



PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN QUARTERLY NEWSLETTER

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HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Physical Activity

WELCOMING O'AHU'S NEWEST PROTECTED BIKE LANE



In September of 2020, the City and County of Honolulu completed construction of its newest two-way protected bikeway along the Diamond Head side of Pensacola Street from Wilder Street to Kapi'olani Boulevard. Paint, flexible posts, and bicycle signals were used to separate bicycle and motor vehicle travel, and green paint was applied to mark bicycle priority areas and conflict zones.



The bike facility provides a high-quality mauka-makai bicycle route connecting the dense Makiki and Ala Moana neighborhoods, which have higher rates of bicycling and lower rates of car ownership than the island average. The City saw an exciting opportunity to improve access and mobility for its residents and support bicycling as an attractive, convenient way to get to work, school, and recreational activities.



While the protected bike lane provides many safety benefits to bicyclists, it is also expected to improve pedestrian safety by reducing the number of vehicular lanes required to cross the street at intersections, moving bicycles off narrow sidewalks, increasing the separation and visibility between the sidewalk and roadway, and enhancing the attentiveness of drivers turning their vehicles. These benefits are particularly important for our most vulnerable roadway users, including seniors and keiki attending nearby schools.



As part of its commitment to Complete Streets, the City has been making steady efforts to redesign our roads to better accommodate all road users, including pedestrians, bicyclists, transit riders, and motorists. The Pensacola protected bikeway project is just one part of a larger initiative by the City to construct a network of safe, low-stress bikeways, and to create healthy, active, and livable communities across the island.



VISION ZERO MAUI



Maui Metropolitan
Planning Organization



Led by Maui's Healthy Eating Active Living Coalition (HEAL) and Maui Metropolitan Planning Organization (MPO), the Vision Zero Maui program is part of a nationwide movement that calls for safer streets for communities. The goal is to have zero traffic-related fatalities and serious injuries by 2040 while promoting safe, healthy mobility for everyone — and this can only be accomplished with commitment and collaboration of all levels of government and the community.



Maui MPO is in the early phase of community outreach for the Vision Zero Maui Action Plan, and some landmark successes have already been seen. Mayor Michael Victorino's October proclamation directed the formation of a Vision Zero Advisory Group to guide the plan. The group includes representatives from the mayor's and prosecutor's office; public works, planning, police and fire departments; and from the state transportation and health departments. Mothers Against Drunk Driving, Maui Bicycling League and the American Association of Retired Persons are also represented.

Policy plays a major role in Vision Zero. Last year, thanks to Council Member Yuki Lei Sugimura's driving under the influence (DUI) tow bill, the Maui Police Department began to tow vehicles of drivers arrested for DUI. The initiative, meant to keep DUI offenders off our streets, has already prevented further collisions, thereby saving lives.



Michael Hintze, AICP
Vision Zero Maui Project
Manager, Toole Design



Lauren Armstrong
Maui MPO Executive
Director



INDIVIDUALS WHO INTEND TO
ATTEND THE VIRTUAL TOWN HALL
AND WHO HAVE DISABILITIES
REQUIRING SPECIAL ASSISTANCE
should call Maui MPO at
(808) 270-8216
by Tuesday, July 21 to
make arrangements.



Rowena
Dagdag-Andaya
Director, Maui County
Department of Public
Works



Ed Sniffen
Deputy Director, State
Dept. of Transportation



Michael Werner
Assistant Chief,
Maui Fire Department



Nick Krau
Sergeant, DUI Task Force
Maui Police Department



Brandon Segal
Head of Vehicular
Homicide and Road
Safety Unit, County
Prosecutor's office

Virtual Town Hall Panelists

Thursday, July 23, 2020 at 4 p.m.

The important concept of safe street design came up during a Vision Zero Maui virtual town hall last month. State Department of Transportation Deputy Director Ed Sniffen explained how street design is changing to prioritize livability in neighborhoods. Good design can get drivers to slow down, especially in residential areas, by narrowing vehicle travel lanes and installing more visible crosswalks. With this new approach, safety is prioritized over motor vehicle speed and capacity. >>

VISION ZERO MAUI, CONT'D.

>> With funding support from the State Department of Health, Maui MPO has partnered with the county and HEAL on an upcoming Complete Streets Quick Build project to paint decorative curb extensions at an intersection in Kahului. This effort will build on last year's successful project at the intersection of Onehe'e and Uhu Streets where volunteers painted curb extensions that reduce crossing distance for pedestrians and slow motor vehicles. Scheduled for implementation in March 2021, the Papa Avenue Quick Build project will bring together a local artist, community members, planners, engineers and public health professionals to beautify an intersection and make it safer for kids to walk to school.



Mayor Victorino and HEAL coordinator Lauren Loo tour the Onehe'e Avenue Quick Build project.

Vision Zero, Quick Build and all Maui MPO programs depend on community participation. Getting involved can be convenient and comes in many forms. Take the web map survey on the Vision Zero Maui webpage, where you can drop pins on problematic locations on the island's roadways. Reach out on social media @mauimpo and sign up for our newsletter at www.mauimpo.org to receive important updates.

*Lauren Armstrong, Executive Director of Maui MPO &
HEAL Coalition Maui County Built Environment Chair*

NATIONAL YOUTH SPORTS STRATEGY



Recently, the President's Council on Sports, Fitness, & Nutrition (PCSFN), in collaboration with the PCSFN science board and the US Office of Disease Prevention and Health Promotion, released two new documents to support the National Youth Sports Strategy (NYSS). The **Report on Youth Sports** and the **Benefits of Youth Sports** document support the NYSS and provide a deeper scientific understanding of why youth sports matter and how to promote key features of the NYSS.



The Report on Youth Sports uses a heavy scientific basis to inform and improve public policy and make actionable recommendations for individuals, organizations, and communities to engage youth in sports. The report emphasizes the importance of ensuring inclusive access to sports, providing positive sports experiences, providing education for coaches and adults, and creating programs that instill the skills to enable youth to enjoy the benefits of sports throughout their lifespan. [Check out the full report to learn more.](#) >>



NATIONAL YOUTH SPORTS STRATEGY, CONT'D.

>> In addition to the Report on Youth Sports, the Science Board created a Benefits of Youth Sports [one-page document](#). The document lays out five critical categories of benefits for sports participation. The benefits include: 1) mental, emotional, and social health, 2) physical health, 3) educational and career success, 4) lifelong participation, and 5) economic and community impact. Using this document as a guide, understanding these benefits and fostering youth sports engagement in your community has never been easier.



Dr. Erin E. Centeio, an Associate Professor in Kinesiology and Rehabilitation Science at the University of Hawai'i at Mānoa, is a member of the [Science Board for the President's Council on Sports, Fitness, & Nutrition \(PCSFN\)](#).

KŌKUA KALIHI VALLEY'S "IT'S OUR TURN" COVID-19 PSA

Kōkua Kalihi Valley is proud to share a short film they have created entitled, "[It's Our Turn](#)." The film includes themes of resilience, adapting cultural practices, healthy, local food, and active living in the time of COVID-19:

"In Hawai'i and the United States, Pacific Islanders carry a large burden of illness and death due to COVID-19 despite making up only a small fraction of the total population. In this PSA, Kōkua Kalihi Valley encourages all island communities to continue to be watchful and adapt creatively to the challenges presented by the ongoing coronavirus pandemic. Our families, cultures, and futures remain at stake. Hawai'i will emerge whole and stronger by working to support everyone in these islands, especially those most vulnerable."



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Nutrition

HONOLULU'S FIRST FOOD SECURITY AND SUSTAINABILITY PROGRAM MANAGER



The City and County of Honolulu (City) Office of Climate Change, Sustainability and Resiliency (Resilience Office) has hired Dexter Kishida to be the City's first Food Security and Sustainability Program Manager. In this position, Kishida will immediately lead food security efforts in the City's COVID-19 response, and will also help increase access to locally-produced foods, address food affordability, and build resiliency over the long term for O'ahu's food systems.

Previously, as the Farm to School Coordinator for the Hawai'i Department of Education, School Food Services Branch, Kishida worked on various projects that increased local foods in student meals by connecting keiki with the 'āina and focusing on including products from the local agricultural community into their meals.



Dexter Kishida, City and County of Honolulu Office of Climate Change, Sustainability and Resiliency Food Security and Sustainability Program Manager

"I'm really excited to focus on food security issues on O'ahu," said Kishida. "My role will be to dig deep into systemic food issues and work with the community to develop local policies and programs that ensure food equity and sustainability on O'ahu."



From left to right, Daniela Kittinger of Hawai'i Appleseed, Central Middle's principal Anne-Marie Murphy with First Lady Dawn Amano Ige, and Dexter Kishida Department of Education program specialist, celebrate the school's 23 percent increase in breakfast participation.

"We're lucky to have Dexter join our team," said Josh Stanbro, the City's Chief Resilience Officer. "The COVID-19 response has provided the City an opportunity to work with the Food Bank and others to support local farmers and provide healthy food in this emergency--and there is literally no better time than now to start building a strong and equitable food system for O'ahu."

The COVID-19 pandemic has highlighted the fragility of O'ahu's food system, but also offered promise. Local farmers and ranchers have been tapped to provide food to residents in need, even as traditional demand from restaurants and hotels for local food supply has plummeted. In alignment with Action 10: Promote New Agricultural Models for Economic and Food Security from the [Ola O'ahu Resilience Strategy](#), Kishida's work in the Resilience Office will strengthen O'ahu's food system by working to decrease O'ahu's food reliance on imports and encourage more local food access to a broader section of the community. This will help prepare the island in the face of increasing natural disasters and global supply fluctuations due to climate change, create opportunities to diversify O'ahu's economy, and provide O'ahu's residents with fresher, more nutrient-rich food products.

Taylor Ursulum, Office of Climate Change, Sustainability and Resiliency

GROW SOME GOOD



Grow Some Good (GSG) is a 501(c)(3) nonprofit organization on Maui dedicated to creating hands-on, outdoor learning experiences that cultivate curiosity about natural life cycles, connect students to their food sources, and inspire better nutrition choices. GSG establishes food gardens and living science labs in local schools and provides resources and curriculum support through community partnerships in agriculture, science, food education, and nutrition.



During the COVID-19 pandemic, GSG is responding to community needs by forming partnerships with the Maui Family YMCA and the Big Brothers Big Sisters Mentor Center. These relationships have provided educational opportunities and food for hundreds of families in need in Maui's Central Valley area, free of charge.

The plant propagation program engaged GSG Staff, YMCA staff, and over 25 volunteers to grow and distribute 6,500 vegetable starts to families interested in starting their own gardens. Varieties distributed included nutrient-packed crops such as 'uala, kalo, bush beans, and favorites such as long squash, eggplant, tomato, and chard. Educational material and videos further ensured the successful planting, harvesting, and food preparation. Additionally, over 700 lbs of produce harvested from school gardens were distributed during the two month period at the Maui Family YMCA.



At the Big Brothers Big Sisters Mentor Center (BBBS), GSG renewed and improved their community garden space. Families and "Big/Little" pairs from the Hale Makana community participated in garden lessons offered in the new space. This opportunity provided a welcome respite from indoor lockdowns for the keiki.

Moving forward, GSG is shifting school programs by supporting teachers and students in their move to the distance learning model. The offering includes lessons mapped to standards, in four categories of soil, plants, Hawaiiana, and nutrition. The lessons include educational videos created in school gardens that feature garden coordinators from across Maui. Age-appropriate activities are designed to engage students away from the computer and in the outdoors. Additionally, Authentic Assessments rooted in 'Āina-based learning and the Hā Framework are integrated in lessons throughout grades K-2, 3-5, and 6-8.

Supporting funding came from Maui United Way, the County of Maui, private donors, and community foundations as well as our partners YMCA and BBBS.

Scott Lacasse, Grow Some Good

THE MAUI NUI FOOD ALLIANCE



Access to healthy food is one of three key initiatives of the Healthy Eating + Active Living (HEAL) Coalition for Maui, Molokai and Lānaʻi. With the COVID-19 pandemic, food insecurity has become a greater focus for the work of HEAL and the newly formed Maui Nui Food Alliance (MNFA).



In May 2019, HEAL partnered with Blue Zones Project Central Maui team to host the Inaugural Action Planning meetings for the MNFA. This strategic planning session convened more than 90 stakeholders from different sectors of the food system to come together to express their concerns and explore solutions to challenges Hawaii residents face with our current food system. The participants included farmers, ranchers, educators, healthcare workers, policy makers, and public health professionals from Maui, Molokai and Lānaʻi. This gathering laid the foundation for the development of a draft strategic plan and a commitment to the work of the MNFA.



As a true community coalition, the MNFA brings together diverse voices to plan for, and contribute to, a more sustainable food system. In late 2019 and early 2020, a steering committee was formed to further develop a common vision for the future food system for Maui Nui – one that is sustainable, regenerative, and economically sound. The steering committee is working to refine the draft strategic plan and clarify the mission and vision of the MNFA. The steering group includes leaders from the following organizations:

- The Maui Food Bank
- Hawaii Center for Food Safety
- Bayer
- Grow Some Good
- Lanaʻi Community Health Center
- Mahi Pono
- Blue Zones Project
- Sustʻāinable Molokai

The current hardships related to the COVID-19 pandemic have created challenges and opportunities within our food system; some known and others unforeseen at the beginning of 2020. While work continues (remotely) to refine the strategic plan and the coalition's mission and vision, food access and expanding food insecurity became, and continues to be, a driving focus for the MNFA steering committee.



Maui Nui Food Alliance Steering Committee

Whether it is working to inventory and survey farmers markets, promote access to SNAP/EBT, and support the Maui Food Bank in their ever-growing demands from the food-insecure community, the MNFA continues to work towards a more sustainable food system focused on three strategic priorities:

- Promote a culture of health
- Plan for our food future
- Advocate for impact

>>

THE MAUI NUI FOOD ALLIANCE, CONT'D.



>> Future plans for the MNFA include reconvening the larger stakeholder group on an annual basis (when it is safe to do so) to ensure that the strategic initiatives are aligned with community goals for a more sustainable food system. Other initiatives include building a database that supports food system-related policy making, economic support for agriculture, and moving proactively towards a local food system where the percentage of imported food is reduced and local farmers, ranchers, and fishermen contribute to local food production and consumption by residents.

For more information about the Healthy Eating + Active Living Coalition for Maui, Molokai and Lānaʻi and the Maui Nui Food Alliance please contact HEAL Coordinator Lauren Loor at lauren@hiphi.org.

Suzanne Fields, HEAL Coalition Maui County 'Ai Pono Chair

SAFE AND STABLE KAUA'I FARMS INITIATIVE CREATING NEW OPPORTUNITIES FOR FARMERS



Forty Kauaʻi farms attended a 3-day Produce Safety Alliance (PSA) Grower Training, receiving their certificate of completion for the Food Safety Modernization Act (FSMA) required training in the past month, thanks to the new Safe and Stable Kauaʻi Farms Initiative supported by County of Kauai CARES Act funding.

"It is super exciting and truly remarkable that we were able to train 40 farms so quickly through this program," says Emilie Kirk, College of Tropical Agriculture and Human Resources (CTAHR) Assistant Extension Agent in Sustainable and Organic Agriculture, who coordinated the PSA training. "This more than doubled the number of farms who have completed the training to-date on Kauaʻi. PSA training is the most important first step in improving food safety knowledge and achieving compliance with the Federal regulations."

After the on-site farm assessments is a grant program, which is providing each farm \$5,250 to spend on those needed upgrades for food safety, technology, and business needs. The funds are intended to help their farms become safer and open up new business opportunities.



Zoli Wall of Ka 'Ohi Nani Gardens receives her on-site food safety assessment while planning how she will budget her farm grant

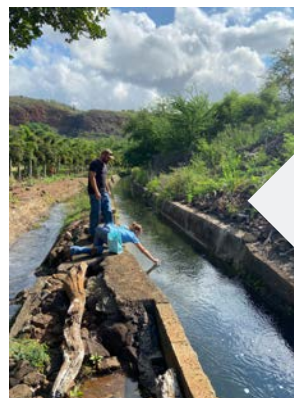
"Now we are in a bad situation because of COVID-19. It is very difficult for us," said Nophadon Seechachet, a Thai farmer who runs O.K King Farm. "We are a minority group here, yet [they] also saw us. We are very happy and grateful. It might be something small for someone else, but for us it is something very big." >>



SAFE AND STABLE KAUA'I FARMS INITIATIVE CREATING NEW OPPORTUNITIES FOR FARMERS, CONT'D.

>> The final stage of the project is advanced workshops from North Shore Economic Vitality Partnership (EVP) this fall on topics such as infrastructure, recordkeeping, employee training, and a Worker Protections Standard (WPS) certification. Many of the workshops provide supplies for farms to implement what they learn immediately, such as mobile hand washing stations, record keeping templates, first aid kits, measuring equipment, and PPE. If the optional workshops are not filled by the current cohort, the sessions will be open to other farmers who would like to participate.

"This is a great example of a public-private partnership and social investment that really benefits many farms directly," says Megan Fox of Mālama Kaua'i. "Food safety certifications are becoming a more common demand from wholesale and institutional buyers, and the grant program is something farmers have been asking for for years. These farms are really getting a leg up in their operations and in the market, which is truly needed right now."



Lisa Rhoden with North Shore EVP does a water sample collection with Adam Killermen at his Hanapepe farm

Lisa Rhoden, North Shore EVP

KIDNEY HEALTH AND DISEASE PREVENTION WITH THE NATIONAL KIDNEY FOUNDATION OF HAWAII HEALTH CLINIC



For 30+ years, the National Kidney Foundation (NKF) of Hawaii has led efforts to eradicate kidney disease in Hawaii. The NKF recognizes that physical activity and nutrition are essential elements in the prevention and management of kidney disease. Through numerous programs that focus on prevention and awareness of chronic diseases that result in kidney failure, the NKF of Hawaii is happy to announce that we have opened the NKF of Hawaii Health Clinic.

The NKF of Hawaii now offers a full spectrum of services that is geared towards prevention, awareness through its programs, and now treatment and management from its Health Clinic to stop the progression of chronic kidney disease (CKD).

The mission of the NKF of Hawaii Health Clinic is to offer a holistic, participant-driven approach to kidney health and disease prevention through Chronic Illness Medical Management Services and Nutritional Counseling. Due to the COVID-19 pandemic, virtual programs including telehealth individual consultations for nutritional and medical management clinical services are being offered for the safety of the participants, patients, and staff. >>



KIDNEY HEALTH AND DISEASE PREVENTION WITH THE NATIONAL KIDNEY FOUNDATION OF HAWAII HEALTH CLINIC, CONT'D.

INFORMATION ON THE NKF HAWAII HEALTH CLINIC

- The NKF Health Clinic is about helping patients achieve their health goals through compassion, empowerment, inspiration, perseverance, and willingness to share the Spirit of Aloha. The goal at the Clinic is to give patients the tools and the support they need to help them on their health journey.
- Each patient will have an individualized care and nutrition plans, sustainable medication management, support and coaching to live a healthy lifestyle.
- The Clinic collaborates and partners with the patients' referring providers to get them the best care possible.
- Mostly all insurances are accepted.
- Please contact 808-589-5900 or email NKFHHealthClinic@kidneyhi.org for more information.



VIRTUAL ZOOM PROGRAMS

- **Kidney 101** – Learn the basics of kidney disease, risk factors, diagnosis, tests, & management. Click [HERE](#) for the October registration link.
- **Knock Out Gout** – Learn about the processes of gout, triggers, risk factors, diet, medications, management & developing an action plan. Click [HERE](#) for the October registration link.
- **Diabetes Self-Management Program** – Tailored for patients with Type 1 or Type 2 diabetes. Learn self-management tools to improve glucose numbers through diet, exercise, monitoring, problem-solving, & communication with your health care team. For zoom this class has 6 sessions, once a week for 2½ hr. For teleconference, this class has 6 sessions, once a week for 1 hr. Email programs@kidneyhi.org to register for the October teleconference class.
- **Eating Smart for your Kidneys** – Coming soon in November 2020! This 4 part series is hosted by a Registered Dietitian who will help participants increase their knowledge about chronic kidney disease, diet, and management of early stages of CKD. Email programs@kidneyhi.org for registration information.
- **Diabetes Prevention Program** – A year-long CDC recognized program specific to pre-diabetes. Participants must have an A1c of 5.3%-6.3% to qualify within the last year. Lifestyle coaches will introduce modifications in physical activity to lower body weight. Studies have shown that an increase in exercise will decrease the risk of diabetes. Email programs@kidneyhi.org for registration information.

KIDNEY HEALTH AND DISEASE PREVENTION WITH THE NATIONAL KIDNEY FOUNDATION OF HAWAII HEALTH CLINIC, CONT'D.

INFORMATION ON EDUCATION PROGRAMS

- The NKF of Hawaii's mission is to promote awareness, prevention, & maintenance of chronic kidney disease (CKD) and risk factors associated with CKD through healthy lifestyle changes and self-management.
- Classes are group support by others who share similar circumstances and who want to improve & maintain their condition(s) to slow the progression of chronic diseases.
- Classes are free, no insurance is required.
- Please contact 589-5905 or programs@kidneyhi.org

Dawn Pasikala, National Kidney Foundation

THE KŪPUNA FOOD SECURITY COALITION



The COVID-19 pandemic is a health and human crisis worldwide and has had detrimental impacts locally in Hawai'i causing thousands of residents to become food insecure. Many residents of Hawai'i were already suffering from hunger and malnutrition prior to the pandemic, especially among our most vulnerable populations. For our seniors, or kūpuna, their food insecurity was further heightened as many congregate meal sites ceased operations, family support was impacted by job losses, and many of the volunteers who delivered meals were seniors themselves and could no longer volunteer.



The Kūpuna Food Security Coalition (KFSC) was created in response to the COVID-19 pandemic to help those in desperate need of food, services and resources. This broad network of passionate individuals, non-profit organizations, service providers, businesses, funders, and state and local agencies came together rapidly to coordinate efforts to provide a food safety net.

They focused on providing prepared meals, food boxes, as well as connections to health and social services for kūpuna on O'ahu. Through their efforts, they serve over 5,000 seniors every week, have provided over 500,000 meals since the end of March, and have been able to connect vulnerable kūpuna with long term support programs, including SNAP (Supplemental Nutrition Assistance Program) and EBT (federal Electronic Benefits Transfer).

In an effort to support kūpuna feeding, a telethon was held in May and raised funds which led to philanthropic support for the cause. The KFSC continues to recruit organizations and potential partners to the coalition interested in working together with aloha in these times of great need. Interested organizations should contact kupunacoalition@hiphi.org or visit hiphi.org/kupuna/.



BREASTFEEDING AND COVID-19 INFOGRAPHIC FOR HAWAI'I PARENTS AND FAMILIES

The Breastfeeding Workgroup of the Hawai'i Maternal and Infant Health Collaborative (HMIHC) has created a "Breastfeeding & COVID-19" infographic for Hawai'i parents and families. The two-sided flyer includes evidence-based tips for parents – encouraging breastfeeding, safe hygiene, and good nutrition – and lists local resources for breastfeeding and food security.



The infographic is available online (https://www.nestfamilies.org/bf_and_covid19_in_hawaii.pdf) and is being printed and distributed to families through partner agencies. Please send any feedback and questions to Jennifer Elia at jennifer@ecashawaii.org.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Keiki, Youth & 'Ohana

NEW MOLOKA'I FARM-TO-SCHOOL COORDINATOR

He's a man of many talents: educator, Hawaiian cultural practitioner, farmer, master archer, Boy Scout instructor, champion beekeeper, and longtime member of the Moloka'i community.

Marshall Joy can add 'Junior Extension Agent' to that list as he joins the College of Tropical Agriculture and Human Resources (CTAHR) Extension team to oversee the Moloka'i Farm-to-School program.



Raised on a 5th generation Hawaiian Homestead farm in Ho'olehua, Marshall received his master's degree in Education Curriculum and Instruction from the University of Hawai'i at Mānoa (UHM), and holds a professional degree in Health and Physical Education. A regular participant in Extension workshops and field days, he is a past president of the Hawai'i Fruit Growers-Moloka'i Chapter. Marshall is actively involved in the Moloka'i farming community and connected to Molokai's K-12 schools. He is excited to develop and expand the island-wide Farm-to-School program.

Monica Esquivel, UHM - CTAHR

HEALTHY LOCAL RECIPE VIDEOS FOR YOUTH



The College of Tropical Agriculture and Human Resources (CTAHR) Grow Eat Think (GET) Local initiative is a collaborative effort by the University of Hawaii at Manoa's Cooperative Extension agents in agriculture and human resource based fields to increase consumer interest, grower knowledge, and general public awareness of local agriculture.



In partnership with the Keiki Produce Prescription Program, the GET Local Youtube channel is developing a series of keiki-friendly recipe videos featuring locally available ingredients.

You can view the first in the series, Healthy Guacamole Dip at <https://youtu.be/HwLK51qXXiM>.

Kristen Jamieson, UHM - CTAHR GET Local: Waianae Farm to School

HAWAI'I YOUTH FOOD COUNCIL (HYFC) LAUNCHES 2020-2021 TERM



August 15, 2020 marked the official launch of this year's Hawai'i Youth Food Council (HYFC). Six newly selected high school youth have joined four returning members from last year's inaugural council (launched February 2020) to form the ten-member team, which represents all four major counties across Hawai'i and is supported by a committee of adult allies from various organizations and agencies.



The mission of this highly motivated and well-informed group of students from public, charter, and private high schools 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.

HYFC's goals are to develop youth leadership skills, execute a tangible team project, increase the prevalence of youth voice in existing food system efforts and networks, and provide guidance and mentorship to youth.

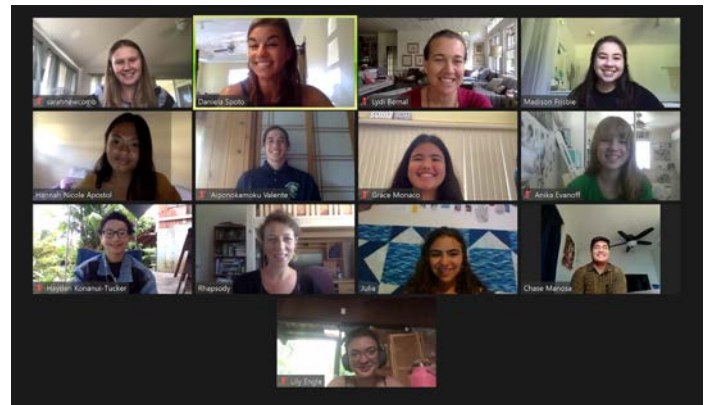


Photo taken at the kick off meeting for the 2020-2021 council in August 2020. Photo courtesy of the Hawai'i Youth Food Council.

As part of the Hawai'i Farm to School Hui (Hawai'i Public Health Institute), HYFC utilizes Sociocratic governance to make decisions, and will be working together over the next several months to design and initiate their collective plan of action for the year. Learn more at www.hiphi.org/youthfoodcouncil.

Lydi Bernal, Hawai'i Public Health Institute, Hawai'i Farm to School Hui

SEEDS OF HONUA- SEED SPRINT 2020



The natural world tends to create a balanced and interconnected system of plants, trees and animals. As a species, human beings today are largely disconnected from this natural world. We have created a world of our own, one that goes beyond the boundaries and truths of nature; a world of virtual reality. This disconnection started slowly like a small stream and progressed rapidly over time into an uncontrollable cascading waterfall, taking humans farther and farther away from the essence of nature.

TODAY, WE NEED NATURE MORE THAN EVER BEFORE.

Planting a seed and working in partnership with nature not only benefits physical, emotional and mental health but also can provide nutritional sustenance, a sense of purpose and a connection to our past. >>



SEEDS OF HONUA- SEED SPRINT 2020, CONT'D.

>> SEEDS of Honua believes in the power of the seed. Our mission is to support the community and schools through education, seed sharing, and the perseveration of Hawaiian culture through the traditions and roots of the mea kanu (plants). Our vision is a world full of hope that the seeds we collect, plant, and give will spread love, peace, and aloha aina.

CONNECT WITH NATURE BY PLANTING SEEDS OF YOUR OWN

The SEEDS of Honua Seed Sprint is a FREE program for youth (K-12) across Hawai'i to foster a stronger connection to mother earth through the ancient art of planting and growing. Each participant will receive locally grown seeds of their choice and join a growing network of young citizens building a healthier, happier, and more resilient community.



We believe it all starts at the seed. When a seed is planted in the earth with love and intention, peace will grow. This plant of peace blossoms into a future of hope. We are all seeds...SEEDS of Honua.

To learn more visit: <https://seedsofhonua.org/>

Tyler Levine, SEEDS of Honua

HONOLULU THEATRE FOR YOUTH (HTY) ANNOUNCES A PARTY ON THE HI WAY



The Honolulu Theatre for Youth (HTY) and the Hawaii State Department of Health (DOH) have a collaborative partnership to support the development of school and family performances that focus on promoting physical activity and nutrition amongst preschool and school aged children. HTY also develops educational materials that meet Hawaii State Department of Education (HIDOE) content standards. Study guides and resources accompany each production to assist teachers in creating units of study in the classroom.



Honolulu Theatre for Youth's annual gala, Le Masquerade, went virtual this September. The theme for the 2020 Le Masquerade was "A Party on The HI Way," in honor of HTY's new television series, "The HI Way" which unveiled Season 2 in September. Both events were broadcasted by local news stations.

This year's gala was HTY's opportunity to thank everyone in the community for their continued support of HTY and the arts in this challenging time. Viewers got a sneak peek at the variety of digital resources and content that the company is launching this fall. HTY is committed to providing new content and resources for families and teachers, including nine new episodes of The HI Way, Educational Resources for Social-Emotional Learning, Virtual Field Trips, online classes, and more. HTY will also be transitioning to a membership model to support the new virtual offerings and to make HTY accessible to all families. >>

HONOLULU THEATRE FOR YOUTH (HTY) ANNOUNCES A PARTY ON THE HI WAY, CONT'D.

>> HTY is very grateful to the Zilber Family Foundation for their generous grant of \$25,000 which will match the first \$25,000 in donations received from the community.

"Honolulu Theatre for Youth has been fortunate to be able to continue creating content, thanks to the support of many local foundations, individuals and government agencies. This is our chance to share some of that work with a wider audience and give everyone an opportunity to support our teachers and students with imaginative and joyful learning experiences."

-Becky Dunning, HTY Managing Director.



Honolulu Theatre for Youth is Hawaii’s non-profit professional theatre company providing theatre and drama education programs that make a difference in the lives of Hawaii’s young people and families. Founded in 1955, HTY is recognized the world over as one of America’s most honored theatres. Visit <https://www.htyweb.org/> to learn more!

Reiko Ho, Honolulu Theatre for Youth

RESOURCES RELATED TO KEIKI, YOUTH & 'OHANA

- Summary Of Current COVID-19 Child Nutrition Program Response Nationwide Waivers**
- Confused about the available Child Nutrition Program Nationwide waivers approved by the United States Department of Agriculture (USDA)? Check out **No Kid Hungry’s summary document** outlining waiver extensions, deadlines, and how to implement school feeding in your community.
- Making it Work: Why Local Purchasing is Still Important and How to Make it Work in Early Care and Education (ECE) Settings**
- Frequent lockdowns, reduced child to provider ratios to practice physical distancing, and low student enrollment rates have made operating childcare and pre-school settings incredibly difficult. With so much uncertainty around school reopenings, threats to the childcare field, and reduced access to nutritious foods by children of all ages, the need for institutionalized, adaptive, and culturally appropriate farm to ECE and farm to school is greater than ever.
 - National Farm to School Network has released a blog called, **Making it Work: Why Local Purchasing is Still Important and How to Make it Work in ECE Settings**. This resource provides guidance on how to procure local and implement farm to ECE activities even on a limited budget.

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



Nurture Young Children's Health and Curiosity During COVID-19

- Farm to ECE offers healthy and safe outdoor activities for children and ECE staff, and connects ECEs to local food producers. **This new resource** from The University of Tennessee's Maternal & Child Health Nutrition Leadership Trainee program, Association of State Public Health Nutritionists, and National Farm to School Network offers reasons why farm to ECE can be helpful during the challenges and uncertainty of the COVID-19 pandemic and provides tips for putting farm to ECE into action. This resource is intended for use by ECE providers.
- For complementary resources for ECE technical assistance providers and public health practitioners, see The **Significance of Farm to Early Care and Education in the Context of COVID-19** fact sheet.

USDA Extends Free Meals for Kids Through December 31, 2020

- On August 31, U.S. Secretary of Agriculture Sonny Perdue announced the U.S. Department of Agriculture (USDA) will extend several flexibilities through as late as December 31, 2020. The flexibilities allow summer meal program operators to continue serving free meals to all children into the fall months. Waivers available through the end of 2020, or until available funding runs out includes:
 - Allowing Summer Food Service Program (SFSP) and Seamless Summer Option (SSO) meals to be served in all areas and at no cost;
 - Permitting meals to be served outside of the typically-required group settings and meal times;
 - Waiving meal pattern requirements as necessary; and
 - Allowing parents and guardians to pick-up meals for their children

A Fresh Take on Dietary Guidelines Points to Need for Farm to School

- In August, National Farm to School Network submitted comments on the Scientific Report of the 2020 Dietary Guidelines for Americans Advisory Committee, which reviews new scientific evidence about diet's impact on health. National Farm to School Network highlights in their comments to the Secretaries that farm to school and farm to ECE activities can help achieve these recommendations. **Read more.**

The Longest Summer: Childhood Hunger in the Wake of the Coronavirus

- No Kid Hungry has released a new research-driven report, The Longest Summer: Childhood Hunger in the Wake of the Coronavirus. Through two national surveys and a series of video diaries capturing the stories of families from across the country, The Longest Summer Report provides new insight into the COVID-19 pandemic's impact on children and families. **Learn more here.**

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

Child Care and Feeding Young Children during the Pandemic: Exploring the Role of the Child and Adult Care Feeding Program

- Many young children depend on the food they receive in child care settings, and specifically food funded by the Child and Adult Food Nutrition Program (CACFP), to meet their daily nutritional needs. Yet many children lost access to these meals when the COVID-19 pandemic caused many child care programs to at least temporarily close.
- Now, months into the pandemic, a quick scan of existing data and interviews with experts reveals how the CACFP system and policy needs to shift to support young children and the people that care for them. **[Read the full policy brief by Urban Institute.](#)**



Resource: Tips for Caring for a Garden with Young Children

- Need a break from the virtual world? Georgia Organics and Georgia Farm to ECE have developed some simple tips for gardening with toddlers to five-year olds. [Check out the video here.](#)



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Worksite and Work From Home Wellness

WEIGHT MANAGEMENT



Give your diet a do-over

Forget juicing, fasting, and fad diets. Just focus on being healthy and fit. When you eat right and exercise regularly, maintaining a healthy weight can happen naturally.

Fill up with fiber

High fiber foods fill you up without filling you out. Getting enough fiber each day can help you lose weight, regulate your blood sugar, and lower your cholesterol – all without counting calories.

[Visit kg.org/weight](#)

Make time to move

Cutting calories can help you lose weight, but keeping it off long term is a different story. Exercise is a must – aim for at least 30 minutes of physical activity 5 times a week to keep lost pounds from coming back.

Rethink your drinks

There's more to maintaining your weight than watching what's on your plate. Calories from soda, juice, and alcohol add up fast. Switch to mostly water to help keep your weight from creeping up over time.

Being mindful of what you eat and how much you move can help you achieve and maintain a healthy weight. When you manage your weight, it can brighten your mood and boost your energy. It can also help prevent or lessen your chances of getting weight-related illnesses or long-term conditions. Here are some quick tips from Kaiser Permanente to support your weight management efforts.

Click [HERE](#) for more information.

Lloyd Kishi, Workforce Health Consultant, Kaiser Permanente

HMSA'S ONLINE HEALTH EDUCATION WORKSHOPS



Looking for ways to learn something new from home? Attend a live webinar on health and well-being topics. Here's what's available through the end of the year.

- **Preventive Care** – Oct. 13 and 29, noon to 1 p.m. An ounce of prevention is worth a pound of cure. Learn the benefits of screenings for men and women.
- **Season's Eatings** – Nov. 9 and 24, noon to 1 p.m. The holidays can be full of temptations. Get tips for maintaining your weight while enjoying the season.
- **Supermarketing** – Dec. 10 and 14, noon to 1 p.m. Learn how to compare the nutrition facts of foods and beverages so you can make healthier choices.



There's no cost to attend these online workshops. Please note that workshop dates and times are subject to change.

To register, visit hmsa.com/well-being/workshops or <https://islandscene.com/events>.

Maricel Blackwell, Manager, Well-Being Programs

Worksite & Work From Home, cont'd.

Highlighted Projects, Programs & Initiatives

RESET WITH WELLNESS



At UHA Health Insurance, we've got your back to help you and your employees reset with wellness. Hawai'i Health at Work Alliance (HH@WA) was founded by UHA Health Insurance to "Help Employers Work Better."



Whether your employees are working remotely or in-person, HH@WA stands by its mission and is here to help you create a culture to support your employees' health, well-being and performance. Although there is no one-size-fits-all solution, here are two ways to re-strategize to energize your workforce.

USE THE POWER OF SOCIAL CONNECTION

According to Psychology Today, [social connection](#) can boost health and positively impacts social, emotional and physical well-being. Maintaining physical distancing is a norm and requirement to help manage the pandemic, but there are creative ways for companies to help their teams stay engaged and have some fun.

Being deliberate to foster positive social connection improves employee engagement and morale. Watch this [video](#) to learn how the leadership at Child & Family Service, KTA Supermarkets and UHA Health Insurance has done just that.



ENHANCE PHYSICAL AND MENTAL WELL-BEING



Leaders can encourage their teams to adopt new and/or strengthen existing healthy habits. Employees working out of their homes now have access to their kitchens for meals and snacks. Whether in-person or remote employees, encourage your employees to walk or do an exercise video, after, or even between work tasks during the day.

It is also important to help your employees to deal with the stress and anxiety of the COVID-19 pandemic. A summary of mental health tips can be found [here](#). You can also view the recording of our last webinar, "The Mental Health Connection for Leaders" [here](#).

Additional free wellness resources can be found [here](#).
Want more information? Email workwell@hhawa.com.

*Valerie Davison, Workplace Wellness Manager,
Hawai'i Health @ Work Alliance*

EAT WELL, BE WELL CHALLENGE

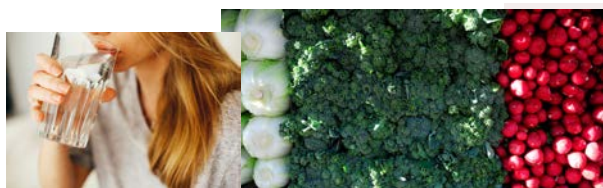
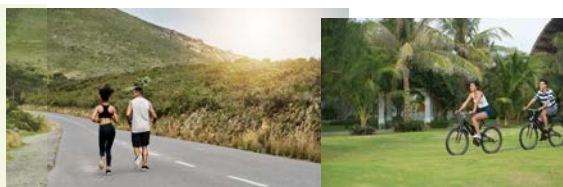


The COVID-19 pandemic continues to affect our everyday lives. Add on media coverage that has instilled fear in most people and you have the perfect storm to put a damper on people's health and mental well-being.

All we can do is control the things that we can control. The best way to prevent illness is to avoid being exposed to this virus. Wash your hands often. Avoid touching your eyes, nose and mouth. Practice social distancing and wear a mask. Clean and disinfect frequently.

One often overlooked strategy that is within our control is boosting our immune system. Our immune system is our body's first line of defense and helps prevent illness and fight off diseases. Below are some healthy lifestyle tips that will help you boost your immune system:

- Get 7 - 9 hours of quality sleep each night.
- Don't smoke and/or drink.
- Get a minimum of 30 minutes per day of moderate to vigorous physical activity.



- Eat more fruits and vegetables.
- Drink plenty of water (about half your bodyweight in ounces).
- Manage your stress.

A small-business company of 10 employees, Aiea Pearl City Dental Care, took this to heart. With the help of Hawaii Health at Work Alliance (HH@WA), they implemented a "Eat Well, Be Well Challenge" that helped to build up their immune systems, keep their workers connected (virtually), and hold each other accountable.



The 8-week buddy challenge ran in conjunction with March's National Nutrition Month and April's Stress Awareness Month. The focus was around nutrition education and tracking physical activity.

At the end of the challenge, 70%+ of the Aiea Pearl City Dental Care employees reported an increase in energy, decrease in stress levels and increase in physical activity. And on top of that, participants averaged 11,000+ steps which exceeds the estimated 8,000 steps per day recommended by the CDC.

If you're interested in learning more contact our
HH@WA team at workwell@hhawa.com.

*Valerie Davison, Workplace Wellness Manager,
Hawaii's Health @ Work Alliance*

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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