

PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN NEWSLETTER



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



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Summit

2030 HEALTHY HAWAI'I STRATEGIC PLAN SUMMIT



The Hawai'i State Department of Health convened more than 250 stakeholders, advocates, and visionaries across the state to discuss the Healthy Hawai'i Strategic Plan 2030 (HHSP). Since its launch in 2021, the HHSP has been a roadmap for improving the health of Hawai'i residents by preventing and reducing chronic disease. The Summit showcased local and national presenters highlighting best practices and success stories to equip and inspire participants to continue their efforts advancing the HHSP objectives so everyone in Hawai'i has equitable opportunities for good health.





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Summit, Cont'd

2030 HEALTHY HAWAI'I STRATEGIC PLAN SUMMIT

"Studies have shown that an individual's zip code is a better predictor of their health than their genetic code," said Lola Irvin, Hawai'i Department of Health Chronic Disease Prevention and Health Promotion Division Administrator. While Hawai'i has the highest life expectancy in the nation, a review of Hawai'i's statewide data in 2012 showed that life expectancy ranged by zip code from 73 years to 87 years, a 14-year difference. The Department of Health (DOH) is in the process of conducting another study with updated data. "Access to healthy food, safe spaces to be physically active, and quality health care directly affect our ability to lead healthy lives. HHSP stakeholders, including the DOH, are committed to partnering with communities to transform the places where people live, learn, work, and play to put healthy options within reach, and make the healthy choice, the easiest choice."



In addition to providing a forum to showcase the strides that have been made since its launch, the Summit fostered connections among participants, renewing their commitment to a healthier Hawai'i. Together, the HHSP stakeholders continue to realize the vision of a future Hawai'i where every person can attain their full health potential. To view the HHSP or to get involved in this transformational process, visit HHSP.hawaii.gov.



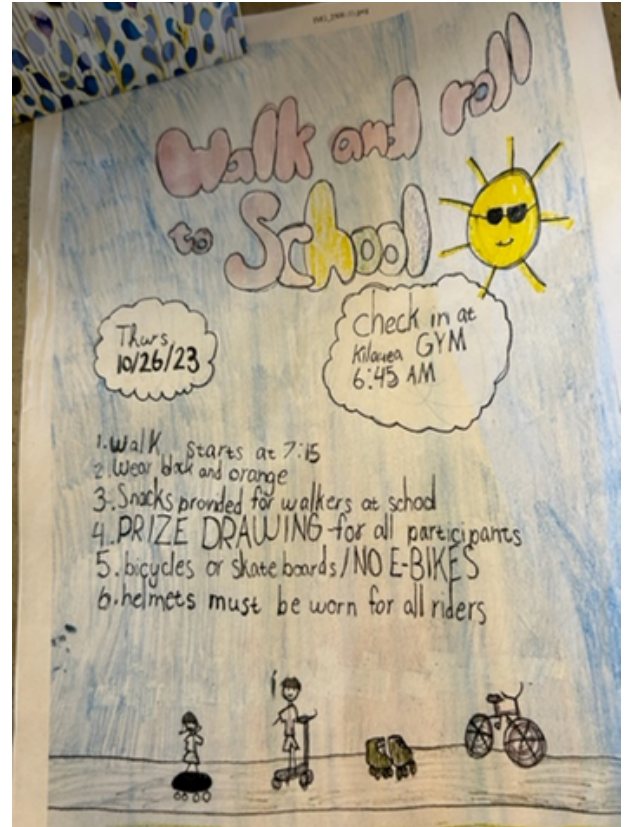
HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Physical Activity

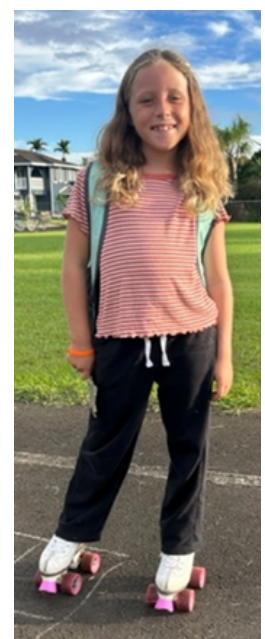
GET FIT KAUAI SAFE ROUTES TO SCHOOL PROGRAM

Since the COVID-19 pandemic, The Get Fit Kauai Safe Routes to School (SRTS) program, like many other community programs around the country and globe, has struggled to get back into the Safe Routes to School and Walk and Roll to School Day Groove... until October of this year. Slowly but surely, Get Fit Kauai SRTS program has begun to grow, with three schools participating in Walk to School Days (W2SD) in October and two schools planning W2SDs in December. Three Kauai schools, Kilauea Elementary, Kalaheo Elementary and St. Theresa all held successful Walk and Roll to School Days in October. Momentum is building and small events like this bring everyone together. Promoting a good healthy Walk and Roll to School Day was embraced with much Aloha from all schools and participants!



Kilauea Elementary School engaged the entire student body by holding a contest to create a Walk and Roll to School Flyer for the event. 20 entries in total were submitted. The winner (Lilah H. 2nd grader) was celebrated on the morning announcements. Copies of the winning entry were posted on campus and distributed to all teachers.

On the day of the event, Kilauea Elementary had over 60% of the student body Walk or Roll to School on Thursday, October 26th. 130 students walked and 30 students rolled. 47 family members also joined in.





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity, Cont'd

GET FIT KAUAI SAFE ROUTES TO SCHOOL PROGRAM



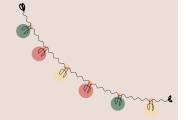
Kalaheo Elementary School

Being famous for their “theme W2SDs”, on October 4th, Kalaheo Elementary School held a “Wear Your Pajamas” Walk and Roll to School Day. Almost 60 students and over 20 parents and teachers wore their pj’s as they walked and rolled to school.





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Physical Activity, Cont'd

GET FIT KAUAI SAFE ROUTES TO SCHOOL PROGRAM

St. Therea's School

On Wednesday, October 25th, St. Theresa School held its first Walk and Roll to School Day since the start of the COVID-19 pandemic. Close to 100 students and 20 plus teachers and parents participated in the event! Everyone had a great time! Teachers loved getting out and getting their hearts pumping. The teachers said the students loved and talked about it for the rest of the week!





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity, Cont'd

GET FIT KAUAI SAFE ROUTES TO SCHOOL PROGRAM

A huge Shout Out goes to the County of Kauai Public Works Roads and Engineering Divisions!

Prior to the Kilauea Walk and Roll to School Day, a "Walk Audit" was conducted which included members of Get Fit Kauai, the Kilauea Elementary Principal, staff, students and neighbors of Kilauea School.

A list of multiple concerns and issues were identified and relayed to County of Kauai Public Works Roads and Engineering Divisions. Within weeks of the audit, Public Works had evaluated all the school zones signs in the area and made sure they all met current standards. They repainted all the 'in-road' School Zone signs, removed foliage from the School Zone sign on the side of the road and repainted all the crosswalks around the school. It doesn't get much better than that. Mahalo Nui from a happy community!



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Physical Activity



BIKES 4 MAUI: PEDALING TOWARDS RECOVERY

In the wake of the devastating Maui wildfires, our community was faced with the task of recovery and relief efforts. It was in these challenging times that “Bikes 4 Maui” emerged as a ray of hope, forging partnerships between collaborators such as Maui Sunriders, Maui Bicycling League, Maui Nui HEAL Coalition, Krank Cycles, and Hawai'i Bicycling League

Wheeling in Hope

In the aftermath of the Maui wildfires, a community-driven initiative is gearing up to provide a pedal-powered path to recovery. Bikes 4 Maui is not just about two wheels; it's about restoring mobility, independence, and hope to those affected by the recent devastation. The initiative focuses on supplying bicycles to wildfire victims, recognizing the crucial role transportation plays in the recovery process. These bikes are not just a means of getting from place to place, they symbolize a fresh start, a way forward.

Empowering Lives Through Mobility

Transportation is a basic need often taken for granted until it's compromised. Bikes 4 Maui recognizes that by providing bikes, we are not just addressing a practical need but also empowering individuals to reclaim a sense of normalcy. From accessing essential services to commuting to work or school, these bicycles become vehicles of recovery.

BIKES 4 MAUI

PROVIDING NEW AND GENTLY USED BIKES TO VICTIMS OF THE MAUI WILDFIRES.

REQUEST A BIKE
SCAN TO COMPLETE FORM

MAUIBIKE.ORG/BIKES4MAUI

DONATE A BIKE
CURRENTLY ACCEPTING NEW AND USED BICYCLES AND SAFETY GEAR.

EMAIL MAUI@HBL.ORG WITH THE FOLLOWING INFO:

- BRAND
- TYPE
- SIZE
- AGE
- CONDITION

MAUISUNRIDERS Bike Company MAUI BICYCLING LEAGUE HAWAII PUBLIC HEALTH INSTITUTE HEAL HEALTHY EATING ACTIVE LIVING

MAUIBIKE.ORG/BIKES4MAUI

How You Can Get Involved

Bikes 4 Maui invites you to join hands in this meaningful endeavor. Here's how you can contribute:

Donate gently used bikes to Bikes 4 Maui, which could be the key to someone's recovery. Contact Maui Bicycling League or visit <https://www.mauibike.org/bikes4maui/>. Spread the word by sharing Bikes 4 Maui on social media, in your community, and among friends, as more people know, the more lives we can touch.

HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Physical Activity

QUICK-BUILD TRANSPORTATION PROJECTS



On September 6, 2023, Renee Espiau (City and County of Honolulu Department of Transportation Services) and Kathleen Rooney (Ulupono Initiative) led a tour of select quick-build transportation projects across urban Honolulu. This tour was one of several mobile projects organized as part of the Hawaii Congress of Planning Officials (HCPO) annual meeting, which brings together the larger planning community across Hawaii. Oahu boasts more than 30 different projects that use lighter, quicker, and more affordable approaches to transform our streets into more people-oriented spaces. This streamlined project approach to redesigning streets has great potential to expedite the delivery of new spaces for people to walk, ride and roll to stay healthy and active. The projects we visited range from larger projects like bus-only (red carpet) lanes to small parklets the size of one parking space. More than 15 people joined the combination bus, walking, and biking tour of these innovative and community-based projects that are implementing our multimodal future right now.



See more Oahu quick build projects on a visualization map here: <https://ulupono.com/project-list/quick-build-projects/>. And, if you are interested in doing the same in your community or want to learn more, don't hesitate to reach out, by contacting: communications@ulupono.com. The City's guidance for community-led projects can be found on the [Honolulu Complete Streets website](#) under Community Resources.





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Physical Activity

THINK YOU DON'T HAVE TIME TO EXERCISE? THINK AGAIN!

After a long day of work, it can be tough to convince yourself that a workout will feel as good as collapsing on the couch. One of the top excuses that people make is, "I'm too tired."

Why this excuse needs to go

Sinking into the couch to catch up on sitcoms may make you feel good in the moment, but it won't beat the many great – and long-lasting – benefits that you get from working out, including more energy and improved mood.

Start your 15-Minute Workout Now

Did you know that a quick 15-minute workout on your lunch break can boost your productivity for the rest of the day? So, how do you make the most out of limited time for exercise?



Work smarter, not longer

Don't skip the gym just because you can't find time for a long session. A 10-15 minute workout goes a long way towards boosting energy and improving your health — in fact, some sources even suggest that shorter workouts may be more beneficial than a long ones! A shorter workout makes it easier to stick to your commitment, and may also help boost your metabolism and suppress your appetite in between exercises.





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity

UNITING COMMUNITIES: WEST MAUI GREENWAY'S PIVOTAL ROLE IN EMERGENCY EVACUATION

In August 2023, Lahaina, Maui, faced a catastrophic wildfire that not only posed an immediate threat to residents but also unveiled an unexpected hero – the West Maui Greenway (WMG). While initially envisioned as a transformative project to enhance transportation options and promote physical activity, the Lahaina wildfire highlighted the WMG's unanticipated yet crucial role in emergency evacuation, showcasing the project's broader impact and significance.



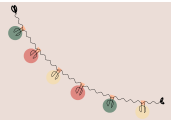
Civil Beat chronicled the remarkable events that unfolded during the Lahaina wildfire, where community members turned to the existing cane haul roads – an integral component of the WMG – as makeshift evacuation routes. Faced with the imminent danger of the approaching flames, residents resorted to cutting through locked gates in a desperate attempt to escape. This urgency emphasized the immediate need for accessible and well-planned evacuation routes in times of crisis.

This unforeseen application of the WMG brings forth the critical importance of incorporating such community-driven initiatives into comprehensive emergency preparedness and response strategies. The Lahaina wildfire serves as a poignant reminder that projects like the WMG are not only about enhancing daily life but can also play a pivotal role in safeguarding lives during emergencies, fostering community resilience, and uniting individuals in times of crisis.





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity, Cont'd

UNITING COMMUNITIES: WEST MAUI GREENWAY'S PIVOTAL ROLE IN EMERGENCY EVACUATION



The WMG in Lahaina is a community asset that serves as both a recreational and emergency evacuation resource, demonstrating its versatility and foresight. It is not just a pathway for physical activity but also a community asset with significant implications for safety and well-being. The success story of the WMG in Lahaina highlights the interconnectedness of various community aspects, demonstrating that health and well-being initiatives can contribute significantly to community resilience.



In conclusion, the West Maui Greenway's pivotal role in emergency evacuation during the Lahaina wildfire highlights the transformative power of community-led initiatives. This experience underscores the urgent need for collaborative efforts in integrating such projects into comprehensive emergency preparedness plans, ensuring the safety and unity of communities in the face of unforeseen challenges. The PAN community has a unique opportunity to champion this narrative, showcasing the profound impact that community-driven projects can have in creating resilient, adaptable, and united communities.

Sign Our Letter to the Governor: Add your voice to the cause by signing our petition to the governor, emphasizing the importance of WMG.

In a world where proactive measures against climate change and disaster preparedness are paramount, the WMG's dual role as a recreational asset and emergency evacuation resource showcases the versatility and foresight embedded in its design. It is not merely a pathway for physical activity but a community asset with far-reaching implications for safety and well-being.

This success story of the WMG in Lahaina emphasizes the interconnectedness of various community aspects. Physical activity, once considered in isolation, now intertwines with emergency response, demonstrating that initiatives promoting health and well-being can also contribute significantly to community resilience. As PAN professionals, we have a compelling narrative to share – one that extends beyond the boundaries of routine physical activity programs.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Wellness

GOOD QUALITY SLEEP IS ESSENTIAL FOR BRAIN HEALTH



Maintaining good quality sleep is crucial for healthy aging and overall body and brain health. However, poor sleep quality is common and can worsen over time. Two major problems that can affect sleep quality are difficulty falling and staying asleep, which can disrupt the recommended 7 to 9 hours of sleep per day. Poor sleep can increase the risk of health problems such as cardiovascular disease, high blood pressure, diabetes, kidney disease, depression, stroke, and obesity. Sleep deficiency can also lead to injuries, loss of productivity, and increased mortality. Sleep helps clean toxins from the brain, which may contribute to brain aging and dementia. Good quality sleep involves a cycle through different stages of sleep, including non-rapid eye movement (NREM) and rapid eye movement (REM), which is associated with dreaming and starts about 90 minutes after falling asleep.

Sleep disorders, such as sleep apnea and REM Sleep Disorder, affect 50 to 70 million Americans. Studies suggest that a lack of sleep in middle age may increase a person's dementia risk later in life. A 2021 study by Severine Sabia et al. found that persistent short sleep duration at age 50, 60, and 70 was associated with a 30% increased dementia risk, independent of sociodemographic, behavioral, cardiometabolic, and mental health factors. A 2021 study by Robbins et al. in the journal *Aging* found significant associations between poor sleep quality with incident dementia and all-cause mortality. Sleeping fewer than 5 hours per night was associated with a 2x greater risk for incident dementia, compared to those who slept 7 to 8 hours per night.



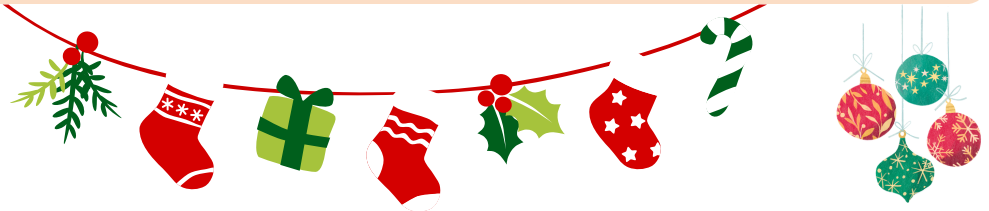
Despite ongoing research, the growing consensus among brain researchers emphasizes the importance of good quality sleep for brain health. The Centers of Disease Control and Prevention (CDC) offers practical tips for good sleep hygiene, including consistent bedtime and waketime, a quiet, dark, relaxing bedroom, removing electronic devices, avoiding large meals, caffeine, and alcohol before bedtime, and engaging in physical activity during the day.



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 and Happy Holidays!

Your contributions are appreciated.



THANK YOU!



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