



PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN QUARTERLY NEWSLETTER

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HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity

TREES FOR KAIMUKĪ

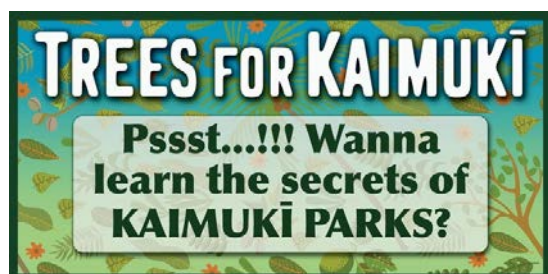


Our parks and public spaces get us outside and keep us healthy! In 2020, we have all experienced and appreciated our outdoor spaces more than ever. Getting outside, whether it be walking through our neighborhoods, visiting local parks, hiking through the mountains, or exercising on the beach or in the ocean, our public lands give us safe spaces for physical activity. Our natural environment augments our built environment, trees give us healthy air to breathe, plants filter and clean water, and being outside supports our physical and mental health.



Formed out of Envision Kaimukī, Trees for Kaimukī is working with Trees for Honolulu's Future, Smart Trees Pacific, and the National Park Service Rivers, Trails, and Conservation Assistance Program to increase the tree canopy and introduce green infrastructure into Kaimukī. These efforts aim to address climate change, pollution, and to create safe and healthy outdoor experiences that support walking and rolling, biking, and our local economy.

Trees for Kaimukī works with local community members to advocate and speak for our trees and is working with other organizations and the City and County of Honolulu to assist local businesses by promoting and creating more outdoor dining and walking experiences that encourage the community to get outside and support their local businesses.



To celebrate our public lands and increase awareness, Trees for Kaimukī hosted a fun virtual event that celebrated Kaimukī's parks. The event - sponsored by the National Environmental Education Foundation with support from the Atherton Family Foundation - allowed us to share the Secrets of Kaimukī Parks during the lockdown in September.

We invite you to learn something new, discover ways to exercise outside, and enjoy the secrets of Kaimukī's parks. [Follow us](#) and/or [email](#) to get involved and learn more.

Meredith Speicher, National Park Service



MAUI LANI ROUNDABOUT



On July 29, 2020, the Maui Lani Roundabout was officially opened to the public. Construction began at the intersection of Kamehameha Avenue and Maui Lani Parkway on April 27th and then was closed for continuous construction on June 15th. This project is a huge win for the community and took 6 years to come to fruition.



The Healthy Eating + Active Living Coalition (HEAL), Blue Zones Project Central Maui, Maui Metropolitan Planning Organizations and many others involved in the HEAL Built Environment Committee advocated for this project and the benefits of roundabouts including safety for pedestrians, bicyclists and other modes of active transportation.

Maui County Department of Public Works hosted the opening ceremony with guests including Maui County Council members, Maui County Department of Public Works engineering team, and Goodfellow Bros. Construction, who were contracted to construct the roundabout. Maui County Mayor, Michael Victorino, shared opening remarks and was the first person to drive through the roundabout.



The completion of the project has been a wonderful achievement for the Maui County Department of Public Works. The roundabout includes pedestrian signals; splitter islands were included with crosswalks to make it easier for pedestrians and bicyclists. These safety additions are great for kids and families who live in the area and are important since the roundabout is near Pōmaka'i Elementary. The roundabout was designed with the center as a mountable curb to accommodate larger vehicles such as construction trucks, buses, fire trucks, and other service vehicles.

So far, the feedback from the community has been positive. To learn more about the Maui Lani Roundabout please visit the [Maui Lani Roundabout Facebook page](#). For more information on the HEAL Coalition for Maui, Molokai and Lāna'i, please contact HEAL Community Coordinator, Lauren Loor at lauren@hiphi.org.

Lauren Loor, Hawaii Public Health Institute

COUNTY OF KAUA'I COMPLETES MURAL AND POP-UP SKATE PARK USING DEPARTMENT OF HEALTH QUICK-BUILD FUNDS

The County of Kaua'i recently opened a pop-up skatepark with a stunning new mural as its backdrop at the Līhu'e Civic Center.

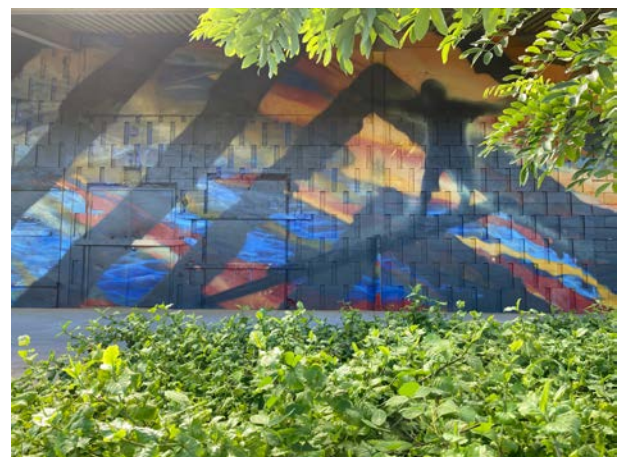
Located in front of a vacant portion of the Līhu'e Civic Center which used to serve as the loading dock for a grocery store, the skatepark was installed in early October. Following a suggestion from the Mayor to consider a skatepark for this underused area, skatepark and public art advocates came together to conceptualize the project with county staff through an action group organized through the Built Environment Task Force of Get Fit Kauai. A non-profit skate group also agreed to install, monitor, and maintain the skate features.

"This skatepark has brought new life and purpose to this area," said Kaua'i Mayor Derek S.K. Kawakami. "It provides a safe space for our youth, and youth at heart. This was a small, creative project that has already made a huge impact in our community. Thank you to the Department of Health (DOH) and the dedicated volunteers who gave up their time and resources to make this project possible."



The quick-build project was funded by the DOH, which has provided funding for several quick-build projects across the state with a goal of transforming public spaces in ways that encourage physical activity. Quick-build projects are meant to be quickly implemented - in months, instead of years, and can help communities envision more permanent, long-term solutions.

The Hōlua mural, by Kaua'i artists Seth Womble and Samuel Schryver, was envisioned to complement the incoming skatepark. The theme of the mural links the historic nature of the Līhu'e town core, traditional Hawaiian sport, and the youthful exuberance of a skatepark.



The new skatepark is receiving tremendous use from skaters of all ages and abilities and demonstrates the latent demand for public spaces that support physical activity.

Lee Steinmetz, County of Kaua'i Planning Department



BIKES ON RICE

Grab your bike and your mask and join Kauai Path and Get Fit Kauai's, "Bikes on Rice", for the first monthly "Bikes on Rice" ride of 2021 on **Tuesday, January 12**. The "Bikes on Rice" ride is for everyone; all ages, all skill levels and every type of bike is welcome. The slow, easy pace keeps the group safe and gives riders a unique perspective of Līhu'e town and its neighborhoods. "Bikes on Rice" is more than just a bike ride. This unique group of dynamic community members brings people together from all over the island to discover Kaua'i's town center and engage in physical activity.



Meet at 4:30 p.m. (with a 4:45 p.m. roll-out) at the Līhu'e Civic Center on Rice Street on the 2nd Tuesday of every month beginning in January. The rides last about an hour so bring your water bottle.

Participants are required to bring their mask, bike, helmet (state law requires helmets for kids under 16) and water. Due to the pandemic, Bikes on Rice revisited operating procedures and implemented the following safety precautions:

- No congregating in the county parking lot prior to the start of the ride
- Practice standard social distancing
- Participants will touch only their own family group's equipment
- No mechanical assistance will be offered or provided
- No food or beverages will be offered or provided by event coordinators
- Coordinators recommend participants' mask usage
- Participating cyclists will be limited to six or fewer riders per Squad member & bicycling group
- Squad members will serve as guides for the pre-determined tour on Līhu'e's quiet streets

Schedule of 2021 Bikes on Rice Rides - 2nd Tuesday of every month from January – November. No cost! For more information go to <https://bikesonrice.org/>

- January 12
- February 9
- March 9
- April 13
- May 11
- June 8
- July 13
- August 10
- September 14
- October 12
- November 9



Bev Brody, Get Fit Kauai

APPLY FOR COMMUNITY ASSISTANCE IN CONSERVATION AND OUTDOOR RECREATION



The National Park Service Rivers, Trails, and Conservation Assistance program extends and expands the benefits of the National Park Service to communities throughout the nation. When a community asks for assistance with a project through our **application**, National Park Service staff provide free, on-location facilitation and planning expertise. We draw from project experiences across the country and adapt best practices to a community's specific needs.

In order to obtain National Park Service assistance for your community project, please visit our **application** page for more information. If you see a good fit, please contact Meredith.Speicher@nps.gov to learn more. Project applicants may be state and local agencies, nonprofit organizations, or informal citizen groups. National Parks and other Federal agencies may apply in partnership with other local organizations. Applications for assistance are due **March 1, 2021**.



O'AHU REGIONAL TRANSPORTATION PLAN 2045

O'ahu Metropolitan Planning Organization (OahuMPO) coordinates the distribution of Federal transportation dollars for the island of O'ahu. The organization is seeking feedback about the 17 new proposed projects and programs requesting funding in the O'ahu Regional Transportation Plan 2045 (ORTP 2045).



OahuMPO is excited to launch the feedback survey and will keep it open until **January 22nd!**

The following materials will be useful to provide context and assist you in participating in the survey:

- **[Survey](#)**
- **[Web Map](#)**
- **[Web Map Tutorial Video](#)**
- **[ORTP Process Video](#)**
- **[List of ORTP Projects and Programs](#)**

Be sure to enter your email address on the survey to be entered in a raffle for a \$50 Foodland gift card!

If you would like to see the list of prior projects that have been renominated, please click **[here](#)**. Email comments and suggestions regarding the renominated projects to **OahuMPO@oahumpo.org**.

If you have any questions, please contact **Samantha.Lara@oahumpo.org**.

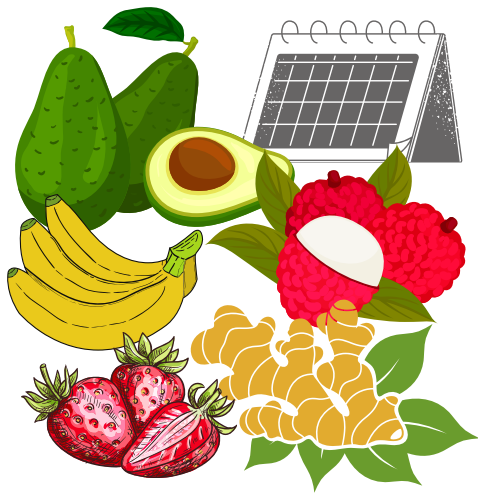


HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Nutrition

SEASONAL PRODUCE

Hawai'i has many seasons: summer and winter, yes, but also whale-watching season, hurricane season, and, of course, the holiday season. What most people might forget, however, is Hawai'i-grown produce also comes and goes in seasonal tides. While the growing season is year-round, the availability of individual produce items fluctuates on a seasonal basis.



"Seasons" for the Hawaiian Islands doesn't necessarily refer to spring, summer, autumn, and winter, but rather to the production timing of a particular produce item. Think about when your mango-tree-growing neighbor swings by with extras, or when you are drowning in Sharwil avocados, or that time you found out exactly how much banana bread is too much banana bread. These items have long, but still seasonal, growing periods. (Mango season is May through October, Sharwils are generally a winter fruit, and bananas peak from June through October.) Additional seasonal produce includes strawberries, cucumbers, ginger, and lychee!

Kōkua Harvest, along with your local farmers, farmers' markets, and locally-stocked grocery stores are all operating within the boundaries of each item's season. Kōkua Harvest is especially restricted to seasonal produce, as they depend on donations from Big Island residents who have enough of something to share. If you have something to share, whether that be crops or time, think about donating to Kōkua Harvest! Register as a volunteer or crop donor at kokuaharvest.org and learn about seasonality firsthand.



Starfruit, avocados, and citrus are donated and distributed in large quantities, so the next time you see "another" starfruit, avocado, or citrus, try to think outside the box for a new way to use and eat it!

HAWAI'I ISLAND'S 3RD ANNUAL COMMUNITY FOOD SUMMIT



Hawai'i Island
Food Alliance

This year's Hawai'i Island 3rd Annual Community Food Summit was focused on increasing residents' exposure to local foods, providing opportunities for networking and engagement with fellow food system-minded community members, exposing attendees to ways they can personally help the food system, and building capacity within the community to curate a food system action plan. >>



HAWAI'I ISLAND'S 3RD ANNUAL COMMUNITY FOOD SUMMIT, CONT'D.

>> Hawai'i Public Health Institute's (HIPHI) Hawai'i Island Healthy Eating / Active Living (HEAL) Coordinators and Hawai'i County's Food Access Coordinator worked tirelessly to bring the community together for multiple sessions over four weeks and will continue scheduling community sessions into 2021.

Guest speakers and presenters at the 2020 Food Summit included Madison Frisbie and Sarah Newcomb (Hawai'i Youth Food Council), Kyla Arruda (DOH Food Safety Specialist), Dennis Flemming (Hawai'i Agriculture Partnership), Pualilia Hanamaikai (Native Hawaiian Cultural Practitioner), Bella Hughes (Shaka Tea), Sharon Hurd (DOA Market Development Branch), Kū Kahakalau (Kū-A-Kanaka), Zachary Larsen (Hilo Food Hub), Nicole Milne (The Kohala Center), Maddy Smith (Barefoot Chocolatini), Denise Salmeron (USDA, Rural Development), Dana Shapiro (Hawai'i 'Ulu Producers Cooperative), Jane Tai (Hawai'i Master Food Preservers), and Hawai'i Public Health Institute's own Lisa DeSantis.

Attendees of the November 17th meeting discussed community food resiliency with a concentration on three main areas: community composting, gleaning, and community education. These and future session themes and topics were based off of feedback from the Hawai'i Island Food System Network Survey. Participants were led through the discussion and priority selection process by their fellow community members using a process called "empowerment evaluation." As part of the Summit, interested community members were offered empowerment evaluation training, with the option to facilitate the food action plan discussion sessions.



The Community Food Resiliency session was the first of many to come on the long but necessary road to a food systems action plan for Big Island. The ultimate goals of the food system action plan creation process are to:

- Increase network connections and understanding of the food systems work being done on Hawai'i Island;
- Conduct specific sessions and individual interviews that will inform the food system action plan; and,
- Create a shared, digital plan that clearly indicates who in the community is working on what and how members can support them.



The plan is meant to reflect what is currently being done and how progress is being measured and shared over time. Through this plan, community organizations and individuals alike will share their projects, progress, and challenges, and come together to create a stronger, more resilient Hawai'i Island. For more information and to watch this year's recorded presentations please visit <https://hifoodalliance.org/2020foodsummit/>.

Lisa DeSantis, HIPHI HEAL Coordinator and Hawai'i Island Food Alliance (HIFA) Steering Committee



FOOD INSECURITY IN HAWAI'I 2018 DATA BRIEF

The Department of Health (DOH), in collaboration with the University of Hawaii's Office of Public Health Studies, recently released a Food Insecurity in Hawaii 2018 data brief. According to the data, collected in 2018, one in five adults living in Hawaii are food insecure, meaning that availability or access to food was uncertain, insufficient, or inadequate because of lack of money.

One key finding showed food insecurity was more prevalent among those reporting chronic conditions, such as diabetes, hypertension and depression.

"The accessibility, availability, and affordability of healthy and varied food options in the community increases the likelihood that residents will have a balanced and nutritious diet, necessary to support immune health and prevent and manage chronic health conditions that increase the risk of severe illness from COVID-19," said DOH Chronic Disease Prevention and Health Promotion Division (CDPHPD) Administrator Lola Irvin. "The pandemic has had a more pronounced impact on food insecurity for vulnerable populations and has prompted CDPHPD to collaborate with partners to develop solutions to promote locally-grown food sources and improve food security statewide."



31% of Hawai'i county is food insecure, higher than the other counties.



Nearly a third, or 31%, of Hawai'i county is food insecure, higher than the other counties. Native Hawaiians, Filipinos and other Pacific Islanders are also disproportionately impacted by food insecurity. CDPHPD works with external partners to fund food access coordinators in each county to address the needs of low-income individuals in their communities.

According to Sarah Freeman, Hawai'i County Food Access Coordinator, *"the increased collaboration to expand existing networks to meet our community's needs is one of the positive outcomes of this pandemic."* Many farmers and ranchers have developed direct to consumer purchasing options, including Community Supported Agriculture (CSA) food boxes, online farm stores, and food hubs. *"Local food security is now a forefront topic within our communities and is supporting the development of systems that aim to create a more resilient future. We have a long way to go to increase our island's food security and economic resilience, but I am hopeful that we are moving in the right direction."* >>



FOOD INSECURITY IN HAWAII 2018 DATA BRIEF, CONT'D.

>> DA BUX Double Up Food Bucks is an innovative collaboration used to increase accessibility of locally-grown produce for Supplemental Nutrition Assistance Program (SNAP) recipients.

"During the pandemic, DA BUX Double Up Food Bucks is here for families with Kokua Cards (electronic benefit transfer or EBT cards) to double their food dollars," said Kristin Frost Albright, executive director of the Hawaii Food Basket. "This program doubles the value of SNAP benefits spent at participating farmers markets, CSAs and grocery stores, helping families bring home Hawai'i-grown fruits and vegetables while supporting our local farmers."

SNAP recipients can locate DA BUX Double Up Food Bucks participating retail outlets at www.dabux.org.



To read the full data brief, visit

http://www.hawaiihealthmatters.org/content/sites/hawaii/2018_Food_Insecurity_Data_Brief.pdf

2020 COMMUNITY FOOD CHAMPIONS

Joëll Edwards, Farm to School Hui Project Manager/Food Access Coordinator, Malama Kaua'i has been recognized as a 2020 Community Food Champion by the National Farm to School Network. This recognition includes a \$500 honorarium in gratitude for the work that Joëll has done to feed children and families on Kaua'i, especially during the COVID-19 pandemic.



(Top Left to Right) Serena Padilla, Joëll Edwards, Corey Banks, April Smith (Bottom Left to Right) Gale Livingston, Kadeesha Williams, Disha Patel, David Gardner

Joëll is one of 30 honorees from across the country receiving this special recognition by National Farm to School Network, a national nonprofit working to ensure equitable access to local food and nutrition education in order to improve children's health, strengthen family farms and cultivate vibrant communities. Honorees were selected by National Farm to School Network for their outstanding efforts in keeping kids and families connected to our community food system, especially during this challenging year. >>



2020 COMMUNITY FOOD CHAMPIONS, CONT'D.

>> Joëll's nomination form explained, "Joëll is a true unsung hero in the local Kaua'i food community. When COVID began to shutdown our island, Joëll sprung into action. She began managing all of the intake calls for families and kupuna who were most in need of food through Malama Kaua'i's Community Supported Agriculture bag program so that local produce was delivered to their homes. She coordinated various avenues of food distribution for the USDA Farm-to-Families program through 10 sites across the entire island, which allowed over 15,000 local produce bags to be given out to families for free. Through her personal connections and ability to navigate through adverse situations, Joëll has shown us how much our community can accomplish together with a shared vision."



Learn more about Joëll and the other 29 Community Food Champions [here](#).

NĀ PU'UWAI'S KŪPUNA NUTRITION PROGRAM

There are multiple social and health disparities Native Hawaiian kūpuna (grandparents, ancestors, older adults) face such as high rates of life-threatening chronic diseases, financial hardship, disability, shorter life expectancies and underutilization of services. As a result, it should be no surprise that data suggest the health care needs of Native Hawaiian kūpuna far exceed those of their non-Hawaiian counterparts.

Several studies have reported on the health benefits associated with a return to a pre-contact Hawaiian diet. Although this may be an ideal dietary approach for many Hawaiians, food access and cost limitations may not always allow this as a practical option, especially for some of our kūpuna who rely on complimentary meal assistance. In addition, the high concentration of complex carbohydrates found in native starches along with high glycemic rich tropical fruits may still be problematic for kūpuna challenged with metabolic diseases such as diabetes.



Nā Pu'uwai
Native Hawaiian Health Care System
The Well Springs of Life



One of [Nā Pu'uwai](#)'s flagship programs is their Kūpuna Program, the only adult day care offered on the island of Moloka'i. The program provides kūpuna with a safe and structured environment to enjoy daily activities with other kūpuna and staff while 'ohana caregivers are at work.

The program supports kūpuna to help them remain active and healthy, so they can age in place at home for as long as possible. With a previous capacity of 20 kūpuna, safety guidelines have reduced our capacity to 10 during the pandemic. >>

NĀ PU'UWAI'S KŪPUNA NUTRITION PROGRAM, CONT'D.



>> On July 1, Nā Pu'uwai launched a kūpuna nutrition program, which redesigned meals with the goal of providing high-quality nutrition using flavorful, locally inspired recipes with locally sourced ingredients. The program was launched under the direction of cook Neil Gonzalez, registered dietitian/nutritionist Miki Wong, and volunteer chef coach consultant, Ikaika Molina.

Menus were designed to support the health and well-being of our kūpuna, many of whom have chronic health conditions. Gonzalez was inspired to change the menu after making improvements to his own diet. In addition, he developed daily themes to add creativity and fun to meal planning. "Mostly Moloka'i Mondays," for example, showcased locally sourced ingredients from the island—and the kūpuna enjoyed their meals. Since introducing cauliflower rice, kūpuna are finishing their plates, with compliments to the cook. Recipe highlights include egg white frittatas, almond-flour waffles, venison stir fry and beef short ribs with cauliflower mash. Providing delicious and familiar meals also provides comfort to our kūpuna who have been isolated with limited access to socialization.



This initiative helped Nā Pu'uwai forge partnerships with local organizations committed to ensuring the health of the community such as Sustainable Moloka'i, which provides reduced pricing on produce.

Nā Pu'uwai hopes to inspire other organizations who have the resources and opportunities to feed our kūpuna and consider consulting with nutrition experts to curate 'ai pono meals that can be used to combat many of the chronic health challenges our kūpuna face today.

For more information, please contact 808-560-3653, email appointments@napuuwai.org, or visit www.napuuwai.org.

Landon Opunui, ND - Nā Pu'uwai

DIABETES PREVENTION PROGRAM NOW OFFERED AT NATIONAL KIDNEY FOUNDATION OF HAWAII



The National Kidney Foundation of Hawaii (NKFH), in collaboration with the YMCA of Honolulu will be offering the Diabetes Prevention Program (DPP) beginning January 2021! One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). >>



DIABETES PREVENTION PROGRAM NOW OFFERED AT NATIONAL KIDNEY FOUNDATION OF HAWAII, CONT'D.

>> Due to the pandemic, NKFH and YMCA of Honolulu, both fully recognized by the CDC as DPP providers, have teamed up to provide services to the community.

To enroll at:

- **NKFH**, Call: 808-589-5905; Fax: 844-763-3215; Email: programs@kidneyhi.org
- **YMCA**, Call: 808-548-0951; Fax: 808-664-8821; Email: healthprograms@ymcahonolulu.org.

Most insurances will pay for this service. See qualification requirements below. All NEW DPP groups will be done via distance learning on ZOOM until it is safe for in-person learning.

WHY ARE NKFH AND THE YMCA JOINING FORCES TO OFFER DPP?

The pandemic has created logistical and financial challenges for most businesses, including the YMCA of Honolulu. By joining forces, we are able to serve more community members, expand our outreach throughout the State of Hawaii, and provide more comprehensive services.

HOW ARE EXISTING DPP PARTICIPANTS SERVICED?

NKFH will continue to run as usual. YMCA DPP participants will continue to be serviced via distance learning until their program's natural ending.

WILL VIRTUAL DPP BE AVAILABLE?

Virtual programs are available at this time until it is safe for in-person learning. The Center for Medicare and Medicaid Services (CMS) has approved the delivery of DPP through distance learning methods, like ZOOM. This benefit is available for all Medicare Part B and Medicare Advantage participants and through other qualified providers statewide. Most private insurance will pay for this program, as long as you meet program criteria.

DPP ELIGIBILITY

To be eligible for a CDC-recognized lifestyle change program, patients must:

- Be at least 18 years old, **and**
- Be overweight (Body Mass Index ≥ 25 ; ≥ 23 if Asian), **and**
- Not be pregnant, **and**
- Have no previous diagnosis of type 1 or type 2 diabetes, **and**
- Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7–6.4% **or**
 - Fasting plasma glucose: 100–125 mg/dL **or**
 - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL **or**
- Have a previous clinical diagnosis of gestational diabetes **or**
- Take a risk assessment and receive a screening result of high risk for type 2 diabetes



Note: HMSA and Medicare beneficiaries require a blood test, clinically administered within the last year, to qualify for eligibility; self-reporting is not allowed for Medicare beneficiaries. HMAA, Kaiser, and UHA insurances accept completion of a diabetes risk assessment.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Keiki, Youth & 'Ohana

ALA KAMALI'I: ELEVATING YOUTH SOLUTIONS



The "Pandemic Pivot" is how a colleague at Kokua Kalihi Valley eloquently described their youth's resilience and grit; capturing what has been the theme of the year. Joined with teams of youth and adult allies from the YMCA, Waianae Coast Comprehensive Health Center, and Hawai'i Youth Food Council on Saturday, September 26th, teams shared their youth-led projects' successes in a virtual summit. Despite the pandemic's impact on our communities, there was much success to be celebrated.

At the start of the year, each team was awarded funding through the Department of Health Supplemental Nutrition Assistance Education Program. Applicants were asked to propose projects using the Youth Participatory Action Research (YPAR) framework to assess and address community needs around food access, nutrition, and physical activity.

Designed by the University of California Berkeley, YPAR's innovative approach to working with youth is based on social justice principles emphasizing data collection, assessment, and community action. Youth learn how to make meaningful change while adults learn the role of an ally, allowing youth to lead.



This round of grantees' projects dove into healthy school meals, understanding food systems, vermicasting, home and school gardening, and access to fresh produce. A second round of mini grants has been awarded to applicants in support of food access, nutrition, and physical activity projects that address the pandemic's impact on their communities - we look forward to sharing their outcomes.

For more information about YPAR, to get involved, receive updates on mini grant opportunities, or get more details about the student projects, visit www.yparhawaii.com.

Cassidy Inamasu, YPAR Hawaii, YMCA Executive Director



WHAT IS A SCHOOL PEACE GARDEN?



Grow Some Good, in collaboration with the Hawai'i Farm to School Hui, the Education Incubator, 'Iolani Schools, the Montessori School of Maui, Ceeds of Peace, Māla'ai, and students across Hawai'i, contributed content to produce an asynchronous presentation on School Peace Gardens that was offered during the 2020 Schools of the Future Conference this past October. >>



WHAT IS A SCHOOL PEACE GARDEN?, CONT'D.



Crisis events such as natural disasters, pandemics, and economic recession can disrupt our daily routines and way of life. Some students may experience confusion, anxiety, or sadness, while others may respond in more adaptive ways. School Peace Gardens offer an opportunity to connect, practice conflict resolution, and learn skills to become resilient. As with any garden, Peace Gardens require attention and stewardship, which provides children with much-needed opportunities to be active in nature and physically connect to their surrounding environment.

School Peace Gardens support joyful learning and the social-emotional wellbeing of students and staff by making peace an active part of their daily lives. School Peace Gardens help students transform conflict in their own lives, their community, and the world while fostering cooperation, critical thinking, and compassion by providing a dedicated safe space on campus for contemplation and conflict resolution. Watch this [5-minute segment](#) on designing and creating School Peace Gardens.

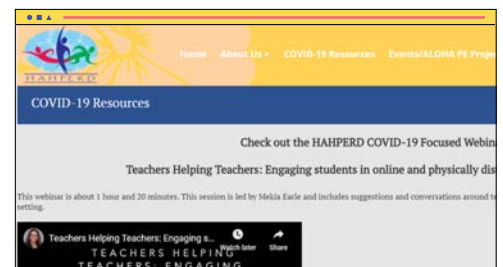


HAHPERD'S COVID-19 RESOURCES



The Hawaii Association for Health, Physical Education, Recreation, and Dance (HAHPERD) created a [webpage](#) of local and national resources for teachers to support keeping youth physically active throughout the pandemic.

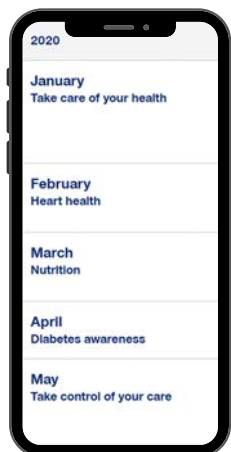
The website features recordings of two recent online professional development opportunities that focus on effective teaching strategies for physical education and engaging students in online learning. The website also contains numerous resources to help teachers plan and implement physical activity both in the classroom and physical education settings.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Worksite and Work From Home Wellness

HEALTH AND WELLNESS RESOURCES: SUPPORTING HEALTHIER LIVING ALL YEAR LONG



The UnitedHealthcare [2021 Health and Wellness Resource Calendar](#) includes links to a variety of presentations and informational articles designed to help support healthier habits throughout the new year.

UHC Wellness Calendar and Resources

A wide range of on-line resources are available through the link above. These resources include information and help on nutrition, preventative care, wellness and other topics.

HMSA'S ONLINE HEALTH EDUCATION WORKSHOPS



Click to connect, learn, and grow. Here's what's coming up.

Workstation Wellness: Work From Home Edition

Jan. 14, 5-6 p.m.

Jan. 26, Noon-1 p.m.

Are you working from home? Spending hours at a makeshift workstation could lead to increased risk of repetitive motion disorders, poor posture, eyestrain, and a sedentary lifestyle. Learn how to stay healthy while working from home.

Hypertension Explained

Feb. 9, 5-6 p.m.

Feb. 25, Noon-1 p.m.

High blood pressure is one of today's major threats to your physical health. Learn the effects of high blood pressure on the body and how it can be controlled.

Eat Well

March 9, 5-6 p.m.

March 25, Noon-1 p.m.

The food you choose to eat can have lasting impacts on your health. Simple strategies like choosing quality whole foods and being mindful at mealtime can help you succeed at reaching your health goals. Learn how to eat for your well-being.

There's no cost to attend these online workshops.

Please note that workshop dates and times are subject to change.

To learn more or to register, visit <http://www.hmsa.com/HealthEducation> or <https://islandscene.com/events>.

DIETS AND HYDRATION TIPS



Diets: The Good, the Fad and the Ugly offers a concise summary of sound nutritional advice and the pros and cons of trendy diets.

Hydration Q&A

Drinking enough water and staying hydrated each day helps to regulate body temperature and deliver nutrients to your cells to help you through your day. Stay informed with answers about the need to stay hydrated.



CLASSIC LOCO MOCO WITH A HEALTHY TWIST



When surrounded by hectic weekday schedules, weekend meal planning is a great tool to help keep us on a healthy eating track. Eating healthy doesn't have to mean making yourself a salad for every meal. Rigid restrictions may cause stress and obsession. Using moderation and being mindful of what you eat is another way your diet can be part of a balanced and healthy regime. UHA Work Well encourages you to enjoy food and appreciates the need to delve into those treats that gratify one's palate.

Hawai'i Health at Work Alliance is now **UHA Work Well**. We've got a new name, the Hawai'i Health at Work Alliance is now UHA Work Well. We've got the same team of professionals ready to serve you in your organization's wellness journey. Visit or contact us on the [web](#) or email workwell@uhahealth.com.



Click [here](#) for the recipe



Being self-aware of the food you eat can help empower healthy eating. The workplace wellness team at UHA Health Insurance performed a virtual cooking demonstration for Alexander & Baldwin using one of the most classic comfort foods of Hawaii, a simple loco moco. This quintessential meal satisfies the hungriest of stomachs. The combo of hamburger, gravy, rice, and egg is brilliant. UHA Work Well made some minor tweaks to put a healthy spin on this iconic plate lunch.

Worksite & Work From Home, cont'd.

Highlighted Projects, Programs & Initiatives

TEAMSTERS WALKING WITH WAYNE CHALLENGE



This past year has challenged us all in ways we have not experienced before. We were reminded that positive relationships, staying safe and in good health strengthens the fabric of our society.

The UHA Health Insurance workplace wellness team, UHA Work Well, believes that employers are uniquely placed to help employees in our community achieve a healthy lifestyle by promoting physical, nutritional, and mental wellness.

To better serve the community and promote good health, UHA Work Well has partnered with Teamsters Local 996 to launch a wellness campaign. Union President, Wayne Kaululaau, is focused on improving Teamster Members' health, benefits, and safety. Wayne is "walking the talk" as he encourages Hawaii Teamsters Local Brothers and Sisters to walk together with him to increase movement and improve physical health!



To join us or get more information about your pathway to better health, please call 808-522-5572 or email us at workwell@uhahealth.com.

GET FIT KAUAI'S WORKSITE WELLNESS (WSW) CHALLENGE

Get Fit Kauai's Worksite Wellness (WSW) Challenge was a 9-month worksite wellness competition that ran from February - October 2020. Participating companies complete a survey (scorecard) consisting of 75 questions. Each question has a point value and raises the team's final score when incorporated. Teams take the survey at the beginning and then again at the end of the 'Challenge'. The ending survey point total is compared to the beginning survey point total and the point difference between the beginning and ending score was the team's Final Challenge Score which would determine 1st, 2nd and 3rd place.



However, with the pandemic everything changed and the Leadership Team needed to explore ways to continue the challenge, differently. The challenge was updated to be more of a community and collaborative effort with added ways to earn points for COVID-19 worksite activities.



Teams continued to be encouraged and awarded for improving their scores; however, the focus was on finishing strong and supporting each other in the process. COVID Bonus points were added to the scorecard, while "Lunch and Learn" events and the Closing Award's Ceremony were moved online (Zoom). In the end, ALL TEAMS increased their scores! >>



Worksite & Work From Home, cont'd.

Highlighted Projects, Programs & Initiatives

GET FIT KAUAI'S WORKSITE WELLNESS (WSW) CHALLENGE, CONT'D.

CONGRATULATIONS TO OUR TEAMS AND COACHES:

- **Aqua Engineers** – Patti Ornellas (American Cancer Society)
- **Costco** – Steph Moir (Hawaii Public Health Institute)
- **Grove Farms** – Lloyd Kishi (Kaiser Permanente)
- **County of Kauai** – Alden Allayvilla and Kaleo Carvalho (County of Kauai)
- **Kauai Coffee Company** – Keli'i Bandman (Hawaii Health at Work Alliance)
- **Kauai Community College** – Mahi'ai Naihe (Kauai Community College)
- **Kauai District Health Office** – Duquesa Padamada and Blanca Gil Lopez (Kauai District Health Office)
- **Sheraton Kapa'a Coconut Beach Resort** – Val Saiki (Tobacco-Free Kauai – Hawaii Public Health Institute)
- **Wilcox Health** – Maricel Blackwell (HMSA)



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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