

PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN NEWSLETTER

IN THIS ISSUE

PAGES 2-7: PHYSICAL ACTIVITY

- [Physical Activity Benefits Brain Health](#)
- [Vision Zero Action Plan](#)
- [Kaua'i Transportation Survey Yield Huge Responses](#)
- [Kaua'i Active Maps Transportation](#)

PAGES 8: NUTRITION

- [Hawaii Nutrition Center](#)

PAGES 9: KEIKI, YOUTH & 'OHANA

- [Honolulu Theatre for Youth](#)

PAGES 10-12: PAN UPDATES

- [2022 PAN Summit](#)
- [Hawai'i Health Data Warehouse Redesigned Website](#)
- [Hawai'i Health Data Warehouse Health Topics Sections](#)

PAGES 14: WORKSITE & WORK FROM HOME WELLNESS

- [UHA Connecting the Dots Platform](#)

Live HEALTHY



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



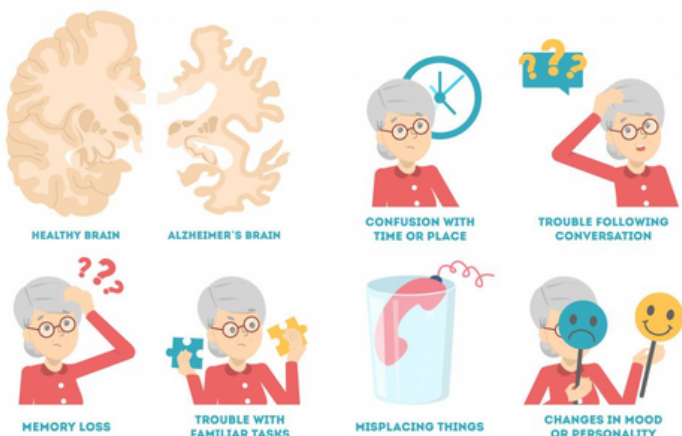
➤ Physical Activity



PHYSICAL ACTIVITY BENEFITS BRAIN HEALTH

In Hawaii, there is an estimate of 29,000 people aged 65 and older who are living with Alzheimer's disease according to the Alzheimer's Association's Fact and Figures report for 2022. This is projected to increase to 35,000 people by 2025. While currently there is no cure for Alzheimer's disease and related dementias, there are steps a person can take to reduce the risk, slow the progression of the disease and keep the brain healthy. Increasing physical activity is can reduce the risk and slow the progression of the disease.

SYMPTOMS OF ALZHEIMER'S



A nationwide cohort study in Korea that involved 62,286 participants concluded that even light physical activity in older adults may be associated with a lower risk for dementia. In this study, the participants were all age 65 or older and did not already have dementia at the start of the study. Participants' health data were collected from January 2009 through December 2012. Participants were followed up on until the end of 2013. Data analysis took place between July 2020 and January 2021.

As reported in the online JAMA Network Open (December 16, 2021): "1) increased physical activity level was associated with a reduced risk of dementia in older adults, 2) the association between physical activity and reduced risk of dementia started with low amount of total physical activity, and 3) even low amount of LPA (light physical activity) correlated with a reduced risk of dementia in older adults."



These findings are important because there are older people who are unable to engage in either moderate-intensity or vigorous-intensity physical activity due to frailty, co-morbidities, or other reasons. In addition to physical activity, there are other lifestyle choices to maintain a healthy brain, such as eating a healthy diet, getting quality sleep, and practicing effective stress management.

*Kevin Kawamoto, MSW, PhD.
CDC BOLD Hawaii*

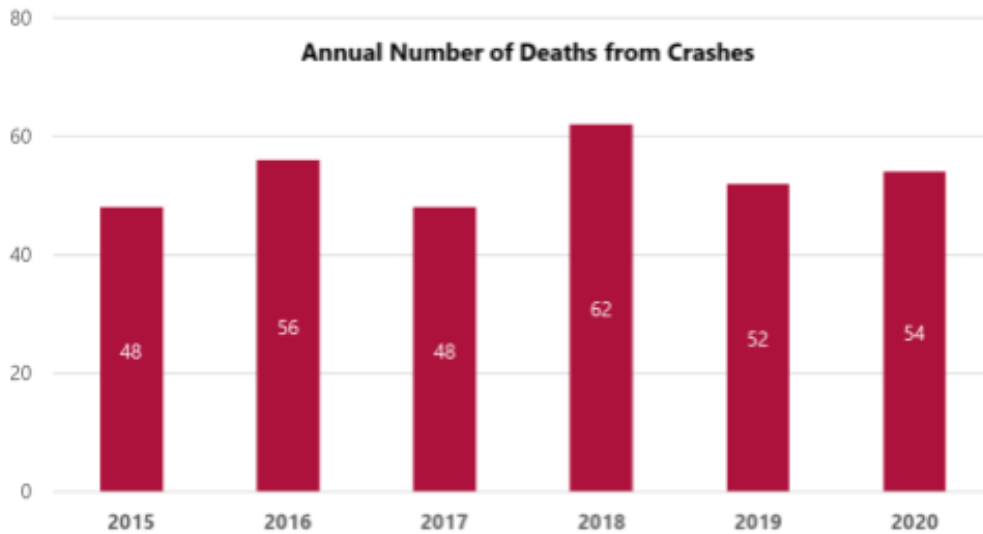
VISION ZERO ACTION PLAN

Did you know that on O'ahu, there is an average of one traffic death each week? Did you also know that this trend has been occurring for the last 10 years? To address this public health concern, the City and County of Honolulu is preparing a "Vision Zero Action Plan." Honolulu's Vision Zero goal is "to reduce serious traffic injuries and fatalities on O'ahu streets to zero."



The first phase of the project has been data collection, review, and analysis

The Department of Transportation Services (DTS) has been analyzing data on fatalities and serious injuries on City and County roadways and finding that serious injury and fatal crashes are due to inattention, impairment, and speed. Alarming, serious crashes due to speeding are increasing. The data also shows that although auto traffic got lighter during the pandemic, fatal and serious injury crashes continued at the same rate. People walking make up over a third of those killed in crashes, and of those deaths, kupuna age 65 and older are disproportionately affected.



Data Source: Hawaii Department of Transportation SHACA. The State of Hawaii, Department of Transportation, has provided this crash information under the protection of 23 USC 407. This information may not be used in any Federal or State court proceeding in any action for damages arising from any occurrence at a location mentioned or addressed in the information provided.



Physical Activity, Cont'd

KAUAI TRANSPORTATION SURVEY YIELDS HUGE RESPONSES

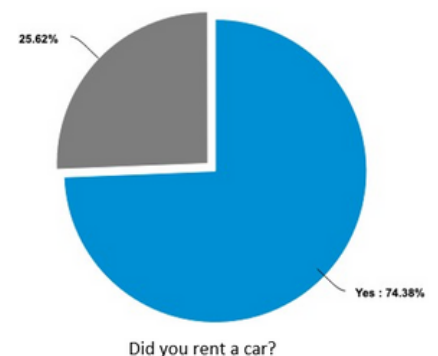
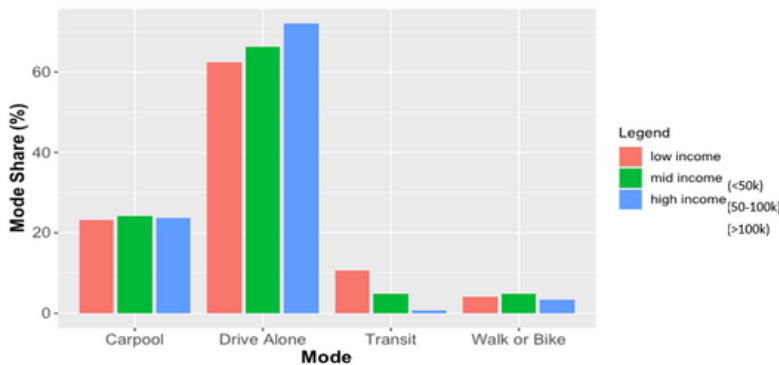


Take-aways from Transportation Preference Survey

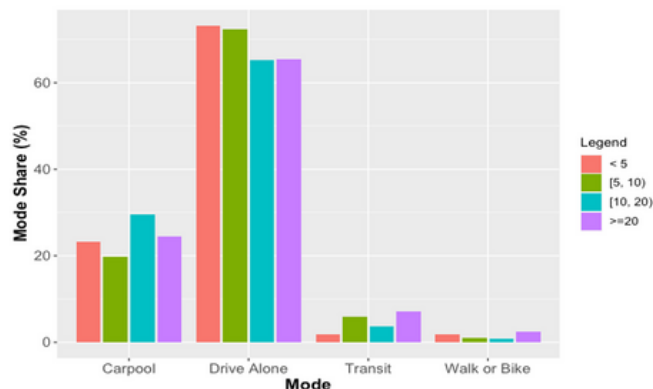
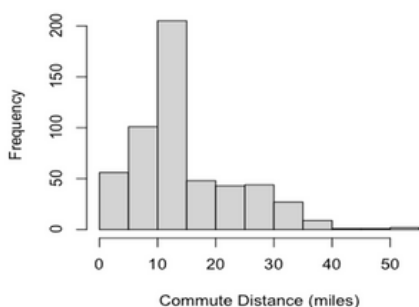
- Drive alone and carpool are the majority of residents for commute, leisure or shopping activities (85%-90%).
- Sociodemographic & housing characteristics are the major contributors to mode choice decisions instead of travel time and cost, indicating the current transit system is not robust enough to compete with driving and it is often only considered when driving is not an option.
- Mobility options such as car share, bike/e-bike share, and autonomous vehicle shuttle have potential to replace driving trips for both residents and visitors.
- 74% of visitors rent a car, among which, more than 50% researched alternative transportation options.
- Only half of those that rented a car drove the car every day. More than 80% of visitor respondents indicated they would consider taking a shuttle from the airport to the hotel and only renting a car for the portion of the visit when a car is need if it is convenient to do so.
- Offering discount on lodging has potential to encourage transit use among visitors.

• Commute modes by household income

- Lower income: more transit
- Higher income: more drive alone



- Between-neighborhood commute modes by trip distance
- No consistent trend



Get Fit Kaua'i & Kauai Path Inc. partnered together and commissioned Racquel Segato-Figueroa to complete and map out bicycle and pedestrian infrastructure on Kaua'i. The project's goal was to document the existing and planned active transportation infrastructure on Kaua'i and identify gaps and areas to advocate for further expansion. The areas of focus for the study were the communities of Puhi, Līhu'e, Hanamā'ulu, Wailua, Wailua Homesteads and Kapa'a. Bicycle and pedestrian infrastructure were captured. Bicycle infrastructure includes bike boxes, bike lanes, shared roads and multiuse paths. Pedestrian infrastructure includes crosswalks, sidewalks, side paths and multiuse paths. Data was collected using satellite imagery from the pictometry software Eagle View and ground truthing. Next steps for the project will be to collect data for the rest of the island so that the picture of Kaua'i's Active Transportation Infrastructure is complete.

What is Active Transportation and why is it important?

Active transportation refers to walking, bicycling and other modes of transport that are powered by human energy. Public transportation is also associated with active transportation since riders often walk to or from stops and stations or make other trips by foot throughout the day.



For more information on the Kaua'i Active Map Transportation, [click here](#).

Racquel Segato-Figueroa, ArcGIS StoryMaps



Investing in an active transportation has many benefits:

Public Health

Active transportation creates opportunities for people to live a healthy, active lifestyle. The exercise that people gain through active transportation helps reduce obesity and the risk for developing chronic health conditions such as diabetes and cardiovascular disease. Active transportation also has the benefit of reducing motor vehicle travel and therefore the number of air pollutants and fine particulate matter that we are exposed to, which are known to cause respiratory illnesses and even cancer.

Environment

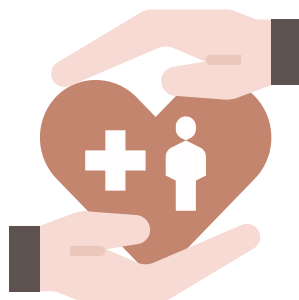
On road transportation makes up a quarter of Kaua'i's greenhouse gas emissions. Increasing active transportation and reducing motor vehicle travel helps move Kaua'i towards a clean transportation future.

Economy

Active transportation is more affordable than private vehicle transport, lowering transportation costs for individuals and families. It increases property values as communities with active transportation infrastructure are more desirable. Active transport causes less wear and tear of streets, saving cities expensive road maintenance. It also boosts tourism by creating fun, active ways for visitors to explore.

Equity

Active transportation is also extremely important for creating transportation equity for those who can't afford to travel by private vehicle. Unsafe streets can be a barrier that limits access to jobs, education and essential goods and services.



Racquel Segato-Figueroa, ArcGIS StoryMaps

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

HAWAII NUTRITION CENTER



The Hawai'i Nutrition Center (HNC) website (<https://nutritioncenter.ctahr.hawaii.edu/>), launched in September 2022, is a central hub for food, nutrition, and healthy living programs and resources. The website is a partnership between **Hawai'i Foods, Supplemental Nutrition Assistance Program - Education (SNAP-Ed), and Expanded Food and Nutrition Program (EFNEP).**

The Site Provides:

- A food recipe and nutrient database for local foods and recipes for Hawai'i Foods
- Materials for free nutrition education classes provided by EFNEP and SNAP-ED
- Information on interventions that promote building healthy communities throughout Hawai'i



COOPERATIVE EXTENSION
UNIVERSITY OF HAWAII AT MĀNOA
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES



Hawai'i Nutrition Center is affiliated with the College of Tropical Agriculture and Human Resources and Cooperative Extension at the University of Hawai'i at Manoa.



Hawai'i Foods

Search for recipes, preparation how-to's, and nutritional information for ingredients.

[Recipe and Nutrient Database Search](#)



SNAP-Ed

The Hawai'i Supplemental Nutrition Assistance Program Education (SNAP-Ed) works with community partners to deliver a range of interventions that address obesity and food access throughout the islands.



EFNEP

Hawai'i EFNEP helps families with young children and youth lead a healthy lifestyle by teaching skills to create healthy low-cost meals and to be more physically active. In addition to nutrition classes,



BHC

Building Healthy Communities – Programs and activities that empower communities to improve and sustain healthy lifestyles through policies, systems and environmental changes.

Nutrition Facts

Serving Size oz. Serving Per Container	
Amount Per Serving	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%

Visit the Hawai'i Nutrition Center website at (<https://nutritioncenter.ctahr.hawaii.edu/>) to find out more!

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

➤ Keiki, Youth & 'Ohana

HONOLULU THEATRE FOR YOUTH



Honolulu Theatre for Youth (HTY) is a theatre of place, deeply rooted in the cultures and people of the Pacific and dedicated to serving young people, families and educators across the Hawaiian Islands. Founded in 1955, HTY is one of the oldest professional theatre for young audiences (TYA) companies in the country and is recognized for its long history of innovative drama education programming and the creating of original theatrical works that celebrate the diverse cultures of Hawai'i.



Honolulu Theatre for Youth (HTY) premiered a brand new episode of its Emmy® Award winning television series, *The HI way*, this past Tuesday, November 29th on Hawaii News Now stations. The 30 minute episode titled *Healthy Habits* was sponsored by The Hawaii State Department of Health, Chronic Disease Prevention and Health Promotion Division as part of an initiative around Health Equity to promote health habits like exercise and nutrition to as many families in Hawai'i as possible.

HTY has also produced an accompanying pre-school show called *Step by Step* that has been touring preschools, elementary schools, and libraries statewide this fall.



Catch the episode on Hawaii News Now stations or streaming on HTY's Website:

www.htyweb.org

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ PAN Updates

2022 PAN SUMMIT



The Chronic Disease Prevention and Health Promotion Division (CDPHPD), Primary Prevention Branch (PPB) hosted a Physical Activity and Nutrition (PAN) Summit on September 29, 2022 to celebrate and launch the PAN Plan 2030 Implementation Plan.



Keynote speaker, Dr. Anthony Iton gave a powerful overview on the Social Determinants of Health and shared a message on building social, political, and economic power in communities. Community partners also discussed opportunities for collaboration across the Community Design and Access, Education, Health Care, and Worksite sectors through breakout sessions and a panel presentation.

The **PAN Plan 2030 Implementation Plan** was presented as a roadmap forward with activities that will accelerate progress and lead to the completion of the PAN Plan 2030 objectives. This plan was created with Centers for Disease Control and Prevention (CDC) funding, titled Closing the Gap with Social Determinants of Health Accelerator Plans (DP21-2111), which supported the convening of community partners to prioritize existing and anticipated resources towards completion of the PAN Plan 2030 objectives. The statewide implementation-ready, culturally informed Implementation Plan focuses on policy, systems, and environmental changes for the built environment, and food and nutrition security across the sectors of Community Design and Access, Education, Health Care, and Worksite.

View the [Physical Activity and Nutrition \(PAN\) Plan Implementation Plan](#) - a roadmap to accelerate progress in the implementation of the PAN Plan 2030 objectives



HAWAI'I HEALTH DATA WAREHOUSE REDESIGNED WEBSITE

The Hawai'i Health Data Warehouse (HHDW) website has been redesigned and improved for better user experience. The Hawai'i Indicator Based information system (IBIS) is now fully integrated into the HHDW website to make it easier for users to find the data they need.



Interconnectivity between HHDW and the sister website, Hawai'i Health Matters (HHM), has also been increased so users can access data from both sites with minimal transitions between the two sites. Short tutorial videos are embedded in multiple pages to help new users navigate the website.

A graphic with a purple-to-pink gradient background. At the top left is a white version of the Hawai'i Health logo. To its right, the words "WEBSITE REDESIGN" are enclosed in a white rectangular box. Below this, the text "Experience HHDW across all of your devices with our enhanced responsive web design." is written in white. A white curved arrow points from the text down to a collection of four devices: a laptop, a desktop monitor, a smartphone, and a tablet. Each device displays a different view of the HHDW website interface. At the bottom of the graphic, the text "HAWAI'I HEALTH DATA WAREHOUSE" and "HHDW.ORG" is displayed in white. A vertical decorative border with a colorful geometric pattern runs along the left edge of the graphic.

For a more comprehensive walkthrough of the new HHDW website, watch the website launch video [here](#). To learn more about accessing data through Community Reports, Health Topics, and Building Your Own Report, click [here](#)

HAWAI'I HEALTH DATA WAREHOUSE HEALTH TOPICS SECTIONS

The Health Topics section in the [Hawai'i Health Data Warehouse](#) (HHDW) website features data from 20 different health topics and has a redesigned look. The Health Topics page allows users to explore all available data on a specific health topic individually.

Each health topic page contains background information on the topic such as 'Why It's Important', 'What is Known', and 'Who is at Risk.'



Now, it is easier than ever for users to find links to the associated Indicator Reports, Customizable Reports, Health Indicator Reports, [Hawai'i Health Matters](#) (sister website), and Indicator Dashboards that are preconfigured reports and provide graphs, maps, public health context, and data tables.



Start exploring a health topic of interest by clicking [here](#), or watch a [short tutorial](#) on how to make the most out of the Health Topic pages.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Worksite & Work From Home, Cont'd.

UHA CONNECTING THE DOTS PLATFORM



UHA Health Insurance is excited to introduce our Member Education Series! In this series, UHA Health insurance will bring health and well-being experts from near and far to discuss their research and how you and your team can achieve better health. UHA Health Insurance hopes people will feel inspired to share this resource and reach their own health and well-being goals through education and awareness.



In this episode, sustainable behavior researcher, Dr. Michelle Segar, presents her new book, *The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise*. Dr. Segar discusses her behavioral research on how to break through the all-or-nothing mentality on exercise and how to sustain this change by shifting your perspective.



The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise



Featuring: **Michelle Segar, PhD, MPH, MS**
Sustainable Behavior Change Researcher
University of Michigan

To watch Dr. Michelle Segar entire video *The Joy Choice: How to Finally Achieve Lasting Changes in Eating and Exercise*, click [here](#).

Contact us!



- Visit us at <https://livinghealthy.hawaii.gov> and <https://health.hawaii.gov/physical-activity-nutrition/>
- If you'd like your name removed from our mailing list, or to share other comments, please email Andy at DOH.PANPrevention@doh.hawaii.gov



Thank you to the coordinators for submitting their articles and helping to create a venue for information sharing among PAN professionals in Hawai'i!

Your contributions are appreciated.



THANK YOU!

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