



# PHYSICAL ACTIVITY & NUTRITION NEWS



SPECIAL EDITION: COVID-19 RESOURCES

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# COVID-19 PAN RESOURCES

## ➤ Physical Activity

### PHYSICAL ACTIVITY TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME



#### Physical Activity, Chronic Disease and COVID-19

The link between physical activity and chronic disease is well established and strong. Meeting CDC recommendations for physical activity reduces incidence and severity of many common chronic diseases. For at least two- diabetes and hypertension- even a short period of reduced physical activity can have a pronounced impact on an individual's immediate health and long term disease course.

Because COVID-19 is an emerging crisis, our understanding is changing rapidly, but according to the CDC, “older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.” These high-risk conditions include diabetes, heart disease, and severe obesity.

This introduces a new challenge for health practitioners: we must develop messages to support “stay-at-home” orders and continue to promote physical activity. As we encourage kupuna and other vulnerable populations to observe distancing, commit to good hand-washing hygiene, and minimize non-essential trips, we also need strong messaging that maintaining one's current physical activity level is “essential” for ongoing health and safety.

Below, we've compiled timely tips, resources and updates from health and transportation partners to help people start living healthy at home.

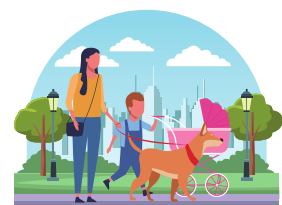
#### Obesity and COVID-19

CDC's COVID-19 risk indicator for body weight is “severe obesity (body mass index [BMI] of 40 or higher)”. The impact of regular physical activity on body weight is significant. Almost 25% of all adults and over 20% of seniors in Hawai'i are obese, and are therefore disproportionately vulnerable and would benefit from sustainable physical activity during the “stay-at-home” order.



#### ***National Association of Chronic Disease Directors (NACDD) Resource***

- **Chronic Disease and COVID-19: What You Need to Know** factsheet explains how COVID-19 can impact people with chronic diseases such as diabetes, asthma, or heart disease.



## PHYSICAL ACTIVITY TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME, CONT'D.

### 1 Regular exercise improves your overall health and fitness.

Physical activity boosts your body's ability to fight off illnesses and reduces your risk of chronic diseases. Regular exercise can improve your immune health, decreasing the severity and length of many respiratory infections. Staying active can also improve your mental health by reducing feelings of anxiety, managing stress, and improving mild to moderate depression.

### 2 Important reminders to exercise safely.

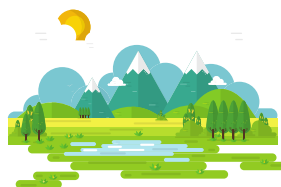
- Participating in physical activity that requires moderate effort is safe for most people but consult with your physician before starting or intensifying your exercise program.
- Practice physical distancing when exercising in public. COVID-19 is spread mainly from person-to-person so avoid contact sports and maintain at least 6 feet (more than two arm's length for most people) of physical separation.
- Avoid high risk or "extreme" sports and recreation. What could be an otherwise routine emergency, or urgent care visit, puts avoidable stress on our medical system.
- If you are sick, call your healthcare provider and avoid exercising until you're feeling better.



### 3 Spend time in nature.

Hawai'i's stay-at-home orders don't preclude you from going outside for exercise or fresh air. Park facilities are closed across the state but many paths, trails, and botanical gardens remain open for walking and wheelchairs, jogging, and bicycling.

Go for a nature walk or hike to stay active and unwind while maintaining physical distance from others. Check county and state parks websites for the latest information.



## PHYSICAL ACTIVITY TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME, CONT'D.

### 4 Keep keiki moving.

It isn't news to parents; kids need to stay active. Create a physical activity routine that is consistent and fun.

- Use fitness trackers to monitor daily step goals and offer incentives for reaching them.
- Go for family bicycle rides on safe neighborhood streets and paths or set up a bike rodeo course in an unused parking lot or driveway.
- Get creative with sidewalk chalk and play hopscotch.
- Plant a family garden and you'll get to eat the fruits of your labor.
- Turn up the tunes and have a living room dance party.



### 5 Keep kupuna active.

It's important for older adults to remain active to maintain mental and physical health. Choose activities you enjoy and that match your abilities. Participate in a variety of activities to:

- Improve your heart and lung health by walking or climbing stairs.
- Strengthen your muscles by lifting weights, working with resistance bands, or doing some heavy gardening.
- Improve your balance by doing yoga or tai chi.



### 6 Workouts.

#### LUNGE

Stand with hands on hips and feet hip-width apart. Step your right leg forward and slowly lower your body until left (back) knee is close to or touching the floor and bent at least 90 degrees. Return to the starting position and repeat on the other side. For a variation, try stepping backward into the lunge.

Modification: Do a static lunge instead. Start standing with your feet staggered, one in front of the other. Bend at your knees and hips to lower your body down into a lunge. Pause, then raise back up. Keep your right shin vertical to the ground so that your knee doesn't push over the right foot. Repeat 10 times then switch legs.



[WATCH A DEMO HERE!](#)



## PHYSICAL ACTIVITY TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME, CONT'D.

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### Workouts, cont'd.



#### SUPERMAN

Want some superpowers? Lie facedown with arms and legs extended. Keeping the torso as still as possible, simultaneously raise your arms and legs to form a small curve in your body. Cape optional.

Modification: Raise only left arm and right leg, hold for 3 seconds, then repeat with opposite sides.



[WATCH A DEMO HERE!](#)



#### HIGH KNEES

Stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace for 30-60 seconds.

Modification: March in place for 30-60 seconds, slowly lifting one knee to your chest and switching for the other knee.



[WATCH A DEMO HERE!](#)



#### PLANK

Lie facedown with forearms on the floor and hands clasped. Extend legs behind you and rise up on toes. Keeping back straight, tighten core and hold the position for 30 to 60 seconds (or as long as you can).

Modification: Keep knees on the ground. Engage core and keep your back flat.



[WATCH A DEMO HERE!](#)



#### PLANK TO PUSH-UP

Start in a plank position. Place one hand at a time on the floor to lift up into a push-up position, with your back straight and core engaged. Move one arm at a time back into the plank position (forearms on the floor). Repeat, alternating the arm that makes the first move.

Modification: Push-ups with knees on the ground or standing push-ups against a wall.



[WATCH A DEMO HERE!](#)

## PHYSICAL ACTIVITY TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME, CONT'D.

6

### Workouts, cont'd.



#### STRETCH

##### Chair yoga exercises:

- Neck stretch
- Shoulder roll
- Forward fold
- Side twist
- Hip stretch



[WATCH A DEMO HERE!](#)



#### BURPEE

Start in a low squat position with your hands on the floor. Next, kick your feet back to a push-up position. Complete one push-up, then immediately return your feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up portion of the show.

Modification: Instead of kicking your feet back, step your feet back one at a time. Then step your feet forward one at a time and return to standing position (do not leap up).



[WATCH A DEMO HERE!](#)

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### Resources:

#### Strength with Body Weight

There are many workouts and programs that use body weight rather than weights or bands. Yoga is perhaps the best known and most popular. AARP's website contains a series of videos that include routines for all levels of strength and coordination.

- [AARP Chair Yoga](#)
- [Animal Flow](#)
- [Greatist 50 Exercises for a Bodyweight Workout You Can Do Anywhere](#)

#### High Intensity Interval Training (HIIT)

HIIT is effective cardio in less time. Sets of high intensity bursts with short rests between. These resources will help you plan a HIIT program.

- [Tabata Timer](#)
- [Sweatdeck \(playing card randomized workout\)](#)





## BIKESHARE REMAINS OPEN IN KONA AND HILO AND IS NOW OFFERING FREE MEMBERSHIPS!



Bike shops, bike repair and Bikeshare are considered an Essential Service on Hawai'i Island.

The Kona Trolley and the Hoppa On Hoppa Off systems have ceased temporarily and mass transit options are reduced due to social distancing requirements.



Photos courtesy of Bikeshare Hawaii Island

The County of Hawai'i requested Hawaii Island Bikeshare to remain operational during this COVID-19 crisis to provide exercise and active transport for Kona and Hilo residents, essential service workers, and anyone over the age of 16 who is not required to be in quarantine.

To that end, Bikeshare Hawaii Island will be offering a free 3-month Unlimited 60 Minute Ride membership to Hawaii Island residents, who are not under quarantine and are 16 and over beginning on **April 10 through June 30, 2020**.

Bikeshare Hawaii Island staff are following our posted cleaning protocols to clean the bikes and stations in Hilo and Kona. Additionally, all Bikeshare users are reminded to wash their hands after using the bikes.



### CHOOSE A PLAN

Choose between these two plans:

- |   |  |
|---|--|
| <b>Standard 60</b><br>\$25 per month<br>Unlimited 60-minute rides | <b>Saver 30</b><br>\$15 per month<br>Unlimited 30-minute rides |
|---|--|

In order to sign up for the 3-month free membership, Please visit <https://hawaiiislandbikeshare.org/> and click on "Get Started" and fill in the required information. Under Choose Plan, click the down arrow and choose *Stay Healthy Hawaii*.

Your free 3-month membership can also be set up using the free CycleFinder app. Please call 888-859-2453 with any questions.

Standard 60 - \$25
Saver 30 - \$15
Stay Healthy Hawaii - \$0

Remember to practice social distancing while riding and follow traffic rules. The use of helmets is highly recommended for everyone using bikeshare or riding their own bike. >>

## BIKESHARE REMAINS OPEN IN KONA AND HILO AND IS NOW OFFERING FREE MEMBERSHIPS!, CONT'D.

>> In addition to the free Bikeshare membership, please call these local bikes shops to arrange pick-up and payment on 10% off bike helmets.



**Bike Works Kona**  
75-5660 Kopiko St.  
Kailua-Kona, HI 96740  
808-326-2453



**Kona Sports Center**  
74-5035 Queen Ka'ahumanu Hwy  
Kailua-Kona, HI 96740  
808-731-6335



**Hilo Bike Hub**  
318 E Kawili St.  
Hilo, HI 96720  
808-961-4452

The discount code for riders to purchase helmets on Bike Works Kona's webstore at a discount is:  
**pathhelmetdiscount**

This code is valid until May 31st on [shop.bikeworkskona.com](https://shop.bikeworkskona.com).

During this emergency order and social distancing, bicycling is becoming a more important mode of transportation and exercise/recreation than ever.

## BIKI BIKESHARE HAWAII CONTINUES TO OPERATE 24/7!



The Biki system is currently operating 24/7 and staff are working diligently to ensure bikes are available during this challenging time

Although the system is available, riders are urged to stay home and only use Biki for essential trips, including:

- *Picking up food and supplies.* Consider supporting a local business!
- *Commuting to and from workplaces* identified as essential.
- *Exercising.* Bicycling is permitted as an outdoor activity under the City's Emergency Orders as long as social distancing is maintained. Riding just 30 minutes a day can help boost your immune system, relieve stress and maintain your physical and mental well-being.

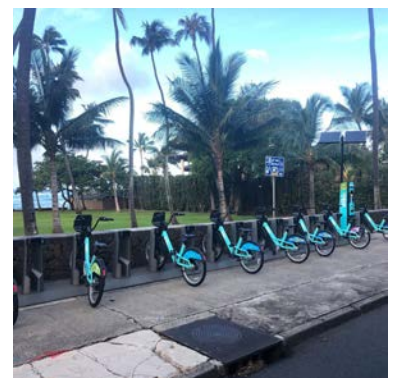


Photo courtesy of BIKI BikeShare Hawaii

Visit <https://mailchi.mp/gobiki.org/covid19> for more information!



## A HOME OFFICE YOGA SESSION WITH HIPHI & BARRE KAUA'I



On April 6, 2020, in participation with National Public Health Week, Hawai'i Public Health Institute (HIPHI) conducted a short HOME OFFICE YOGA SESSION via Zoom led by fitness expert Anna Bazalar of Barre Kaua'i.

The intention of the session was to promote public health and lead participants through a short yoga/stretching session to relieve stress and incorporate physical activity into their day during the stay-at-home quarantine order.



The session was recorded so people can view the video at any time.

Link here: <https://youtu.be/S1yZrUjixi0>

## VISIT YMCA OF HONOLULU'S VIRTUAL Y!



Stay healthy and fit from the comfort of your own home! The YMCA of Honolulu is opening up their virtual doors to the entire community.

~~~~~  
**ACTIVITIES AT HOME** - Visit San Diego Zoo, take a walk on Mars, get a 5-minute superhero workout, and enjoy other ways to keep your keiki smiling, their brains working, and their feet moving.

~~~~~  
**ONLINE GROUP EXERCISE CLASSES** - From Yoga to Boot Camp and everything in-between, you're sure to find classes that you'll love!

~~~~~  
**SWIM AT HOME ACTIVITIES** - Keep your children engaged in water safety with these fun home activities from our YMCA Swim Lesson Program. These are activities broken down by the various skills for you and your children to practice at home. No pool, goggles, or swim suits necessary!

<https://www.ymcahonolulu.org/virtual-y/kids-activities>

<https://www.ymcahonolulu.org/virtual-y/online-group-exercise>

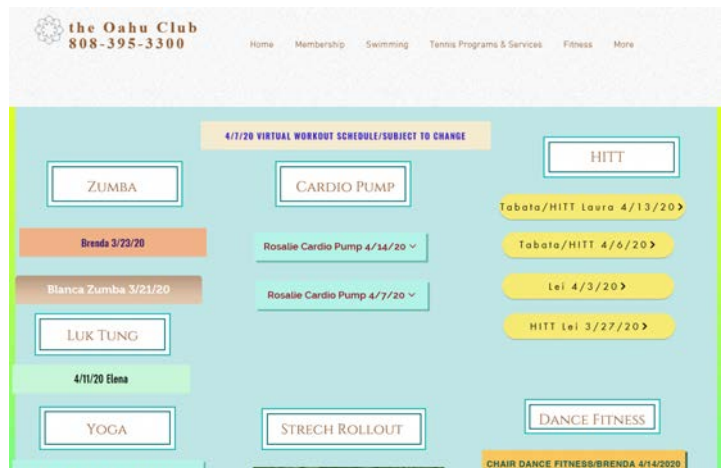
<https://www.ymcahonolulu.org/virtual-y/swim-at-home-activities>

## ACCESS OAHU CLUB'S FREE ONLINE FITNESS CLASSES!



The Oahu Club in Hawai'i Kai is offering nearly 15 free Facebook live classes for anyone to follow each week.

The public can access links to these free videos at any time (after the live video concludes) on Oahu Club's website <https://www.theoahuclub.com/> under the tab, "Virtual Workouts". You can also find them on Oahu Club's Facebook page.



Classes include Tabata/HIIT, Cardio Pump, Chair Dance Fitness, Chair Senior Yoga, Tai Chi, Yoga Flow, Yoga Pump, Dance Fitness, Luk Tung, Core, Balance and Total Body Conditioning.

## ACCESS WYAO HAWAII'S FREE ONLINE FITNESS CLASSES!



WYAO Hawaii Corporate Wellness will be offering FREE, 30-Minute LIVE full-body workouts to businesses and anyone in the community! This will end when Shelter in Place orders are lifted.

It's a great way to create a bit of community and camaraderie, get your blood flowing and end your day on a positive note!

Workout at your pace! Offered Monday-Friday, 5 PM sharp! Click on Free Workout to register: <https://wyaohawaii.com/>

WYAO HAWAII Training At Home with Terri

TUNE IN EACH DAY AT 5:00PM HAWAII TIME, FOR A LIVE STAY AT HOME WORKOUT SESSION WITH FITNESS AND WELLNESS EXPERT, TERRI DIETZ

Register for the Live Workout Session NOW! You Must Register and get a Password to join in on this event.

Powered by WYAO Hawaii Corporate Wellness

JOIN TERRI FOR A LIVE 30 MINUTE, FULL BODY, CARDIO WORKOUT TODAY.

Check out some of Terri's past videos and great isolated stretching techniques.

Move More Live Better 1 Breathing Exercise

Move More Live Better 2 Stretch Exercise

Move More Live Better 3

Move More Live Better

## CITY & COUNTY OF HONOLULU DEPARTMENT OF PLANNING & PERMITTING REMAINS OPEN!



The City Department of Planning and Permitting (DPP), as part of the essential construction industry, continues to accept all types of land use applications. However, DPP is limiting "in person" contact to payment of fees for now. Applications to be submitted or picked up are being handled using "drop off boxes". Meetings are being held via conference calls and other remote applications.

For further information, call the department at 768-8000 or visit [www.honolulu-dpp.org](http://www.honolulu-dpp.org).

## IN A TIME OF PANDEMICS, WE NEED TO BE IN NATURE MORE THAN EVER

By Jay Maddock, Bitu Kash,  
and Taylor Keys

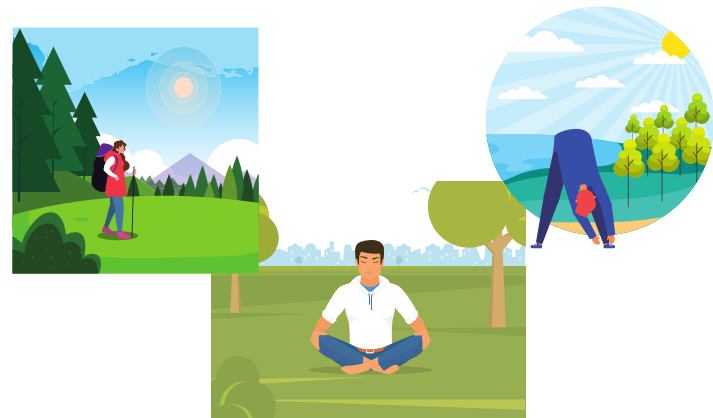
As the coronavirus continues to spread, large parts of the United States and the World have been placed under shelter-in place orders. For most everybody, staying at home and physically, not socially distancing yourself from other people is the best way to avoid getting infected. However, this can take a huge toll on our physical and mental health. As people move away from their daily routines, cut off their connections to other people, and spend more time indoors it increases their feelings of isolation, stress and fear. Most exercise facilities closed as part of containing community spread, which makes it even harder to adhere to recommended physical exercise routines towards both physical and mental health. ***Luckily, there is something that we can do every day to improve our immune system, reduce our stress, and improve our mood with little risk of getting infected; spending time in nature.***



Research on the connection between human health and exposure to nature started to get a foothold in the early 1980s. The renowned biologist E. O. Wilson hypothesized that humans had an innate connection to nature. At the same time, Roger Ulrich a professor of architecture at Texas A&M University was looking at how surgery patients with a view of a natural scene out of their window recovered compared to those with a brick wall outside. He found that patients with a natural view were discharged faster and used less pain killer than their counterparts.

Since the 1980s and especially in the past five years, the research on the connection between health and natural environments has expanded rapidly. The evidence is clear in the hospital setting, that exposure to natural light, windows, healing gardens are related to reduced stress, improved healing and reduced use of pain medicines. The new phase of research is examining how spending time in nature can actually help prevent disease, improve concentration and reduce stress.

Studies have examined both micro-doses of nature (a 30 minute walk in the woods) and macro-doses of nature (spending a week at a national park). The effects are consistent and powerful. Several studies have found a significant increase in natural killer cells (your body's way of fighting cancer) after a few days relaxing in a forest. Ming Kuo at the University of Illinois completed a review of research and found that exposure to nature has also been linked to protecting against a variety of diseases including depression, diabetes, cancer, and cardiovascular disease. She believes that this is done through nature enhancing our immune systems. Something we are all interested in these days. >>



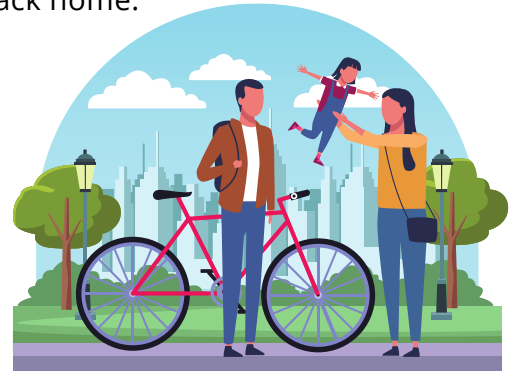
## IN A TIME OF PANDEMICS, WE NEED TO BE IN NATURE MORE THAN EVER, CONT'D.

>> In Texas, Houston Methodist Hospital, Texas A&M University and Texan by Nature have come together to create a Center for Health & Nature. This center is designed to accelerate the research in this field, translate it into clinical and community practice and inform the public and professionals about the healing power of nature.



Our current and future research is looking at the effects of virtual reality gardening and virtual windows to simulate natural environments for patients who are unable to get out, healthcare worker burnout, assessment of the Houston Bayou Greenways project on health, and park prescriptions that allows doctors to prescribe exercising in natural environments. The intersection of nature and health and its potential to promote healing is one of the most promising new developments in medicine – we often refer to this phenomenon as the “nature pill”.

How does this affect us during the pandemic? With several cities implementing stay at home orders it is still ok to be outside. With all of the gyms closed, it is still important and possible to get daily exercise. Find a nice green place around where you live to go for a walk or have a picnic outside. There are so many signs of life, healing and renewal in the outdoors right now. Enjoy the birds and blue bonnets, just keep at least a six foot distance from other people and wash your hands as soon as you get back home.



If you can't go outside because of your health or other reason, many zoos and wild life areas are streaming videos to let you enjoy them from the comfort of your home. Virtual reality trips into nature seem to be as effective in improving your overall health and wellbeing. A recent study showed that just 2 hours a week (about 20 minutes a day) had a positive effect on people's mood and self-reported health. With all of the issues and restrictions of life caused by the coronavirus pandemic, we need something that reduces our stress, lowers our blood pressure, stimulates our immune system and improves our mood more than ever before. It's time to get outside.





## QUICK BUILD ACTIVE TRANSPORTATION SOLUTIONS FOR A QUICKLY CHANGING WORLD

In response to the COVID-19 pandemic, cities around the world are experiencing major decreases in automobile traffic volume. These dips carry dramatic consequences. Air quality has improved, noise pollution has abated, and traffic crashes have decreased significantly. According to a [new study by UC Davis, California](#) alone has seen a BILLION dollars in savings from reduced crashes. On the other hand, they have increased concerns about inadequate sidewalk space for “essential activity” and maintaining recommended physical distance.

According to Lance Rae, coordinator of Walk Wise Hawaii, *“I see a lot of people that are jogging or walking on the sidewalk. They see another pedestrian coming up toward them and they want to be six feet away, so they end up going into the street.”*

Many cities are responding to this shift in demands on our transportation infrastructure by rolling out “quick build” projects (similar to those PAN helped develop around Farrington High School in Kalihi) that repurpose underused parking and travel lanes as bike or pedestrian right-of-way. Oakland, California announced it is converting 75 miles of residential streets into “slow lanes” that support active transportation and physical distance. Cities as diverse as Bogota, New York City, and Berlin have adopted smaller pilots and policies. Now, New Zealand has become the first country to [make tactical urbanism into official national policy](#) during the coronavirus pandemic.



Image of Kalihi Quick Build Project Courtesy of Ulupono Initiative



Los Angeles Department of Transportation deactivated pedestrian crossing buttons and automated pedestrian phases to reduce COVID-19 spread.

Hawai'i has not responded to COVID-19 with large-scale quick build projects yet, but some counties are accelerating planned bike/ped projects. Based on reports of increased vehicle speeding and concerns about pedestrian safety from local police and Walkwise, the timing seems right to ramp up both permanent and quick build traffic calming, enhanced pedestrian crossing, and active transportation right-of-way projects to advance active transportation safety while car volume is low.

It is clear that maintaining and expanding public space for physical activity and promoting and facilitating active transportation should be among the top public health and mobility priorities in response to COVID-19.



## TIPS FOR PEDALING SAFELY DURING COVID-19 FROM PEOPLEFORBIKES



In a world turned upside down for many of us, PeopleForBikes is still working to make it safe and easy for people to ride to their essential jobs or to stay healthy and active. Check out some tips for pedaling safely.



We're all in this together.

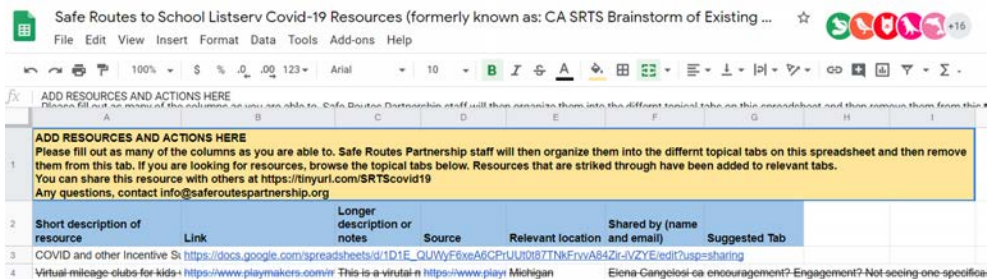
## SAFE ROUTES DURING COVID-19: RESOURCE TRACKING DOCUMENT



As we adapt to living and working during the COVID-19 pandemic, members of the Safe Routes to School (SRTS) listserv have organically been crowdsourcing ideas for how to continue engaging youth and families while schools are closed, opportunities for remote learning and working, adjustments to messaging, policy opportunities created by this pandemic, and more.

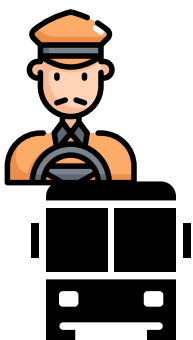
As the suggestions grow, the aim is to add more structure to the conversations happening on the listserv so that people can have one document to go through rather than sifting through all the emails on the listserv related to COVID-19.

To that aim, a [Safe Routes to School Listserv COVID-19 tracking document](#) has been created, where resources are being shared, compiled, and updated.

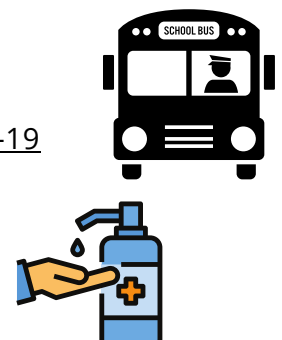


Please share resources you find here, as well as add resources you are seeing elsewhere. If you have any questions, comments, or suggestions, please email [info@saferoutespartnership.org](mailto:info@saferoutespartnership.org).

## NEW GUIDANCE DOCUMENTS FOR DOMESTIC TRANSPORTATION



- [What Transit Station Workers Need to Know About COVID-19](#)
- [What Transit Maintenance Workers Need to Know About COVID-19](#)
- [What Bus Transit Operators Need to Know About COVID-19](#)



# COVID-19 PAN RESOURCES

## Nutrition

### NUTRITION TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME



#### 1 Focus on fruits and vegetables.

Stress might have you reaching for junk food, but fruits and vegetables are really what your body is craving. Nutrients in fruits and vegetables can support your immune system and your overall health. Try a papaya, spinach, pineapple smoothie for a boost of Vitamin C.

Also, remember to hydrate with water, toss in sliced fruit for added flavor.



#### 2 Fresh, frozen or canned, all varieties have benefits.

Frozen and canned fruits and vegetables are great options. You can reduce your trips to the grocery store and still make sure you're eating health-boosting nutrients. Look for frozen and canned options without added salt or sugar.

**Add more fresh, frozen, or canned vegetables into your diet with these quick tips:**

##### Fresh.

Have a variety of veggies in the fridge? Roast them.

<https://recipes.heart.org/en/recipes/roasted-vegetables-with-chipotle-ranch-sauce>



##### Frozen.

Add color and flavor to brighten up a rice dish!

<https://pinchofyum.com/best-10-minute-veggie-fried-rice/print/40309>



##### Canned.

Serve up some spicy, satisfying chili (packed with beans and veggies!)

<https://www.allrecipes.com/recipe/254689/three-bean-vegetarian-chili/>



**Incorporate all three!** Add fresh mushrooms, frozen spinach, and canned white beans to your favorite pasta dish for more flavor.

## NUTRITION TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME, CONT'D.

### 3 Keiki in the kitchen.

Turn your keiki into sous-chefs. Have them help wash produce, chop vegetables or mix ingredients. Make recipes your own by adding their favorite vegetable or fresh herbs for more flavor. Use what you have in the pantry and don't forget to have fun!

- Try a "Breakfast for Dinner" night. Chop up some leafy greens, peppers, broccoli, and tomatoes and let everyone create their own omelet.
- Craving Auntie's special recipe? Jump on a video call and cook it together!
- For more recipes download [\*\*Keiki Can Cook!\*\*](#)



### 4 Save time with batch cooking.



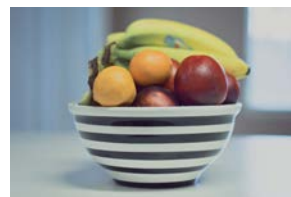
Want to spend less time in the kitchen? Try doubling your favorite recipes and freezing half for later. This works great for chili, sauces, and soups. Roast a sheet pan of vegetables and toss on salads or brown rice throughout the week for a quick meal. Turn up the tunes while you cook and enjoy!

### 5 Make healthy choices, easier.

With everyone at home, you may find yourself working a lot closer to the kitchen than usual. Make sure your environment is supporting healthy choices by moving junk food out of sight.

Instead, have fresh fruit on the counter and put produce at eye-level in the refrigerator.

Also, keep a glass of water near you and refill it throughout the day.



## NUTRITION TIPS & RESOURCES – STAY HEALTHY, STAY AT HOME, CONT'D.

6

### Resources:

- Download **[Keiki Can Cook!](#)**
- Download **[Choose Healthy Now @ Home](#)**
- American Heart Association's:
  - **[Cooking Skills](#)**
  - **[Recipes](#)**
- **[CDC's Food safety and COVID-19 guidelines](#)**
- **[World Health Organization - Food & Nutrition Tips](#)**
- **[Hawaii Food Bank](#)**



Help Hawaii Foodbank Prepare for Increased Need



## HAWAI'I FOOD RESOURCES DURING THE COVID-19 PANDEMIC



Explore this interactive map, which shows the locations of Farms, CSAs (Community Supported Agriculture), Food Hubs, and delivery services that provide locally grown food to the public with special information concerning operations during the COVID-19 pandemic.

**Hawai'i Food Resources During the COVID-19 Pandemic**

All Food Resources | County of Hawaii | County of Honolulu | County of Kauai | County of Maui | Keiki & Student Resources | Niipone Resources

Aloha kiko'u ma Hawai'i!

This interactive map shows the locations of Farms, CSAs (Community Supported Agriculture), Food Hubs, and delivery services that provide locally grown food to the public with special information concerning operations during the COVID-19 pandemic. Please zoom in and click on the resource for more information.

This data was last updated on April 16th, 2020 and may or may not be accurate. Please contact the specific organization for up-to-date information and times of availability.

Some locations do not have an address or the location in this map is not the pick-up spot. These locations may represent the service area and not the actual location. Please contact the vendor before leaving your home.

Data sources: City & County of Honolulu Elderly Affairs Division, Go Farm Hawaii, Hawaii County Economic Opportunity Council, Hawaii Farm Bureau, Hawaii Food Bank, Hawaii Food Banklet, Hawaii State Department of Education, Kapioalani Community College – Culinary Arts Department, Kauai Independent Food Bank, Kupa Hawaii, Lanakila Pacific, Local 'aia, Malama Kauai, Malama Meals, Department of Labor and Industrial Relations – Office of Community Services, Maui Food Bank, Oahu Fresh, YMCA

Created by the Hawaii Geographic Information Coordinating Council (HIGICC)  
Download: [Feature service links](#)

<https://higicc.maps.arcgis.com/apps/MapSeries/index.html?appid=d2db01bc7d394f059b0481a1c13b8d1b>

Esri, USGS | Esri, HERE, Garmin, SafeGraph, FAO, METI/NASA, USGS, EPA | esri | OVERVIEW MAP



## KAUA'I LOCAL FOOD CONNECTOR CONNECTS COMMUNITY



What started as a small list of Kaua'i farmers markets and CSA options following the closing of half of Kaua'i island's farmers markets, has now turned into the go-to islandwide informational hub for food-related resources of all types on Malama Kaua'i's webpage -

[www.malamakauai.org/mk/kauai-food-systems-resources](http://www.malamakauai.org/mk/kauai-food-systems-resources)

The informational directory currently contains:

- **Buy Local Food Directory** - a regularly updated list of open farmers markets, CSAs and deliveries, retail outlets, and roadside farm stands offering local food.
- **Kaua'i Farmer Connection** - listing of opportunities for farmers, including grants, retail and cold storage spaces available, and other resources.
- **Kupuna CSA Box Programs** - information on various projects to provide local farm CSA boxes to kupuna in need, as well as information on the Senior Farmers Market Nutrition Program vouchers available to low-income seniors.
- **Keiki Food Access** - DOE keiki feeding sites, keiki food pickups/drive-thrus, and keiki CSA box information.
- **Emergency Food Resources** - a list of food pantries and feeding programs available to those in need.
- **Gardening Resources** - links and sources for seeds, soil testing, local gardening consultants, and much more.
- **Food Safety** - tips for keeping food safe on the farm and in the home.

The Local Food Connector is supported in part by a Hawaii People's Fund Urgent Action Grant and a committed team of volunteers and staff.

## MAUI FOOD BANK'S VIRTUAL FOOD DRIVE & FOOD DISTRIBUTION SITES



The **Maui Food Bank** is actively working with a network of more than 175 partner agencies to ensure that Maui's kupuna, keiki, low-income families and the homeless have access to food, especially during the COVID-19 pandemic. Consider donating to the Maui Food Bank by dropping off food donations, making monetary donations, and/or participating in their virtual food drive.



<https://mauifoodbank.org/food-distribution-sites/>

### Virtual Food Drive



Welcome to our Virtual Food Drive. The value of the product is based upon the actual price of the product. The products in the Virtual Food Drive are representative of the types of product that will be purchased. Simply scroll down to make your selections. Click "Add to Cart" for each item you would like to purchase (you'll see a spinning wheel over the button, and then a link to "View cart," which means you've successfully added the items to your cart). Once you are done shopping for your donations, scroll down to the bottom of the page and click on the "Checkout Now" button to review your cart and checkout.



<https://mauifoodbank.org/virtual-food-drive/>



## FOOD ACCESS RESOURCES FOR MAUI COUNTY



# KEIKI & KUPUNA

## FOOD ACCESS RESOURCES - MAUI COUNTY

### DOE "GRAB N GO" MEALS FOR KEIKI

- Hana High & Elementary
- Iao Intermediate - opens 4/8
- Kahului Elementary
- Kalama Intermediate
- Kilohana Elementary - opens 4/6
- Lahaina Intermediate
- Lana'i Intermediate
- Molokai High School
- Lokelani Intermediate

**Breakfast: 7:30am to 8:00am**

**Lunch: 11:30am to 12:00pm**

Children must be present to receive meals. If you are driving stay in your car.

Residents can text "FOOD" to 877-877 to find the nearest site.

### SPECIAL KUPUNA SHOPPING HOURS

**Foodland:**

60 years and above  
Tues/Thur/Sat - 6am to 7am  
Store Hours: 6am to 9pm

**Target:**

Seniors & At-Risk Individuals  
Mon/Wed - 7am to 8am  
Store Hours: 7am to 9pm

**Tamuras:**

Mon/Wed/Fri - 7am to 8am  
Store Hours: 9:30am to 8pm

**Costco:**

Tues/Thur - 8am to 9am  
Including Pharmacy

**Walmart:**

60 years and above  
Tues - 6am to 7am  
Store Hours: 7am to 8:30pm

**Whole Foods:**

60 years and above  
Daily - 1 hour before store opens  
Store Hours: 8am to 9pm

**Island Grocery Depot:**

60 years and above  
Mon/Wed - 6:30am to 7:30am  
Kahului Store Hours: 6:30am to 6pm weekdays, 5pm weekends  
Lahaina Store Hours: 6:30am to 6pm

**Mana Foods:**

Mon/Wed/Fri - 8am to 9am

**Down to Earth:**

Daily - 7am to 8am

**Safeway:**

Seniors & At-Risk Individuals  
Tues/Thur - 7am to 9am  
Store Hours: 6am to 10pm

**Pukalani Superette:**

Wed - 7am to 8am  
Sun - 7am to 9am  
Store Hours: 5:30am to 7pm

**Times:**

Daily - 5am to 6am  
Store Hours: 5am to 1am



Donate to the  
**Maui Foodbank**  
[mauifoodbank.org/donate/](http://mauifoodbank.org/donate/)

## CDC RESOURCES ON COVID-19 UPDATED TO PROTECT BREASTFEEDING



The CDC guidelines titled "**Interim Considerations for Infection Prevention and Control of Coronavirus Disease 2019 (COVID-19) in Inpatient Obstetric Healthcare Settings**" have been updated to clarify:

- Considerations related to visitors and essential support persons to pregnant women who have known or suspected COVID-19 infection
- Testing of infants with suspected COVID-19 and isolation from other healthy infants
- Prioritized testing of pregnant women with suspected COVID-19 at admission or who develop symptoms of COVID-19 during admission
- Determination of whether to keep a mother with known or suspected COVID-19 and her infant together or separated after birth on a case-by-case basis, using shared decision-making between the mother and the clinical team



The CDC webpage titled "**Pregnancy and Breastfeeding**" has been updated and adapted to reflect new information in an easier to understand format, including an affirmative statement on breastfeeding and COVID-19.

## NATIONAL COVID-19 RELATED BREASTFEEDING RESOURCES

### ***The American Academy of Pediatrics***

- Report titled "**Initial Guidance: Management of Infants Born to Mothers with COVID-19.**" The guidance addresses the care of infants whose mothers have confirmed or suspected COVID-19.
- Webpage titled "**FAQs: Management of Infants Born to Mothers with Suspected or Confirmed COVID-19.**" The FAQs provide initial guidance for the management of infants born to mothers with confirmed or suspected COVID-19.

### ***The International Board of Lactation Consultant Examiners (IBCLE)***

- Document titled "**IBLCE Advisory Opinion on Telehealth.**" The advisory addresses the provision of lactation consulting services via telehealth, particularly in light of COVID-19, and whether such services can be offered in accordance with IBCLC practice.



### ***California Breastfeeding Coalition***

- Recording and slides from a webinar titled "**COVID-19: Infant Feeding During the Postpartum Period.**" The presentation discusses World Health Organization and Centers for Disease Control and Prevention guidelines and recommendations for infant feeding and COVID-19.

### ***The Kaiser Family Foundation***

- Report titled "**Novel Coronavirus 'COVID-19': Special Considerations for Pregnant Women.**" The report outlines considerations for how the pandemic may specifically impact pregnant women and summarizes what is known about pregnancy and COVID-19, including information on breastfeeding.

### ***La Leche League International***

- Report titled "**Continuing to Nurse Your Baby Through Coronavirus (2019-nCoV; COVID-19) and Other Respiratory Infections**"

# COVID-19 PAN RESOURCES

## ➤ Keiki & 'Ohana

### HAWAI'I STATE DEPARTMENT OF EDUCATION (HIDOE) RESOURCES



#### ***HIDOE COVID-19 Information and Updates***

- <http://www.hawaiipublicschools.org/ConnectWithUs/MediaRoom/PressReleases/Pages/COVID-19-Information-Updates.aspx>

#### ***HIDOE Continuity of Education website for Students/Parents/Caregivers***

- <https://sites.google.com/k12.hi.us/resources-student-parent/home>

## EARLY CHILDHOOD CARE AND EDUCATION (ECE) RESOURCES

### **ADVOCACY RESOURCES**

#### ***Ensuring Young Children Have Healthy Meals During the Coronavirus Pandemic***

- The Center for Law and Social Policy's (CLASP) fact sheet highlights important nutrition provisions for families with young children in the Families First Coronavirus Response Act.

#### ***COVID-19 State Actions - Alliance for Early Success***

- This summary is an Alliance for Early Success compilation of various state policy changes made related to child care subsidy and payments in response to COVID-19.

#### ***2020 CARES Act CCDBG Supplemental Funding Allocations For States and Territories***

- A list of funding allocations for states by the Office of Child Care.

#### ***Webinar: COVID-19 Resources for Child Care Providers and CCR&Rs***

- Hear from Child Care Aware the latest coronavirus and emergency preparedness resources from CCAoA, along with a discussion of what's being done around the country at child care agencies during this crisis.

#### ***A State-by-State Look at Child Care in Crisis***

- The National Association for the Education of Young Children (NAEYC) developed a brief survey asking child care programs to share the challenges they were expecting to face and to comment on what they needed to protect children, families, and our nation's supply of child care programs.



## EARLY CHILDHOOD CARE AND EDUCATION (ECE) RESOURCES, CONT'D.

### LOCAL RESOURCES

#### Hawai'i Children's Action Network's (HCAN) Hawai'i COVID-19 Resource Map

- View HCAN's interactive map for available child care sites, feeding sites, shelter, and more across the state of Hawai'i.

#### Interim Guidance for Childcare Facilities to Prevent the Spread of COVID-19

- The Hawai'i Department of Health has issued the following recommendations to prevent the spread of COVID-19 in childcare facilities. The situation in Hawai'i is rapidly evolving and these guidelines will be updated as new information becomes available.

#### People Attentive to Children (PATCH) COVID-19 Resources for ECE Providers

- Hawai'i's child care resource and referral agency, PATCH, has compiled resources to support providers in continuing to operate their businesses, secure loans, and provide guidance on operating safely.

#### Executive Office on Early Learning COVID-19 Resources

- The Executive Office on Early Learning is the state agency charged with coordinating the early childhood system. View their website for up to date resources for ECE providers and families.

## FARM TO SCHOOL EVENTS & RESOURCES



Visit and share the new "[Farm to School Events and Resources](#)" webpage, hosted by the [Hawai'i Farm to School Hui](#) (a program of [Hawai'i Public Health Institute](#)), which includes ideas and opportunities for engaging students in home-based gardening and healthy eating activities during school closures, and more! [www.hiphi.org/f2sresources](http://www.hiphi.org/f2sresources).



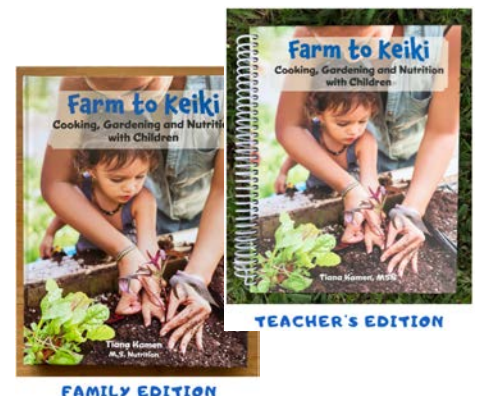
## FARM TO KEIKI RESOURCES

The Farm to Keiki book is available for free online viewing or for purchase in print! There is a Teachers' Edition and 'Ohana Edition.

Please visit [www.farmtokeiki.org](http://www.farmtokeiki.org) for more information.

Farm to Keiki will also be offering free online classes for families to do Farm to Keiki together soon! Follow Tiana Kamen on social media and join Farm to Keiki's mailing list for updates and the schedule.

FARM TO KEIKI  
Cooking, Gardening and Nutrition with Children



## GROWING PONO SCHOOLS



Visit <http://www.growingponoschools.com/curriculum-home> for a list of culture/place-based lessons and activities that address strengthening the body (kino) and mind (mana'o), and our connection to place.



SELF  
'IKE PIKO'U

(Personal Connection Pathway)



PLACE  
'IKE HONUA

(Sense of Place Pathway)



COMMUNITY  
'IKE KUANA 'IKE

(Worldview Pathway)

Find Pono Life Skills Lessons listed in three categories: Self, Place, and Community.

- A culture & place-based character education curriculum
- Designed to deepen connections to self, place, and community
- Developed especially for Hawai'i's students, grades 4-12
- Created by educators from UH Manoa's Growing Pono Schools Project, ALU LIKE, Inc., and the Hawai'i Department of Education

### JOIN THE 'OHANA PONO CHALLENGE!

In response to the COVID-19 situation, the annual statewide E Ola Pono Campaign has launched the **'Ohana Pono Challenge.**

'Ohana Pono Challenge is an opportunity for Hawai'i's families to nurture their Mind (mana'o), Body (kino) and Spirit ('uhane) during the COVID-19 Stay-At-Home mandate. ***The 'Ohana Pono Challenge encourages students and families to work together on activities or projects that promote Pono.*** To live Pono is to always strive to do what is right for others and the environment. ***Share the fun activities your family is doing during this Stay-Safe-At-Home time to be pono with one another.***

For the past 13 years, both the HIDOE and the Hawai'i Association of Independent Schools have endorsed the E Ola Pono Campaign. Here's your chance to share something positive with the world!

Welcome to the 'Ohana Pono Challenge!

In response to the Covid-19 situation, the annual statewide E Ola Pono Campaign has launched the 'Ohana Pono Challenge. 'Ohana Pono Challenge is an opportunity for Hawai'i's families to nurture their Mind (mana'o), Body (kino) and Spirit ('uhane) during the CoVID-19 Stay-at-Home mandate. For the past 13 years, the HIDOE and the Hawai'i Association of Independent Schools have both endorsed the E Ola Pono Campaign. Here's your chance to share something positive with the world!

Share the fun activities your family is doing during this Stay-Safe-At-Home time. How are you sharing aloha and being pono with one another? **Cash prizes** will be awarded to standout family projects!

Log on to [www.growingponoschools.com](http://www.growingponoschools.com) to share your 'Ohana Activities and see what other families are doing to grow in mind, body and spirit.



## WATCH HONOLULU THEATRE FOR YOUTH'S THE HI WAY



Honolulu Theatre for Youth (HTY) presents **The HI Way**— “bringing theatre to your home.” **The HI Way** will bring the magic of HTY’s educational stage performances and the resident ensemble’s creative energy into a digital format for viewing at home on any device.

The program will be broadcast on Hawaii News Now TV stations (KHNL, KGMB & K5) and will be available online at [HTYWEB.org](http://HTYWEB.org), HTY’s YouTube channel and other streaming platforms.

### The HI Way Episodes



Episode 3: Fear



Episode 2: I'm So Bored



I Can Hug You With My Heart – 心  
ではつながってる



Episode 1: Contact



Stuck Inside



Show Your Aloha



E Komo Mai Update



E Komo Mai

In the 3rd episode, the resident company bravely explored the theme of "Fear". The new normal brings with it a host of new emotions including fear, so the artists reached out to kids in Hawai'i to see how they were feeling. The episode was created, filmed, and edited by the HTY team from the safety of their homes. Episode 4, "We're All In This Together," will premiere on Tuesday, April 28th at The HI Way's new time of 5:30pm on K5. Episode 5, "New School Rules," is already in the works and will pay special tribute to our hard-working teachers and parents who are learning to be teachers.



The artistic team is enthusiastically embracing the opportunity to continue serving the community. Upcoming episodes will include "We're All in This Together," "New School Rules," and "My Birthday (And Graduation) was Canceled" inspired by the current challenges families are facing worldwide.

"HTY is very fortunate to have the steadfast support of our dedicated Board of Directors and community partners, Hawaii News Now and the Hawaii State Department of Health. We have received fantastic feedback from parents, teachers and children who are watching The HI Way and we are committed to continuing to provide this resource to our community."--Becky Dunning, Managing Director.

# COVID-19 PAN RESOURCES

## ➤ Work From Home

### TIPS FROM A HEALTH COACH



Life amidst the current COVID-19 situation has meant significant changes for most of us. While change can be good, too much change at one time can be overwhelming! Many of us are schooling our children from home while trying to work at home simultaneously. We are left with no gym, no beach, and lines to get into the grocery store only to find hardly any good choices...all of this can be frustrating, stressful, and even disheartening. While we may not have much control over what's happening in this world, sticking to the tried and true habits of eating well and getting exercise we know can help reduce stress, increase those "feel-good" hormones, and nourish our body and mind.

#### PHYSICAL ACTIVITY

When it comes to exercise, grab it when you can! If you are working at home now, use the time you would have been commuting to go for a walk, do a workout video on YouTube, or maybe even try some yoga. If you have keiki at home, become the gym teacher. Play four square, jump rope, or even try some training for the Presidential Fitness Test! The goal is to accumulate 150 minutes of physical activity a week.

So, whether it's 10 minutes at a time or you can carve out 30-45 minutes several days during the week, it all counts! Remember something is better than nothing when it comes to your health. For more information about exercise recommendations, check out:

<https://health.gov/our-work/physical-activity>.

#### NUTRITION

What we eat is just as important at this time. Try to include a variety of fruits and vegetables on half of your plate to get the vitamins your body needs. If you can't find fresh produce, frozen or canned will work just as well. Remember to purchase fruit packed in its own juice or vegetables with no added salt.

Be sure to incorporate whole grain products, brown rice, and lean meats or vegetarian protein options to round out a balanced plate. [choosemyplate.gov](https://www.choosemyplate.gov) even has an app to help you build a better plate for sound nutrition. Focusing on foods that provide good nutrition help to combat the physical effect of stress and can help to strengthen our immune system. [Here](#) are some great tips to keep your immune system strong!



## KAISER PERMANENTE'S WORK FROM HOME TIPS



# Work (FROM HOME) Wellness



### 10 tips to enhance your well-being while working remotely



#### Get dressed

As enticing as it is to work in your pajamas, it is not a recommended practice. Getting dressed, brushing your teeth and fixing your hair can help you transition into your workday and make you feel more confident (as well as help you avoid that terrifying moment when your video conferencing camera switches on).



#### Set aside a designated work area

Create and keep a dedicated workspace. Whether it's a home office, a desk in the corner of your living room or even the kitchen table, make sure it works for you. Pay attention to your body position and eye strain, making adjustments as needed. Try to make your workspace a place you enjoy going to each day by surrounding yourself with things that inspire you. This can help you focus and do your best work.



#### Schedule walking meetings

Walking meetings can be done virtually. This works especially well if both participants are working remotely and commit to the walk. Snap a picture of where you are walking and share it with your walking buddy!



#### Take a virtual coffee break

Much of workplace camaraderie develops in the break room and around the water cooler. In the natural flow of the workday in an office, we can check in with our teammates. While that element is missing in a virtual setting, it can be replicated in cyberspace. Encourage your team to hop on a virtual meeting at a specified time, sit down with their beverage of choice, and chat for 15 minutes.



## KAISER PERMANENTE'S WORK FROM HOME TIPS, CONT'D.



### Open virtual meetings with a Community Builder

Community Builders are icebreaker questions that, well, build community! Anything from "What was your favorite Halloween costume?" to "What was the last book you read?" can help us find commonality with co-workers we didn't know we had.



### Take regular breaks

It may feel like you can get more done working from home with fewer distractions, but this can often lead to overworking, which not only kills productivity, but can bring about injury. Taking short five-minute active breaks at the top of each hour can actually increase productivity and creativity levels.



### Stay connected within your team

When working remotely, it can be easy to get heads down in your work. One key strategy to help you stay connected with your team is through active participation in team meetings. Speak up and share your thoughts during discussions to stay engaged. Avoid multi-tasking during virtual meetings. Another way to connect is to join in group discussions over team chats. Post family pictures, selfies, interesting articles. Even if we can't be physically visible in the office, we can stay visible to each other.



### Set and keep regular office hours

For many, working from home means flexibility in setting your own working hours. For example, if you are most productive in the morning, you can get a jumpstart on your workday. Or if you are juggling childcare, you can establish concentrated work hours accordingly. Regardless of your schedule, establish set work hours to follow each day. Be sure to communicate your work schedule to your manager, colleagues, and staff.



### Eat a healthy lunch or snack

Another work from home reality is full access to the kitchen, which can mean free reign on chips, cookies, or leftover pizza. However, research has shown that healthy eating has a direct link on overall productivity levels. If you are an avid snacker, reach for carrot sticks, apple slices, or a handful of nuts instead. Make it a point to make yourself a healthy lunch, just as you would if you had to go into the office.



### Pick a definitive finishing time each day

You might be under the impression that working from home establishes more work-life balance. But working from home can also bleed into your personal time. In lieu of coworkers, whose packing up and leaving the office reminds you to do the same, set an alarm at the end of the day to indicate your normal workday is coming to an end. You don't have to stop at exactly that time, but knowing the workday is technically over can help you start the process of saving your work and calling it quits for the evening.



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 2020WF0343 3/27/20-12/31/20



## HMAA'S WORK FROM HOME TIPS



### Make Whole Body Wellness a Priority While Working from Home



As many of us adjust to the new normal of social distancing and working from home, it is important to make sure you are taking care of your health. Here are a few whole body wellness tips.

#### Manage Stress

Although some stress is good for you – it keeps you alert, motivated, and primed to respond to danger – having too much stress may sometimes lead to anxiety or depression. Using stress management techniques can help you put problems into perspective and find healthy ways to cope.

Here are some simple ways to combat stress while at home:

- Take occasional breaks from working. Meditate, rest, or take deep breaths for a few minutes – inhale for 8 seconds, hold for 4 seconds, exhale for 10 seconds, and repeat.
- Limit your time spent reading, listening to, or watching virus updates.
- Clean or tidy your workspace.
- Stay connected with friends and family by calling, virtually meeting, or sending a message to let them know you are thinking of them.
- Avoid screen time for at least one hour before bed.



#### Get Energized

Physical activity is one of the best things you can do for your health! It can reduce your risk of chronic diseases including some cancers, strengthen your bones and muscles, and prevent falls. Active people generally sleep better and live longer. Getting regular physical activity has also been linked to reduced stress levels, which is especially important during a pandemic.



Here are some easy activities to help get you energized:

- Dance to your favorite song.
- Occasionally stand or walk in place while working.
- Stretch for a few minutes.
- Walk around the room while talking on the phone.
- Go for a stroll or jog near your home.
- Spend time gardening or working outside.
- Exercise for 30 minutes using self-guided workouts, virtual fitness classes, or online tutorials.



## HMAA'S WORK FROM HOME TIPS, CONT'D.

### Enjoy Wholesome Meals

While social distancing has limited our options for eating out, it provides a unique opportunity for making changes to our eating habits. Everything you eat and drink matters, and the right mix can help you be healthier now and in the future. Good nutrition is a journey shaped by many factors including our stage of life, daily situations, preferences, access to food, culture, traditions, and personal decisions we make over time.

Here are some tips for eating healthy, wholesome meals:

- Use the extra time at home to try healthy new recipes for breakfast, lunch, or dinner.
- Aim to eat three servings of vegetables and/or fruit each day.
- Avoid extra snacking during the day by deciding what you want to eat beforehand, and limit yourself to those items.
- Drink at least eight cups of water daily.
- Make a wholesome meal plan for the week. Stock your kitchen with nutrition-packed foods, and be sure to include meals and snacks you enjoy.



### Utilize Healthcare Resources

During a pandemic, it can be challenging to access medical care, especially preventive services such as screenings and counseling. Preventive care is important for identifying diseases, health risks, and other issues at an early stage when treatment is likely to work best.



Here are some options that may apply to you:

- Take vitamins to help boost your immune system (check with your doctor first).
- Use the telemedicine services made available by your health plan or physician to seek care in non-emergent situations.
- Enroll in mail-order home delivery for your maintenance medications.
- Join a health coaching program.
- Go to the emergency room for life-threatening situations.

### Additional Information

Speak with your doctor before making significant changes to your activity level or diet. Information in this article does not replace the care or medical advice you receive from your primary care physician.

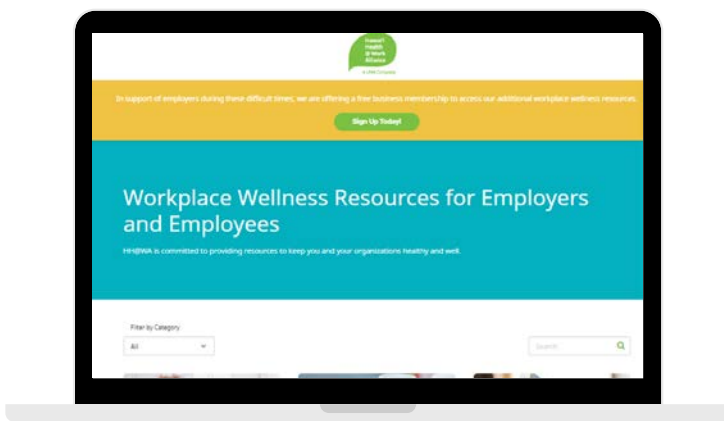
## HELPING EMPLOYERS WORK BETTER



UHA Health Insurance and its subsidiary, Hawaii Health at Work Alliance (HH@WA) are committed to:

- Helping employers work better
- Nurturing environments of care and belonging

Whether during the current state of emergency or post-COVID-19, our team is available to assist Hawaii's business community with resources to help keep your workforce happy, healthy and productive.



HH@WA's workplace wellness resources page is available at [workwell.hhawa.com/covid19](https://workwell.hhawa.com/covid19) to help local companies during this time of COVID-19. There you'll find a variety of links to articles and resources on employee wellness including mental health and work-from-home productivity, which employers might find valuable for themselves and their employees during the current COVID-19 crisis and beyond.



For even more resources, sign up for 2020 HH@WA membership which is complimentary to all Hawaii businesses for the remainder of the year.

Contact HH@WA for a complimentary wellness consultation by contacting Mike Story at 808.522.5572 or email [mstory@hhawa.com](mailto:mstory@hhawa.com).

## TIPS & RESOURCES FROM UNITEDHEALTHCARE

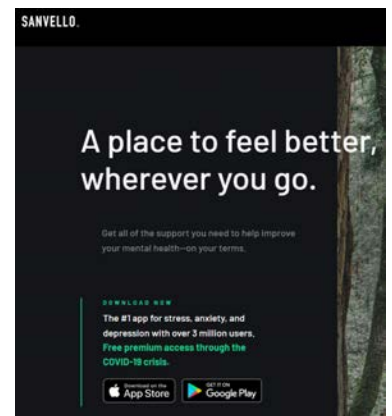


UnitedHealth Group's Sanvello Health, Inc., a leading provider of digital and tele-mental health solutions to individuals, businesses and payers, is offering free premium access to its digital care delivery platform.

This offer, available globally, makes Sanvello's clinically validated techniques, coping tools and peer support *free* to anyone impacted by COVID-19 immediately for the duration of the crisis.

See the following news release for more information:

<https://www.unitedhealthgroup.com/newsroom/2020/2020-03-20-sanvello-premium-access-covid-19.html>



## TIPS & RESOURCES FROM UNITEDHEALTHCARE, CONT'D.

### CABIN FEVER? TIPS FOR MANAGING STRESS DURING CORONAVIRUS PANDEMIC

With the recent outbreak of COVID-19 and the subsequent economic and emotional effects of social distancing, mandated and self-imposed quarantines, as well as widespread temporary business closures, it couldn't be a more important time to talk about managing your stress.

According to the Centers for Disease Control and Prevention (CDC), fear and anxiety about this disease can be overwhelming especially for those who are at higher risk for COVID-19, such as older people, individuals with chronic diseases, and health care workers and first responders who are likely to come in contact with people infected with COVID-19.



#### ***How can we best manage the amount of stress we're experiencing during this challenging time?***

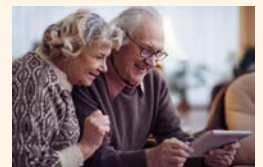
- Talk with others and make time to connect virtually. Share your worries and feelings with other people.
- Schedule time for activities you enjoy and take time to relax.
- Take breaks from listening to the news, watching TV or checking social media.
- Try stretching and other mindful activities such as meditation or deep breathing.
- Continue to stay healthy by eating balanced meals and getting plenty of good rest.
- Reach out to your healthcare provider if stress affects your daily activities for many days in a row.

#### ***What are some ways to stay connected to others during mandated or self-imposed quarantines?***

The Substance Abuse and Mental Health Services Administration (SAMHSA) says reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk "face to face" with friends and loved ones using Skype or FaceTime.
- If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.



#### ***What resources are available for if you feel anxious and want to talk to a mental health expert?***

Optum has an emotional support helpline that provides free access to trained mental health specialists.

*Anyone in need of emotional support is welcome to call: 866-342-6892*







## Contact us!

- Visit [www.healthyhawaii.com](http://www.healthyhawaii.com)
- If you'd like your name removed from our mailing list, and to share other comments, please email Jessica at [Jessica.Lee@doh.hawaii.gov](mailto:Jessica.Lee@doh.hawaii.gov)

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