'i communities.

Article submitted by Catie Cullison, PBR Hawaii & Renee Kamisugi, DLNR Division of State Parks

"THEY PAVED PARADISE, PUT UP A PARKING LOT."

Kailua



A visualization of how much land (shown in green above) is devoted to parking.

Did you know that Joni Mitchell wrote her famous line about Honolulu? For decades, Honolulu's land use laws, like those in many cities, have required that new buildings must include multiple parking spaces for every home and business they contain. These requirements have resulted in overbuilt parking, taking up valuable space, consuming land and resources, and undermining our goal of promoting more walkable, bikeable, sustainable communities. Fortunately, Honolulu is now proposing to make positive change with [Bill 2 \(2020\)](#).

Following the lead of cities like San Diego, Sacramento, Minneapolis, Portland, Miami, and Ottawa, Honolulu's Bill 2 will allow more flexibility on how much parking is built and require better parking design for more vibrant streets. It will also "unbundle" parking costs from housing costs so that residents only have to pay for the parking they use. Bill 2 will make Honolulu healthier, more affordable, and greener.

As we work with our partners to update our Physical Activity and Nutrition Plan, we are reminded of the role of the built environment in promoting active living and food access. After over a year of development and coalition-building, Bill 2 is poised for adoption in the coming months. We're hopeful that it garners the support of Honolulu's City Council. While the connection between parking and public health might not seem obvious at a glance, Bill 2 represents a significant opportunity to use urban form to support a healthier future for Hawai'i.



[See this article to learn more.](#)

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

DA BUX IS NOW IN GROCERY STORES!



On June 24th, The Food Basket--Hawai'i Island's Food Bank expanded its DA BUX Double Up Food Bucks program to a total of 30 participating grocery stores, including Times Super Markets, Shima's Super Market, Big Save Markets, and KTA Super Stores.



The DA BUX program partners with food retailers to make Hawai'i grown fruits and vegetables more affordable for SNAP cardholders. Each participating retailer doubles the value of SNAP dollars, helping SNAP participants bring home more healthy fruits and vegetables while supporting local farmers. Please visit dabux.org to find a participating retailer near you.

GROW EAT THINK (GET) LOCAL INITIATIVE



HEALTHY LOCAL RECIPES

The College of Tropical Agriculture and Human Resources (CTAHR) Grow Eat Think (GET) Local initiative is a collaborative effort by the University of Hawai'i at Manoa's Cooperative Extension agents in agriculture and human resource based fields.

The Extension agents incorporate the concept of GET Local and educating the community and stakeholders on the commodities available locally in order to increase consumer interest, grower knowledge, and general public awareness of local agriculture.

Okinawan Sweet Potato Salad

Ready in: 1-1.5 hours | 8 servings

INGREDIENTS:

- 2 lbs medium-sized Okinawan sweet potato, whole, skin on
- 1/2 cup coconut milk
- 1/3 cup grated carrot
- Pinch of table salt

Optional add-ins:

Finely diced s-

Ingredient

Instead of...

Okinawan sweet potato

Coconut milk

Grated carrot

DIRECTION

- 1) Wash hands
- 2) Cook sweet potato until tender. Let cool.
- 3) Let the cool
- 4) Cut the cool
- 5) Add the mix
- 6) Gently mix
- 7) Add a pinch
- 8) Chill in the

Optional add-ins:

Sesame seeds, cucum

avocado, shredded ch

icken, firm tofu

Optional add-ins:

Instead of...

Buckwheat or somen

Eggs

Carrots

DIRECTIONS:

Remember to practice food safety when cooking!

1) Wash hands with soap and water. Gently rub produce under cold running water before cutting.

2) Prepare the eggs according to the package. Add the soy sauce, sugar and apple cider vinegar to a small pot over medium heat. Stir until the sugar dissolves. Turn the heat off and add the egg whites. Pour into a small container and place in the refrigerator to cool down.

3) Prepare the eggs by scrambling or boiling. Cut the finished product into slices and leave on the side to cool off.

4) Cook the noodles according to the directions on the package. Once done, rinse noodles with cold water to stop it from cooking.

5) Chop the lettuce into small pieces. Slice the kamaboko, carrots, green onion and any other toppings into thin slices.

6) Divide the everything between two bowls and serve with the salad dressing. This dish is best enjoyed when cold.

Share your recipes, questions and comments with us! Visit us at the Kehi Farmacy booth or email us at fit@hawaii.edu.

For more information and recipes check out pohnpeidreamteam.org/recipes.html and www.ctahr.hawaii.edu.

Photo credit: www.ctahr.hawaii.edu

Logo credit: www.ctahr.hawaii.edu

Photo credit: [www](http://www.ctahr.hawaii.edu)

GROW EAT THINK (GET) LOCAL INITIATIVE, CONT'D.

READY TO FRUIT: MUSHROOMS FOR EDUCATION



In partnership with Opala Foods, The Center for Getting Things Started and CTAHR's GET Local Farm to School Coordinator in Waianae, 35 educators tested "Ready to Fruit" mushroom grow kits this summer. This pilot project aims to develop educational materials for a range of grade levels on health, nutrition and culinary that integrate mushrooms into farm to school education. Those interested in supporting this effort can reach out to Kristen Jamieson at kejamie@hawaii.edu.

HAWAI'I'S "FARM TO FAMILY" CAMPAIGN

Every time there is a disaster—whether it be a volcano eruption, a government shutdown, or a pandemic—our emergency food systems become stretched to the breaking point. In the case of COVID-19, school and workplace closures have thrust hundreds of thousands of working Hawai'i families—many of whom were already income-constrained—into a position where they can no longer afford to purchase healthy food. As a result, food banks across the state have seen demand skyrocket, and emergency grab-and-go meal operations have sprung up to serve families nutritious meals.

On the other end of the supply chain, local farmers have seen their restaurant contracts completely dry up and have been forced to dump tens of thousands of pounds of nutritious produce because there was no market for them. ***There is a need to connect these two sides of the supply chain in a way that is nimble and can be accessed during an emergency situation.***



Responding to this need, a broad coalition of Hawai'i community organizations, coalitions, philanthropists, and working groups is creating a "Farm to Family" campaign to ensure people have access to healthy food while supporting local growers. We aim to do this by establishing a statewide (or county-level) local food purchasing program that channels county, state and/or federal nutrition dollars into the local economy, through food banks and/or federally-subsidized meal programs. The launch program will run now through December 31, 2020. >>



HAWAII'S "FARM TO FAMILY" CAMPAIGN, CONT'D.

>> Working with a coalition of local partners, Hawai'i Appleseed initially proposed a relief budget of \$40 million to address the immediate needs of affected families. Under SB 126 (page 110), feeding programs were granted a fraction of the initial ask. Ultimately, only \$5 million was issued to the Office of Community Services (OCS) for food distribution, which must be expended by December 28. Hawai'i Appleseed and the Farm to Family Campaign want to ensure that this limited funding is spent on healthy food procurement, and to help set the stage for future food system resilience efforts in years to come.



This initiative has looked to California's Farm to Family program as a model of success. Farm to Family CA aims to help end hunger and food insecurity in the state, and was originally created with the goal of eliminating food waste in California's prolific and diverse agricultural sector. Functioning primarily as a procurement and transportation company, Farm to Family CA focuses on retrieving perishable, excess foodstuffs from across the state at a moment's notice. >>

Program Director, Steve Linkhart, stresses that an organization like Farm to Family depends primarily on relationships with growers. He emphasizes *when farmers are able to see that "excess" is not equivalent to "waste," but rather a service and benefit to those more vulnerable and less food-secure, that this model can be successful regardless of state size, produce variety, and production scale.*

Through integrated infrastructure systems and partnership with more than 160 growers, the organization is able to glean more than 160 million pounds of California farm products and over 50 varieties of fresh produce which is transported to the California Association of Food Banks' 40+ member food banks and their network of 6,000 schools, churches, senior centers, soup kitchens and other community venues.

By building off this successful model, such a program in Hawai'i could establish long-term relationships between government agencies and local growers that would strengthen our local food system and assist with day-to-day food access. Hawai'i has long needed an integrated approach to sustainable, local agriculture that is buttressed by infrastructure for gleaning, storage, and timely transportation of locally-grown, nutritious food to those in need. Equally as important, such programs would also have the ability to be quickly scaled for a rapid response in the event of future disasters and supply chain interruptions.

Everyone's support is needed to make this a win. We hope you'll join us.

Article submitted by Daniela Spoto Kittinger,
Hawai'i Appleseed Center for Law and Economic Justice

COVID-19 PUBLIC HEALTH ACTION WEBINAR: FOOD ACCESS & FOOD SUSTAINABILITY IN HAWAII'



Food access experts from across the state participated in a Hawai'i Public Health Institute (HIPHI) webinar to discuss food access and security at the state and county levels.

Panelists provided an overview of food insecurity issues in Hawai'i, specific roles played by their organizations, and how Hawai'i's food sustainability work has pivoted in response to COVID-19. An analysis of gaps highlighted the need to invest in farming and throughout the supply chain to prepare our state for future challenges.



HAWAII PUBLIC HEALTH INSTITUTE COVID-19 Public Health Action Webinar

Food Access and Food Sustainability in Hawai'i

Date: Wednesday June 24, 2020
Time: 1:00 PM - 2:00 PM
Registration link:
https://us02web.zoom.us/webinar/register/WN_0bEHO3N9QxaBBLRBTS2xig

Join experts to learn about food access and security at the state and county levels. Panelists will provide an overview of food insecurity issues in Hawai'i, specific roles played by their organizations, and how Hawai'i's food sustainability work has pivoted in response to COVID-19. An analysis of gaps will highlight the need to invest in farming and throughout the supply chain to prepare our state for future challenges.

Guest Speakers:

- Tammy Chase-Brunelle - SNAP-Ed Coordinator, Hawai'i State Department of Health
- Joell Edwards - Farm-to-School Program Manager, Malama Kauai & Food Access Coordinator serving the County of Kauai
- Sarah Freeman - County of Hawai'i Research + Development
- Hunter Heaivilin - Hawai'i Food Resilience Program Manager
- Lauren Loor - Maui HEAL Coalition Director and Maui County Food Access Coordinator, Hawaii Public Health Institute
- Stephanie Mori - HIPHI Staff

For more information contact: stephanie@hiphi.org (808) 541-4300 ext. 9-300-4

The presenters were:

- Hunter Heaivilin- Hawai'i Food Resilience Program Manager
- Sarah Freeman - County of Hawai'i Research + Development
- Joell Edwards - Farm-To-School Program Manager with Malama Kauai and Food Access Coordinator serving for the County of Kauai
- Lauren Loor - HIPHI Maui HEAL Coalition Coordinator, Maui County Food Access Coordinator

Moderated by Tammy Chase-Brunelle - SNAP-Ed Coordinator at the Hawai'i State Department of Health

<https://www.hiphi.org/covid-19-webinar-12/>

Check out HIPHI's [resources page](#) for the recording, [presentation slides](#), and some other helpful resources. You may also [sign up to receive weekly updates](#) on COVID-19, and other health and wellness info from HIPHI.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Keiki, Youth & 'Ohana

HAWAII' YOUTH FOOD COUNCIL (HYFC): BY THE YOUTH AND FOR THE YOUTH



The Hawai'i Youth Food Council (HYFC) is a group of committed high school students from across the state with a collective goal of improving the future of food in Hawai'i. The council launched this past 2019-2020 school year with five youth from public and private schools on four islands, and with support from First Lady Dawn Amano-Ige and a number of public-private partner organizations and agencies including the Hawai'i State Department of Health (HDOH) and the Hawai'i State Department of Education's School Food Services Branch (HDOE SFSB).

Hawai'i Farm to School Hui Coordinator Lydi Bernal is happy it involves high school aged young adults:

"HYFC was formed in response to a growing call for youth to play an active role in shaping Hawai'i's future, in this case in the realm of improving our local food systems. I'm inspired that HDOE has identified student voice and empowerment among their top priorities, and I've also experienced the responsiveness of decision makers, such as the Hawai'i State Legislature, to youth input."



Hawai'i Youth Food Council 2019-2020 Founding Members
(From left to right: Makena Anderson, Julia Barzilai, Chase Manosa, Hannah Apostol, Madison Frisbie)

Click [here](#) to apply to the council or to learn more. See the [original article on KHON2](#).

HYFC 2020 PROJECTS

This year, the HYFC conducted a School Food Survey and launched a PhotoVoice photo contest. The HYFC hopes to see the findings of both the survey and photo contest help support or shape new policy decisions that increase access to healthy and locally grown food for all Hawai'i students.

The intention of the School Food Survey was to collect data about the school food experience of middle and high school students in Hawai'i, as well as information about school gardens. Survey responses were digitally collected (with the use of SurveyMonkey) throughout March and April of 2020. The HYFC received 91 responses with survey entries from 12 schools on four islands across the state of Hawai'i. Survey results were shared with the School Food Services department of the Hawai'i Department of Education. >>

HAWA'I YOUTH FOOD COUNCIL (HYFC): BY THE YOUTH AND FOR THE YOUTH, CONT'D.

HYFC 2020 PROJECTS, CONT'D.

According to the students surveyed:

- Chicken is the favorite lunch item and fried rice is the favorite breakfast item.
- The two most important aspects of food to students is that it tastes good and includes fresh fruits and vegetables.
- Most students would like to see locally grown bananas, sweet potatoes, and papayas incorporated into school meals.
- If students could change anything about school lunch, they would like to see more meal-type options, healthier food, and more time to eat.
- Less than half of the students who took this survey are involved in their school's garden or agriculture program, but almost 80% of the students would like to be more involved in their school's garden / ag program.
- Most students said that participating in their school's garden / ag program would be inconvenient.



The photo contest was launched by the HYFC with the goal of collecting opinions on the food experiences of youth in Hawai'i. Each entry included a photo of the student's food experience and a description of the photo's significance. The contest received 118 entries from students in every county of Hawai'i. The contest was judged by seven judges involved with food in Hawai'i or the HYFC. Final judging decisions were made by the HYFC. A top winner and several honorable mentions were selected for each county and the results of the photo contest are currently being compiled into an online gallery.



(1)



(2)



(3)



(4)

TOP COUNTY WINNERS OF WHATCHU EATIN? PHOTO CONTEST (HOSTED BY THE HYFC) - (1) A night in Paris, (2) Dad's Catch of the Day, (3) Mālama the 'Aina and it will Mālama You, and (4) Ratatouille

The HYFC is looking forward to next year and is recruiting new members. All high school students with a passion for food, agriculture and nutrition are encouraged to join! For more information or to apply to the HYFC please visit <https://www.hiphi.org/youthfoodcouncil/>.

Article submitted by Julia Barzilai,
HYFC Founding Member

YOUTH COMMISSIONS WORKING TO IMPROVE COMMUNITY HEALTH

The Honolulu City Council is currently reviewing a resolution to establish a city youth commission. If passed, the resolution will allow Honolulu voters to pass this city charter amendment on the 2020 general election ballot.

With the creation of a youth commission, Honolulu would join the ranks of major U.S. cities, including San Francisco, Seattle, and Dallas, who have created thriving youth commissions that actively empower diverse, under-represented youth to become civic leaders within their communities. These cities have experienced significant positive impacts as their youth commissions develop and provide feedback on policies and programs related to issues, including active transportation, healthy food access, chronic disease prevention, and social connections.



In 2018, the Hawai'i State Legislature passed a bill to form a statewide youth commission, which launched earlier this year. As important members of our communities, youth are being provided more ways to use their insights and creativity to improve community health. If you would like to know more about or support efforts to launch a Honolulu Youth Commission, please contact Colby at colby.takeda@sharecare.com.

COVID-19'S IMPACT ON YOUNG PEOPLE: FINDINGS FROM A NATIONALLY REPRESENTATIVE SURVEY OF HIGH SCHOOL YOUTH

The public health crisis created by the spread of COVID-19 has disrupted day-to-day rhythms across the United States, including an extended closure of school buildings. Schools have been identified as the single most important institution with potential to improve educational and health outcomes for young people.

Recent school closures have negatively impacted the health, safety, and well-being of our youth from lack of access to school meals to reduced physical activity and education. Now, more than ever, the Department of Health and our community partners continue to promote nutrition, physical activity and tobacco-free lifestyles in school settings and virtually. >>



COVID-19'S IMPACT ON YOUNG PEOPLE, CONT'D.

>> How do young people themselves perceive the impact so far on their learning and their lives? To answer this question, the Center for Promise at America's Promise Alliance conducted a nationally representative survey of 3,300 young people aged 13-19. Overall, the results are deeply sobering:

- Since their school buildings closed, young people's levels of concern about the present and future have increased, and indicators of overall health and well-being have suffered. For example:
 - 52% of young people say they are more concerned than usual about their own and their family's physical health.
 - 30% report they are much more concerned than usual about having their basic needs met (access to healthy foods, medications, and overall safety).



More than 1 in 4 young people reported:
 • an increase in losing sleep because of worry,
 • feeling unhappy or depressed,
 • feeling constantly under strain, or
 • experiencing a loss of confidence in themselves.

HOW
LEARNING
HAPPENS



Taken together, these findings suggest that students are experiencing a collective trauma, and that they and their families would benefit from immediate and ongoing support for basic needs, physical and mental health, and learning opportunities. Without that support, this moment in time is likely to have lasting negative effects for this cohort of high school students.

[Read the rest of the report and recommendations on how to support our youth here.](#)

HAWAII KEIKI: HEALTHY AND READY TO LEARN



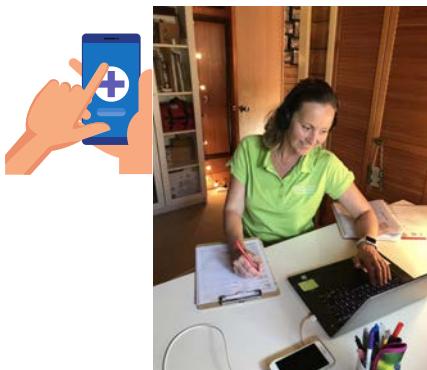
The [Hawai'i Keiki: Healthy and Ready to Learn Program](#) is a partnership between the Hawai'i State Department of Education (HDOE) and the University of Hawai'i at Mānoa School of Nursing and Dental Hygiene, and sits at the intersection of education and health to support the HDOE to achieve student, school, and system success by offering school-based health services during the academic year and nursing coverage to every complex area in the state.



Students succeed academically when they come to school ready to learn. The evidence is clear that:

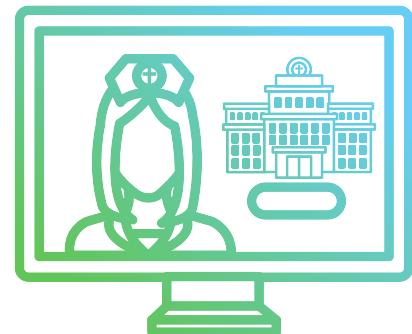
- Hunger and chronic illness lead to poor school performance;
- Health-risk behaviors such as physical inactivity and substance use are consistently linked to academic failure and often affect students' school attendance, grades, test scores, and ability to pay attention in class; and,
- School based health programs decrease dismissal from school and are associated with better attendance. >>

HAWAII KEIKI: HEALTHY AND READY TO LEARN, CONT'D.



>> Hawai'i Keiki is enhancing and building school based health services that address some of our keiki's most pressing physical and emotional needs as mentioned above. ***Due to the COVID-19 pandemic classes were moved to online learning, Hawai'i Keiki: Healthy and Ready to Learn Program (HK) continues to offer a no-cost health hotline and telehealth visits as an extension of services provided to students in the traditional school health room.***

This service, which does not replace the student's primary care provider, ***aims to deliver equitable access to health resources and care for HIDOE students using mobile devices and interactive technology.*** HK nurses screen for general health concerns, connect families and students to community resources and other service providers such as HIDOE support staff, counselors, social workers, school psychologists, or other health resources.



The provision of school-based telehealth assures continuity of care by a known and trusted school-based health provider (RN or APRN), reduces the number of students who are unable to access community-based health services, providing families an alternative means of accessing health services, and helps to assure students are ***healthy and ready to learn*** when school reopens by connecting them to community resources and reconnecting them to their primary care home.

In the last decade, telehealth has been integrated into school-based health care. Nationally, many school-based health centers have transitioned to telehealth in response to the COVID-19 pandemic. Health hotlines and telehealth are innovative ways to continue to provide safe, quality care to students while they are away from school.



Article submitted by Margo Lalich, Executive Director of Hawai'i Keiki

2020 KEIKI RAINBOW RUN - A VIRTUAL SUCCESS!

The 2020 Keiki Rainbow Run, which was originally scheduled for Saturday, March 28, 2020, at the University of Hawai'i at Mānoa's Clarence T.C. Ching Field, took place virtually due to the ongoing COVID-19 pandemic. Youth runners, ages 4 to 14, were mailed their runner bibs, t-shirts, and commemorative medals, and families were encouraged to plan their own run in their neighborhood.



Hundreds of families have already posted photos and videos of their run online and are encouraging others to get outside for fresh air, a walk around the block, or a jog with family members all while practicing safe social distancing recommendations, which are essential activities to promote physical and mental well-being.

The Keiki Rainbow Run is also a large fundraiser for schools, and despite the change in the event format, 100 percent of participant registration fees will still go back to each student's school to support physical education and nutrition programs. More than 2,400 runners representing 110 unique schools were registered to participate in this year's run, raising more than \$30,800 for these vital health and wellness programs.

"Now more than ever before, it's important that we continue promoting healthy lifestyle activities, such as being physically active, enjoying nutritious meals, and strengthening family connections," said Colby Takeda, president of Kaho'omiki, one of the main organizers for the 2020 Keiki Rainbow Run. "It was inspiring to see so many families join us in this virtual event and share their photos and videos with us online. Seeing this sort of participation and enthusiasm from our local community was extremely encouraging during this difficult time."

Takeda added, "The health and safety of our participants are our top priorities, so we're pleased that our families were still able to experience a fun and healthy activity while raising critical funds for our local schools. We look forward to bringing this event back for another round next year."



For more information, including the latest updates, photos, and links to healthy family resources, visit www.keikirainbowrun.org.

The Keiki Rainbow Run is proudly presented by Kaiser Permanente Hawai'i with generous support from over 30 other businesses and community organizations, including 'Ohana Health Plan, Kama'aina Kids, Motiv8 Foundation, LeaLea, Island Insurance Foundation, Locations Hawai'i, First Hawaiian Bank, HMSA, Blue Zones Project, Servco, Hawai'i Afterschool Alliance, Hawai'i Association for Health, Physical Education, Recreation and Dance (HAHPERD), Hawai'i 5210, & YMCA of Honolulu.

SEED AND SERVE HAWAI'I 2020



This spring, over 1,400 students (K-12) and parents across five islands participated in Seed and Serve Hawai'i, a youth at-home gardening campaign to grow the next generation of sustainability leaders across our islands.

Seed and Serve was coordinated by Blue Zones Project Hawai'i, Ceeds of Peace, and Mālama Maunalua. During the pandemic, there was a renewed interest in growing food at home; this campaign was one avenue to spark this curiosity in youth. Gardening and growing food is a clear path forward to growing sustainable, peaceful, and healthier communities, and students were very responsive to the call to action.



Seed and Serve Hawai'i

A YOUTH GARDENING CAMPAIGN
K-12 students are invited to learn how to grow a more peaceful, sustainable, and healthier Hawai'i.

REGISTER AT: [BIT.LY/SEEDANDSERVE](http://bit.ly/seedandserv)



Students were given the opportunity to choose from four seed options provided by the UH Seed Lab, including Mānoa lettuce, eggplant, grape tomato and Hawaiian Chili Pepper. Many parents shared that their keiki were checking the mailbox every day because it was the first package addressed directly to them! We are looking forward to seeing all the vegetables that students harvest in a couple months.

VIRTUAL VOLUNTEER WEEK HAWAI'I 2020



The annual Volunteer Week Hawai'i encourages people to serve in their community with purpose. This year's celebration, however, looked different due to the worldwide COVID-19 pandemic. Virtual Volunteer Week Hawai'i engaged youth and family members across the state in meaningful service, both from their homes or in the community, while practicing social distancing.



Kanu Hawai'i partnered with Blue Zones Project, the Hawai'i Department of Education, and Hawai'i Green Growth to launch the initiative, which also celebrated Earth Day's 50th anniversary. Participants created a variety of service activities, including sewing face masks, delivering food to families, and writing letters to kūpuna.



Overall, there were a total of 549 volunteers (including 310 students) who participated from Hawai'i Island, Lāna'i, Maui, Moloka'i, O'ahu, and Kaua'i. Over 100 schools were represented and 96% of the participants were new to Volunteer Week Hawai'i.

Articles submitted by Colby Takeda, Blue Zones Project

UPDATED REPORT CARDS ASSESS EACH STATE'S POLICY SUPPORTS FOR WALKING, BIKING, AND ACTIVE KIDS AND COMMUNITIES

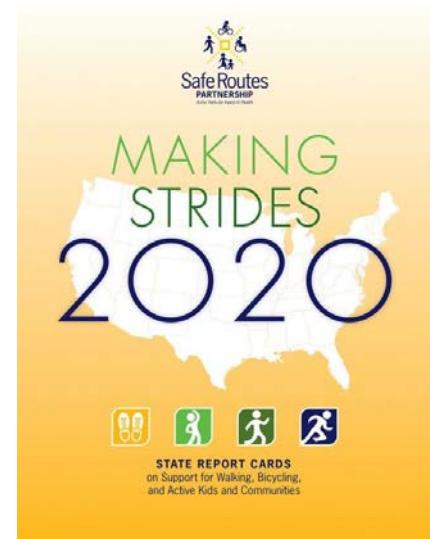


A new report out from the Safe Routes Partnership and the YMCA of the USA, [Making Strides: 2020 State Report Cards on Support for Walking, Bicycling, and Active Kids and Communities](#), analyzes state policy in all 50 states plus the District of Columbia to provide a snapshot of each state's support for walking, biking, and physical activity.

The report cards were generated by evaluating each state across a total of 28 indicator areas spanning four core topic areas:

1. Complete Streets and Active Transportation Policy and Planning;
2. Federal and State Active Transportation Funding;
3. Safe Routes to School Funding and Supportive Practices; and
4. Active Neighborhoods and Schools.

In each of these topic areas, states have the opportunity to play a significant role—through policies, funding, and other support—in increasing the number of youth and adults walking, bicycling, and being physically active.



Used in conjunction with the state report cards developed in 2016 and 2018, they allow us to see where progress has been made, where each state is doing well, and where there continue to be opportunities for improvement. The 2020 report cards add some additional areas of coverage to the 2018 edition, including a new subtopic focused on state funding of active transportation, and additional considerations for Safe Routes to School supportive practices.

NATIONAL RESOURCES RELATED TO KEIKI, YOUTH & 'OHANA

[National Farm to School Network's Local Food in COVID-19 Response and Recovery Fact Sheet](#)

- This fact sheet outlines some of the promising practices that school nutrition providers, early care and education centers, community partners, and state agencies have seen during COVID-19 while supporting local farmers and producers in accessing markets, while supporting families in accessing healthy food.

[National Farm to School Network's Significance of Farm to Early Care and Education \(ECE\) in the Context of COVID-19 Fact Sheet](#)

- As always, farm to ECE is a tool to meet the goals, vision, and values of an ECE. Included in this factsheet are reasons farm to ECE is even more relevant during a pandemic and a post-pandemic world in supporting providers in meeting the needs of children and families.

NATIONAL RESOURCES RELATED TO KEIKI, YOUTH & 'OHANA, CONT'D.

[Centers for Disease Control and Prevention's \(CDC\) Guidance for Reopening or Continuing Childcare, Schools, and Youth Programs](#)

- View fact sheets, recorded webinars, and resources to guide reopening or continuing childcare, schools, and youth programs.



[BIPOC-Led How To Videos, Gardening Projects and Online Learning Resources](#)

- Soul Fire Farm has compiled a comprehensive list of how to videos and other online learning resources developed by Black, Indigenous, and People of Color on a variety of food, farming and gardening projects. These are great resources to reference for distance agriculture education.



[Farm to Early Care and Education: Toward a Shared Language \(Michigan Farm to ECE Network\)](#)

- Farm to ECE happens where early care and education and food systems meet. Although we are often working towards the same goals, it can be difficult for food systems and early care and education to communicate because there is not a shared language. Michigan State University's Center for Regional Food Systems crafted some recommendations and resources to support creating a shared language to advance or build farm to ECE initiatives and activities.

[Providing Multiple Meals at a Time for Children During the COVID-19 Pandemic](#)

- The U.S. Department of Agriculture is working with state child nutrition agencies to provide safe and flexible meal service to children during the COVID-19 pandemic. These tip sheets provide information about using bulk foods and distributing multiple meals at a time.
 - [For the Child and Adult Care Food Program](#)
 - [For the Summer Food Service Program](#)
 - [For the Seamless Summer Option of the National School Lunch Program](#)

LOCAL RESOURCES RELATED TO KEIKI, YOUTH & 'OHANA

DHS Guidance and Resources for Child Care Facilities and Homes during COVID-19

- The Hawai'i State Department of Human Services' guidelines for reopening or continuing care in child care facilities.



Executive Office on Early Learning: Helpful Resources for Families

- A curated list of resources by the Executive Office on Early Learning that families may find helpful during this extended time at home with their children.



Executive Office on Early Learning: COVID-19 Resources & Info

- This site was created and is being maintained by the State of Hawai'i Executive Office on Early Learning (EOEL) as a repository of social, developmental, and programmatic supports for providers and families to promote child development, wellness, and resilience.

FUNDING: Hawai'i State Department of Human Services' Contracts for Emergency Child Care Services

- The Coronavirus Aid, Relief, and Economic Security (CARES) Act passed by Congress in March 2020 appropriated Hawai'i DHS an additional \$11.9 million in federal Child Care and Development Fund (CCDF) block grant award. With these additional federal funds, DHS is entering into contracts to increase safety and protect the health of children in care. Eligible child care providers who can apply are all licensed and registered child care facilities and homes as well as organizations contracted by the Department of Education (DOE) to operate A+ sites at elementary school campuses.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Worksite and Work From Home Wellness

KAI SER PERMANENTE'S WELLNESS TIPS



FITNESS



Move more, more often

You know exercise is good for you. But when your to-do list is a mile long, it can be easy to write off your workouts. To get back on track, follow these simple tricks to stay active.

Do it your way

Staying active is easier when your workouts don't feel like work. Maybe treadmills and barbells aren't your thing. But what about dancing? Shooting hoops? Taking a walk on a sunny day? (Psssst! That's exercise!)

Divide and conquer

Exercise adds up. So if you don't have a solid 30 minutes to spare, break it up into 10-minute bursts of activity, 3 times a day. The health benefits are the same – your body can't tell the difference.

Keep workout gear near

You never know when you'll find extra time for a workout. Stash running shoes, a bike helmet, or whatever else you need to get moving in your car or at the office – so you never have an excuse to stay put.

Visit kp.org/fitness.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

KAISER PERMANENTE'S WELLNESS TIPS, CONT'D.

NUTRITION



Inspiring ways to eat smart

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy doesn't have to be hard – and you don't have to live on salad, buy expensive vitamins, or swear off snacking. Your own nutrition intuition can lead you in the right direction.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable – and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Instead of ordering in, try cooking at home. By controlling fat, sugar, and salt content, home cooks tend to eat healthier than people who eat out often – even when they're not trying to.

Expand your horizons

Healthy eating doesn't have to be boring. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love – like zucchini spaghetti with meatballs, or taco lettuce wraps.

Visit kp.org/foodforhealth.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101



HH@WA'S SIMPLE STEPS TO WELLNESS

Hawai'i Health at Work Alliance (HH@WA) is excited to launch its new Work WellSM Video Series. Living a healthier life can be simple, intuitive and more enjoyable with convenient tools to help you along the way. With just a click, you can have access to a wide variety of wellness videos tailored to inform and inspire you on your wellness journey.



This video series showcases tutorials developed by educators and dynamic community health and wellness professionals. Learn and develop wellness skills while gaining insight into a variety of holistic health practices.

Advance your wellness journey with our first videos, [**Return to Traditional Ways of Eating**](#) with **Rita Madden** and [**Moving Beyond Reps and Sets**](#) featuring **Terri Dietz**. These Health and Wellness Professionals illustrate the impact of good nutrition and physical activity on your emotional and physical well-being.

Your brain takes care of your thoughts, movements, breathing, heartbeat, and senses – even while you're asleep. This constant work requires a constant supply of fuel. Eating a good balance and variety of high-quality foods nourishes the brain and pumps it with the “fuel” it needs to keep it operating at peak performance.

Exercising regularly can give you an enormous sense of well-being. You may feel more energetic, sleep better, improve your memory, and boost your overall mood. The best part – you don't have to be a fitness addict or exercise guru to reap the benefits. Regardless of age or fitness level, modest amounts of exercise can make a difference. >>

>> Establishing and maintaining these healthy habits is the foundation for emotional wellness. Keeping it simple is key. You are far more likely to maintain healthy habits if you keep them simple. Simple changes can make a positive difference to the way you feel.

Your family, friends and coworkers can be a great source of support as you work to adopt healthier habits. Ask them to join your efforts. Being healthy is important for them too. By making healthy choices together, you may find it's easier to move more and eat better.

Check out the series on HH@WA's [**Workplace Wellness Resources**](#) page and become empowered to take control of your wellness journey.

FEATURED RESOURCES & RESEARCH

2018 BRFSS DATA IS AVAILABLE!



The 2018 Behavioral Risk Factor Surveillance System (BRFSS) data is here and available on the [Indicator-Based Information System \(IBIS\)](#) and [Hawai'i Health Matters \(HHM\)](#) website.

Here are some 2018 highlights regarding obesity rates:

- **Obesity rates continue to rise**, as 60.1% of adults (618,700 Hawai'i residents) are overweight or obese (body mass index of 25 or greater).
- Men were significantly more likely than women to be overweight or obese (67.7% compared to 52.2%).
- Further, Native Hawaiians and other Pacific Islanders had the highest combined overweight and obesity rates among all races/ethnicities (75.5% and 74.5% respectively).
- About 1 in 5 adults, 19.3% said that they did not do any physical activities or exercise outside of work. Women (22.5%) were more likely to report no leisure time physical activity than men (16.0%).
- Leisure time physical activity also varied significantly by federal poverty level (FPL) with 13.3% of those 186% FPL reporting no physical activity compared to 24.7% of those 0-130% FPL.



*Article submitted by Riko Lee & Tonya Lowery St. John,
Hawai'i Health Data Warehouse*

2016 PRAMS DATA IS AVAILABLE!



How are Hawai'i moms doing? The Pregnancy Risk Assessment and Monitoring System (PRAMS) survey is a great place to find out and the 2016 data is now available in the Hawai'i Health Data Warehouse!

Visit [Hawai'i Health Matters](#) to get the latest data by state and county, or dig into our more than 100 indicators and create your own custom report using the [Hawai'i-IBIS](#) tool.

Here are some 2016 highlights:

- **1 in 5** moms were obese before they got pregnant
- **94%** breastfed their new babies (for any period of time)
- **58%** breastfed their babies exclusively for at least 9 weeks



ANNOUNCING THE LAUNCH OF THE JOURNAL OF HEALTHY EATING AND ACTIVE LIVING

Introducing a new venue for researchers to share their work on healthy eating and active living - the **Journal of Healthy Eating and Active Living (JHEAL)**! The idea of this journal was developed by several attendees at the recent Active Living Conference. An outstanding editorial board has since been established, and the journal is now accepting papers for its inaugural issue.

ABOUT THE JOURNAL

JHEAL is an international, online, open-access, quarterly, peer-reviewed journal focused on publishing high-quality studies in the areas of active living and healthy eating. Studies of the relationship between active living and/or healthy eating and environment – social, cultural, economic, political, natural, virtual, and built – are especially welcome.



The founding philosophy includes the application of research to practice, and JHEAL invites practice and policy-oriented submissions from practitioners, policymakers, and advocates as well as researchers. Research and practice/policy papers will have separate sections.



Formats include reports, brief communications, meta-analyses, scoping reviews, translational and practice-based research, policy and systems change evaluations, natural experiment studies, case studies, notes from the field, commentaries, and systematic reviews. Quantitative, qualitative, and mixed methods studies are all encouraged. The journal staff is also open to publishing digital media files including maps, visualizations, and other modern media.

CALL FOR PAPERS

JHEAL is now accepting papers for its inaugural issue to be published in the Fall of 2020. Please visit the [journal website](#) for instructions.

APPLY TO BE A REVIEWER

Quality peer review is essential to the success of any journal. We invite you to apply to become a member of our review board. Email your CV and research areas to JHEALeditor@profpubs.com and a list of your research interests and we will review your application in a timely fashion.

Contact us!



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



**Thank you for helping to create a
venue for information sharing among
PAN professionals in Hawai‘i!**

Your contributions are appreciated.



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