



PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN QUARTERLY NEWSLETTER

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HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity

WEST KAUA'I COMMUNITY PLAN FOCUSES ON "SAFE ROUTES"



In December 2020, the West Kaua'i Community Plan was adopted by the Kauai County Council. The plan was the outcome of a two-year process to update the Waimea-Kekaha and Hanapēpē-'Ele'ele development plans (both from the 1970s). It sets land use policy and guides the development and planning of County infrastructure for the region.

The process launched in 2018 on the heels of the General Plan Update. The Kaua'i County Planning Department employed innovative outreach strategies: a mobile outreach cart, "pop-up events," youth essay and art contests, social media outreach, an interactive "Story Map," and a website portal containing detailed information on the project.



Hanapēpē Art Night on August 10, 2018

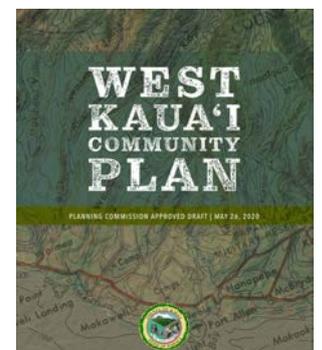
One of the highlights of the final plan is the transportation component, which focuses on safety, mobility, and access. "Safe Routes" were identified for each town, focusing on not just safe routes to school, but also safe routes to parks, to work, to shopping, etc., so that short and medium trips can be accommodated by walking and biking. Longer regional trips can be accommodated through expanded transit service. This approach has several benefits, including improved health outcomes by incorporating active transportation into daily life, reduced personal transportation costs, and reduced highway congestion by encouraging active transportation modes for short and medium length trips.



The "safe routes" approach also helps Kauai County identify higher-priority bike and pedestrian infrastructure improvements in each town, and to consider incorporating these improvements into road resurfacing and other planned transportation projects. A toolkit of traffic calming and other potential roadway modifications to make walking and biking safer and more comfortable was included in the plan so that each safe route can be designed in the future and tailored to each place.

Other highlights of the final plan include:

- A focus on strengthening town cores and preserving the historic form and character of the buildings;
- Recommendations for infill housing buildings that are scaled for West Kaua'i's small towns; and
- Identification of neighborhoods vulnerable to sea level rise (SLR) and plans for future SLR using the best available science.



For more information, visit www.westkauaiplan.org

*Marie Williams, County of Kaua'i Long Range Planning Division
Manager and Get Fit Kauai's Built Environment Task Force Chair*



CONSTRUCTION ON KE ALA HELE MAKALAE

Ke Ala Hele Makalae is Hawaiian for "The Path that Goes by the Coast," and describes Kaua'i's beautiful multi-use path that will eventually connect communities along approximately 20 miles of Kaua'i's coastline from Niumalu to Anahola.

Currently, just over 7 miles of path are completed, but there remains a 2-mile gap between Wailua Beach Park and Kapa'a which can be bridged via the existing roadway. Because of the busy highway with narrow shoulders in the area, individuals must exercise extreme caution when walking or biking through this temporary alternative to the path's approved route.

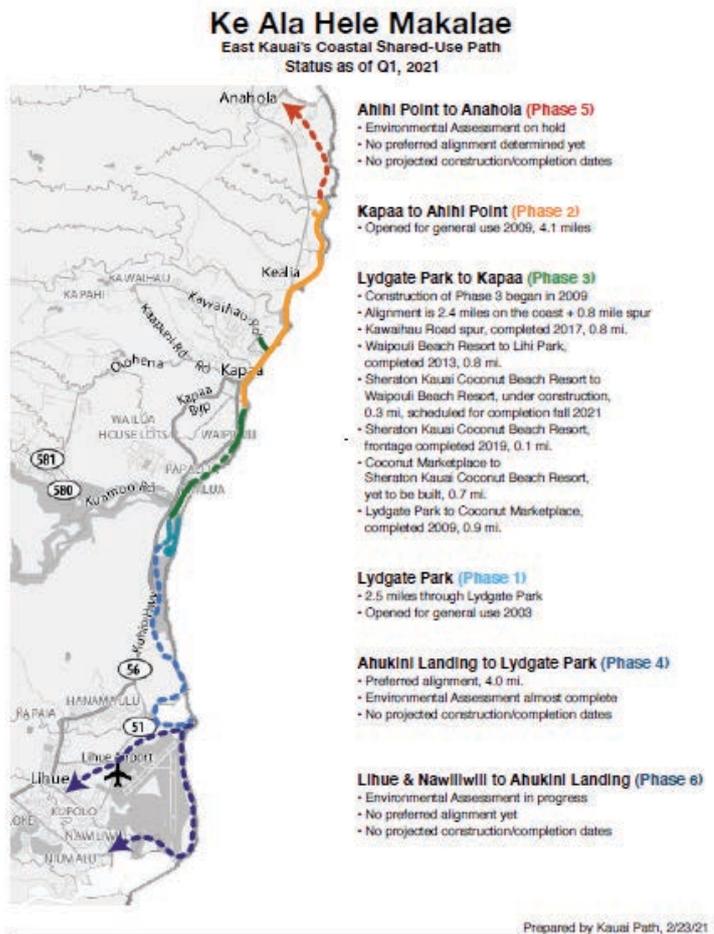


PHASE C CONSTRUCTION OF LYDGATE-KAPA'A PATH SCHEDULED THROUGH AUGUST 2021

The good news is that work is now in progress to extend the trail part-way into the gap that divides Ke Ala Hele Makalae into Northern and Southern segments. The new path extension will bridge the Uhelekawakawa Canal and connect to the existing path fronting the Sheraton Kaua'i Coconut Beach Hotel. Construction of the new path and improvements will take approximately seven months (February – August 2021) to complete.

This new bike and pedestrian project construction addresses several needs and objectives, including:

- Improved safety for people walking and rolling, bicycling or using other personal mobility devices;
- Increased transportation choice;
- Greater connections to destination nodes;
- Enhanced access to natural areas, while minimizing impacts on sensitive ecosystems;
- Increased opportunities for recreation and physical activity;
- Increased potential for economic activities associated with the use of the path; and
- Implementation of bikeway proposals in the Kaua'i General Plan and Bike Plan Hawai'i.



KE ALA HELE MAKALAE WINS 5TH PLACE IN BEST RECREATIONAL PATHS IN THE NATION



An expert panel nominated Kaua'i's multi-use path, Ke Ala Hele Makalae, in USA Today's poll to crown the 20 Best Recreational Trails in the Nation. Congratulations Ke Ala Hele Makalae for finishing #5! Outstanding!

The top 10 winners in the category of Best Recreational Trail are as follows:

1. Chuck Huckleberry Loop - Tucson, Arizona
2. Virginia Creeper Trail - Virginia and North Carolina
3. Ann and Roy Butler Hike-and-Bike Trail - Austin, Texas
4. Swamp Rabbit Trail - Greenville, South Carolina
5. **Ke Ala Hele Makalae - Kaua'i, Hawaii**
6. Buffalo Bayou - Houston, Texas
7. Jedediah Smith Memorial Trail - Sacramento
8. C&O Canal Towpath - Washington, DC and Maryland
9. Great Allegheny Passage - Maryland and Pennsylvania
10. Katy Trail - Missouri



For more information, visit <https://www.10best.com/awards/travel/best-recreational-trail/>

VISION ZERO MAUI ACTION PLAN NEARS COMPLETION



The Vision Zero Maui initiative recently launched its draft action plan for public review. The plan was presented at a virtual town hall via Zoom on February 25th and is now headed to the Maui Metropolitan Planning Organization (MPO) Policy Board and County Council for approval.

The Vision Zero Action Plan is the culmination of a year-long process of a wide range of engagement tools and strategies to inform and solicit feedback on roadway safety concerns and opportunities.

"We have analyzed the data and public input to inform the seven Vision Zero priorities from the draft plan," said Lauren Armstrong, Executive Director of Maui MPO. *"This collective effort is community-driven, and focuses on promoting health and safety."*

The seven priorities are:

- Eliminate impaired driving
- Create safe speeds
- Eliminate distracted driving
- Create a safety culture
- Build safe streets for everyone
- Institutionalize vision zero
- Improve data to support decisions



With Vision Zero Maui, the only acceptable number of traffic fatalities and serious injuries is zero.

Go to mauimpo.org to download the full draft.

Lauren Loor, Hawai'i Public Health Institute

QUICK BUILD DEMONSTRATION AT PAPA AVENUE AND MĀ'ALO STREET



To beautify the area, encourage walking and biking, and improve road safety, the Hawai'i Public Health Institute's Healthy Eating + Active Living (HEAL) Coalition, the Maui Metropolitan Planning Organization, County of Maui Department of Public Works, and Maui artist Matthew Agcolicol created a "Quick Build" Demonstration Project at the intersection of Papa Avenue and Mā'alo Street in March 2021.



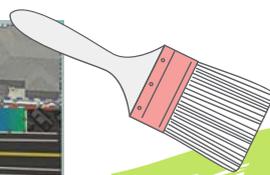
Funding for the project was provided by the Hawai'i Department of Health's Chronic Disease Prevention and Health Promotion Division. The goal of these Quick Build projects is to promote active transportation near schools where 50% or more of students qualify for SNAP-Ed free or reduced price lunches.

Approximately 200 residents and Lihikai School staff, teachers and families participated in a survey last fall and shared their experiences using the Papa Avenue - Mā'alo Street intersection. Public input was instrumental in the project design and street beautification, and will also inform long-term improvements by the County.



The project includes the following improvements:

- **Installation of bike and pedestrian crossings** to make the area safer for people walking, biking, and driving in line with the principles of Complete Streets and the Vision Zero Maui initiative to end serious injuries and traffic fatalities by 2040;
- **Reverse-in angled parking** for improved driver visibility, easier loading and unloading, accessible parking and curb ramps, and traffic calming. This will be the first reverse-in angled parking on Maui – a proven design that promotes safety and has been adopted by multiple municipalities; and
- **Street art** by Maui artist Matthew Agcolicol to help beautify the intersection. Agcolicol's design honors the area's rich plantation history and gives a nod to the Lihikai Surfers.



Maui artist, Matthew Agcolicol

Lauren Loor, Hawai'i Public Health Institute

KALIHI VALLEY INSTRUCTIONAL BIKE EXCHANGE: RESILIENT URBAN CANOES



“TWO CLAPS! ONE STOMP! WA’AI,” one young man directs within a circle of youth. His chest raised, shoulders back, chin held so high his voice swells with a pride as strong as ocean currents.

The cultural circle comes alive in unified chanting. Sounds of young men and young women whose social biography shape the very bike shop they’re standing outside of.

The social context of my life, and my life as a transformer of the social context - they say.



Young sons and daughters of liberation – they say.

The bike is our urban canoe – they say.

Kalihi Valley Instructional Bike Exchange (KVIBE) is one of several youth programs at Kokua Kalihi Valley. KVIBE weaves a framework of connections by engaging youth as future leaders, cultivating attitudes of resilience, self-respect, and civic leadership, and challenging institutionalized views of disparity in the Kalihi community with ancestral pedagogies.



KVIBE celebrated its 16th anniversary this year. The “Sweat 16” celebrations started off with a social media campaign encouraging everyone to switch up their daily commute routine and get on a bicycle instead. Images with the **#KVIBESweat16** poured in from all over the country as KVIBE’s youth rode their bikes from Kalihi Valley Homes to the Towers at Kuhio Park. As part of the celebration, the youth hosted a successful COVID-19 safe dinner, inviting past mentors and interns to join the celebration. Thanks to the commitment and resilience of KVIBE’s youth, their urban canoes have continued sailing. Their connections facilitated successful virtual programming, food deliveries to quarantining families, and uplifted healing in safe, healthy homes.

KVIBE continues to hold a regular bike clinic and weekly bike ride with our youth who ask that you: wear a mask, choose to get on a bike, and choose to keep our community healthy.

REPORT REVEALS ANNUAL COSTS OF HAWAII'S VEHICLE ECONOMY



Hawaii's ground transportation system has an annual price tag totaling \$21.8 billion, including all direct and indirect costs, according to a newly published report.

When we consider the costs of investments in Complete Streets projects and other infrastructure that promotes biking and walking, it is important to consider not just the project cost, but the hidden costs of doing nothing. That is exactly what a new study has attempted to do, and its findings (and implications) are profound.



"The Costs of the Vehicle Economy in Hawaii," prepared for Ulupono Initiative by ICF Incorporated, LLC, reveals that more than half of the total \$21.8 billion, is borne by the public in the form of state and county expenditures, social and economic trade-offs, and real estate value of land set aside for roadways and parking. Many public costs are indirect yet affect Hawaii's communities greatly, including injuries, fatalities, congestion, greenhouse gas emissions and other pollution, and consumer parking subsidies.

[Click here to view infographic.](#)

The remaining amount, \$10.6 billion, is borne directly by consumers in the form of vehicle ownership costs, including maintenance and operation.



"To help realize a more sustainable, resilient Hawaii, we need to understand what our current transportation investments are to know whether they are helping us meet our critical climate and community goals," said Kathleen Rooney, Ulupono Initiative's director of Transportation Policy and Programs. *"As in many places, transportation in Hawaii is a major budget expenditure that needs to be evaluated comprehensively."*

Key findings in the report include:

- Annual public costs of the state's vehicle economy amount to roughly \$15,000 per taxpayer (\$24,400 per household), regardless of vehicle ownership.
- User fees amount to approximately \$378 million annually, which covers only 49% of the public roadway expenditures from the state and counties — a significant revenue gap that is expanding alongside an expectation that 10-15% of the state's highway system will be directly impacted by sea level rise.
- The system's maintenance backlog is double its annual expenditures.
- The land value of Hawaii's asphalt is \$2.5 billion.



[Click here to read the full report.](#)

HAWAI'I BIKE CHALLENGE



There's never been a better time to enjoy all the benefits of riding a bike! Blue Planet Foundation and Love to Ride are partnering up to boost biking across the state of Hawai'i by introducing the Hawai'i Bike Challenge this May. Teams of up to 10 people will be able to sign up for free, earn points by riding their bikes (and encouraging others to join them), have some friendly competition and win prizes all while seeing who can get the most people riding bikes!

The Hawai'i Bike Challenge is a great way to get information and tips to start riding a bike more often and help build more sustainable communities. As well as the reduction in pollution, more people on bikes means less congestion, noise pollution and better communities to live in. As Hawai'i continues to see the impacts of climate change in the form of increased risk of extreme weather events like flash flooding and hurricanes, sea level rise, erosion, and coral bleaching, each trip by bike instead of car is also an opportunity for a Hawai'i resident to reduce their climate impacts.



If you haven't ridden in years, don't worry! You only have to ride a bike for 10 minutes for your participation to count towards your team's score. Ride anywhere, anytime during the Challenge (doesn't have to be a trip to work!).

If you already ride - you already know how enjoyable riding is and how good it makes you feel. So, here's your chance to get your friends, family, or coworkers to experience how easy and enjoyable riding can be.



Get involved, it only takes 30 seconds to register. Go to lovetoride.net/hawaii and click 'Register' at the top of the page.

Click here to [register](https://lovetoride.net/hawaii).

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

DOUBLE BUCKS INCREASES FOOD ACCESS FOR SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM PARTICIPANTS

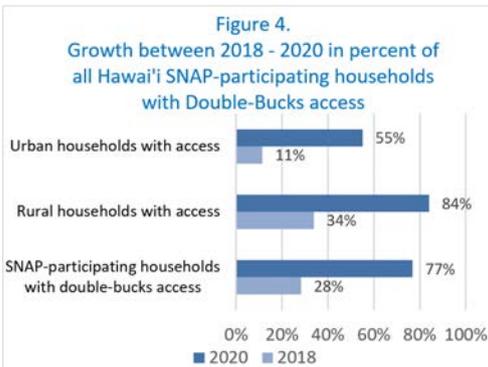


Increasing fruit and vegetable intake as a means to prevent chronic disease and improve overall health is a strategy recommended by major health authorities. However, since Hawai'i has the highest cost of living in the nation with food costs 82% higher than the national average, access to fresh produce can be challenging.

Double Bucks provides Supplemental Nutrition Assistance Program (SNAP) participants the ability to double their purchasing power when they buy locally grown fruits and vegetables. Nutrition incentives such as Double Bucks are often touted as a “win-win-win” for farmers, families, and local businesses. Data from these interventions have shown improvements in dietary behaviors, reduction in household hunger and food insecurity, and increased sales of local produce.



Click [here](#) to learn more about DA BUX, the statewide Double Bucks program or find a retailer near you.



Click [here](#) to read the full report.

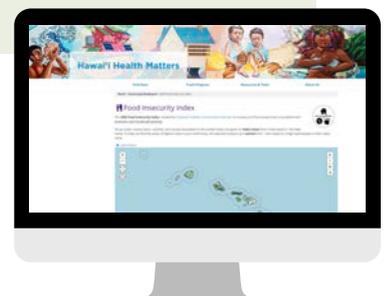
According to a recent report by Vanessa Buchthal at the University of Hawai'i, as a result of previous efforts around Double Bucks between 2018 and 2020, the number of all SNAP-participating households in Hawai'i with access to a double up food bucks retailer near their homes increased by 272%. By the end of 2020, program expansion resulted in two-thirds (77%) of all SNAP-participating households having a Double Bucks retailer within a reasonable shopping distance of their home.

NEW FOOD INSECURITY INDEX IN HAWAI'I HEALTH MATTERS



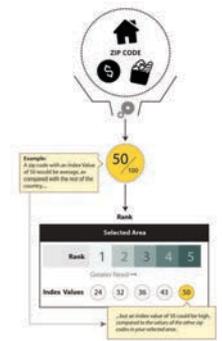
Looking for measures to assess your local food environment?
Hawai'i Health Matters can help!

We have the latest [Feeding America](#) data on [Projected Food Insecurity](#) and [Projected Food Insecurity among Children](#) in Hawai'i at the county level. >>



NEW FOOD INSECURITY INDEX IN HAWAI'I HEALTH MATTERS, CONT'D.

>> If you want to dig a little deeper, take a look at the [2020 Food Insecurity Index](#) developed by Conduent Healthy Communities Institute. The Food Insecurity Index is a measure of food accessibility that is correlated with social and economic hardship. The index uses Claritas data to assign an index value from 0 (low need) to 100 (high need) to all zip codes, census tracts, and counties in Hawai'i. A five-tier ranking scheme allows you to easily see how your neighborhood compares to the state and county.



Riko Lee and Tonya Lowery St. John, Hawai'i Health Data Warehouse

MĀLAMA KAUA'I LAUNCHES ISLANDWIDE DABUX COMMUNITY SUPPORTED AGRICULTURE (CSA) PROGRAM



Mālama Kaua'i is energized about a mission that won't quit: connecting more food from more farms to more people. They're doing just that with their newly launched program that delivers fresh bags of produce, locally-made bread, value-added farm items and more to several locations across Kaua'i.



While their new Moloa'a 'ĀINA Center food hub facility is being developed, the team worked to be of immediate benefit to farmers, consumers, and to the food-insecure, those most in need. The goal of farmers is to feed people, but every farm is a small business that has seen setbacks from the COVID-19 pandemic.



With the help of USDA and other grants, dozens of farmers were able to pivot their primary revenue streams from tourism and restaurants to subsidized feeding programs. When funding ran out, they pivoted again to an islandwide direct-to-consumer model by collaborating together in this new Community Supported Agriculture (CSA) program that allows for online ordering and accepts SNAP and DABUX.

Mālama Kaua'i is one of the only CSA programs on Kaua'i that takes SNAP benefits, ensuring that a high-end healthy service is available to all residents. CSAs from malamakauai.store are gaining traction with more orders every week, more offerings and pickup locations, and SNAP cardholders comprising 48% of the total revenue.



A food hub, featuring a packing and distribution center, a commercial kitchen, and a post-harvest facility, will help small farms take the next step to success. It will be a central location where farmers can bring their wares, wash, pack, produce, and distribute with other farmers through various channels, including aggregation services by Mālama Kaua'i. >>

MĀLAMA KAUA'I LAUNCHES ISLANDWIDE DABUX COMMUNITY SUPPORTED AGRICULTURE (CSA) PROGRAM, CONT'D.

>> Food hubs are the trendiest innovation in food distribution, growing at rate almost 300% more than farmers markets, and they are particularly salient during the pandemic, when consumers prefer to purchase their goods online and have them prepped for pickup at a less-crowded spot in their neighborhoods.

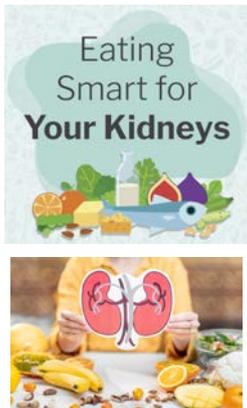


The Moloa'a 'ĀINA Center expects to be completed in December of 2022, but Mālama Kaua'i won't be interrupted on their mission to get food from farms to people. It's just what they do.

KIDNEY MONTH & NUTRITION MONTH



The National Kidney Foundation of Hawai'i is pleased to announce a NEW virtual program called EATING SMART FOR YOUR KIDNEYS because we all know that eating is a HUGE part of our culture and affects our kidney health too!



Take part in a multi-session interactive workshop hosted by a Registered Dietitian that will provide participants with help in planning kidney-friendly eating. There is limited capacity in each group, so register to secure your spot!

- Learn about kidney functions, causes of chronic kidney disease, diet effects on kidney disease, and lifestyle changes to manage disease progression.
- This workshop is open to adults living with chronic kidney disease, those at risk, families, and caregivers.
- Participants who attend all sessions will receive a Foodland gift card at the end of the program.

IF YOU ARE UNABLE TO MAKE ALL DATES, PLEASE REGISTER FOR ANOTHER GROUP. There are numerous groups throughout the entirety of 2021. Only participants who complete all sessions will receive a grocery store gift card at the end of the program. Please register for 1 group at a time. If the dates you see do not work in your schedule, please contact us and let us know. We can place you on a list of interested participants to receive more dates as they are secured. Our first groups begin in March and continue through December 2021!

The Eating Smart for Your Kidneys program is offered by the National Kidney Foundation of Hawai'i in proud partnership with the City & County of Honolulu, Foodland Hawai'i, Chef Zone, a division of Y. Hata, and the Leeward Community College Culinary Arts Program.

For more information, please contact us at (808) 589-5908 or programs@kidneyhi.org.

- **Group 1** – In session
 - **Group 2** – In session
 - **Group 3** – begins April 2 @ 1pm
 - **Group 4** – closed
 - **Group 5** – begins April 30 @ 10am
 - **Group 6** – begins April 30 @ 5pm
 - **Session 0** – Brief Zoom Test and Introduction
 - **Session 1** – Basics for Eating Smart For Your Kidneys
 - **Session 2** – Grocery Haul Review
 - **Session 3** – Cooking Demonstration
 - **Session 4** – Individual Lifestyle Consultation
- **More groups are being scheduled*
- **Participants will benefit the most from participating in all sessions.*

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

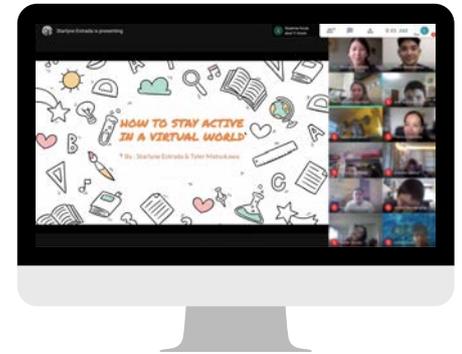
➤ Keiki, Youth & 'Ohana

HOW TO STAY ACTIVE IN A VIRTUAL WORLD

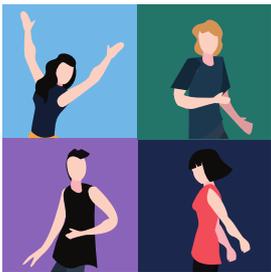


On Hawai'i Island, two University of Hawai'i, Hilo senior nursing students are hard at work combating the effects of the COVID-19 pandemic, but not in the way you think.

Starlyne Estrada and Tyler Matsukawa, under the direction of Dr. Patricia Hensley, are working on a project to influence more young people into active movement.



The students are partnering with schools and resiliency hubs to bring active living information to students in 5th and 6th grades. The university seniors hope to increase physical activity in the youth they present to by informing them of the benefits of an active lifestyle and demonstrating ways they can incorporate movement into their daily lives.



To demonstrate the need, Estrada and Matsukawa researched Hawai'i County statistics and found that most children are currently participating in virtual learning while outdoor sports and activities are not permitted in many cases. This limits the physical activity students get throughout the day, and Estrada and Matsukawa identified this as an urgent need worth addressing. The Centers for Disease Control and Prevention (CDC) recommends school-aged children and adolescents obtain at least one hour of physical activity per day in order to promote health and fitness while preventing childhood obesity and its associated risks.



After conducting their research and settling on their objectives, however, the UH Hilo seniors were presented with a special problem: how to address the stagnant nature of online learning and promote physical activity away from screens while doing so online? Quickly and ingeniously, our future island nurses came up with a plan.

They will present online and incorporate activity-style teaching which, according to their research, promotes self-learning and encourages students to ask questions thereby keeping them mentally engaged. To get the elementary students physically engaged, Estrada and Matsukawa will lead classes through a physical activity which will include muscle and bone strengthening exercises and yoga poses as recommended by the CDC for the 4th-6th grade age group.



The students will evaluate the efficacy of their project by comparing pre- and post-presentation questionnaires administered to the elementary students right before the presentation and again a week later.

KEIKI RAINBOW WELLNESS CHALLENGE



Keiki Rainbow Wellness Challenge is a FREE, week-long activity for Hawai'i students (preschool to 8th grade) on all islands. Participating students and their families will challenge themselves to complete a scorecard of healthy activities to earn a finisher facemask and help their school earn funds to support P.E. and nutrition programs.

Register Your School today to gain access to the Challenge Scorecard, tips, downloadable marketing files, and to be eligible for mini-grants that will be awarded based on participation and random selection. Each school can select which week to host the challenge at their school and how they want to promote it.



We invite you and your students to join us for the 2021 Keiki Rainbow Wellness Challenge.

Register your school or participate as a family by April 23 at www.keikichallenge.org.

This event is hosted by a coalition of partners including Hawai'i Afterschool Alliance, Blue Zones Project, HAHPERD, Hawai'i 5210, UH College of Education, YMCA, Hawai'i Public Health Association, Healthy Eating Active Living, and Kaho'omiki, with support from the Hawai'i State Department of Education and the Hawai'i State Department of Health's Start Living Healthy at School campaign.

THE 2019 YRBS DATA IS HERE!



The **2019 Youth Risk Behavior Survey (YRBS) data** is now available to explore on the Hawaii-Indicator Based Information System (Hawaii-IBIS), as well as the state and county brochures on the Hawai'i Health Matters (HHM) website. The survey is part of the Centers for Disease Control and Prevention's Youth Risk Behavior Surveillance System and monitors behaviors that contribute to the leading causes of death and disability among youth and young adults. It is a module of the Hawaii School Health Survey which is administered in Hawaii public schools, grades 6-12 in odd numbered years. Over 12,000 Hawaii public school students participated in 2019.

- Physical activity decreased in 2019 with only 17% of Middle School (MS) and 13% of High School (HS) students meeting federal guidelines for physical activity.
- Boys were more than twice as likely as girls to meet the guidelines.
- More students were sedentary with 70% of MS and 60% of HS students reporting spending more than 2 hours a day watching TV, gaming or using computers for something that was not school work on the average school day.
- More students were skipping breakfast in 2019 with 16% of HS and 14% of MS students skipping breakfast every day of the week, and only 35% of HS and 44% of MS students eating breakfast all seven days of the week.
- About 7% of MS and HS students often or always went hungry because there was not enough food in their home.
- Native Hawaiian, Filipino and other Pacific Islander students were more likely to go hungry for both MS and HS.

For more detailed data on diet intake and eating patterns, visit Hawaiihealthmatters.org.

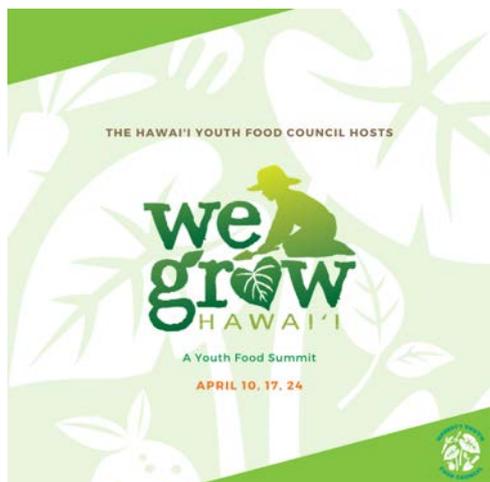


Here, you will find information on sugar-sweetened beverages, fruit and vegetable consumption, and more.

HAWAI'I YOUTH FOOD COUNCIL INVITES YOU TO WE GROW: A HAWAI'I YOUTH FOOD SUMMIT



The Hawai'i Youth Food Council (HYFC) is a group of dedicated youth who work to benefit food systems in Hawai'i. Consisting of ten members from across the state, the mission of the HYFC is to engage youth in policy and systems change efforts that result in a just and equitable local food system for a healthier Hawai'i.



Each year, the HYFC takes on a new and exciting project. This year they will host *We Grow Hawai'i: a Youth Food Summit* in April 2021. The goal of this virtual conference is to promote youth voices and inspire youth involvement in self-sustaining food systems. Sessions will be held on three consecutive Saturdays — April 10th, 17th, and 24th — featuring discussions, lectures, and interactive activities, and will be targeted towards middle and high school students. Visit the **HYFC website** for more information and to register for interactive sessions.

If you are interested in speaking at this summit or leading a session, please email hawaiiyouthfoodcouncil@gmail.com or visit the **HYFC website**. Sessions will run all day, and each session will be about one hour long. Sessions will cover a variety of topics relating to food systems in Hawai'i; they may range from Native Hawaiian farming practices to policy advocacy. In an effort to highlight youth voices, youth speakers are encouraged to apply. Youth speakers can share their experience with food, gardening, farming, fishing, ranching, cooking or food distribution through a panel discussion with other youth or by leading a session.

Julia Barzilai, Hawai'i Youth Food Council (HYFC) Committee Chairperson

VIRTUAL VOLUNTEER WEEK

Hawai'i students (grades K-12), families, schools, and youth organizations are invited to serve during Virtual Volunteer Week Hawai'i, set for **April 18-24, 2021**. This year's theme, **"Let's Grow Together,"** challenges youth to find simple ways to serve the community, making this a healthier, happier place for all to enjoy.

All student registrants will receive FREE packets of vegetable seeds in the mail to kick start their growing journey.

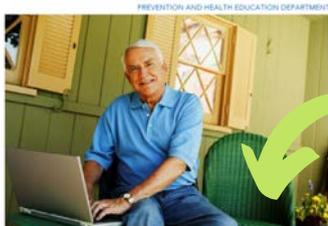
Register today at: www.virtualvolunteerweekhawaii.org.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Worksite and Work From Home Wellness

SOAR - SENIORS ONLINE: ACTIVITIES AND RECREATION



Kaiser Permanente is offering various activities to engage kūpuna who may be isolated due to COVID-19 restrictions.

See the **SOAR - Seniors Online: Activities and Recreation flyer** for more information.

Sessions: January 12 to May 27

- **Bingo:** Tuesdays, 12:30PM - 1:30PM
- **Hula:** Thursdays, 12:30PM - 1:30 PM
- **Chair Yoga:** Tuesdays, 12:30PM - 1:30PM
- **Trivia:** Thursdays, 12:30PM - 1:30PM



SOAR - Seniors Online: Activities and Recreation

Kaiser Permanente is pleased to offer the following activities to engage Kūpuna who may be isolated due to COVID-19 restrictions. Pre-registration required.

Fee: No Fee

Location: Online via Microsoft Teams

Please note you will need to download the Microsoft Teams app if you are joining from a smart phone or tablet. Please allow ample time for this download prior to the start of the session.

Sessions: January 12 to May 27

No drop-in times. Sessions, holidays, or the following dates: 2/18 to 3/1, 3/13 to 3/19, and 6/14 to 6/17

Bingo - Tuesdays 12:30 to 1:30 PM Chair Yoga - Tuesdays 12:30 to 1:30 PM
Hula - Thursdays 12:30 to 1:30 PM Trivia - Thursdays 12:30 to 1:30 PM

These educational services are for general information purposes only and are not intended to diagnose or treat any condition. If you are unsure about your ability to participate in this educational service, please consult your physician and contact your physician for medical clearance prior to attempting activities suggested in this educational service. The intent of this service is to provide information and not to provide a patient or provider relationship with anyone viewing the content.

For more information or to register, call 808-432-2268

FABULOUS FAT!



Fat gets a bad rep, but in reality, it is an essential macronutrient needed for your body to function at its best. Fat is needed to give your body energy, support cell growth, help protect your organs, absorb nutrients, and keep your body warm. It's the type of fat that you consume that's important.

See UHA's **Wellable Weekly Flyer - Fats** for the healthiest fats to consume and what to avoid.

Interested in wellness tips like these for your organization?

Contact our team at workwell@uhahealth.com for resources and services that's available for all Hawaii employers regardless of insurance.

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Eat More...

- Salmon
- Nuts and seeds
- Vegetables oils (olive, canola, sunflower, soy, and corn)

Eat Less...

- Trans fats (often found in fried foods, baked goods, and stick margarines)
- Saturated fats (often found in red meat, butter, cheese, and ice cream)



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HMSA'S ONLINE HEALTH EDUCATION WORKSHOPS



Learn about health and well-being from the comfort and safety of your home. Here are the HMSA health education workshops available this spring.

- **Stress Bucket: Coronavirus Edition** – With new stressors and challenges during the COVID-19 pandemic, don't let stress get the best of you. Knowing how to manage your stress is crucial in preventing high blood pressure, anxiety, depression, and other health conditions. Join us to learn simple and enjoyable ways to lower the stress in your bucket.
 - **Tuesday, April 20, 5-6 p.m.**
 - **Thursday, April 22, noon-1 p.m.**



- **Sweet Dreams: The Benefits of Sleep** – Do you struggle to fall asleep and stay asleep? Do you wake up feeling like you hardly slept at all? Sleep deprivation has been linked to weight gain and other health problems. Find out how much sleep you need, why you need it, and how to get quality sleep.
 - **Wednesday, May 5, noon-1 p.m.**
 - **Thursday, May 13, 5-6 p.m.**

- **Well-being 101** – Making lifestyle changes to improve your health can be easier said than done. Learn how to use the Stages of Change Model to make achievable, lasting improvements to your health and well-being, including exercising more, eating healthier, and relieving stress.
 - **June 8, 5-6 p.m.**
 - **June 17, noon-1 p.m.**



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 www.hmsa.com/HealthEducation or
- Call 1 (855) 329-5461 toll-free, Monday-Friday, 8 a.m.-5 p.m.

POLICY UPDATES

2021 OBESITY PREVENTION TASK FORCE POLICY PRIORITIES



For the 2021 Legislative Session, the Obesity Prevention Task Force (OPTF) had two policy priorities:

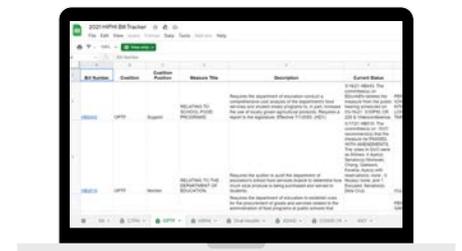
- Expand and secure continued state funding for the **Double Up Food Bucks (DUFB) program**. DUFB provides a dollar-for-dollar match on local produce for SNAP recipients. ([HB235](#), [SB512](#))
- Enact a **2-cent-per-ounce fee on sugary drinks**, with revenue invested into programs that promote healthy eating + active living and prevent chronic disease, especially in disparately affected communities. ([HB330/SB541](#), [HB994/SB1148](#))



Through these two policy priorities, the OPTF aimed to reduce food insecurity and encourage healthier eating habits. With thousands of residents facing food insecurity, DUFB helps families put healthy food on the table, while also supporting the economy and local farmers. Understanding the state was facing budget shortfalls, the proposed sugary drink fee could potentially provide sustainable funding for DUFB. Beyond revenue generation, a two-cent-per-ounce fee on sugary drinks could prevent nearly 12,000 cases of childhood obesity, reduce the incidence of diabetes by 11% and save \$59.3 million in healthcare costs.

As we approach the halfway point in the legislative session, only one OPTF priority bill remains. **SB512** expands the DUFB program by removing the \$10 per day cap and allows local proteins to be included, but does not provide funding for the program. The OPTF still intends to support the bill, even without funding, as these provisions are needed to improve and expand the program. To receive policy updates, sign-up at act.hiphi.org/sign-up.

Beyond our priority bills, the OPTF is also supporting several measures relating to farm to school, food security, vision zero, and complete streets. Visit our **2021 Bill Tracker** for status updates on bills HIPHI is tracking (click on OPTF tab for bills related to Healthy Eating + Active Living).



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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