



PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN BI-ANNUAL NEWSLETTER

IN THIS ISSUE

HIGHLIGHTED PROJECTS, PROGRAMS & INITIATIVES

- **Pages 2-3: Hawai'i County**
 - *Kōkua Harvest Project*
 - *Second Annual Hawai'i Island Community Food Summit*
- **Pages 4-11: Honolulu County**
 - *Kalihi Quick Build Project: Implementation*
 - *Painted Bulb-outs Project at Old Stadium Park*
 - *2020 Keiki Rainbow Run*
 - *Hawai'i Farm to Early Care & Education Program*
 - *"Oli Would Grow" Children's Book Launch*
 - *Food rescue nonprofit Aloha Harvest celebrates 20 years, shares plans for growth*
 - *Indigenous Breastfeeding Counselor Training*
- **Pages 11-18: Kaua'i County**
 - *Bikes on Rice*
 - *Get Fit Kaua'i's 2020 Worksite Wellness Challenge*
 - *Healthy Kupuna Project*
 - *Kalena Park Project*
 - *Kamali'i Safe Routes to School (SRTS) Project*
 - *Keiki Help Shape New Farm-to-School Menus*
- **Pages 19-20: Maui County**
 - *Onehe'e Ave. Complete Streets Demonstration and Vision Zero Launch*
- **Pages 20-25: Statewide**
 - *Adoption of National Health Education Standards: Achieving Excellence*
 - *Hawai'i Garden to Cafeteria Program*
 - *Growing a Farm to Keiki Culture in Hawai'i's Early Care Programs*
 - *2020-2030 Physical Activity & Nutrition (PAN) Plan*
 - *American Public Health Association's (APHA's) Billion Steps Challenge*

RESOURCES & RESEARCH

- **Pages 26-28:**
 - *The Active Communities Tool (ACT)*
 - *Smart Growth America Report on the State of Transportation and Health Equity*
 - *The Safe Routes to School Program Census Project*
 - *Baby-Friendly USA Interim Guidelines and Evaluation Criteria*
 - *Projected U.S. State-Level Prevalence of Adult Obesity and Severe Obesity*
 - *New Adult Physical Inactivity Prevalence Maps*

CONFERENCES, TRAININGS & PROFESSIONAL DEVELOPMENT

- **Page 29:**
 - *National Walking Summit - St. Louis*
 - *10th National Farm to Cafeteria Conference*
 - *2020 National Breastfeeding Conference & Convening*
 - *Walk/Bike/Places Conference*

Highlighted Projects, Programs & Initiatives

➤ Hawai'i County



KŌKUA HARVEST PROJECT

The Kōkua Harvest Project is the first Hawai'i Island-wide food rescue project: the harvesting of excess fresh food from farms and other sources for donation to local food pantries and community partners. The project aims to prevent food waste at its source, build community resilience and connection, and strengthen access to healthy, nutrient-dense fresh fruits and vegetables for low income families.



Currently seeking volunteers and crop donors! If interested, please email info@kokuaharvest.org or visit www.kokuaharvest.org.

SECOND ANNUAL HAWAI'I ISLAND COMMUNITY FOOD SUMMIT



The second annual Hawai'i Island Community Food Summit was held on September 26th, 2019 in Hilo. There were over 150 attendees ranging from farmers, educators, government officials, non-profits, chefs, community members, and more. The Summit was put on by the Hawai'i County Food Access Coordinator, along with Hawai'i Island Food Alliance and was funded by Department of Health Supplemental Nutrition Assistance Program - Education (SNAP-ED).



The keynote address was given by Chadd 'Onohi Paishon, a navigator with the Polynesian Voyaging Society. He shared about the 30-day voyage that was completely sourced from Hawai'i Island by students and community members. During the Summit, attendees discussed with panelists community approaches to improving healthy food access for all, Farm to School and market support for local food chains, and educating the next generation of farmers and food system leaders. >>

SECOND ANNUAL HAWAI'I ISLAND COMMUNITY FOOD SUMMIT, CONT'D.

>> Suggested solutions on these topics were increasing 'āina based* education in schools, increased government support behind community food programs**, changing state procurement laws to allow for future contracting for local food, developing agricultural parks with shared equipment and infrastructure for young and beginning farmers, and that it will take everyone working together collaboratively to rebuild our food system.

The Summit aimed to strengthen community relationships and develop a shared vision that would lay the foundation for a Hawai'i County Food System Plan. A food system is a complex web of activities involving the production, processing, transport, consumption, education, access, and waste streams. Hawai'i imports 85 – 90% of its food, our food costs are 81% higher than in the rest of the United States, and about half of the Hawai'i Island is classified as a "food desert" by the U.S. Department of Agriculture. To move towards a more equitable and resilient system, we must creatively work together.

To participate in this process, sign up using the link below and learn more about how to get involved.

For more information, please sign up here!



*A food system is an interconnected network that includes everything that happens with food. A sustainable food system is locally based and benefits everyone.
Source: Building Resilient Community Food Systems, 2019*

Access community resources developed for the Summit via the hyperlinks below:



SNAP Garden promotional materials



Certified kitchen toolkit and checklist



Good Food for Hawai'i Island booklet



Blue Zones 2018 Community Food Summit Report Card



Please click on the following links to learn more about the asterisked terms:

**āina based education in schools*

***community food programs*



KALIHI QUICK BUILD PROJECT: IMPLEMENTATION



Over a period of three days in November of 2019, the City and County of Honolulu Complete Streets Program, the Office of Councilmember Joey Manahan, State Department of Health, Blue Zones Hawai'i, Ulupono Initiative, Street Plans Collaborative, National Park Service, Farrington High School students, and community volunteers installed the Kalihi Complete Streets "Quick Build" project along North King Street.



Honks, cheers, and shakas from motorists and passersby fueled the excitement in the air as painted bulbouts, also known as interim curb extensions, were constructed using delineators and paint. A leafy green and blue pattern decorated and marked the extended pedestrian area.



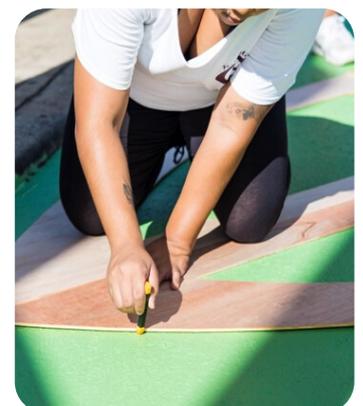
Safety, level of comfort on the street, and unique streetscape elements that make walking more pleasant are all important factors that influence individual travel decisions. The Kalihi Quick Build project aimed to influence those decisions with decorative treatments that support physical activity, walking, and bicycling.

Images
Courtesy of
Ulupono
Initiative



Bulbouts provide a number of safety and health benefits to a neighborhood. They improve the visibility of pedestrians at intersections, shorten crossing distances, and reduce the speed of turning vehicles. Art in the bulbout further improves the aesthetic of the streetscape and enhances the experience for people walking.

The success of the quick build project would not have been possible without the involvement of the Farrington High School Engineering Academy students. The students participated in a series of planning and design workshops in 2019 that led up to the week of installation. Working alongside planners, architects, and engineers, the students identified and selected the project locations and developed the original concept for the artistic pattern. While students gained exposure to real-world engineering practices, planners and engineers gained insight into how Kalihi residents get around and the road safety challenges facing young pedestrians in the neighborhood. >>



KALIHI QUICK BUILD PROJECT: IMPLEMENTATION, CONT'D.



>> These types of tactical urbanism projects are relatively inexpensive, quick, and effective road safety improvements, and the City and County of Honolulu hopes to see similar projects proliferate across the island, particularly in school zones. They are also effective ways to test improvements that can be made more permanent in future capital projects.

The City and County of Honolulu is currently developing guidelines that will outline the steps and requirements for similar projects. The manual will serve as a public resource for community members and organizations interested in launching their own projects and joining the effort to make O'ahu roads safer.

PAINTED BULB-OUTS AT OLD STADIUM PARK



In 2017, the Blue Zones Project, a well-being initiative brought to Hawai'i by HMSA, and community leaders identified Old Stadium Park as having the biggest transformative opportunity to support health and happiness in the Mō'ili'ili area.

Since then, the group has collaborated with over 25 organizations—businesses, faith-based groups, non-profits, and schools—and has engaged over 1,000 people in park clean-ups, fitness programs such as group yoga and bike rides, a community feedback survey, and other advocacy activities to generate ideas to revitalize this park.

In addition to the work on the ground, coalition members worked with the Honolulu City Council to pass Resolution 18-225, requesting the city prepare a master plan for Old Stadium Park, which was later supported by the allocation of \$250,000 in the City's capital budget to fund this process. >>



PAINTED BULB-OUTS AT OLD STADIUM PARK, CONT'D.



>> In early 2019, Blue Zones Project was also one of 12 recipients of the Safe Routes to Parks grant, a program that proves technical assistance and funding to address access and equity in and around parks. Focusing these efforts around Old Stadium Park, the group was determined to address safety at the intersection of Isenberg and South King Street, a site that has been plagued with traffic crashes; between 2007 and 2016, there were 67 reported motor vehicle crashes at or around this intersection, three of which involved pedestrians.

After months of planning, over 100 neighborhood residents, students, and volunteers from AARP, the Hawai'i Bicycling League, and other partner organizations, came together to complete a quick build street project. This included a series of workshops covering the history of Old Stadium Park, complete streets, wayfinding, park ecology, and age-friendly communities, as well as a walkability audit to help brainstorm ideas to improve comfort accessing the park.



The week ended with painting both the existing bulb-out curbing, which was blackened by tire marks, and the ground in the bulb-outs to improve visibility and make the walk to the park more enjoyable. The bulb-out artwork, led by muralist Luke DeKneef, depicted the famous Mō'ili'ili caves and the fish and plants that historically thrived in this area.



It was thrilling to see such wonderful support for this community-led art project, including the city's Department of Transportation Services, and we look forward to seeing more such projects being implemented in the future!

2020 KEIKI RAINBOW RUN



On your mark, get set...the second annual Keiki Rainbow Run will be on **Saturday, March 28, 2020** on the lower campus of the University of Hawai'i at Mānoa. This 1.5 mile, untimed run, is for keiki, ages 3-14, and their family. Following the run, each keiki will receive a t-shirt and healthy snacks, and can participate in the post-run sports and wellness activities at the Healthy Keiki Fair.



Contact the school's coordinator, or register online at www.kahoomiki.org

Participating schools are eligible to raise funds for their P.E. and nutrition programs. 100% of each keiki entry fee (\$15) will be donated to participating schools.



The Keiki Rainbow Run is supported by community partners - non-profit organizations, public agencies, businesses, and schools - with a shared vision that our keiki are active and healthy.

For more information, contact keikirun@gmail.com

HAWAI'I FARM TO EARLY CARE & EDUCATION PROGRAM



The Bennett Foundation's Hawai'i Farm to Early Care & Education (ECE) Program was created to introduce a holistic approach to health in HCAP (Honolulu Community Action Program) Head Start classrooms and preschools on O'ahu. A learning community was created, bringing together 40 self-selected Early Childhood educators and teaching assistants, we provide ongoing training, mentorship, and encourage collaborative learning throughout the yearlong program.

It has been an eventful few months for the Hawai'i Farm to Early Care and Education program. Cohort teachers have actively taken part in various teacher training workshops and field trips.



Teachers from HCAP Head Start, Chaminade University Laboratory Preschool, and Seagull Preschool in Koolina, participated in a workday at Keiki & Plow Farm in Hawai'i Kai.

HAWAI'I FARM TO EARLY CARE & EDUCATION PROGRAM, CONT'D.

They went into the kitchen classroom at KCC (Kapi'olani Community College) and received hands-on training from chef instructors to learn how to integrate local fruits and vegetables into healthy (and delicious) eating classroom activities.



Finally, cohort teachers have come together monthly to share their farm to school knowledge and best practices at various school sites on O'ahu. Seeds planted at the beginning of the school year have transformed into productive gardens. Children have helped to harvest lettuce, herbs, tomatoes, corn, cucumbers, and more!

In September, the first mobile Produce to Preschool Market was launched at Seagull Preschool in Koolina. Thanks to Brandon Hanagami, Culinary Arts instructor at Leilehua High School, and a group of his students, Seagull preschoolers and their families have enjoyed tasting a seasonal array of local, fresh "dips", kabocha fritters, uala (sweet potato) salad, Kahuku corn salsa, and mini corn muffins made from scratch.



Families shop for affordable local produce and products at their school site at this monthly mobile market. The Produce to Preschools Market is also fortunate to partner with La Tour Bakery and Eggs Hawai'i to be able to provide other locally produced products to families. In January, the mobile Produce to Preschool Market will expand to two new sites at Ala Wai Elementary School (and Head Start) and Waialae School (and Preschool).

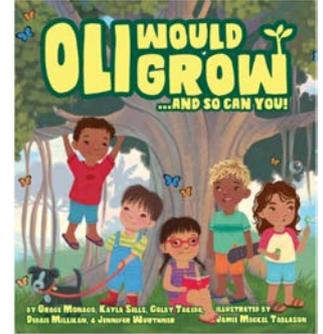
Our team is grateful for our expanded cohort of early childhood teachers and community partners, without whom none of this work would be possible. We are encouraged by the dedicated resources, community support, and collective energy rallying around the early childhood space in Hawai'i, and firmly believe that together, we will advance the health and wellness of young children.



"OLI WOULD GROW" CHILDREN'S BOOK LAUNCH



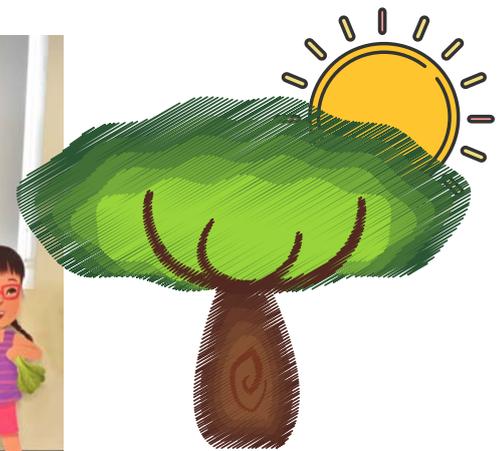
"Oli Would Grow", a children's picture book about food stories and school gardens, is now available to the public after a successful book launch event was hosted in December at the Hawai'i State Art Museum. The launch event included several public readings, keiki art activities, and a book signing with the authors.



Produced through a collaboration between Blue Zones Project, Washington Middle School, and 'Iolani School, with support from Trees for Honolulu's Future and the Hawai'i Farm to School Hui, "Oli Would Grow" helps young audiences explore where their food comes from and ways to eat, buy, and grow more local food for healthier communities.



This book was co-authored by Grace Monaco (9th grader at 'Iolani School), Kayla Sells (9th grader at Roosevelt High School), Colby Takeda (Blue Zones Project), Debbie Millikan (sustainability specialist at 'Iolani School), and Jennifer Wurthner (teacher at Washington Middle School), and illustrations were beautifully done by Jamie Tablason.



The book is now available online and at local book retailers, with 100% of the proceeds going to support the Hawai'i Farm to School Hui. A free copy of the book will also be mailed to every school and public library in Hawai'i so that thousands of youth can enjoy this joyful story. This project was funded by a grant from the Kaulunani Urban and Community Forestry Program.

FOOD RESCUE NONPROFIT ALOHA HARVEST CELEBRATES 20 YEARS & SHARES PLANS FOR GROWTH



This year, Aloha Harvest celebrated its 20th anniversary as Hawai'i's only large-scale food rescue and redistribution nonprofit. In our state, about 1 in 7 people are food insecure and yet 474 million pounds of food is wasted annually. Free of charge and free of liability, Aloha Harvest picks up quality excess food from 250+ donors and delivers it to 175+ social service agencies feeding the hungry on O`ahu. We will hold a special anniversary event **April 18, 2020**, at Ho`okupu Center, with ticket information to follow at www.alohaharvest.org.



Two Aloha Harvest high school volunteers helped gather excess produce from the vendors at KCC Farmers Market on a Saturday. This produce was then picked up by an Aloha Harvest refrigerated truck driver and transported that same day to agencies feeding people in need.

➤➤ In 2020 and beyond, Aloha Harvest plans to expand its reach in the following ways:



Improve data collection processes to better understand our impact on the health of community members and the environment, and in turn set better goals.



Assess and improve the quality of food we rescue, including a push for more donors of fresh local produce to contribute to better health for the individuals we serve, namely those who are unemployed, homeless, disabled, mentally ill, veterans, or otherwise at-risk.

Build an expanded, sustainable volunteer force. This includes the launch of `aiRescue, planned for 2020. `aiRescue will be a new crowdsourcing app that empowers community members to participate in everyday food rescue.

Increase efforts in education, advocacy, and community engagement with a focus on reducing waste at the consumer level, which is currently 43%, and on policy advocacy that will extend the capacity and reach of all food rescue programs.

Want to get involved with Aloha Harvest's mission? Email leslie@alohaharvest.org.

INDIGENOUS BREASTFEEDING COUNSELOR TRAINING



Breastfeeding Hawai'i hosted the Indigenous Breastfeeding Counselor (IBC) training from October 14 - 18, 2019 at the Waimānalo Health Center. The training was developed and taught by two Native American women, Camie Goldhammer and Kimberly Moore-Salas. The workshop was a 5-day, 45-hour course focusing on lactation from an indigenous perspective.



Breastfeeding Hawai'i collaborated with the IBC instructors and Native Hawaiian community members to ensure that the course offered a professional development opportunity whose education program was built upon Native Hawaiian identity. The training was free of charge and included all meals.

Training topics included historical trauma, hi'uwai (spiritual ocean cleanse), 'ai pono (indigenous nutrition), physiology, lomi lomi, birth practices, 'Ōlelo Hawai'i, latch and positioning, ho'oponopono, and biochemistry of milk

32 wāhine from across the pae'āina received the designation of IBC, Indigenous Breastfeeding Counselor. This was the first indigenous breastfeeding training of its kind in Hawai'i. Mahalo to our supporters: Hawai'i Department of Health, Breastfeeding Hawai'i, Office of Hawaiian Affairs, Cal-Med Hawai'i and Waimānalo Health Center.

Kaua'i County

BIKES ON RICE



Kauai Path.org

Grab your bike and join Kaua'i Path and Get Fit Kaua'i's Community Action Group, "Bikes on Rice". "Bikes on Rice" rides are for everyone; all ages, all skill levels and every type of bike is welcome. The slow, easy pace keeps the group safe and gives riders a unique perspective of Līhū'e town and its neighborhoods. "Bikes on Rice" is more than just a bike ride.



This unique group of dynamic community members brings people together from all over the island to discover more about Kaua'i's town center, engage in some physical activity and also allows time for free refreshments and socializing with the ultimate goal of changing social norms around bicycling. >>

BIKES ON RICE, CONT'D.



Bikes on Rice bring families, friends, and neighborhoods together.

>> Meet at 4:30 p.m. (with a 4:45 p.m. roll-out) at the Līhu'e Civic Center on Rice Street on the 2nd Tuesday of every month beginning in February. The rides last about an hour so bring your own water. Flat tire repair kits are recommended, and State law requires helmets for kids under 16.

There will be trained team members throughout the course for anyone who needs assistance. After the ride, everyone will meet back at the Civic Center for snacks and talk story.

SCHEDULE OF 2020 BIKES ON RICE RIDES

2nd Tuesday of every month from February – November. No cost!

For more information go to <https://bikesonrice.org/> or www.getfitkauai.com.

1. **Tuesday, February 11th**
2. **Tuesday, March 10th**
3. **Tuesday, April 14th**
4. **Tuesday, May 12th**
5. **Tuesday, June 9th**
6. **Tuesday, July 14th**
7. **Tuesday, August 11th**
8. **Tuesday, September 8th**
9. **Tuesday, October 13th**
10. **Tuesday, November 10th**
11. **Friday, December 4th – Lights on Rice Parade**



SIGN UP NOW - GET FIT KAUA'I'S 2020 WORKSITE WELLNESS CHALLENGE



MAKE HEALTHIER CHOICES AT WORK AND HAVE FUN DOING IT!

Get Fit Kaua'i's award-winning 2020 Worksite Wellness Challenge is a FUN, FREE 9-month competition designed to encourage businesses to implement healthy practices in the workplace and to create sustainable wellness policies and environmental changes that focus on nutritional and physical activity improvements. >>



SIGN UP NOW - GET FIT KAUA'I'S 2020 WORKSITE WELLNESS CHALLENGE, CONT'D.

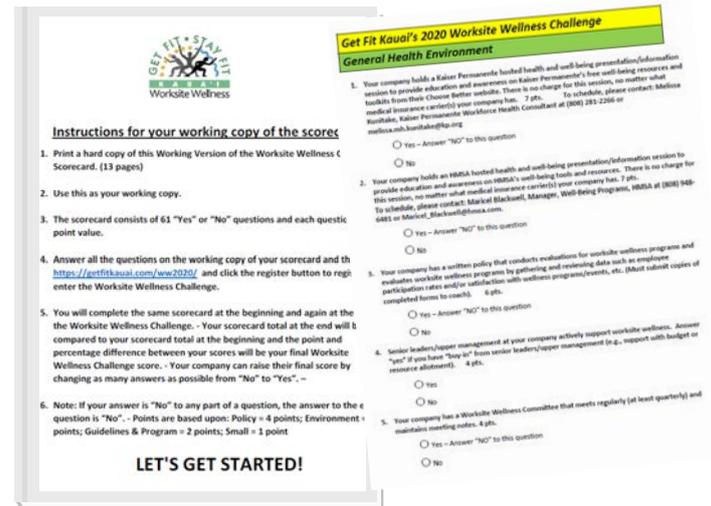
Get Fit Kaua'i
2020 Worksite Wellness Challenge
Make healthier choices at work and have FUN doing it!

- Free to enter
- Small and large companies welcome
- Limited to the first 10 companies that submit their completed scorecard!



For more information, please contact Bev Brody at bbrody1@hawaii.rr.com

>> Each participating team completes a survey consisting of 61 "Yes" or "No" questions. Each question has a point value. Teams complete the scorecard at the beginning and again at the end of the Worksite Wellness Challenge.



Each individual teams' scorecard total at the end of the challenge will be compared to the scorecard total at the beginning and the point and percentage difference between the two scores will be that team's final Worksite Wellness Challenge score.

Participating companies/agencies have from **Friday, February 21, 2020 – Friday, October 23, 2020** (9 months) to raise their final score by changing as many answers as possible from "No" to "Yes". To help, each team will be assigned a Worksite Coach that will support them throughout the challenge.



WORKSITE WELLNESS SCORECARD POINTS SYSTEM:

✓ Policy	4 Points
✓ Environment	3 Points
✓ Guidelines & Program	2 Points
✓ Small	1 Point



Kaua'i Coffee achieved a PERFECT SCORE in Get Fit Kaua'i's 2018 WW Challenge!

Registration opens on Monday, January 13, 2020 at www.getfitkauai.com and closes on January 31, 2020 or after 10 companies submit completed scorecards.

Thank you to our fundamental sponsor, Kaiser Permanente, along with our other awesome partners and agencies that help make this Challenge happen. Mahalo HMSA, Hawai'i Public Health Institute and Hawai'i State Department of Health.

Visit www.getfitkauai.com for more info!

GET FIT KAUA'I'S & KIFB'S HEALTHY KUPUNA PROJECT



Kupuna are often the quiet segment of our community frequently receiving less attention than other community groups. Yet many seniors face significant challenges to their health and well-being, including insufficient income, transportation, health care and food, especially nutritious food.

Food insecurity for seniors is a growing problem. Between 2001 and 2013, the number of older Americans that experience uncertainty over where their food would come from more than doubled nationwide. Due to our rural geography and limited public transportation, the kupuna on Kaua'i are at particular risk of being unable to access enough food.



To help address this issue, Get Fit Kaua'i and Kaua'i Independent Food Bank (KIFB) partnered together and embarked on the "Healthy Kupuna Project". Get Fit Kaua'i held focus groups with several groups of seniors that frequent the KIFB.

In addition, cooking classes were held using the curriculum for "Grinding for Wise Dining", to educate the Kupuna population on nutrition and easier ways to assure a healthy diet, with an emphasis on healthy, local food provided by the KIFB. Information was gathered to better understand the preferences, opinions and experiences at the KIFB.

The healthy food donations collected directly benefit Kaua'i Kupuna when they received their monthly bag of groceries from KIFB.



The final phase of the project was to implement a comprehensive media campaign that was geared to:



- Educate how valuable Kupuna are to our community and family structures;
- Further teach and encourage the Kaua'i Community as to the specific healthy food donation items that are needed at the Kaua'i Independent Food Bank or Fire Stations that will directly benefit Kaua'i's Kupuna when they receive their monthly bag of groceries.

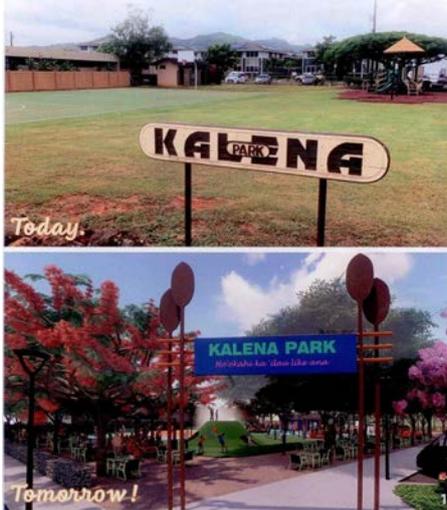
During the campaign, food donations increased by over 2,000 pounds (same time period last year). Healthy food donations increased by over 600 pounds, while junk food donations increased by 200 pounds. Additionally, fire station drop-off donations increased by almost 300 pounds.



KALENA PARK ACTION GROUP

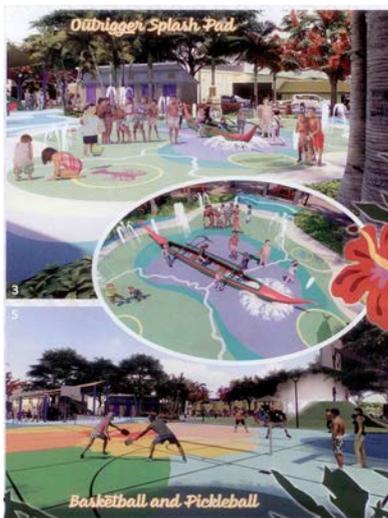
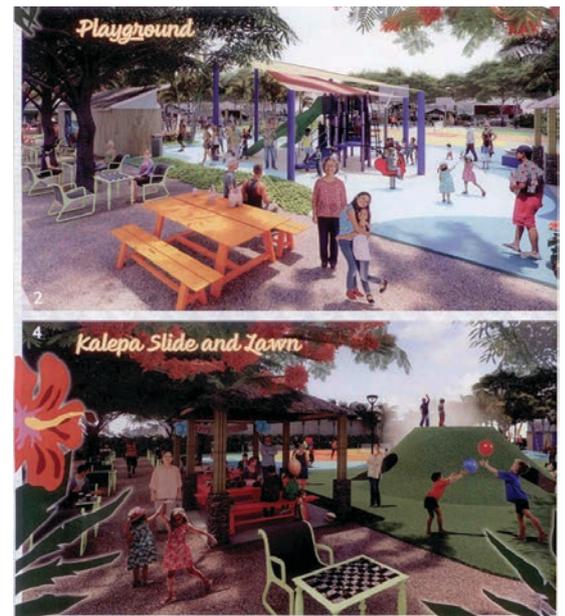


In partnership with the County of Kaua'i, Kaua'i Cares, the Lihue Boys and Girls Club, Kaniko`o Senior Housing, Lihue Court Townhomes and community members, Get Fit Kaua'i is leading the group charge in efforts to revitalize Kalena Park which lies in the heart of Lihue, Kaua'i.



Dr. David Barth from Barth and Associates in Florida, spent 5 days on Kaua'i and met with community members, high level officials from around the island and the business community to discuss design concepts.

Dr. Barth pointed out that Kalena Park is not just a stand-alone place but is part of a much bigger system comprising of other parks and public realms he referred to as the "Lihue Loop". He said that creating a walkable path where Kalena Park serves as a trailhead connecting to places like the Lihue Civic Center could give the community more opportunities for health and fitness.



The new Kalena Park represents several years of hard work and the unique collaboration of Get Fit Kaua'i, County government, Elected officials, non-profit organizations, business owners and input from nearly 200 members of the community.

The idea is to make this park a central community gathering place, one that serves the needs of all the people, regardless of age. It is part of the overall effort to revitalize downtown Lihue, the County seat and the Heart of Kaua'i.

KAMALI'I SAFE ROUTES TO SCHOOL ACTION GROUP



Nine months ago, after one year of community meetings and planning, a resolution was adopted by the Kaua'i County Council to establish traffic modifications on a problematic street in Kilauea.



The Council voted 7-0 in favor of establishing safe routes on Kamali'i Street, and surrounding streets in order to alleviate vehicle traffic concerns near a pedestrian foot traffic area, mainly consisting of students walking and biking to Kilauea School.

At the suggestion of residents, Kamali'i Street switched from two lanes of vehicle traffic to one-way, with a full lane marked off for exclusive use of pedestrians and bicyclists traveling in both directions.

Since Kamali'i was switched to one-way for cars and trucks — the number of adults who feel the need to physically accompany children who walk to school has seemingly declined, as parents' confidence in the safety of Kamali'i as a route to school has increased.



Residents of the street have noticed the positive benefits, and those who use the pedestrian/bike lane, LOVE IT! The 2 years it took to plan and implement the tactical urbanism project were worthwhile.

KEIKI HELP SHAPE NEW FARM-TO-SCHOOL MENUS



One of the pillar goals of the Department of Education's 'Aina Pono farm-to-school program's rollout on Kaua'i is increased efficiency and reduced waste during production and at disposal.

Kōkua Hawai'i Foundation, Mālama Kaua'i, and Zero Waste Kaua'i have partnered together with the School Food Services Branch (SFSB) to measure participating schools' cafeteria food waste both prior to and post implementation of new menus, incorporating more locally-sourced food and scratch cooking methods. >>



KEIKI HELP SHAPE NEW FARM-TO-SCHOOL MENUS, CONT'D.

>> *"We're completing week-long audits at ten schools across all three complexes that started in December and will go through January 2020,"* said Joëll Edwards, Farm-to-School Program Manager for Mālama Kaua'i. ***"Our keiki are the customers, so it's a great opportunity to see and hear from them what they really like and don't like."***

These waste characterizations provide crucial data that allow SFSB to more accurately assess the effectiveness of the new menus being rolled out in early 2020 by measuring student food waste against a baseline from the current school menus.



Kapa'a Middle Students with Representative Nadine Nakamura, VP Kalani Flores and Cafeteria Manager Matt Woods

The baseline audits will provide statistically significant data on the weight, volume, and percentage of food wasted by students for current menus, before the 'Aina Pono menu rollout, as well as student surveys on their meal preferences.

Kōkua Hawai'i Foundation is experienced with waste reduction on school campuses, with over 30 campuses participating in waste studies. Waste reduction is also a core lesson in Kōkua's 'ĀINA in Schools program. 'ĀINA In Schools is a farm to school initiative that connects children to their local land, waters, and food to grow a healthier Hawai'i. 'ĀINA In Schools will be hosting a curriculum training with teachers in partnership with Mālama Kaua'i in February. >>

ABOUT MĀLAMA KAUA'I'S FARM-TO-SCHOOL PROGRAMS



The Kaua'i School Garden Network was established in 2010 and supports all schools, PreK-12, on the island of Kaua'i and provides assistance with funding, technical and volunteer support for school gardens, school sustainability initiatives, local food in local schools. In addition, the program offers schools curricula, training, networking opportunities, and a resource-filled e-newsletter. Their 1st farm-to-school pilot, Māla'ai Kula, ran at Kawaikini NCPCS and Ke Kula Ni'ihau PCS from 2015 to 2019 supported the creation of culturally-relevant school garden and food program models serving Hawaiian keiki and youth. In 2019, we started a new initiative – Kaua'i Farm-to-School Hui – to bring together stakeholders across the island to develop policies and projects needed to move farm-to-school efforts forward islandwide.



Waste Audit Stations

KEIKI HELP SHAPE NEW FARM-TO-SCHOOL MENUS, CONT'D.

ABOUT KŌKUA HAWAI'I FOUNDATION



The Kōkua Hawai'i Foundation is a 501(c)3 non-profit organization that supports environmental education in the schools and communities of Hawai'i. Their mission is to provide students with experiences that will enhance their appreciation for and understanding of their environment so they will be lifelong stewards of the earth. Supporting hands-on learning activities that engage their senses and make lasting impressions on children's minds, they believe our keiki are the seeds of change to preserving and protecting our beautiful islands.

"As we implement 'Aina Pono, we want to ensure we build a sustainable program," says Dexter Kishida, HI DOE School Food Services Branch (SFSB) Farm-to-School Coordinator. ***"That means a program that meets the needs of our Hawai'i families and food producers, is respectful of our land, implements operational efficiencies and reduces the waste going to our landfills. These waste audits provide essential hard data on student preferences allowing us to create menus that are not only healthy but ones that students will enjoy."***



Food waste - goes to local pig farmers

>> "Working with schools to measure their campus and cafeteria waste has been truly eye-opening," says Jennifer Milholen, Waste Reduction Coordinator for Kōkua Hawai'i Foundation. ***"We can make all kinds of guesses about what we think students will want to eat, but actually measuring what gets thrown away has given us an amazing insight into how we may be able to reduce food waste through menu and preparation adjustments."***

Beyond the weight and volume measurements of food and milk, sorting the lunch waste provides an opportunity to observe what's ending up in the trash, as well.

"For example, we noticed that on apple day, hundreds of whole apples were getting wasted, with no bites at all," continues Milholen. "From that simple observation, slicers were introduced to many kitchens, increasing the consumption of sliced fruit by over 50%!"

ABOUT 'AINA PONO



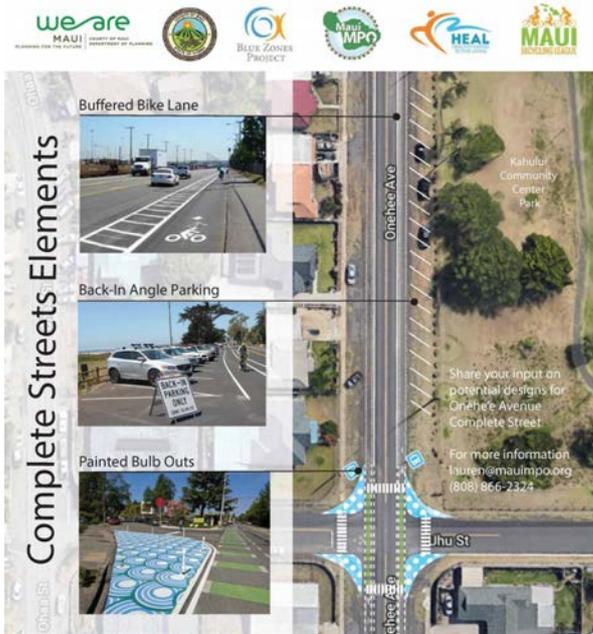
Under the 'Aina Pono program, the Hawai'i State Department of Education (HIDOE) is increasing local food in student meals as well as connecting our keiki (children) with the 'āina (land) through their food, using products from the local agricultural community. The program's goal is to address the supply and demand issues surrounding the purchasing of local food for Hawaii public schools. The program also aims to systematically increase state purchasing of local food for student meals.



ONEHE'E AVE. COMPLETE STREETS DEMONSTRATION AND VISION ZERO LAUNCH



Onehe'e Avenue Vision Zero Launch
 Join us! Mayor's Vision Zero Proclamation
 Kahului Community Center Park
 Onehe'e Avenue and Uhu Street
 Saturday, October 26, 2019
 9:00 - 10:00am



On October 26th, the Maui Metropolitan Planning Organization (Maui MPO), County of Maui Department of Public Works, the Healthy Eating + Active Living Coalition (HEAL Coalition), Blue Zones Project Central Maui, and Maui Bicycling League hosted a Complete Streets Demonstration for Onehe'e Ave and Vision Zero Launch for Maui County.

Three Complete Streets elements were demonstrated at the corner of Onehe'e Avenue and Uhu Street at Kahului Community Center Park. Mayor Victorino presented a Vision Zero Proclamation for the County of Maui in which he proclaimed the goal of zero traffic fatalities by 2040.

The three complete streets elements were angled reverse in parking on Onehe'e Ave on the side of the park, bike lanes painted green, and bulbouts, which were designed by community artists, Ray and Bella Moline, and painted by the Maui high Key Club along with Girl Scouts troop 555.



These three elements helped to visualize what a complete street looks like and how small changes to the built environment can make a big difference for community safety and the built environment.

"We started designing our streets for people and not just cars", said Maui County Public Works engineer Nolly Yagin. "I imagine my family members out walking and ask myself if they would feel safe and comfortable."

The County's newly updated Street Design Manual supports the type of Complete Streets designs that Nolly and others would like to see as the "veins" of a healthy community, enabling residents to safely reach school, parks, jobs and services. >>

ONEHE'E AVE. COMPLETE STREETS DEMONSTRATION AND VISION ZERO LAUNCH, CONT'D.

>> As of November 26th 2019, Maui County has had 21 traffic fatalities, which is a large increase from the 15 fatalities Maui County had on Nov. 26th of 2018. The mission of Vision Zero is to, "Eliminate all traffic fatalities and severe injuries, while increasing safe, healthy, equitable mobility for all."

Data from surveys conducted by the Maui MPO show that Maui residents worry about fast-moving vehicles and limited facilities for people walking and biking. Those same concerns have an impact on individual and community health, as a lack of a safe and connected bicycle and pedestrian network discourages people from walking and biking places.

For more information on the HEAL Coalition for Maui, Moloka'i and Lāna'i, please contact the HEAL Community Coordinator Lauren Loor at lauren@hiphi.org.



The Vision Zero Advisory Group will be convened with the guidance of the Maui MPO and the collaboration of partners such as the County of Maui, Healthy Eating + Active Living Coalition, Blue Zones Project Central Maui, and Maui Bicycling League.



Statewide

ADOPTION OF NATIONAL HEALTH EDUCATION STANDARDS: ACHIEVING EXCELLENCE



On December 5, 2019, the Hawai'i State Board of Education (BOE) adopted the National Health Education Standards: Achieving Excellence (NHES), which replaces the Hawai'i Content and Performance Standards III for Health K-12. These standards provide the framework for comprehensive Health Education, which supports the development of health-enhancing attitudes, skills, and knowledge in our public school students.

- 1 Comprehending Concepts
- 2 Analyzing Influences
- 3 Accessing Information, Products, and Services
- 4 Interpersonal Communication
- 5 Decision-Making
- 6 Goal-Setting
- 7 Self-Management
- 8 Advocacy



The Hawai'i State Department of Education (HIDOE) will initiate a three-year implementation rollout beginning in School Year (SY) 2020-2021, with full implementation of the NHES in SY 2023-2024. The NHES are available at <http://bit.ly/HIDOENHES>.

Priority Risk Topics

National Health Education Standards: Achieving Excellence

Additional information and resources to support standards-based comprehensive Health Education are available on the HIDOE Learning Design Resource's Health Education webpage at <https://learningdesign.hawaiipublicschools.org/standards-based-content/health>

HAWAI'I GARDEN TO CAFETERIA PROGRAM EMPOWERS STUDENTS TO GROW AND EAT FRESH FRUITS AND VEGETABLES

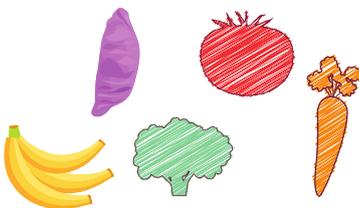


The Hawai'i Garden to Cafeteria (G2C) Program allows approved participating schools to grow, harvest, and deliver fresh fruits and vegetables from a school garden or school farm to the cafeteria serving the school for use (including preparation, serving, and consumption) in United States Department of Agriculture (USDA) Child Nutrition Programs, such as the National School Lunch Program (NSLP) and Fresh Fruit and Vegetable Program (FFVP).

This program is made possible by a partnership between the Hawai'i Department of Education (HIDOE) School Food Services Branch (SFSB) and the Hawai'i Farm to School Hui, a statewide network formed in 2010 to strengthen Hawaii's farm to school movement, and a program of Hawai'i Public Health Institute (HIPHI). Funding to support the development and expansion of this program has been provided by the Hawai'i Department of Health (HDOH).



Members of the Hawai'i Farm to School Hui Steering Committee receive training in the Hawai'i Garden to Cafeteria Program protocols for safe growing, harvesting, and food handling.



In June 2018, the Hawai'i Farm to School Hui convened a G2C Working Group to develop the G2C Plan for safe growing, harvesting, and food handling, and to prepare for the program's pilot year.

Working group members included representatives from HIDOE SFSB, HIDOE Facilities Development Branch, HIDOE Hawai'i Child Nutrition Programs (HCNP), HIDOE Office of Curriculum and Instructional Design (OCID, formerly the Office of Curriculum, Instruction and Student Support, OCISS), HDOH Sanitation Branch, HDOH School Health, Hawai'i Department of Agriculture (HDOA) Farm to School Program, community organizations and schools, and two national partners: Slow Food USA and Whole Kids Foundation.

Guidance for the G2C Working Group in developing the G2C Plan was provided directly by Andrew Nowak of Slow Food USA, lead author of the Garden to Cafeteria Toolkit, which is a timely resource that draws from the experience of a number of school districts in other states, and from the industry standard Good Agricultural Practices (GAP) relevant to school settings. >>



Click on the image above to learn more about the Garden to Cafeteria Toolkit that guided the G2C Plan.

HAWAI'I GARDEN TO CAFETERIA PROGRAM EMPOWERS STUDENTS TO GROW AND EAT FRESH FRUITS AND VEGETABLES, CONT'D.



Andrew Nowak of Slow Food USA enjoys the first Garden to Cafeteria meal in Hawai'i at Kohala Elementary School!

>> The G2C Program was first piloted during the 2018-2019 school year in the HIDOE Kohala Complex on Hawai'i Island. The Hawai'i Institute of Pacific (HIP) Agriculture -- a Kohala-based non-profit focused on food production, education, and aggregation through its new Kohala Food Hub -- teamed up with Kohala Elementary and High Schools' agriculture education programs and cafeteria team to make the program a success.

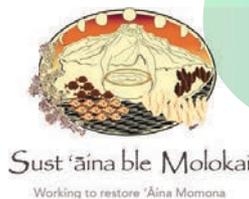
During the spring 2019 semester, close to 150 pounds of produce were harvested for the cafeteria from the high school Career and Technical Education (CTE) natural resources agriculture education program and the elementary school's Discovery Garden during a total of six harvests in the months of March and April 2019. Produce items included bok choy, won bok, lū'au (taro leaves), green onions, and purple sweet potatoes.

This school year, a cohort of up to twelve public and public charter schools is being recruited to carry out the next phase of the program pilot. Two Lead Trainers and five Regional Coordinators from the Hawai'i Farm to School Hui Island Networks are actively working with schools on the islands of Kaua'i, O'ahu, Molokai, Maui, and Hawai'i to roll out the program through on-island trainings and technical assistance. >>



The Hawai'i Garden to Cafeteria Program pilot officially launched in the Hawai'i Department of Education Kohala Complex on Hawai'i Island in March 2019, serving bok choy and sweet potatoes from the Kohala Elementary and High Schools' agriculture education programs.

Click on the images below to learn more about the Hawai'i Farm to School Hui Island Networks that are actively working with schools on the islands of Kaua'i, O'ahu, Molokai, Maui, and Hawai'i to roll out the G2C Program:



HAWAI'I FARM TO SCHOOL HUI

LEARNING GARDENS AND SCHOOL FOOD SYSTEMS

Island Networks

- Kaua'i School Garden Network (KSQN) & Kaua'i Farm to School Hui (KFSH)
- O'ahu Farm to School Network (OFSN)
- Molokai Farm to School Network (Molokai FSN)
- Maui Farm to School Network (Maui FSN) (includes Lāna'i)
- Hawai'i Island School Garden Network (HISGN)

Core Organizations

- Farm to Kūiki (Preschool/ECE)
- FoodCorps Hawai'i
- Grow Some Good (Maui FSN Lead)
- Hawai'i Association of Independent Schools (HAIS)
- Hawai'i Institute of Pacific Agriculture (HIP Ag)
- Tolani School (OFSN Lead)
- Kamehameha Schools
- Kūikoa Hawai'i Foundation (NFSN Core Partner)
- Māla'i: Culinary Gardens of Waiākea Middle School (HISGN Lead)
- Malama Kaua'i (KSQN/KFSH Lead)
- Sustainable Molokai (Molokai FSN Lead)
- The Bennett Foundation
- The Kohala Center

State Agency Partners

- Hawai'i Department of Agriculture: Hawai'i Farm to State Program
- Hawai'i Department of Education: Hawai'i Child Nutrition Programs
- Hawai'i Department of Education: Office of Curriculum and Instructional Design
- Hawai'i Department of Education: School Food Services Branch/Aina Pono Initiative
- Hawai'i Department of Health: Chronic Disease Prevention and Health Promotion Division
- Hawai'i Department of Health: SNAP Ed Program
- University of Hawai'i College of Tropical Agriculture and Human Resources

National Organizations

- National Farm to School Network (NFSN)
- USDA Farm to School Program

HAWAI'I GARDEN TO CAFETERIA PROGRAM EMPOWERS STUDENTS TO GROW AND EAT FRESH FRUITS AND VEGETABLES, CONT'D.

>> The value of G2C goes well beyond the pounds of food produced to the experience of students gaining solid agricultural skills, taking pride in growing food for their school communities, and being excited to eat fresh fruits and vegetables!

This program is helping to instill lifelong healthy habits and to raise future generations of students (and potential future farmers) with experience in food production, food safety, and agricultural business, financial, and marketing skills.

In alignment with HIDOE's Nā Hopena A'o (HĀ) initiative, G2C is contributing to a strengthened sense of belonging, responsibility, excellence, aloha, total well-being, and Hawai'i within students.

More information about the G2C Program, including the G2C Plan, online application, contact information, and an introductory webinar recording, are available on the Hawai'i Farm to School Hui's website, www.farmentoschoolhui.org, "Resources," "Garden to Cafeteria."

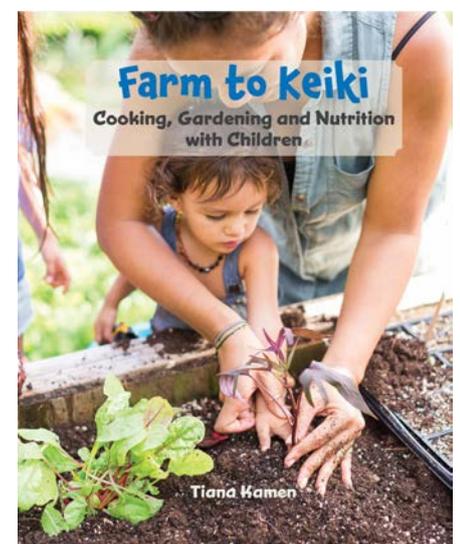


Collaboration makes it happen! Gathered for the Hawai'i Garden to Cafeteria Program pilot launch event in March 2019 were representatives from Kohala Elementary School, HIP Agriculture, FoodCorps, Hawai'i Island School Garden Network, Hawai'i Farm to School Hui, and Slow Food USA.

GROWING A FARM TO KEIKI CULTURE IN HAWAI'I'S EARLY CARE PROGRAMS

Farm to Keiki is planting the seeds of Farm to School in preschools and family childcare providers throughout Hawai'i. In 2019, over 430 early care providers attended a Farm to Keiki training and received a copy of the new curriculum book, "Farm to Keiki - Cooking, Gardening and Nutrition with Children"! All attendees learned the basic tools and inspiration to connect children with nature and show them how to grow, prepare and eat healthy and locally-grown foods.

Growing a Farm to Keiki culture in Hawai'i's early care programs was an initiative sprouted in 2010 by Kaua'i-born nutritionist and 'aina-based educator, Tiana Kamen. Today, the Farm to Early Care and Education (Farm to ECE) movement is blossoming in Hawai'i. >>



GROWING A FARM TO KEIKI CULTURE IN HAWAI'I'S EARLY CARE PROGRAMS, CONT'D.



>> Farm to Keiki recently conducted the first Farm to ECE statewide survey to collect baseline information about farm to school efforts in Hawai'i's childcare. The results and the infographic are available at www.farmtokeiki.org.

Farm to Keiki has partnered with the Hawai'i Department of Health, the Bennet Foundation and the Hawai'i Farm to School Hui to develop the Hawai'i Farm to ECE Hui! The group is currently working on a plan to support Farm to ECE statewide.

This spring, there are many opportunities for childcare providers and the community at large to join the Farm to Keiki movement! An easy way to get started is to get a copy of the Farm to Keiki book! Access the book for free online or purchase the hardcopy at www.farmtokeiki.org. The printed books are available at the library. There are two versions of the book - the new "Ohana Edition" and the original "Educators Edition" which includes curriculum/lesson plans.

Another way to dive deeper into Farm to Keiki is to attend a training or a "talk story" event on the 2020 Farm to Keiki book tour! To receive invitations to all trainings, book signings and other events, sign up for the Farm to Keiki newsletter at www.farmtokeiki.org and follow @farmtokeiki on Instagram and Facebook.

The free online publication of the Farm to Keiki book and the 2019 and 2020 free Farm to Keiki trainings and books for preschool teachers were funded by our wonderful partner, the Hawai'i Department of Health. The 2019 Farm to Keiki trainings and books for family childcare providers were funded by more fantastic partners, Learning to Grow in partnership with PATCH!

2020 FARM TO KEIKI BOOK TOUR EVENTS

Free Farm to Keiki Trainings for Preschool Teachers

- 1 on Kaua'i, Maui, Oahu, and Hawai'i Island
- Dates TBA

Hawai'i Island Farm to Keiki Book Distribution and Networking Event

- Location: Waimea, Hawai'i Island
- Date: March 14th
- Times: 9:00am-11:00am / 9:00am-3:45pm
- Cost: \$35
- Contact: tiana@farmtokeiki.org

Farm to Keiki Talk Story

- Location: In the Hanahau'oli School Professional Development Center, located at 1922 Makiki Street, Honolulu, HI 96822
- Date: March 5th
- Times: 5:30pm-7:30pm
- Cost: \$15
- Website: <https://www.eventbrite.com/e/farm-to-keiki-a-pau-hana-book-talk-with-local-author-tiana-kamen-registration-83405890263>

Interested in purchasing bulk orders of the Farm to Keiki book, inviting Tiana to speak, or hiring Farm to Keiki for a private professional development workshop? Email Tiana at tiana@farmtokeiki.org

2020-2030 PHYSICAL ACTIVITY & NUTRITION (PAN) PLAN



Thank you to those who have been involved in the planning process! Progress has been made in finalizing the objectives and stakeholders will be reengaged in the coming months.



Objectives for the 5 sector areas, (1) Community Design & Access – Physical Activity, (2) Community Design & Access – Nutrition, (3) Education, (4) Health Care, and (5) Worksites, have been developed through a series of in-person and virtual meetings, as well as online surveys.



Next steps are to identify data sources, determine baseline target data, and strategies to meet the objectives.

If you are not already involved in this process and would like to contribute to the creation of the statewide PAN Plan, please let us know by emailing Jessica at jessica.lee@doh.hawaii.gov.

APHA'S BILLION STEPS CHALLENGE



The Hawai'i Public Health Association (HPHA) welcomes everyone to join their team for the Billion Steps Challenge ending April 12, 2020.



Challenge Start: Jan. 1, 2020

The American Public Health Association's (APHA's) Billion Steps Challenge makes it easy and fun to promote good health and physical activity in your community. The Billion Steps Challenge supports broader health promotion efforts, including "Step it Up: The Surgeon General's Call to Action to Promote Walking and Walkable Communities."



Challenge End: April 12, 2020
(the last day of NPHW 2020)

Walk with a team and support APHA's goal of logging more than a billion steps by the end of National Public Health Week (NPHW)!

Click here for more information on the Billion Steps Challenge!



Click here to join HPHA's Walking on Sunshine Team!

Featured Resources & Research



NEW RESOURCE: THE ACTIVE COMMUNITIES TOOL (ACT)



Click on the image above to learn more about the ACT Action Planning Guide!

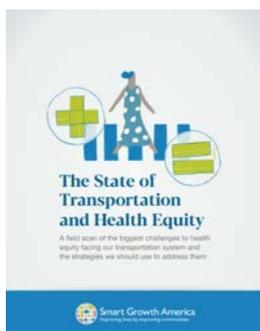
The Active Communities Tool (ACT) Action Planning Guide is designed to inform steps of the action planning process specific to improving community built environments for physical activity, such as:

- Leveraging cross-sector commitment by identifying disciplines that should be considered for inclusion on the cross-sector team
- Understanding the community's plans, policies, and resources for improving community built environments for physical activity to better clarify opportunities for action or engagement through completion of the Active Communities Tool: Assessment Modules
- Considering the potential actions that best align with the relevant transportation or land use planning cycle

Take a look and see how the ACT can help you identify opportunities for action as you further develop your plans to improve your community's built environment to support physical activity. From activity-friendly routes to everyday destinations, the ACT assessment modules assesses the quality and comprehensiveness of community plans, policies and resources for improving community built environments for physical activity.



SMART GROWTH AMERICA REPORT - TRANSPORTATION & HEALTH EQUITY

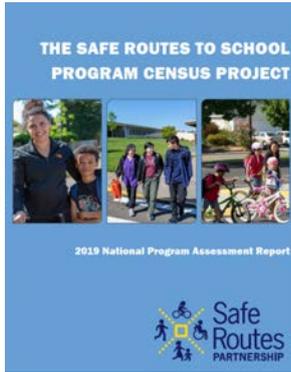


Click on the image above to access the report!

The State of Transportation and Health Equity identifies 40 strategies where transportation can be used to improve health equity—organized into six broad focus areas—each with a short description and feature of how the strategy would work in practice. Developed through rigorous feedback from a huge panel of health and transportation experts from across the country, each of the six sections outlines challenges, corresponding strategies, as well as success stories from all types of places.



THE SAFE ROUTES TO SCHOOL PROGRAM CENSUS PROJECT



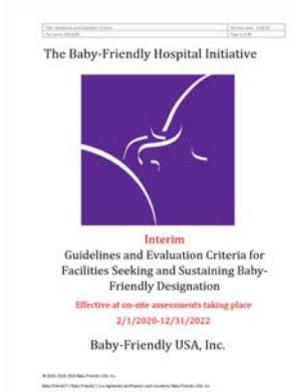
Click on the image above to access the report!

The Safe Routes Partnership has released the first-ever national assessment of Safe Routes to School programs in the United States as part of a new report, “The Safe Routes to School Program Census Project: 2019 National Program Assessment Report.”

This report provides an overview of the state of Safe Routes to School programming in the United States and a high-level assessment of challenges, innovations, and opportunities for Safe Routes to School programs. The findings in the report are based on a national survey of Safe Routes to School programs across the country, exploring policies, practices, and funding for programmatic activities, that were conducted in 2019.



BABY-FRIENDLY USA - INTERIM GUIDELINES AND EVALUATION CRITERIA



Click on the image above to access the report!

Baby-Friendly USA has released Interim Guidelines and Evaluation Criteria (GEC) for Baby-Friendly Hospital Initiative assessments taking place between February 1, 2020 and December 31, 2022.

The changes in the interim GEC are intended to add greater clarity, give mothers and families more choices, and encourage more collaborative conversations between parents and providers. Baby-Friendly USA has also published a chart summarizing these changes and additions to the 2016 version of the U.S. Baby-Friendly GEC.



CHOICES STUDY - PROJECTED U.S. STATE-LEVEL PREVALENCE OF ADULT OBESITY & SEVERE OBESITY



A Childhood Obesity Intervention Cost-Effectiveness Study (CHOICES) article finds that about half of the adult U.S. population will have obesity and about a quarter will have severe obesity by 2030. Severe obesity—once a rare condition—is projected to be the most common BMI category in 10 states and in some demographic subgroups. >>



CHOICES STUDY - PROJECTED U.S. STATE-LEVEL PREVALENCE OF ADULT OBESITY & SEVERE OBESITY, CONT'D.

>> The study's researchers estimate that, currently, 40% of American adults have obesity and 18% have severe obesity. The researchers said the predictions are troubling because the health and economic effects of obesity and severe obesity take a toll on several aspects of society.



Click here to access the article and to watch a video from the paper's first author, Zach Ward



Click here to view projections for the U.S. overall and for each of the 50 states plus the District of Columbia on the CHOICES website



Click here to visit the CHOICES Childhood Obesity National Action Kit for information on strategies that could make a difference!



NEW ADULT PHYSICAL INACTIVITY PREVALENCE MAPS BY RACE, ETHNICITY, AND LOCATION



CDC released new adult physical inactivity prevalence maps by race and ethnicity for all 50 states, the District of Columbia, and US territories. Combined BRFSS data from 2015-2018 show that physical inactivity across the country is high, with state and territory-level estimates of physical inactivity ranging from 17.3% in Colorado to 47.7% in Puerto Rico. The percentage differs by race, ethnicity, and location. These data show that more efforts are needed to increase physical activity to prevent and control chronic disease in the U.S.

Click here to access the maps!

Conferences, Trainings & Professional Development



NATIONAL WALKING SUMMIT - ST. LOUIS

- **When:** March 10-11, 2020
- **Where:** St. Louis, MO



Click on the image above for more information!



10TH NATIONAL FARM TO CAFETERIA CONFERENCE

- **When:** April 21-23, 2020
- **Where:** Albuquerque, NM



Click on the image above for more information!



2020 NATIONAL BREASTFEEDING CONFERENCE & CONVENING

- **When:** June 12-13, 2020
- **Where:** Scottsdale, AZ



Click on the image above for more information!



WALK/BIKE/PLACES CONFERENCE

- **When:** August 4-7, 2020
- **Where:** Indianapolis, IN



Click on the image above for more information!



Contact us!

- Visit 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

Thank you for helping to create a
venue for information sharing among
PAN professionals in Hawaii!

Your contributions are appreciated.



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