



PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN NEWSLETTER

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HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity

KALENA PARK QUICK BUILD PROJECT



Kalena Park, in the center of downtown Lihue, needed some TLC - Tender Loving Care. The fence surrounding the park was uninviting and it had no sense of entry. The playground equipment and restrooms needed upgrading. Undesirable behavior created a perception of the park being unsafe.

Get Fit Kauai's Kalena Park Community Action Group, with representatives from the Lihue business community, County of Kauai Parks and Recreation Department, County of Kauai Planning Department, and Lihue Boys and Girls Club decided to have a community work day to implement the modified park plan prepared by Barth and Associates in 2019. This proved to be a fantastic way to build community support for, and ownership of, the park.

Over 100 volunteers showed up! Leaders were selected for each aspect of the work: installation of the rubber tiles, tree planting, and general park cleanup. Equipment was rented to scalp the lawn and compact the soil for installation of the rubber tiles. Hand tools were provided by the Parks Department. Concurrent with the volunteer work, paid artists painted murals on the restroom and the concrete contractors stained the spheres and aloha sign.

**Kalena Park shaping up -
The Garden Island**



For a video of the community work day, visit <https://kalenapark.com/>

BEFORE



AFTER

Because of the improvements made to the park, suddenly, families, seniors, EVERYONE, felt welcomed in the park and some undesirable activities that frequently happen in underused spaces disappeared. Some people who live within walking distance remarked that they never would have thought to bring their children to the park because it felt unsafe, but now they would.

This wonderful project was funded by Kaiser Permanente, State of Hawaii Department of Health, and a County of Kauai grant through Get Fit Kauai.



THE LIHU'E LOOP PROJECT



The Lihue Loop is an ongoing project to promote physical activity in Lihue's town core on the island of Kaua'i. Over the last several months, Get Fit Kauai's Lihue Loop Action Group (LLAG), Jaxon Communications, CKTV Media Productions, and Kauai High's STEMworks program have been working to bring this wonderful project to life for the community.

In the coming years, LLAG will endeavor to use information technology to generate and sustain interest in exploring the walking audio tours that start and end at the centrally located Kalena Park.

HOW DOES IT WORK?



The Lihue Loop project is a 1.3-mile self-guided audio walking tour that takes walkers from Kalena Park around Hardy Street, Eiwa Street, and Rice Street. There are 19 points of interest, each point is significant to the history and culture of Lihue town.

Tour-goers use their mobile devices to access the Lihue Loop stories. Each point of interest has a QR Medallion that a user can scan to access audio stories showcasing Lihue's unique heritage, living culture, and aspirations for a vibrant future. Closed captioning (CC) is also available through the QR code.



Nineteen Points of Interest (POI) were selected by the LLAG, each of these points represent something significant about Lihue's history and vibrant culture. Designated LLAG members served as subject matter experts for different POIs which provided all the necessary information needed for the audio files.



Twenty-two 7th and 8th graders in the Level 2 Advanced Media Productions Class at Chiefess Kamakahalei Middle School created the stories heard in the walking audio tour. Using Pat Griffin's book, "Lihue - Root and Branch of a Hawaii Town" as their guide, they researched each point of interest and spoke to community experts to learn more about our town.

Some even spoke to family members or neighbors for their information. Students then wrote their own scripts, recorded themselves, and worked with community experts to get audio files created remotely to be included in their stories. The audio was then edited (and in many cases re-edited!) until it was ready. Eight weeks and many revisions later, their stories are now being heard on the Lihue Loop Walking Audio Tour. >>



THE LIHU'E LOOP PROJECT, CONT'D.

KAUAI HIGH SCHOOL IS PART OF HAWAII'S STEMWORKS PROGRAM



STEMworks™ is an innovative, impactful, and relevant approach to Science, Technology, Engineering, and Math (STEM) education! The QR medallions mounted along the route of the Lihue Loop Project were created using 3D models rendered by open-source software such as OnShape and Blender, and then with Prusa and Ender 3D printers using 1.75 PLA filament.

GRAND OPENING WEEK!

127 participants walked the loop during its grand opening week (May 16 - 23, 2020) and 133 people have registered to be a Lihue Loop member. In the opening week, the Lihue Loop scavenger hunt was created, over 40 people participated in the scavenger hunt to find the answers to specific questions at certain points.



FEEDBACK FROM THE COMMUNITY

I was born and raised here and was surprised by how much I learned on this walking tour. I will do it again. The walk was wonderful!

- V.B.

We enjoyed the walk. It's the right distance for a family! Very interesting info!

- L. C.

Fun and educational, I'll recommend it to my guests. 3 senior adults reporting here, 2 long term 30+yr residents.

-D.L.

This was such a great idea and it was fun to walk the loop. This was a lot of work so thank you for all those who were part of this creative and fun experience.

- C. A.

Very Interesting! Thank you to all involved with this project.

- I. F.



This wonderful project was funded by Kaiser Permanente, State of Hawaii Department of Health, and a County of Kauai grant through Get Fit Kauai.

BUILT ENVIRONMENT UPDATES FOR MAUI COUNTY! PUBLIC ART AND ROAD SAFETY IMPROVEMENTS ON PAPA AVENUE AND MĀ'ALO STREET



In March 2021, Maui County Mayor Michael Victorino, Councilmember Tasha Kama, State Representative Troy Hashimoto, Lihikai School Principal Barbara Ouva Tavares, and nearly twenty community volunteers joined the team to celebrate the project's opening and assist with painting the street murals.

The Maui Metropolitan Planning Organization, County of Maui Department of Public Works, the Healthy Eating + Active Living Coalition, and local artist Matt Agcolicol partnered to design and install a "quick build" demonstration project at the Papa Avenue and Mā'alo Street intersection fronting Lihikai School in Kahului, Maui.



The project includes improvements to pedestrian, bike, and parking facilities that included public art to make the area safer and more vibrant.



The project includes the following improvements:

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

Making it easier for people to get outside and move is so important for public health. Physical activity prevents and manages conditions like heart disease, diabetes, and depression. Funding for the project was provided by the State Department of Health, and technical support was provided by SSFM International and the Ulupono Foundation.

The goal of this quick build project is to promote active transportation near schools where 50% or more of students qualify for free or reduced price lunches.

Lauren Loor, Hawai'i Public Health Institute



[Click here to view a video of the demonstration.](#)

SHARED STREETS IN MCCULLY PROJECT



From May through June 2021, the City and County of Honolulu Complete Streets Program piloted “shared streets” and pop-up improvements in McCully to test new strategies and quickly provide features for people walking and biking. Shared streets allow people to use the entire roadway to walk, bike, and roll safely with temporary traffic control materials to slow driving speeds and discourage cut-through traffic.

The project initially installed shared streets on Hau’oli and Waiola Streets using in-street signs, as well as a pop-up walk/bike lane (with cones) on Hau’oli Street, immediately creating a network of low-stress pedestrian and bicycle routes between neighborhood destinations and existing bikeways.



Frequent use of the pop-up walk/bike lane by pedestrians, wheelchairs, walkers, scooters, and strollers motivated the City and County of Honolulu to expand the network to Pumehana Street for the last two weeks of the project. Car speeds dropped modestly along all project corridors, but the most benefit was experienced along corridors with coned-off walking and rolling spaces.



“Speeds reduced, neighborhood feels safer to walk in,” shared a McCully resident. “Easier to take my son out in the stroller since the lack of proper sidewalks made it hard earlier.”



The Shared Streets pilot project demonstrated a clear need for pedestrian and bicycle improvements. The City currently is designing walk/bike lanes on Hau’oli and Pumehana Streets and piloting a “quick-build” traffic circle at the Waiola and Wiliwili Street intersection in September 2021.

McCully is a centrally located neighborhood in urban Honolulu. Many residents take advantage of its proximity to local businesses, schools, parks, and major employment centers. Roughly 75% of households report having either one or no cars, and more than a third of residents walk, bike, or take transit to get to work or school. Nearly 50% of residents are also youth or seniors. However, a lack of improved sidewalks and low-stress bike lanes, parking on the sidewalk, and visibility concerns at intersections continue to pose challenges to comfortable neighborhood streets.



The project received technical and coordination support from Bloomberg Philanthropies and its partners as a part of Honolulu’s participation in the American Cities Climate Challenge.

ACTIVATING 'A'ALA PARK

On the mainland, The Trust for Public Land (TPL) is well known for its long and successful history of partnering with cities and engaging communities in designing, building, improving, and stewarding innovative and award-winning urban park projects. In August 2020, TPL launched its new program in Hawai'i by hiring Rosanna Rombawa, MSW as its Parks for People Hawai'i Program Manager for the three-year pilot project at 'A'ala Park.

'A'ala Park is a city-owned park in the heart of an exceptionally dense and underserved community. Over 18,000 people live within a 10 minute walk of the park, and 53% of those households are low-income and are vulnerable to the inequitable social, economic, and environmental conditions and health issues related to those inequities. 'A'ala Park presents an incredible opportunity to support resident health and improved quality of life, utilizing TPL's nationally-recognized and community-focused Parks for People strategy.



This summer residents utilizing the park were directly engaged. The park user community consists of houseless individuals from diverse backgrounds and ages, families that love to skate with their children, adults who love to workout, and kūpuna longing for more activities. Through tailored youth engagement activities, we learned that young people struggling with houselessness, substance misuse, poverty, survivors of sex trafficking, and/or in the foster care system often use 'A'ala Park (and other parks) out of necessity.

Free trauma- and culturally- informed arts classes such as lei papa, 'ohe kapala, and painting were offered during 6 site visits to community partners like Hale Kipa, Hale Lanipolua, Susannah Wesley, and RYSE, engaging over 65 young people between ages 7-24. Participants designed a quilt expressing their connections to 'āina (parks), the importance of quality parks and their ability to improve health outcomes for underserved communities.



For those unable to attend, 100 free mini-art kits were donated to park users and unhoused youth. Art supplies were also donated to Farrington High School's Creative Digital Media Club where 40 students produced coloring book pages for elementary school children celebrating 'A'ala Park's history. Students shared their work during a class visit with guest speakers Jasper Wong (co-founder of POW!WOW! Hawai'i) and Mae Prieto (Executive Director of O'ahu Intertribal Council). Kamehameha Schools Mural Club was announced as the lead for a quickbuild project for 'A'ala Park with Better Block Hawaii.

We're thankful for the keiki and 'ōpio (youth, teenagers) who shared how the built environment shapes their health so that our efforts are truly informed by- and in service of the community.

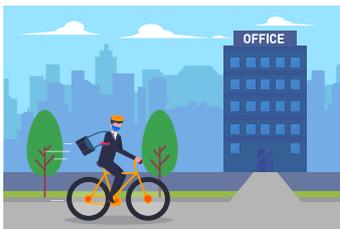
HAWAI'I BIKE CHALLENGE INSPIRES MORE BIKING



The Hawai'i Bike Challenge, held in May, was designed to encourage Hawai'i residents 13 years and older to give bicycling a try or to use their bikes more frequently for different types of trips. By all accounts, the challenge successfully achieved its objectives.



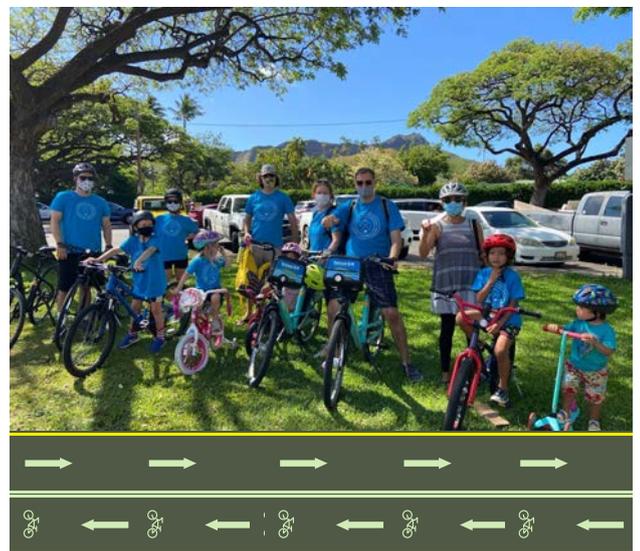
The free community challenge, presented by Blue Planet Foundation with support from Ulu pono Initiative, G70 and Hawaiian Telcom, attracted 546 riders from 46 different organizations, including more than 150 new bike riders. They covered a total of about 64,000 miles from close to 6,000 bike trips, saving more than 5,200 pounds of carbon emissions in just a one-month period. To view mileage and trip leader boards, visit the Love to Ride Hawai'i website by clicking [here](#).



"Our goal was to get more people across the islands to feel comfortable on bicycles, and that started with encouraging people to just give it a try. We wanted to incentivize alternatives to car trips to collectively reduce our carbon footprint," said Kianiwai Jones, Director of Mobility with Blue Planet Foundation.

Generous prizes for friendly individual and team competitions provided great incentives for the Hawai'i Bike Challenge participants, but many noted that their motivation came from the intrinsic value of bike riding. According to the post-event survey results:

- **73%** of participants reported that they saw the main benefit of the Hawai'i Bike Challenge was improved fitness from bike riding;
- **69%** of participants indicated that they simply wanted to enjoy the outdoors; and
- **30%** said they wanted to improve their health.



"I'm happy to get on my bike," said Nicki Smith, who was among the top 20 finishers in the Commuter category of the Hawai'i Bike Challenge. Her commute from her home in the Ala Moana area to the Oahu Metropolitan Planning Organization downtown is 2.4 miles. *"It's a great way to start my day."*

Mike Taratko also placed in the top 20 in the Commuter category. As a principal consultant for IT security with Hawaiian Telcom, he has been working remotely from home in the Diamond Head area these days, but said he will make the five-mile commute to Hawaiian Telcom's downtown location on Bishop Street just to get his blood pumping and put him in a better mood for the workday challenges ahead of him. >>

HAWAI'I BIKE CHALLENGE INSPIRES MORE BIKING, CONT'D.

>> The Hawai'i Bike Challenge also encouraged a shift to positive, healthy behaviors. For 47% of the new bike riders who participated in the challenge, commuting by car alone was the most commonly cited method of transportation to work. Among occasional bike riders it was slightly higher at 51% and, among regular riders, 24% use their cars to get to work. Yet, the challenge participants noted a change in the way they thought about biking:

- 90% of new riders, 73% of occasional riders, and 58% of regular riders reported that, during the Hawai'i Bike Challenge, they biked more often than they would normally;
- As a result of the challenge, 62% of all respondents intend to ride more often for recreation, 26% intend to ride more often to work, and 51% intend to ride more often for other transportation purposes; and
- 82% of new riders intend to ride more often for recreational purposes.

In the survey, riders most frequently cited "more dedicated bike lanes" as something that would enable them to ride more often or to work, followed by improved bike parking and end-of-trip facilities.



"Nothing can beat biking around town in the great and growing complete streets and bicycling facilities," said Matthew Gonser, Chief Resilience Officer and Executive Director of the Office of Climate Change, Sustainability and Resiliency for the City and County of Honolulu, who placed among the top 20 finishers in the "most trips" category of the Hawai'i Bike Challenge. *"When the infrastructure and connections are there, the experiences are that much better, and our perspectives of how far and how long we can bike are changed because it's enjoyable."*



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

THE NATIONAL KIDNEY FOUNDATION OF HAWAII IS
HERE TO SUPPORT OUR COMMUNITY!



2021 continues to be challenging on many different levels, but the National Kidney Foundation of Hawai'i (NKFH) is committed to providing services that promote health through awareness, prevention, education, and management.

NKFH has been busy with the opening of the NKFH Health Clinic in 2020. In 2021, more patients received telehealth services in Nutrition & Medical Management. For more information, call (808) 589-5900 or email: NKFHHealthClinic@kidneyhi.org

The NKFH Programs Department offers virtual classes for more than 10 programs, including:

- **Diabetes Prevention Program - July 2021:**

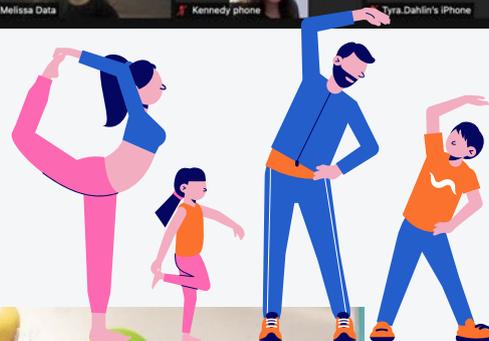
DPP is a year-long program aimed to lower the risk of type 2 diabetes through physical activity and nutrition; supportive and engaging group relationships that encourage one another to move toward better health! Participants completing the program were celebrated with a Drive By Graduation!



- **Healthy Weight and Your Child - September 2021:**

NKFH's partnership with Hawaii Pacific Health and YMCA supports 'ohana statewide to develop healthy habits through interactive activities for both keiki (child), makua (parents), and kūpuna (grandparents). The Chang family: *"We learned a lot of healthy options and activities as a family, we made new friends, and had fun doing it. We laughed a lot because mom and the adults tried to do all the activities with us."*

>>



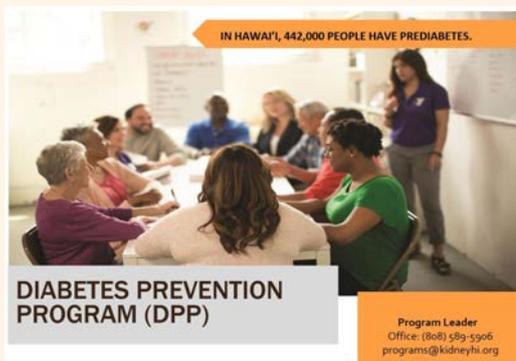
THE NATIONAL KIDNEY FOUNDATION OF HAWAII IS HERE TO SUPPORT OUR COMMUNITY!, CONT'D.

>>

Eligible participants are welcome to enroll in the 2022 National Diabetes Prevention Program.

Diabetes Prevention Program Eligibility.

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



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

Program Description:

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of type 2 diabetes. One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). Participants report weekly number of hours for physical activity and report weekly weight to lifestyle coaches who facilitate the class.

A key part of the National DPP is the lifestyle change program to teach participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills. To ensure high quality, CDC recognizes lifestyle change programs that meet certain standards and show they can achieve results. These standards include following an approved curriculum, facilitation by a trained lifestyle coach, and submitting data every 6 months to show that the program is having an impact.



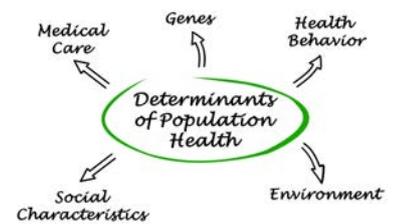
For more information or to register, contact the Program Leader office:
phone: (808) 589-5906, email: programs@kidneyhi.org

ADVANCING HEALTH EQUITY IN HAWAII DURING THE COVID-19 PANDEMIC



In Hawai'i, it is impossible to separate the challenges of COVID-19, chronic diseases, and health inequities. This is the focus of a new special issue of the Hawai'i Journal of Health & Social Welfare, which examines and offers solutions addressing the root causes of these three interrelated issues. Across 11 articles, a diverse group of researchers and practitioners, many affiliated with the University of Hawai'i system, detail the impacts of COVID-19 and chronic diseases in Hawai'i, describe community-led public health efforts to respond to the pandemic, and offer approaches to advance health equity.

"The idea behind this issue is that we know both COVID-19 and many chronic diseases are tied to the same determinants of health. These factors that put people more at risk are the same," explained lead guest editor Catherine Pirkle, Associate Professor at University of Hawai'i at Mānoa's Office of Public Health Studies.



Hawai'i Journal of Health & Social Welfare

A Journal of Pacific Health & Social Welfare

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ARTICLE 1: HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 2: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 3: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 4: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 5: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 6: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 7: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 8: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 9: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 10: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE

ARTICLE 11: COVID-19 AND HEALTH EQUITY IN HAWAII: A REVIEW OF THE LITERATURE



"We need to go beyond the clinical setting and realize that how we allocate resources and power shape people's health and lead to negative outcomes in communities that are marginalized by our political, economic, and health systems. Also, it is important to look broadly at the unsung heroes doing so much to help people through the pandemic and to learn from their work, so we can be more resilient in the future. This Special Issue describes efforts by many groups that we do not hear much about including community health workers, legal aid, and specific response teams such as those working with Native Hawaiian and Micronesian communities."

The issue begins by examining the challenges and impacts of COVID-19 on critical health issues in Hawai'i's communities, including mental health, food security, access to care, and breastfeeding. The second section describes community-led responses to address the many impacts of the pandemic in Hawai'i, with a specific focus on Native Hawaiians and Micronesians. The final section features perspectives on advancing health equity and building capacity to respond to future threats, incorporating cultural frameworks and efforts to improve health literacy, as well as offering specific policy recommendations.

See nutrition-related articles:

- *Exploring Challenges and Opportunities for Breastfeeding in Hawai'i during the COVID-19 Pandemic*
- *Sugar-Sweetened Beverage Fee: A Model to Address Health Disparities in Hawai'i*

Read the special issue PDF of Hawai'i Journal of Health & Social Welfare.

MĀLAMA KAUA'I RECEIVES FISCAL YEAR 2021 USDA FARM TO SCHOOL GRANT!



In July 2021, Mālama Kaua'i was awarded a FY21 United States Department of Agriculture (USDA) Farm to School grant to implement a Farm to Early Care and Education (ECE) program for the island of Kaua'i. Mālama Kaua'i is a community-based non-profit that has focused on increasing local food production and access for a resilient Kaua'i since 2006.

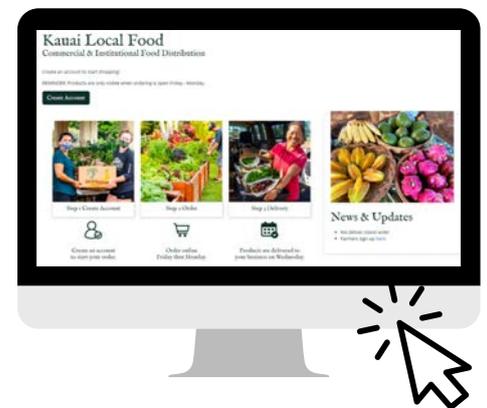


This grant will help Mālama Kaua'i to build a sustainable Farm to ECE program to increase food access and nutrition education for young keiki and their families on Kaua'i. The Farm to ECE Community Supported Agriculture (CSA) program will focus on supporting local food procurement, providing family food access through CSAs, engaging families in virtual education on preparing keiki-friendly recipes using local fruits and vegetables, and providing Farm to ECE mini grants to selected ECE programs on Kaua'i. This is one of the first USDA Farm to School grants awarded to an organization in Hawai'i to focus on ECE programs and keiki!

MĀLAMA KAUA'I'S FARM 2 ECE PROGRAM



Mālama Kaua'i has launched a Farm to Early Care and Education (ECE) program and is actively working to partner with Kauai ECEs to offer procurement services that will make it easier for schools to get more locally grown food into the meals of young children. A special category has been created on the online marketplace (kauailocalfood.com) for institutions, food banks, and food pantries which offers free delivery, discounted prices, and no minimum orders, essentially cutting out the extra fees that make it impossible for these organizations to access local food.



To strengthen healthy choices at home, Mālama Kaua'i will be producing a Community Supported Agriculture (CSA) cooking show highlighting local produce in keiki-friendly recipes. Parents and customers are invited to watch or grab their own CSA bag and join us in the kitchen every other Tuesday from 5:30-7pm HST. The show is a perfect opportunity for families and individuals to learn about the different produce growing on Kaua'i and the many farmers growing our food.



For any schools participating in the Child & Adult Care Food Program (CACFP), creditable recipes that meet the CACFP requirements for a reimbursable meal/snack and can easily be integrated into existing menus are being gathered. >>

MĀLAMA KAUA'I'S FARM 2 ECE PROGRAM, CONT'D.

An analysis is being conducted of the cost and availability of produce to swap in the best local alternatives for recipes that mainly use imported ingredients and recipes that promote the use of our beloved Hawaiian staples, like mai'a, 'ulu, 'uala, kalo, and lū'au are in development.

Mālama Kaua'i is offering mini-grants for 5 ECEs to purchase farm to school supplies. Here's where schools can get creative and build connections between local food and our island's keiki in a hands-on way.

We look forward to the opportunity to continue serving our community and remain firmly planted in our mission to increase local food production and access for a resilient Kaua'i.

Interested in participating? Email us!



FARM TO KEIKI RECEIVES FISCAL YEAR 2021 USDA FARM TO SCHOOL GRANT!



Farm to Keiki and Nā Lei Wili Area Health Education Center were awarded a United States Department of Agriculture (USDA) Farm to School grant to implement the Hawai'i Farm to Child and Adult Care Food Program (CACFP) Learning Collaborative Pilot for Family Child Care Homes.

Farm to Keiki

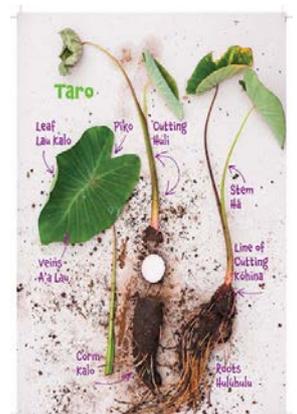
Farm to Keiki is about:

- Growing a new generation of healthy keiki who become caring stewards of the Earth;
- Adopting a culture where children are fed healthy, locally grown foods;
- Ensuring nutrition, environmental education and gardening are part of daily academics; and
- Encouraging children to love farm fresh meals they have cooked themselves.



The virtual Learning Collaborative will bring together 360 family child care (FCC) providers and members from across the state to improve access to local foods and agriculture education. Project Director, Tiana Kamen, will develop and facilitate the sixth-month pilot Learning Collaborative to guide Hawai'i's FCCs through an expanded Farm to Keiki curriculum and training model.

Helping bring this project to life alongside Tiana are several fantastic state and community partners including: Learning to Grow who will help to develop and disseminate the Harvest of the Month material packets; People Attentive to Children (PATCH) food monitors who will support providers in including more locally-grown foods into their menus; and the Hawai'i Department of Health who will ensure that family engagement and the Hawai'i Wellness Guidelines for Early Childhood Care and Education are integrated into the project. Please contact Tiana at tiana@farmtokeiki.org for more information.



2021 KEIKI RAINBOW WELLNESS CHALLENGE



The Keiki Rainbow Wellness Challenge, an adapted version of the Keiki Rainbow Run, was a great success! Over 13,000 students and 6,000 family members participated in healthy lifestyle activities from being physically active outdoors and completing stretch exercises to trying new fruits and vegetables and drinking water instead of sugary beverages.



Most exciting, this year's event welcomed schools from every island and, in total, over 67 schools got involved. All challenge finishers received a colorful face mask, and 14 randomly selected participating schools were awarded mini-grants to support physical activity and nutrition programs.

Key Partners: Kahoomiki, Hawaii Afterschool Alliance, Hawaii Association of Health, Physical Education, Recreation, and Dance, Hawaii 5210, Kaiser Permanente, Blue Zones Project, Hawaii Public Health Institute, Hawaii Department of Education



SAFE ROUTES TO SCHOOL AT R.L. STEVENSON MIDDLE SCHOOL

R.L. Stevenson Middle School students recently painted decorative bulb-outs around a crosswalk fronting their campus. The goal of this quick-build project is to reduce traffic speeds and increase safety and comfort for pedestrians and bikers, especially students and family members.

The artwork, which was painted by students and community members, depicts the rich connection between mauka and makai through the scattered flora and tones of blue and green, reflecting the beauty and balance of the Makiki neighborhood.



This Safe Routes to School project was supported by Blue Zones Project, Ulupono Initiative, Austin Tsutsumi & Associates, Inc., City and County of Honolulu's Department of Transportation Services (DTS), Honolulu Safe Routes to School, and Honolulu Complete Streets.

CHILDHOOD OBESITY INCREASED DURING FIRST YEAR-AND-A-HALF OF COVID-19 PANDEMIC, STUDY FINDS



According to a recent study, childhood obesity rose significantly during the pandemic. The greatest change was among children ages 5 to 11, who gained an average of more than five pounds, adjusted for height according to the study published in Journal of the American Medical Association (JAMA).

“Significant weight gain occurred during the COVID-19 pandemic among youths in Kaiser Permanente Southern California, especially among the youngest children,” the study concluded. “These findings, if generalizable to the U.S., suggest an increase in pediatric obesity due to the pandemic.”

The JAMA report pointed to an increase in obesity among the youngest age group during the pandemic year that was higher than the increase in this group over the past 20 years.



For Deborah Young, one of the study authors and director of the Division of Behavioral Research for the Department of Research & Evaluation, the message for parents, school districts and policymakers is that if these situations happen again, *“we need to have policies and interventions in place that encourage kids to be active, that keep the parks open and that encourage the intake of appropriate and healthful foods,”* she said.

AMERICAN HEART ASSOCIATION'S KIDS HEART CHALLENGE

Congratulations to Holy Family Catholic Academy in Honolulu for receiving a \$3,500 grant from the American Heart Association to purchase a school oven to improve healthy meals for its students.

The American Heart Association's school-based youth programs, Kids Heart Challenge™ and American Heart Challenge™, awarded 52 elementary, middle and high schools across the country through an annual grant program which funds resources to extend or support school wellness programs.



The American Heart Association is helping educators make whole-body wellness a priority by bringing more resources to school campuses. Grant recipients are now able to expand their schools' wellness offerings with additions such as physical activity equipment, water bottle filling stations and educator training opportunities on their campuses. >>

AMERICAN HEART ASSOCIATION'S KIDS HEART CHALLENGE, CONT'D.



Kids Heart Challenge offers a variety of physical activities to get elementary students' hearts pumping. Activities such as dance, basketball or jumping rope are paired with digital missions to learn life-saving skills like Hands-Only CPR™.



The American Heart Challenge is a service-learning program for middle and high school students. The program also helps boost heart health and self-esteem, while reducing stress and anxiety through programs featuring yoga, dance and obstacle courses. Both programs' curriculums help prepare kids for success by supporting physical and emotional well-being, while offering new learning resources and physical activities to meet the needs of today's youth and educators.



Funds raised by Kids Heart Challenge and American Heart Challenge participants support the American Heart Association's scientific research and outreach programs, paving the way for improved health outcomes for healthier communities. Schools are encouraged to register now for the 2021-2022 school year. The program now provides funding twice a year to supply resources in real time to students. The grant application process will move to two deadlines: December 15, 2021 and May 31, 2022.

To learn more about the American Heart Association's kids initiatives, or to make a donation, please visit www.heart.org/kids.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Worksite and Work From Home Wellness

IMPROVE YOUR SLEEP - GET THE REST YOU NEED



Improve Your Sleep
Get the rest you need

This behavioral health education class is designed to enhance sleep quality for individuals experiencing primary insomnia. The course focuses on skill building in sleep restriction and stimulus-control intervention, as well as relaxation techniques, mindfulness, cognitive-behavioral hygiene, and self-care enhancement. An overview of the causes of insomnia, general sleep hygiene, and medications and their limitations are also included.

Open to Kaiser Permanente Members experiencing sleep difficulties associated with primary insomnia.

Pre-registration required.

Fee: None at this time due to COVID

Location: Online via MS Teams

Day/Time: Thursday, 12:30 PM to 1:30 PM

Sessions: 2 classes

- Thursday, December 9, 2021
- Thursday, December 16, 2021

Note: This class is not appropriate for individuals with sleep disorders related to physiological medical conditions, such as sleep apnea or restless leg syndrome. Those with severe depression or anxiety or other medical conditions not typically amenable to behavioral education approach. Individuals currently abusing drugs or alcohol. People with insufficient time to practice the skills for the duration of the class.

To register: Call 808-432-3285 or 808-432-3286

kp.org/mindbody
Kaiser Permanente

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See the **Improve Your Sleep - Get the rest you need flyer** for more information.

Sessions:

- **Thursday, December 9, 2021**
- **Thursday, December 16, 2021**



HMSA'S ONLINE HEALTH EDUCATION WORKSHOPS



Live life to the fullest with healthy lifestyle habits. HMSA uses fun, interactive methods to teach you about fitness, nutrition, stress management, and other aspects of health and well-being that can impact your physical, emotional, and social health. New online health education workshops are available. Here's what we're offering this fall:



Season's Eatings – The holidays are full of opportunities to indulge in festive foods and sweet treats. But keeping up with a healthy diet doesn't have to end when the holidays begin. We'll discuss strategies to help you maintain your health (and weight) and how container size, design, and proximity can influence eating habits.

- **Tuesday, November 23, noon-1 p.m.**
- **Wednesday, December 8, 5-6 p.m.**



Why Weight? – Managing your weight can be challenging, but in this workshop, you'll learn fundamental tools for lifelong success. From understanding why weight management needs to be a priority to creating a support network, learn the keys of readiness, goal setting, nutrition, and exercise to create a sustainable plan.

- **Thursday, December 2, noon-1 p.m.**
- **Tuesday, December 14, 5-6 p.m.**

There's no cost to attend these online workshops. Please note that workshop dates and times are subject to change. To learn more or to register, visit www.hmsa.com/HealthEducation

Worksite & Work From Home, cont'd.

UHA CONNECTING THE DOTS PLATFORM



The UHA Connecting the Dots platform gives you instant access to webinars, podcasts and other health and wellness resources that can educate and inspire you. Whether you're a business owner, UHA member, healthcare provider or community member, we'll connect you to the information you need.



Click here to listen to an episode on The Healthy Hawaii Strategic Plan.

Learn from local healthcare experts with our podcast interviews. Past topics have included "Maintaining Health with Preventive Care", "The Science of Sleeping Well" and "Motivating Lasting Change". Featured below are two special episodes by our very own, Michael Story and Terri Dietz.

The Well-being Equalizer

"The Well-being Equalizer" with Michael Story discusses work life balance and what it really means. Senior Workplace Wellness Advisor, Michael Story has been with UHA Health Insurance since 2019. As a member of UHA's Work Well team, he introduces workplace wellness solutions to organizations throughout Hawaii.



You might even recognize him as our moderator for UHA's Worklife Reimagined webinar series where he discusses topics such as the impact of employee experience and customer experience, navigating burnout, and more. Michael is passionate about improving employee wellness and helping employers support them through sustainable programs.

Moving More for Better Health



"Moving More for Better Health" with Terri Dietz discusses why movement is important to our physical health and overall well-being. Terri Dietz earned a degree in Exercise Physiology at the University of Tennessee.

She has over 30 years of experience in the health, fitness, and wellness industry. Some of her experience includes working with hospital based bariatric patients, fitness and design classes for the elderly, and motivational speaker. An avid athlete, certified personal trainer, and owner of WYAO Hawaii Corporate Wellness, Terri believes in each person's ability to become their best self.



Listen to these featured podcast episodes and more by visiting uhahealth.com/podcast.

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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