VOL. 14, NO. 1 | APRIL 2023 ISSUE

PHYSICAL ACTIVITY & NUTRITION NEWS

HAWAI'I PAN NEWSLETTER

IN THIS ISSUE

This quarterly newsletter is brought to you by the Hawaii State Department of Health, Chronic Disease Prevention and Health Promotion Division, Primary Prevention Branch.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Social Media

START LIVING HEALTHY HAWAI'I SOCIAL MEDIA

Be sure to follow **Start Living Healthy Hawai'i on Instagram @StartLivingHealthyHI** to learn more about the latest health promotion campaigns and resources! This newly created Instagram account provides weekly updates on how to Start Living Healthy Now. Watch the latest PSA videos from the Department of Health's Chronic Disease Prevention and Health Promotion Division (CDPHPD), learn about ways you can take action for public health, and discover helpful information and tips on how to be a healthier, happier you.

Start Living Healthy Hawai'i can also be followed on **Facebook** and **YouTube** at ***@StartLivingHealthyH***I and on the **web at LivingHealthy.hawaii.gov.**

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

FITNESS WEEK IN THE PARK

Get Fit Kaua'i partnered with the County of Kaua'i Parks and Recreation Department, as well as various local businesses and non-profits to host "Fitness Week in the Park", a week-long event in Kalena Park, located in the center of downtown Lihue.

Fitness Week in the Park featured seventeen health-focused activities between Saturday, March 11, 2023 through Saturday March 18, 2023. The event kicked off with Bikes on Rice, a guided, leisurely bike ride led through the surrounding neighborhoods. *"Thank you so much! My family and I had such a wonderful time at Bikes on Rice and we plan to do it again. We appreciate you planning this fun week-long event".* - N. Tokuda

The event concluded with an introductory, all-ages pickleball clinic hosted by Tiffany Carolan of Poipu Beach Athletic Club. Other activities offered during Fitness Week in the Park included yoga, circuit training, guided walking groups and a second pickleball clinic led by Lori Koga of Tanaka Hardware.

Physical Activity, Cont'd.

FITNESS WEEK IN THE PARK

The guided walking groups offered during Fitness Week were led by Get Fit Kaua'i. Get Fit Kaua'i partnered with Kaua'i Path and Kaua'i Cares, to design, install wayfinding signs and implement a new walking path. The path, named the Healthy Half-Mile, was unveiled on March 11, 2023 and is a great exercise option for people of all ages and abilities.

The flat, half-mile path starts and ends at Kalena Park and passes by beautiful community gardens managed by the Lihue Court Townhomes and the Rice Street Business Association. The public offered positive feedback regarding the new walking path and, despite the fact that Fitness Week in the Park has ended, we are happy to see the community continue to utilize the Healthy Half-Mile.

All activities offered during Fitness Week were completely free to the public. Activities were well-attended and well-received by the community with many participants expressing their gratitude and excitement for future events in Kalena Park.

Physical Activity, Cont'd.

FITNESS WEEK IN THE PARK

In addition, Get Fit Kaua'i sponsored several prize drawings, in which all Fitness Week participants were entered. Prizes included gift certificates to various local businesses and the fitness studios that participated in the event.

Fitness Week in the Park was advertised across multiple platforms including radio ads, social media ads and banners. The event was also featured by various media sources, including The Garden Island newspaper, Kaua'i Now Magazine, Kaua'i News Now, This Week Hawaii, Hawaii Ahe, and KITV 4.

Get Fit Kaua'i would like to extend a special mahalo to all of the wonderful sponsors who made this event possible – County of Kaua'i Department of Parks and Recreation, Kaua'i Path, Kaua'i Cares, Tanaka Hardware, Bella Dia Hawaii, Bikes on Rice, Girl Scouts of Hawaii, Kaua'i Athletic Club, Kaua'i Hot Yoga and Poipu Beach Athletic Club.

"We had so much fun and cannot wait for the next event!! Thank you so much for putting this together for the community"! - D. Hegmann

We had such a great time during fitness week with the walking, pickleball, and TRX. Thank you so much for coordinating it all and getting us motivated! – X. De Mesa

GET FIT • STAY FIT
KAUA'I
www.getfitkauai.com

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

SAFE STREETS FOR ALL (SS4A)

The City and County of Honolulu's Complete Streets Office has developed a new Safe Streets for All (SS4A) Program to design and construct high-priority walkways as recommended in the recently adopted O'ahu Pedestrian Plan (2022). Currently, 5.6% of commuters walk to work and 7.2% use public transit (2019 ACS), however, only 57% of streets on O'ahu have a walkway on both sides. Completing all missing walkways on City roadways would cost billions of dollars. The Pedestrian Plan prioritizes one-hundred million dollars in top-tier walkway improvements with the highest need along busy, high-traffic streets and in school zones.

Funding for the SS4A program is currently being sought through Congressionally Directed Spending (CDS), Community Project Funding (CPF), and federal discretionary grant programs. The City is also pursuing innovative strategies to move these walkways toward implementation faster, including a multi-term master agreement for all engineering and design services.

GOALS

O'ahu's transportation environment should be:

Safe and Healthy

Make O'ahu's pedestrian environment safe, comfortable, and clean, including prioritization of modes that improve physical fitness and public health.

Sustainable

Prioritize modes of travel and infrastructure projects that preserve O'ahu's natural environment, limit the use of natural resources, and optimize economic return on investment.

Responsive

Engage the people of the City in a transparent manner to ensure that Oahu creates and maintains an active and context-sensitive pedestrian environment.

Equitable

Focus investment to form geographically and demographically equitable walking conditions among O'ahu's diverse communities.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity, Cont'd.

SAFE STREETS FOR ALL (SS4A)

While pedestrian safety is a community-wide issue that claims roughly 20 lives a year on O'ahu, it impacts certain populations disproportionately. Those aged 65+ are nearly five times more likely to be killed while walking. In Environmental Justice (EJ) and Title VI (T6) areas with high percentages of minority populations and people in poverty, pedestrian fatalities are nearly four times higher. Dedicated and improved walkway facilities will help stem these inequity trends. They will also encourage more sustainable and affordable means of travel, help to restore transportation equity to EJ/T6 neighborhoods, and support active transportation and healthy lifestyles.

Walking is an excellent way for people to improve their health, however it is not always an easy choice. The decision to walk can be made easier by improving and connecting routes to destinations in communities. According to the Centers for Disease Control and Prevention ((CDC), studies show that more people walk in areas where pedestrian improvements have been made, such as adding safer walkways and pedestrian crossings. Making walking easier can also improve neighborhood safety, increase interaction between residents, improve local economies, and reduce air pollution.

Honolulu COMPLETESTREETS

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

GALLUP'S FIVE ELEMENTS OF WELLBEING: PHYSICAL WELLBEING

Three everyday habits that can support your employee's overall health and immunity:

Sleep: There are many benefits of a good night's rest: decreased stress, improved learning and memory, and enhanced problem-solving. Experts recommend adults get between 7 and 9 hours of sleep each night. Listen to our podcast episode *The Science of Sleeping Well with Dr. Cacho* for more tips.

Exercise: A lack of energy is often a result of inactivity. Therefore, designing workplaces that allows your employees to move more can improve mood, immunity, and learning. Whether it's implementing a worksite wellness program, going outside for a walk, or having a standing meeting – find creative ways to be physically active for just 20 minutes a day.

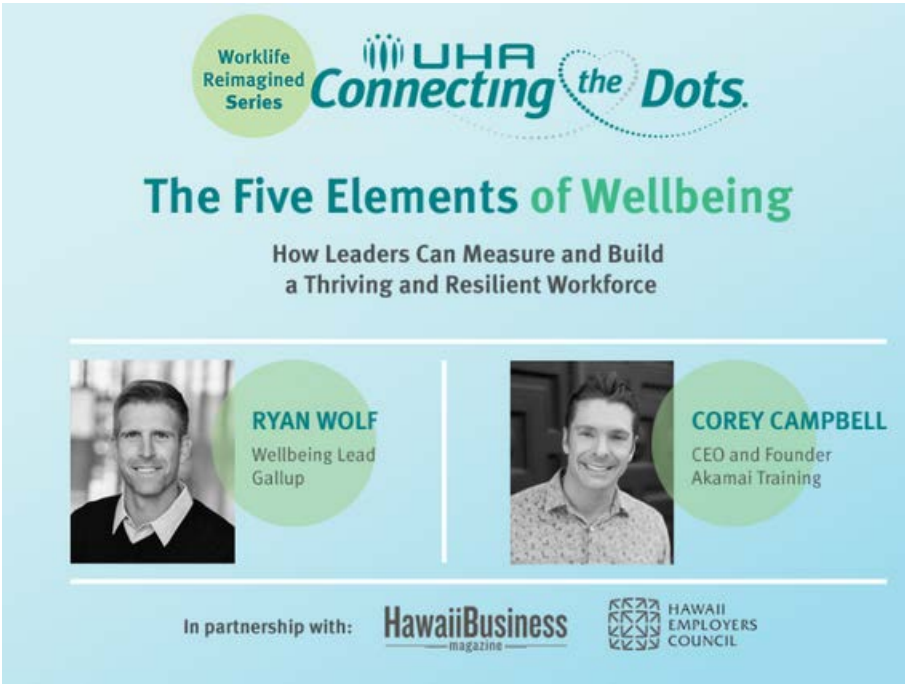
Nutrition: What we consume has a direct impact on our mood and energy levels. Encourage your workforce to make healthy choices when it comes to nutrition. Ask nutrition experts to summarize the latest research and how it can be easily applied. By connecting your employees to creditable resources and subject matter experts this will lessen the chance of misinformation. Listen to our podcast episode Nutrition 101 with Dr. Banna.

Physical Activity, Cont'd.

GALLUP'S FIVE ELEMENTS OF WELLBEING: PHYSICAL WELLBEING

Wellbeing at Work by Jim Clifton and Jim Harter, shows leaders and managers how to improve wellbeing at work based on over 100 million interviews worldwide. The authors detail the five key elements of wellbeing: career, social, financial, physical, and community.

Each quarter we'll highlight each element of wellbeing. This quarter we'll focus on physical wellbeing. Gallup defines physical wellbeing as managing your health so that you have the energy to do what is necessary.



UHA HEALTH INSURANCE
Better Health. Better Life.

Want to learn more on the five elements of wellbeing? View our article recap with Wellbeing Lead from Gallup, Ryan Wolf.

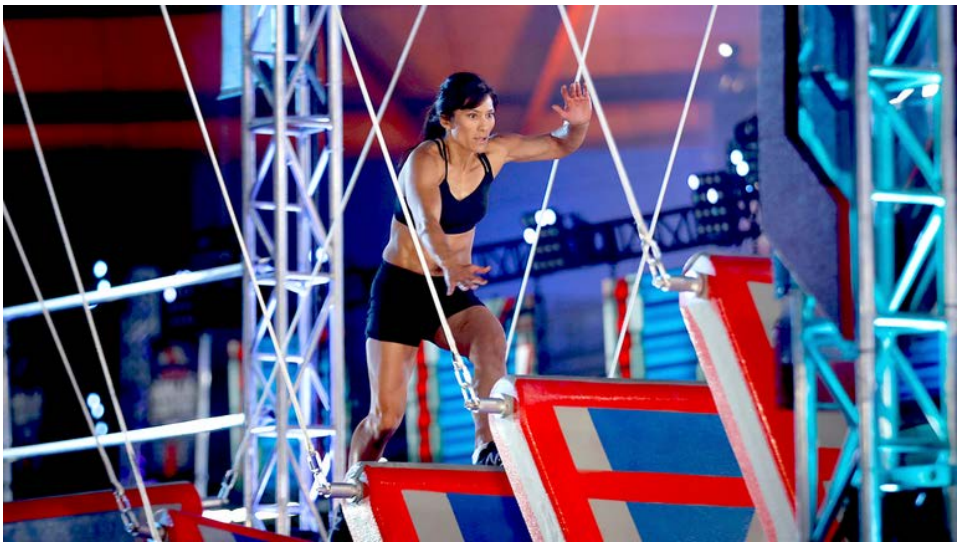
HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Physical Activity

IT STARTS WITH US STATE CONFERENCE

Please join us for the **2023 Hawai'i Association for Health, Physical Education, Recreation and Dance (HAHPERD) State conference "It Starts With Us"!** The conference is being held on **April 29th at Punahou School from 8am – 3pm**.

Our keynote this year is **Sandy Zimmerman** who is a former college athlete, current Ninja Warrior and previously taught Health and Physical Education for over 23 years. We also have numerous featured speakers, including SHAPE America District Teachers of the Year in Health and Physical Education that will be presenting. The conference will have sessions focused on areas of health education, physical education (K-12), classroom physical activity, social emotional learning, and self-care. There will also be exhibitors present!



If you are interested in attending **please visit our website for more information and to register**: https://www.hahperd.org/Conferences If you would like to be an exhibitor please register here: https://www.hahperd.org/event-5171845

Nutrition

EATING MINDFULLY IS GOOD FOR THE BRAIN

The **Mediterranean-DASH Intervention for Neurodegenerative Delay**, better known as the MIND diet, is a hybrid of two well-known diets (Mediterranean and DASH) that studies have shown can help maintain good brain health.

The DASH Diet was designed for people who were trying to keep their blood pressure at a healthy level. DASH stands for Dietary Approaches to Stop Hypertension. It promoted foods rich in potassium, calcium, and magnesium and limited foods that were high in sodium, saturated fats, and added sugars

The Mediterranean Diet could help protect against brain atrophy. The Mediterranean diet got its name because the foods recommended on this diet are traditionally consumed (with some variations) by people who live around the Mediterranean Sea.

Debbie Shimizu, LSW, and Kevin Kawamoto, MSW, PhD
CDC Bold Hawaii

Nutrition

EATING MINDFULLY IS GOOD FOR THE BRAIN

The green version of this diet stressed foods that contained a beneficial compound called polyphenols, which includes walnuts, green tea, berries, and certain herbs and spices.

A healthy adjustment to one's diet, physical activity levels, stress management, and social support is a promising key to address and resolve health problems that are affected by lifestyle choices.

For those interested in trying the MIND diet but want to include more ethnic foods, a qualified nutritionist should be able to suggest good food substitutes. As with all diets, portion control and frequency of eating are considerations. People with chronic illnesses should check with their healthcare providers before making dietary changes.

Debbie Shimizu, LSW, and Kevin Kawamoto, MSW, PhD
CDC Bold Hawaii

Nutrition, Cont'd.

EATING MINDFULLY IS GOOD FOR THE BRAIN

Research Study

Researchers at Harvard's T.H. Chan School of Public Health conducted an 18-month clinical trial involving 294 participants with abdominal obesity who were divided into three groups: standard nutritional counseling, Mediterranean diet, green Mediterranean diet.

As reported in a March 25, 2022 news release by Harvard's T.H. Chan School, "Those on the green Mediterranean diet had the greatest reduction in brain atrophy over the study period compared to other participants. In addition, people on both types of Mediterranean diets had significantly reduced shrinkage of the hippocampus compared to those on the standard healthy diet."

The **MIND diet** combines components of both DASH and Mediterranean diets and includes:

- Three servings a day of whole grains
- One serving a day of a vegetable other than green leafy
- Six servings a week of green leafy vegetables
- Five servings a week of nuts
- Four meals a week of beans
- Two servings a week of berries
- Two meals a week of poultry
- One meal a week of fish
- Use of olive oil if added fat is desired

Debbie Shimizu, LSW, and Kevin Kawamoto, MSW, PhD

CDC Bold Hawaii

Nutrition, Cont'd.

EATING MINDFULLY IS GOOD FOR THE BRAIN

Other studies suggest a diet rich in flavonoids such as strawberries, oranges, grapefruits, citrus juices, apples, pears, celery, peppers, and bananas, are associated with lower odds of subjected cognitive decline (SCD), or self-reported conclusions of memory loss or mental decline. To ensure a good variety of fruits and vegetables in one's diet is to remember that the more colorful the natural produce is on one's plate, the better the food usually is for your brain.

Although there is no magic formula to stop cognitive decline, nutritionists emphasize the importance of a healthy diet that includes fruits, vegetables, legumes, and whole grains, with plant-based proteins and fish, and healthy fats such as olive oil. Foods that are good for the brain are also thought to be good for the heart and blood vessels. More recently, numerous reports in the news media have been warning about the harmful effects of ultra processed foods on brain health. These foods can be difficult to avoid because they are prevalent in snack food and fast-food products

Debbie Shimizu, LSW, and Kevin Kawamoto, MSW, PhD
CDC Bold Hawaii

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

HAWAI'I SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM: CHALLENGES AND OPPORTUNITIES FOR IMPROVING FOOD SECURITY FOR HAWAI'I RESIDENTS

The **Supplemental Nutrition Assistance Program (SNAP)** is one of the federal government's most important and effective anti-hunger programs, helping more than 195,000 Hawai'i residents purchase food. SNAP provides recipients with a monthly benefit that they can use to purchase food items (excluding alcohol and hot meals) from food retail outlets such as grocery stores, farmers markets and food hubs.

With a focus on People First, Hawai'i Appleseed conducted one on one interviews with 11 SNAP service providers, 11 DHS eligibility workers and line staff, and 39 SNAP recipients to learn more about the challenges and successes of SNAP in Hawai'i.

The purpose of this report is to attempt to capture a snapshot in time of how well the program is adjusting to this spike in need by gathering feedback from recipients, outreach providers, and eligibility workers at the state Department of Human Services in Hawai'i.

Nutrition, Cont'd.

HAWAI'I SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM: CHALLENGES AND OPPORTUNITIES FOR IMPROVING FOOD SECURITY FOR HAWAI'I RESIDENTS

The report is separated into three sections:

- First we examine the public data on Hawai'i's SNAP population, including statistics on the age and ethnicity of the program's participants.
- Second, we convey the experiences reported by SNAP recipients during the interview process.
- Finally, we highlight a number of challenges and opportunities that arose during our discussions with service providers, SNAP recipients, and DHS staff.

It is our hope that the recommendations presented will be a guide for administrators, providers, and advocates wishing to ensure that SNAP is conveniently accessible to all eligible Hawai'i residents.

If you'd like to learn more about improving SNAP in Hawai'i and get involved, **please contact Daniela Spoto** at ***daniela@hiappleseed.org***

HAWAI'I APPLESEED
CENTER FOR LAW & ECONOMIC JUSTICE

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

UNIVERSAL FREE SCHOOL MEALS: HAWAI'I'S OPPORTUNITY TO IMPROVE FOOD SECURITY AND HEALTH EQUITY FOR OUR KEIKI

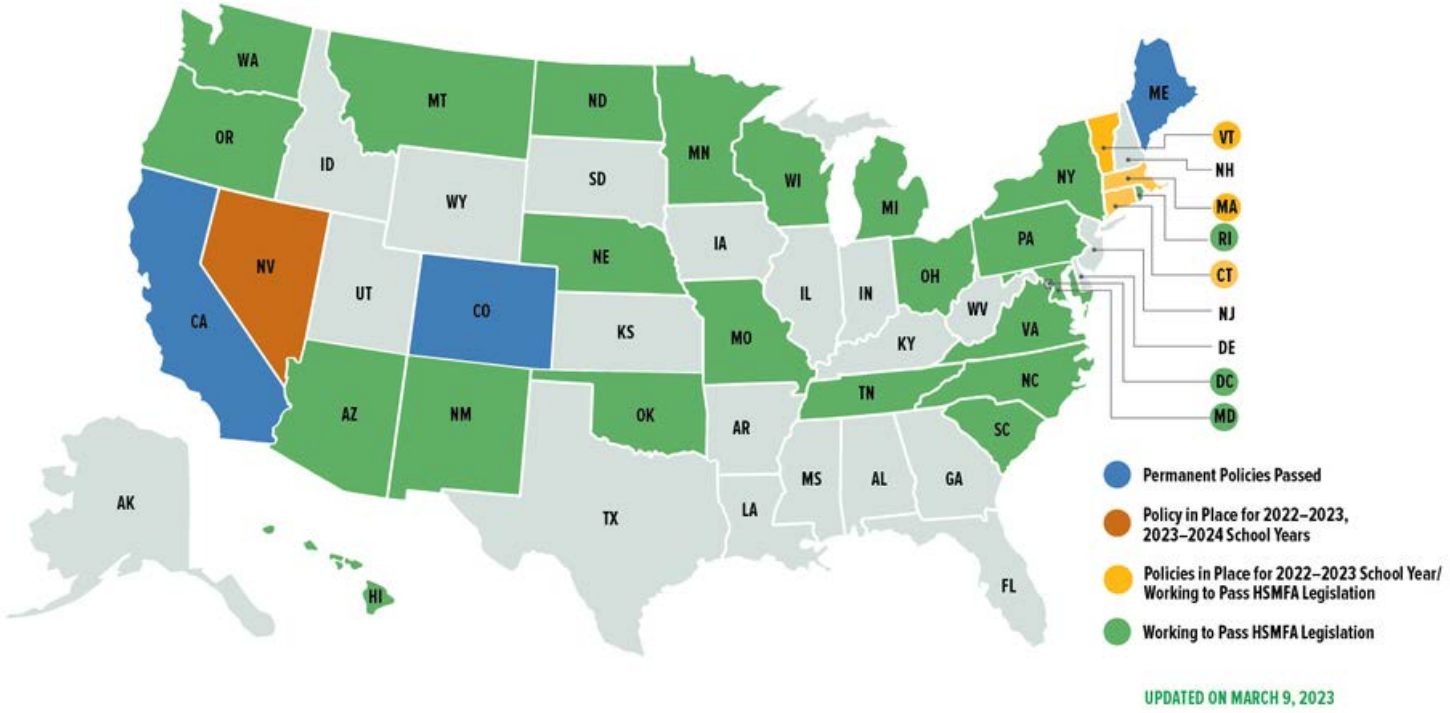
The **National School Lunch Program (NSLP)** and the **School Breakfast Program (SBP**) are the two largest child nutrition programs in the United States. Participation in these programs is associated with reduced food insecurity, improved nutritional quality of students' diets, and improved academic outcomes. A recent study found that U.S. children receive their most nutritious meals at school, demonstrating that school meals are one of the government's most powerful tools for delivering good nutrition to children.

All 256 DOE public schools and 20 charter/independent schools across the state operate NSLP and SBP, meaning more than 100,000 keiki every day rely on these institutions for some of the most important meals of the day. It is imperative that families and children are no longer faced with financial burdens and debts to access these essential meals.

Nutrition, Cont'd.

UNIVERSAL FREE SCHOOL MEALS: HAWAI'I'S OPPORTUNITY TO IMPROVE FOOD SECURITY AND HEALTH EQUITY FOR OUR KEIKI

The push for universal free school meals is sweeping the nation, with seven states having already passed policies to offer free meals to all, and many others preparing to follow suit. Universal free school meals allow all enrolled children in a school that operates the NSLP or SBP to receive free breakfast and lunch, regardless of their family's income.



The Hawai'i legislature is considering multiple universal free school meal program: S.B. 154 and H.B. 540 this session, but unfortunately, neither bills survived. Despite this setback, anti-hunger advocates from around the state are dedicated to supporting this bill in the future sessions

The Hawai'i Hunger Action Network meets monthly to discuss policy and advocacy strategies to support these priority bills and others within our priority areas that advance food security in Hawai'i.

If you'd like to learn more about the campaign for universal free school meals in Hawai'i or the Hawai'i Hunger Action Network, **please contact Jordan Smith** at ***jordan@hiappleseed.org***

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

KAUA'I FARM TO SCHOOL PILOT PROGRESS

Mālama Kaua'i

14 Early Childhood Education (ECE) and 5 K-12 schools are participating in a Farm to School pilot this school year, receiving local food credits to the food hub for taste-testing and incorporating local foods into the diets of our keiki. While the four DOE schools in the pilot have not been allowed to use the food in school meals, they have come up with a variety of innovative ways to encourage taste-testing and getting feedback on local foods from youth.

The $47,000 in incentives for the pilots was provided by the County of Kaua'i, Johnson 'Ohana Foundation, and Nemours Children's Health.

Got fruit? Support this program by becoming a KauaiLocalFood.com Food Producer and provide nutritious snacks to our island's students! For more information contact Stormy at **808-828-0685** ex.11 or email ***stormy@malamakauai.org***

MEAL PLAN

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

MONTHLY HEALTHY FOOD PANTRY

Mālama Kaua'i

Know an individual or 'ohana experiencing food insecurity? Please let them know about our **Healthy Food Pantry open every 3rd Saturday of the month starting on March 18th**!

All are welcome and pre-registration is preferred so we can be sure to stock enough food for everyone. This healthy food pantry was created in response to the resounding requests we received from our 2022 Kaua'i Food Insecurity Survey and eight community meetings hosted October 2022 - January 2023 where many voiced a strong need for more accessible healthy produce items at food pantries. With the help of Kaua'i food banks we hope to provide healthier options for our community because every little bit counts!

Want to support this effort? Contact our **Village Harvest Coordinator** to donate local fruit or veggies you're growing in your backyard! We'll make sure it goes to our most vulnerable populations. Call **Kris at 808-828-0685 ex. 14** or email ***villageharvest@malamakauai.org.***

Nutrition

MALAMA KAUA'I CAREER AND VOLUNTEER OPPORTUNITIES

Paid Job Opportunities

- Full-time Kaukau 4 Keiki Summer Intern (Līhu'e)

We often hire directly from our pool of volunteers and interns because of their dedication to our mission and commitment to community service, so if you'd like to work with us, volunteering or interning is a great way to try out a role that interests you! Mahalo!

1) Healthy Food Pantry Volunteers - A variety of helpers are needed for distribution, event preparation, outreach and marketing, fundraising, and more. Sign up online here.

2) Egg Washers & Packers - Help support our small local egg farms and share in the spoils of the freshest eggs around! We're looking for ongoing weekly volunteers on Tuesdays to help wash and pack eggs with us between Lihue and Kapaa. Contact Anni at ***anni@malamakauai.org***.

3) Kūpuna Produce Packers & Delivery Drivers - Seeking regular volunteers on Wednesdays to help with packing and delivery of kūpuna produce bags in Lihue and on the west side. Contact ***Kaylee@malamakauai.org*** or **(808) 828-0685 x4** for more info.

4) Village Harvest Gleaning Harvesters - If you love harvesting fruit and being outdoors, this is a great opportunity to help feed your community and share in a bit of the abundance yourself. Contact **Kristopher** at ***villageharvest@malamakauai.org*** or **(808) 828-0685 x14** for details.

Visit our Jobs & Volunteering page for more details and instructions on how to apply to these roles, or join our Mālama Kaua'i Volunteers Facebook group to keep posted on ongoing opportunities posted throughout the year.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

CHILDREN'S HEALTHY LIVING PROGRAM FOOD SYSTEM EXTENSION AND OUTREACH (CHL FSEO) PILOT PROJECTS

The **CHL FSEO** is seeking applications for the Food Systems Pilot Projects to address food system resilience through extension, community pilot projects, and programs for the health of young children.

Eligibility Requirements:

- Be an extension or community program leader from one of the CHL jurisdictions (Alaska, American Samoa, Commonwealth of the Northern Mariana Islands, Guam, or Hawaii)
  - Eligible organizations can be institutes of higher education, 501c3 non-profit organizations, educational institutions, or government agencies (i.e., SNAP-Ed, EFNEP, WIC, etc.). · Complete at least one of the CHL FSEO training modules found on the CHL FSEO site.
- Measure at least one CHL Food Systems outcome. It is recommended to utilize one of the measurement tools available from CHL.

Pilot Projects will be evaluated based on the potential to:

- Improve outcomes of equity and access to food and nutrition related programs and reduce health disparities experienced by children and their families in the jurisdictions of CHL.
- Innovate existing programs to connect food system resiliency and child health and develop skills to measure food systems and health programs.
- Monitor and evaluate child, household, and community food and nutrition security and health status in partnership with education and extension programs.
- Preference will be given to individuals who demonstrate participation in or familiarity with the CHL Food Systems Group Model Building (GMB) activities.
- An example of a pilot project is: To test the impact of accepting SNAP at a farmer's market, or the impact of a typhoon on the local food system

Applications will be available on May 1, 2023 and will be due on July 31, 2023. For more information, email the CHL FSEO at *chlfseo@hawaii.edu*.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

KOKUA HARVEST, THE FOOD BASKET, HAWAI'I ISLAND'S FOOD BANK

Kōkua Harvest, a program of The Food Basket, Hawai'i Island's Food Bank, celebrated an important milestone for 2022. The program has harvested and donated 15,628 pounds of fresh produce to The Food Basket and its partner agencies, which accounts for almost double the amount gathered in 2021.

Kōkua Harvest is a Hawai'i Island wide gleaning (also known as "food rescue") program that harvests extra produce from local farmers and gardeners who have an overabundance of crops that would otherwise go to waste. After connecting with the crop donor, they schedule a day and time to bring in a group of volunteers to collect the offered fruits and vegetables. The harvested produce is washed, sorted, and distributed to local organizations and directly to The Food Basket.

Nutrition, Cont'd.

KOKUA HARVEST, THE FOOD BASKET HAWAI'I ISLAND'S FOOD BANK

Since its inception in 2019, Kōkua Harvest has steadily increased the pounds harvested, participating volunteers, crop donors, and residents served. Between October 2019 and December 2022, Kōkua Harvest, a hui of crop donors, volunteers, and distribution partners, has harvested and distributed 29,231 pounds of fresh, local produce all over Hawai'i Island. The program and its partners have distributed the equivalent of 116,924 4oz servings of fresh produce.

THE FOOD BASKET
HAWAI`I ISLAND'S FOOD BANK

If you're on Hawai'i Island and would like to get involved, check out kokuaharvest.org or email ***info@kokuaharvest.org.***

Nutrition

HEALTHY FOOD DRIVE SUPPORTS HEALTHY FOOD ACCESS

The **American Heart Association (Association**) worked with Hawaiian Airlines to support food access organizations in Hawai`i by hosting a heart healthy food drive.

Nutritional foods serve as the basis of optimal health and choosing healthy options is easier when food access organizations distribute foods that provide ample nutrition. People who face food insecurity are at a higher risk for chronic conditions due in part to the consumption of unhealthy foods that are high in calories and low in nutrients. Hawai`i's statewide network of food banks recognizes that consistent, equitable access to safe and healthy food is a fundamental human right. Accordingly, food banks like Hawai'i Foodbank are prioritizing programs and initiatives to provide healthier food options to the communities they serve. Consistent access to adequate nutrition increases everyone's ability to live a healthy and full life and can even reverse chronic disease caused by the consumption of unhealthy foods.

American Heart Association®

The food drive was a part of the American Heart Association's Heart of Hawai`i campaign, a year-round health effort culminating at its annual Heart Ball. Hawaiian Airlines led the Heart of Hawai`i company efforts to support the healthy food drive and served as an example to encourage other companies to host their own healthy food drives working with the Association.

Nutrition, Cont'd.

HEALTHY FOOD DRIVE SUPPORTS HEALTHY FOOD ACCESS

"Hawaiian Airlines and its employees support Hawai`i food banks year-round, but as part of our sponsorship of the American Heart Association's Heart of Hawai`i campaign we placed an emphasis on encouraging our employees to make nutritional food donations," said Shannon Okinaka, co-chair of the 2023 Heart of Hawai`i campaign and Hawaiian Airlines executive vice president and chief financial officer. "The Association offers excellent science-based nutrition guidance for food donations, even catering to our local food culture, which we offered to our employees to guide their nutritional donations. We encouraged donations that will help those we're seeking to assist not only have access to food, but to have access to food that will help their families live healthier lives."

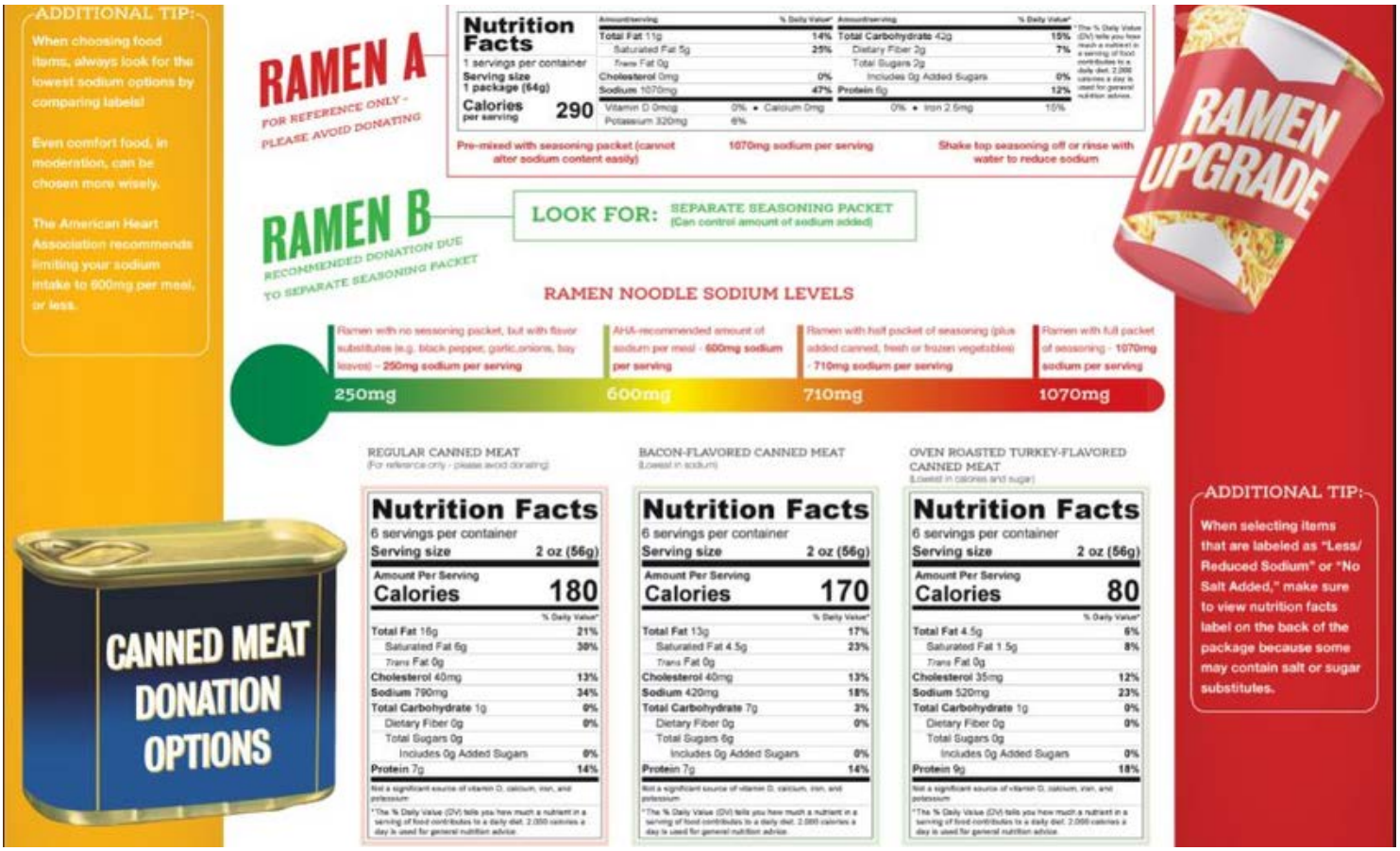
American Heart Association®

Nutrition, Cont'd.

HEALTHY FOOD DRIVE SUPPORTS HEALTHY FOOD ACCESS

The **Association's nutritional food donation** recommendations include low saturated fat, low-sodium and no added sugar suggestions, foods that are most beneficial in avoiding the development of chronic diseases like heart disease and stroke.

"According to data from Feeding America, the number of Hawai`i residents dealing with food insecurity has grown by 51 percent since 2019. In addition, about 81,000 keiki across the state are food insecure this year," said Glaiza Kamano, Association Hawaii Division executive director. "It's exciting to engage companies that support and work with the Association, like Hawaiian Airlines, to address that important issue with us. Together we feel we can make a meaningful change in the health disparities unfortunately that are all too common in our communities."



The Association recommends food donations to be low in saturated fat, low in sodium, no added sugars, and suggests foods that are most beneficial in the prevention of chronic diseases, such as heart disease and stroke

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

WAIMANALO HEALTH CENTER, WIC OHANA MAKEKE

On February 23, the **Waimānalo Health Center held our first ever Women, Infant, and Children (WIC) ‘Ohana Makeke**. Funded by the Department of Health, Chronic Disease Prevention & Health Promotion Division and in partnership with Hawai'i Public Health Institute, we created a pop-up produce market welcoming any active WIC family from across the pae‘āina.

Each family is eligible for $30 of fresh, locally grown produce. We are partnering with Farm Link Hawai‘i, a local food hub that sources only locally grown produce, meats, value-added products, dairy items, and more. They are also a Da Bux partner, which offers 50% off produce for all SNAP transactions.

We worked closely with Farm Link to bring produce options that the community wants but cannot always afford or access. Poi was at the top of our list to provide for families. For this first Makeke, we had bananas, meyer lemons, Ka‘ū oranges, ‘uala, longan, romaine lettuce, italian parsley, and bok choy from Ma‘o Farms in Wai‘anae.

Nutrition, Cont'd.

WAIMANALO HEALTH CENTER, WIC OHANA MAKEKE

It was a blessing to provide such high-quality items for our WIC families. Participants were thankful to be able to shop, bring their keiki, and get meal ideas for what they could make with these items. We also provided our Waimānalo Health Center reusable bag, and future Makeke will offer a special recipe book designed and created by Mālama Kaua'i for their Child and Adult Care Food Program (CACFP) program.

Please spread the word about our **latest Makeke on April 24, and 25.** To make the Makeke more accessible for WIC clients, they are welcome to send their eWIC card with a member of their 'ohana to pick up the produce for them. We want to assure equitable access to our Makeke. This includes opening the market to the entire state for any and all WIC families. Please enjoy some photos of our mini helpers, shoppers, and our produce line up.

agranite@waimanalohealth.org

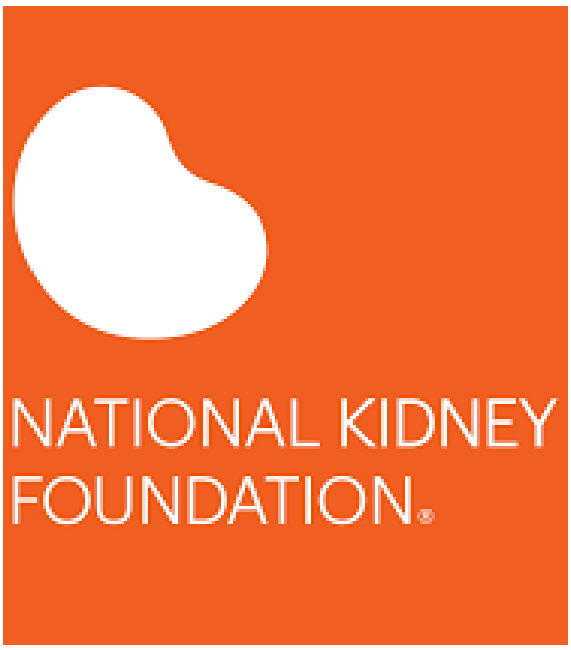
HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

Nutrition

NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

Did you know that in 2020, 17.6% of adults in Hawai'i had pre-diabetes? (Hawai'i Department of Health, 2020) Without proper intervention, prediabetes is very likely to develop into type 2 diabetes within 10 years. Luckily, progression to diabetes isn't inevitable! With diet, exercise and an overall healthy lifestyle change, those with prediabetes can bring their blood sugar levels back to normal. To assist community members with their health journey, the National Kidney Foundation of Hawai'i is continuing to proudly offer the National Diabetes Prevention Program (NDPP) across the islands.

The NDPP aims to address the growing population of people with diabetes by providing a CDC recognized lifestyle change program to those who have pre-diabetes. The NDPP is an evidenced based program that has been shown to decrease the risk of developing type 2 diabetes by 58% for individuals under 60 years old and 71% for those who are 60 years and older. (CDC, 2022)

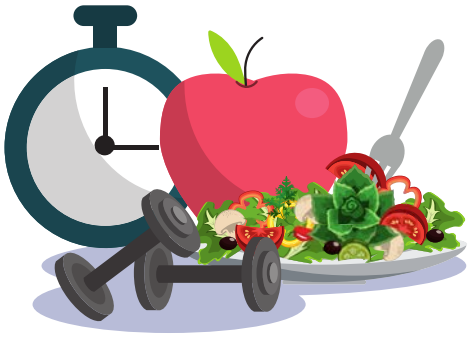


Nutrition, Cont'd

NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

Taught by a certified lifestyle change coach, participants start their health journey in a small group setting with like-minded individuals all focused on improving their health in a sustainable way. For continued guidance to support lasting change, this program is offered in the course of one year taught over 25 one-hour classes.

Topics addressed in this program include eating healthier, adding physical activity to your life in a time crunch, coping with stress, managing life challenges, and getting back on track. This program is currently offered via the virtual platform, Zoom, to allow participants to fit this program into their very busy lives. Technical support is available for those who are less familiar with the virtual platform.



For qualified participants, this program is covered by most major Hawaii insurers in its entirety. To learn more, email ***programs@kidneyhi.org*** or call ***808-348-7670.***

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

School Health

WHY TEACH HEALTH EDUCATION?

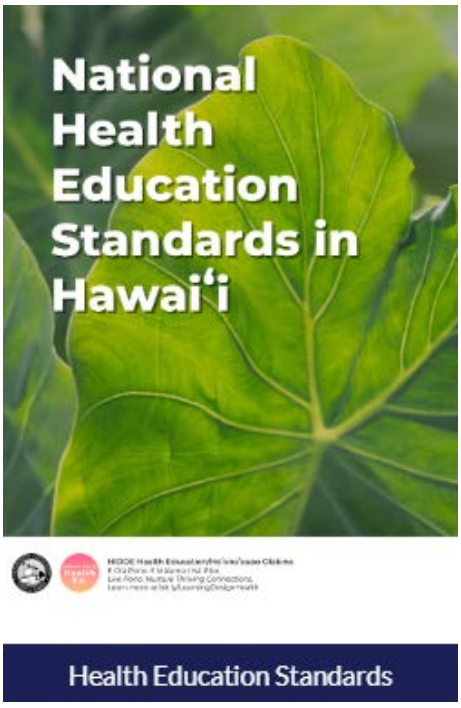
Health Education is relevant to students' lives and supports students' health, resilience, total well-being, and academic success so they may reach their aspirations, from early learning through college, career, and citizenship.

Health-literate individuals are able to find, understand, and use information and services to inform health-related decisions and actions for themselves and others. This contributes to one's health, resilience, well-being, healthy relationships, and a positive quality of life as well as prevents and reduces the risk of disease, injury, and death. Health literacy is essential to students' social, emotional, mental, physical, and cognitive development.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

School Health

WHY TEACH HEALTH EDUCATION?



Today's Health Education reflects evidence-informed practices and the growing body of research that emphasizes:

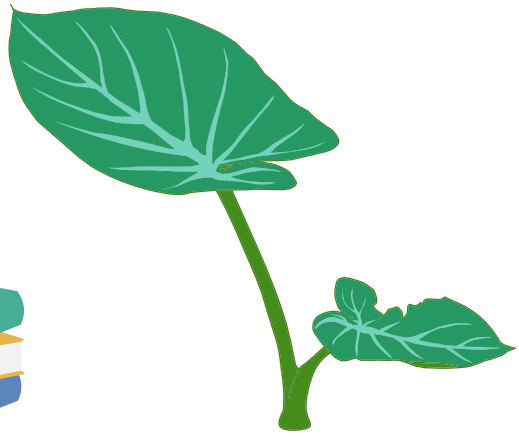
- Supporting the **health, resilience, and total well-being of the whole child** (e.g., students' social, emotional, mental, physical, and cognitive development).
- Cultivating **health literacy** skills aligned to National Health Education Standards.
- Building **functional knowledge** with relevant and functional information aligned to Priority Health Topics.
- Strengthening students' **connections with their identities, family, and community.**
- Addressing students' strengths, interests, challenges, and needs through **interactive and social learning experiences.**
- Nurturing attitudes, values, and beliefs that support health-promoting behaviors through safe, inclusive, and caring messages and learning environments.

Core Principles of Health Educations

Develops Health Literacy Skills

The National Health Education Standards (NHES) "provide the framework for increasing positive health behaviors by teaching skills that are relevant and applicable to daily life. The primary focus of high-quality standards-based health education curriculum, instruction, and assessment are to develop **health literacy skills** to proficiency within and across grade levels:

- Standard 1: Comprehending Concepts
- Standard 2: Analyzing Influences
- Standard 3: Accessing Resources
- Standard 4: Interpersonal Communication
- Standard 5: Decision-Making
- Standard 6: Goal-Setting
- Standard 7: Self-Management
- Standard 8: Advocacy



School Health

WHY TEACH HEALTH EDUCATION?

Health Skill Development

The following model for skill development was developed from the National Health Education Standards and the World Health Organization. Teachers should include all five elements of this model when designing meaningful learning opportunities for students to practice and reinforce health skills.

1. Introduce the skill by discussing the importance of the skill, its relevance, and its relationship to other learned skills.
2. Present the essential elements of the skill (i.e., skill cues).
3. Model the skill using relevant, realistic scenarios, and highlight the essential elements of the skill.
4. Practice and apply the skill using relevant, realistic scenarios, and provide opportunities for self-assessment, reflection, and feedback.
5. Strengthen the skill with opportunities to transfer and apply the skill beyond the classroom, which may include sharing and exploring new learning with others (e.g., family, friends, peers).

School Health

WHY TEACH HEALTH EDUCATION?

Builds Functional Knowledge

While the primary focus of Health Education is the development of health skills, these skills must be addressed in conjunction with functional information in the context of Priority Health Topics. Standards-based Health Education must be age and developmentally appropriate, medically accurate, and provide factual information in all **Priority Risk Topics:**

- Mental and Emotional Health
- Healthy Eating and Physical Activity
- Personal Health and Wellness
- Safety (Unintentional Injury Prevention)
- Violence Prevention
- Tobacco Use Prevention
- Alcohol and Other Drug Use Prevention
- Sexual Health and Responsibility

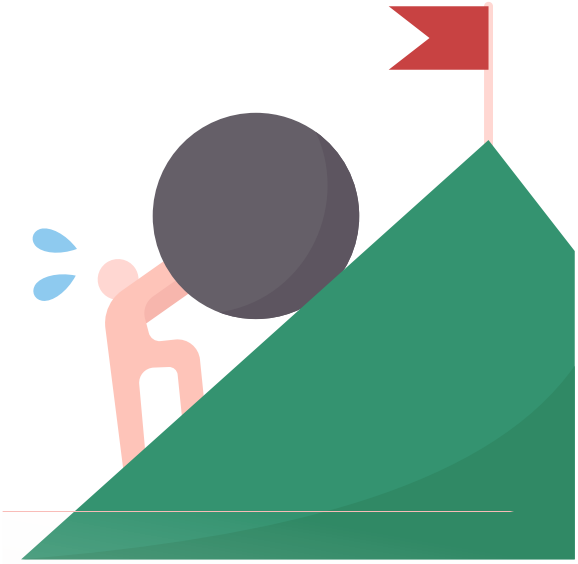
Functional information provides the context in which students learn and apply skills. It is relevant and applicable information that directly contributes to maintaining and enhancing their health and the health of others. This information is utilized to help students develop health skills in class.

School Health

WHY TEACH HEALTH EDUCATION?

Addresses Student's Strengths, Interest, Needs, and Challenges

Health education occurs within inclusive and supportive learning environments that foster a culture of learning and address the diverse learning needs of all students. A respectful and caring learning environment allows students to feel safe to share and reflect on their perspectives, interact with others, take risks to enhance their learning, and ask sensitive questions. Educators work collaboratively to analyze local health data and student feedback to strengthen and refine their curriculum, instruction, and assessments.



Providing relevant and meaningful opportunities for students to connect with their family and community is a critical component of Health Education. This can occur in a variety of ways, including conversations and activities for students and their ‘ohana, resource mapping, ‘āina-based learning, hands-on learning (e.g., taste-testing, food preparation), health-related advocacy efforts, youth participatory action research, and service learning (e.g., peer education).

Where is Health Education headed?

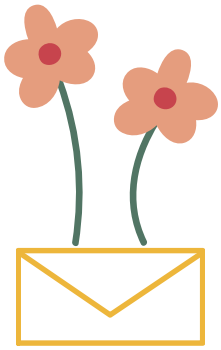
The **National Health Education Standards: Achieving Excellence (NHES)** were adopted by the Hawai'i State Board of Education in December 2019. A three-year implementation rollout began in School Year (SY) 2020-2021, with full implementation of the NHES in SY 2023-2024. The HIDOE is focusing on communicating resources and appropriate training to support schools and the full range of educators through in-person and virtual venues. Additional resources to support appropriate practices are in development.

Worksite and Work From Home Wellness

HMSA HEALTH EDUCATION WORKSHOPS

Here are some of the free health educations workshops we're offering for this spring

For more information on the health education workshops, please visit Health Education Workshops (hmsa.com)

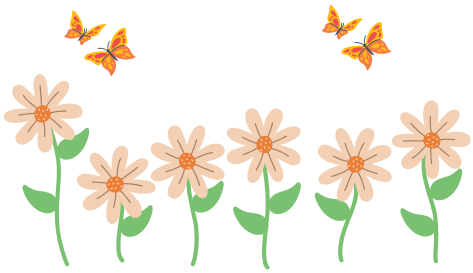


Contact us!

- 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 everyone for submitting your articles and helping to create a venue for information sharing among PAN professionals in Hawai‘i!

Your contributions are appreciated.



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