



# PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PHYSICAL ACTIVITY AND NUTRITION (PAN) NEWSLETTER

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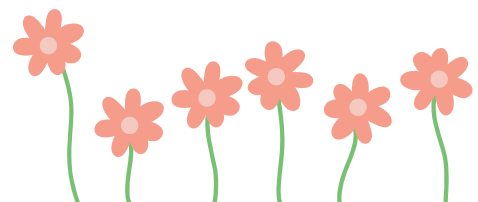
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This quarterly newsletter is brought to you by the Hawai'i State Department of Health, Chronic Disease Prevention and Health Promotion Division, Primary Prevention Branch.

# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## Nutrition

INVESTING IN THE POWER OF COMMUNITY AND HEALTHY FOOD IN MAUI



The UnitedHealthcare Catalyst™ program on Maui aims to reduce diabetes rates and boost local farmed food production. The program uses community health data and local solutions to tackle high-priority health care challenges, such as chronic diseases like diabetes. Diabetes is a significant issue in Hawai'i, with 11% of adults diagnosed and 37% with prediabetes. Disparities exist for Native Hawaiians and Pacific Islanders, and the poverty rate in Maui county has increased 70% since 2021, creating a significant barrier to accessing affordable, nutritious food.



### A COMMUNITY-LED INITIATIVE

In turn, the patients also learn how the food can positively affect their health and take classes on how to cook meals using the produce they receive. "I want them to leave these classes knowing that they have a place to be able to share their experiences, ask questions, be able to maybe even share their frustrations about diabetes because it's a very difficult and challenging disease state," said Nadia Hussain, registered dietician at Mālama I Ke Ola Health Center. "I want them to be able to know that they have a support system here, that they are able to also get fresh produce that they may not be able to get anywhere else." Food production itself is a challenge in Hawai'i. With 85-90% of its food imported from outside the state, there is a strong need to increase production of locally farmed food.

Through collective input at the grassroots, the Catalyst program helped bring community partners together in order to tackle this growing challenge. Mālama I Ke Ola Health Center, a federally qualified health center, identified patients living with diabetes or at risk of developing diabetes and enrolled them in a cohort group to receive boxes of fresh produce from local farmers — grown at the farms of Kanu Ka 'Ike and the aquaponics program, WaiPono Farm, at the University of Hawai'i – Maui College.

*Kalani Redmayne, CEO  
UnitedHealthcare Community Plan of Hawaii*



# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Nutrition, Cont'd

### INVESTING IN THE POWER OF COMMUNITY AND HEALTHY FOOD IN MAUI

#### FROM FARM TO TABLE

The fresh produce is grown in two locations. First is Kanu Ka 'Ike, which combines Hawaiian indigenous farming techniques with modern day insights in a methodology known as poly-forestry. This involves highlighting biodiversity with many different types of plants, not just a monocrop.


“One of the values that's taught to me growing up was you are what you eat and you are what you consume,” said Kekoa Hewahewa, owner and co-founder of Kanu Ka 'Ike. “And we understand as Native Hawaiians, it's not only what you consume physically with food, but what you consume spiritually, emotionally and psychologically.”

The second source, at the WaiPono aquaponics program at the University of Hawai'i – Maui College, takes a different approach, but one still rooted in the community. The aquaponics and hydroponics greenhouse creates a closed loop with the water for growing produce filtered through fish, micro-organisms and the produce itself. They are able to grow everything from leafy produce like kalo and bok choy to tomatoes and carrots. Ensuring cultural alignment was a key component of the program, making it crucial to work with local farmers who grow local crops.



*Kalani Redmayne, CEO*

*UnitedHealthcare Community Plan of Hawaii*



# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Nutrition, Cont'd

### INVESTING IN THE POWER OF COMMUNITY AND HEALTHY FOOD IN MAUI

#### FROM FARM TO TABLE

The UnitedHealthcare Catalyst program is seeing results:

- Food production at the WaiPono aquaponics program has increased 83% according to Nicolette van Der Lee, WaiPono director<sup>1</sup>
- 30% of patients in the Mālama I Ke Ola Health Center program are seeing improved outcomes, including in blood pressure readings and hemoglobin A1C measurements
- Kanu Ka'ike has harvested over 1,000 pounds of kalo, which is used to make poi — a Hawaiian staple



“We know that this is actually making a direct impact on our community's health by providing access to this fresh produce,” said Kalani Redmayne, CEO, UnitedHealthcare Community Plan of Hawai'i. “We shared data with each other, and together we determined that food insecurity as well as how food impacts health would be a good program for us to implement.”

The [United Health Foundation](#) also contributed \$500,000 to those affected by the Maui wildfires, half of which went to the Maui Food Bank.

The Catalyst program would not work without local expertise, those who have a unique relationship to the land and are embedded within the culture. And with the food this land and its people produce, UnitedHealthcare Catalyst is able to make an impact not only with reducing the rates of diabetes, but improving the overall health of a community.

*Kalani Redmayne, CEO*

*UnitedHealthcare Community Plan of Hawaii*



# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## Nutrition



### DISCOVER EXCITING NEW TASTES: A GUIDE TO EXPLORING FRESH FLAVORS

Ever find yourself stuck in a rut when it comes to planning your meals or making that grocery list? It happens to the best of us, especially when catering to picky eaters, like our little ones.

Well, guess what? This month, the Academy of Nutrition and Dietetics is cheering us on to break free from our usual meal routines and dive into some exciting new flavors! Not only do these new tastes spice up our meals, but they also bring along some fantastic nutritional benefits. How can you start exploring these delicious new flavors? Here are some friendly tips to get you started:

#### GET COOKING

Grab yourself an ethnic cookbook or magazine and give some new recipes a try. It's a fun way to bring a taste of the world into your own kitchen.



#### EXPLORE ETHNIC FOOD STORES

Take a stroll through the ethnic food sections of your grocery store or pay a visit to a local ethnic food market. You'll be amazed at the variety of ingredients waiting to be discovered.

Now, let's dive into some worldly flavors! Here's a tasty list of cuisines from different cultures to get your culinary journey started:

- Jicama (Mexican)
- Lychee (Chinese)
- Couscous (Moroccan)
- Kimchi (Korean)
- Tempeh (Japanese, Chinese)
- Black Beans (Latin America)
- Plantain (Puerto Rican)
- Rice Porridge (Vietnamese)
- Masala (India)
- Chickpea Hummus (Middle East)

So go ahead, spice up your meals and treat your taste buds to a global adventure! Happy cooking!

(Source: Academy of Nutrition and Dietetics - Monthly Theme: Exploring New Flavors)

#### LEARN FROM FRIENDS AND FAMILY

Got a friend or family member who's a whiz in the kitchen? Ask them to teach you a dish or two from their cultural background. It's a fantastic way to bond and learn something new!

# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## Physical Activity PATH EXPANDS HIBIKE SYSTEMS



### KAILUA KONA, HI

People for Active Transportation Hawai'i (PATH) has just completed the expansion of their HIBIKE bikeshare system with funds awarded from the Transportation Alternatives Program (TAP) grant through the State of Hawai'i Department of Transportation and administered by the County Department of Public Works.

PATH received just over \$900,000 from the TAP grant to expand the HIBIKE system on Hawai'i Island, resulting in an additional 6 new stations in Hilo and 6 stations in Kona expanding the total number of stations on the island to 23; 13 in Kona and 10 in Hilo and adding 75 bicycles to the HIBIKE system

### INTEGRATION OF THE HIBIKE BIKESHARE SYSTEM

In 2016, PATH's partnership with the County of Hawai'i's Research & Development Department piloted a bikeshare system in Kailua-Kona to test how bikeshare could work on Hawai'i Island. As part of this expansion, Mass Transit came on to start subsidizing the bikeshare operation, incorporating it into the family of services provided by the agency. Since bike sharing promotes active, healthy transportation and exercise, it's important to maintain the bikeshare as part of Hawai'i County's multi-mobility or multimodal transportation plan.

Bikeshare stations are also incredibly beneficial in areas where a bus route may not make sense because the destination may be close enough to mainline transit. Establishing bikeshare stations near bus routes to get to and from an off-route location eliminates the need to deviate a mainline transit route.



### PATH CONTINUES PARTNERSHIP WITH MASS TRANSIT AGENCY

With the new expansion of the HIBIKE program, PATH continues its partnership with the County of Hawai'i Mass Transit Agency to provide Hele-On passengers with a viable transportation option that provides economic, health, and convenience benefits. Hele-On bus riders can continue to access HIBIKE Bikeshare at no additional cost. For free access, every Hele-On rider can ask bus operators for a code to use at the HIBIKE kiosks. This provides passengers with unlimited 30-minute HIBIKE rides for up to 24 hours.

A service of PATH and Hele-On, HIBIKE is a form of mobility management ideal for anyone who wants to leave their car parked during a short trip or enhance their transportation options.

# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Physical Activity

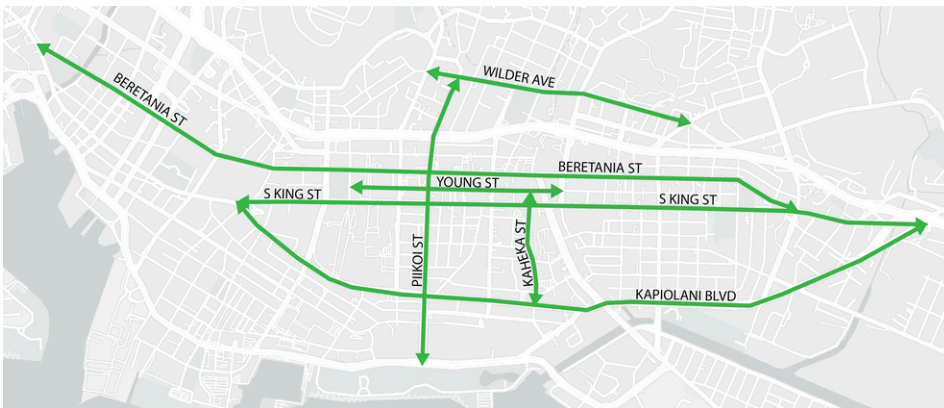
### HAWAI'I, MAUI, OAHU, AND KAUAI RECEIVE MORE THAN \$18 MILLION IN FEDERAL FUNDING FOR SAFER STREETS

The federal Bipartisan Infrastructure Law (BIL) established the Safe Streets and Roads for All (SS4A) discretionary program with \$5 billion in funds for the five-year period from 2022 to 2026. The SS4A program provides grants to local initiatives to prevent roadway deaths and serious injuries. In late 2023, the U.S. Department of Transportation (USDOT) announced that Maui County, Hawai'i County, Kauai County, and the City and County of Honolulu were awarded over \$18 million as part of the Fiscal Year 2023 SS4A grant program. Hawai'i stands out as the only state where every single county received funding, underscoring a steadfast commitment to enhancing roadway safety for all modes of transportation statewide.

Maui County was the only Hawai'i recipient of an Implementation Grant, and will use the \$13.4 million awarded to design and construct multiple safety improvements on Keawe Street in West Maui. The project includes crosswalk improvements, pedestrian refuge islands, roundabouts, Rectangular Rapid-Flashing Beacons (RRFBs), and buffered bicycle lanes.



The remaining counties received Planning and Demonstration grants which fund the development, completion, supplementation, or supporting demonstration activities of an Action Plan. Hawai'i Island was awarded \$3.36 million to update their Vision Zero Action Plan, and to pilot new safety technology demonstration activities. The City and County of Honolulu was awarded \$1.67 million in supplemental planning funds for the initial planning of pedestrian and bike safety improvements across seven High Pedestrian-Injury corridors identified in the O'ahu Pedestrian Plan (shown on map). Lastly, Kauai County was awarded \$200,000 to develop a new comprehensive safety action plan.



Overall, these grants signify a concerted effort to invest in safer roadway environments for pedestrians, cyclists, and transit riders in Hawai'i. These initiatives will contribute to more affordable, healthier, and more sustainable transportation options statewide.

# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Physical Activity



### UH STUDY - FIRST TO MEASURE OUTRIGGER CANOE PADDLING INTENSITY

University of Hawai'i at Mānoa researchers are collecting data from outrigger canoe paddlers to determine their metabolic equivalents (METs), which show the calories or energy expenditure burned during physical activity. The AccessMETs pilot study involved 60 participants, including competitive and recreational paddlers with and without spinal cord injuries. Four out of six participants per boat wore a portable metabolic analyzer to monitor their body's response during a 45-minute paddling session. Researchers aim to deliver individualized reports to paddlers whose energy expenditure data were collected while paddling. The high coastal population and tourism industry in Hawai'i significantly impact human activities, visitor accommodations, and infrastructure near the coast, leading to land-based impacts like wastewater pollution and sediment input.



"While many sports and activities, such as walking, running or lifting, have established their METs, outrigger canoe paddling—an important, culturally relevant activity in Hawai'i and beyond—has yet to be measured," said lead researcher Simone Schmid, a post-doctoral researcher in the Thompson School of Social Work & Public Health, who is also a competitive paddler, locally and internationally. "Establishing the corresponding METs will be instrumental in demonstrating the scientific benefits of paddling, including for paddlers who have physical disabilities."



"This work is very important from a public health perspective," said project mentor Tetine Sentell, professor of public health and the Chin Sik & Hyun Sook Chung Endowed Chair in Public Health Studies. "Health promotion that supports activities that are important to individuals and communities builds on existing strengths. This has deep value across multiple aspects that support health and wellbeing."

*Arlene Abiang*  
*University of Hawaii News*



# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Physical Activity, Cont'd



### UH STUDY - FIRST TO MEASURE OUTRIGGER CANOE PADDLING INTENSITY

Outrigger canoe paddling is the state's official team sport and is important for health research as a popular activity in Hawai'i that holds a rich cultural significance dating back thousands of years. A recent UH public health study found that 1 out of 5 (20%) Hawai'i residents have participated in outrigger paddling, and is particularly popular among Native Hawaiians (42%) and Pacific Islanders (31%).

"I got to paddle with friends and meet some really great people who all came together for the benefit of helping the community and this important pilot project," said Donna Kahiwaokawailani Kahakui, a Hawai'i Waterman Hall of Fame Inductee, who supported the project as a participant and community advisory hui member. "Hopefully it will continue on and it will get better and better each year that it can go."



STUDY TEAM MEMBERS (L TO R): SIMONE SCHMID, ANN YOSHIDA, DAN HEIL AND TETINE SENTELL.

### RESULTS AND NEXT STEPS

Initial results from the data collection are anticipated this summer. Schmid plans to report back to the community, share results at scientific meetings and publish the research later this year. Her long-term mission is to have canoe club memberships covered by health insurance.

Visit the [project website](#) for up-to-date information and [complete a public survey](#) to submit ideas for next steps, open through summer 2024.

### BRINGING DISSERTATION TO LIFE

Schmid's research on METs for hula, inspired by a decades-long study led by Native Hawaiian health researchers at JABSOM, aimed to measure METs during paddling and surfing activities. The project, which targeted individuals with and without disabilities, required specialized equipment and funding. Schmid graduated in 2021 and began a postdoctoral fellowship with the Office of Public Health Studies and the Hawai'i Department of Health. The project is funded by Ola HAWAII and partners with AccesSurf Hawaii, Honolulu Pearl Canoe Club, Hawai'i State Department of Health, competitive and adaptive paddlers' advisory committee, and Dan Heil, an expert in METs measurement.



*Arlene Abiang  
University of Hawaii News*



# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Physical Activity

### I PA'A KA HUEWAI PAWEHE: HYPE HAWAI'I RESOURCES

There is a great need to create culturally relevant programming that targets health and wellness for youth, especially for Native Hawaiian youth. The I Pa'a Ka Huewai Pawehe "So that our prized water gourds are made firm" project, is a federally funded project through the U.S. Department of Education, Native Hawaiian Education Fund and is guided by the Whole School, Whole Community, Whole Child (WSCC) model and the Nā Hopena A'o framework. Project partners include the Hawai'i Department of Education, Hawai'i Department of Health, and the Hawai'i Afterschool Alliance. The main goal of the project is to support the physical, social, and emotional well-being of Native Hawaiian youth and in-turn increase their achievement in school. One of the project's specific aims is to provide resources to implement quality and culturally relevant physical activity opportunities.

The University of Hawai'i at Mānoa in partnership with Hip Hop Public Health, a non-profit organization that creates research-based educational resources by harnessing the power of music and culture to improve health in communities that are underserved, created the "H.Y.P.E. Hawai'i" resources. HYPE Hawai'i resources include an age-appropriate, culturally-relevant music album with original music designed for elementary, middle, and high school students. HYPE Hawai'i combines hula and hip hop moves to energize, invigorate, and motivate! It was created in partnership with Hawaiian musicians, dancers, and educators to reflect and honor Native Hawaiian culture. Each dance has four moves- you can follow along with the full video, or practice each move individually with the Breakin' it Down videos. Lava Surfing Educator Toolkits are also available for grades K-5 and 6-12 to help increase physical activity and build health skills in the classroom.



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These resources were launched in January 2024 and are freely available on the program website (<https://www.hhph.org/work/learning-studio/h-y-p-e-hawaii>). Check them out today!

# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Physical Activity & Nutrition

### BRINGING HEALTH & WELLNESS TO OUR RURAL COMMUNITIES: SPOTLIGHT ON NA'ALEHU



Accessing healthcare in rural communities can be a challenge. With the lack of facilities, long drive distances, and the potential inability to pay for services, many people living in rural communities often forgo healthcare services, which can impact overall health and well-being. Hawaii Health Matters data shows that while 93.5% of adults have healthcare insurance, only 69.2% see the doctor for routine check-ups (2021), and a mere 54.4% see a dentist (2020). On February 24, 2024, Representative Jeanné Kapela (D) hoped to bridge these gaps through a Health and Wellness Fair held at the Nā'ālehu Elementary School.



Rep. Kapela organized a first annual event to bring together community service providers and resources to contribute to the health and wellness of the Nā'ālehu community. The event included organizations like the Ka'ū Rural Health Community Association, United Healthcare, Hawai'i Island Community Health Center, Department of Health's Child and Adolescent Mental Health Division, Planned Parenthood, KTA, Alzheimer's Association, Hawai'i County Economic Opportunity Council, and Hawai'i Public Health Institute. The diverse group provided information about health and wellness, economic and mental health support, and a holistic offering for Nā'ālehu residents. The Hawai'i Public Health Institute hosted several booths, including Patrick Donnelly from the Hawai'i Oral Health Coalition and Jay Ihara from the Coalition for a Tobacco-Free Hawai'i.

*Patti Hatzistavrakis*  
*Hawai'i Public Health Institute*

The Healthy Eating and Active Living (HEAL) Initiative on Hawai'i Island aimed to educate over 65% of adults about healthy recipes featuring vegetables and fruits. The initiative provided information on using SNAP benefits to grow fruits and vegetables at home, a strategy to make funds go further. The Youth Food Council provided Keiki Heroes Activity Books to encourage the youngest community members to learn about Hawai'i's diverse fruits and vegetables. The focus was on physical activity, with an inspirational sharing board and a new Physical Activity Fact Sheet. The Physical Activity Fact Sheet offers recommendations for daily activity and age groups. The sharing board showed that many were involved in organized activities, while others found daily activities like gardening and keeping up with their keiki kept them active. Increased physical activity could significantly benefit the community, as only 44% of adults follow a regular exercise routine and 31% are sedentary. Regular physical activity can help maintain a healthy weight and reduce the risk of chronic diseases like diabetes and heart disease.



# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

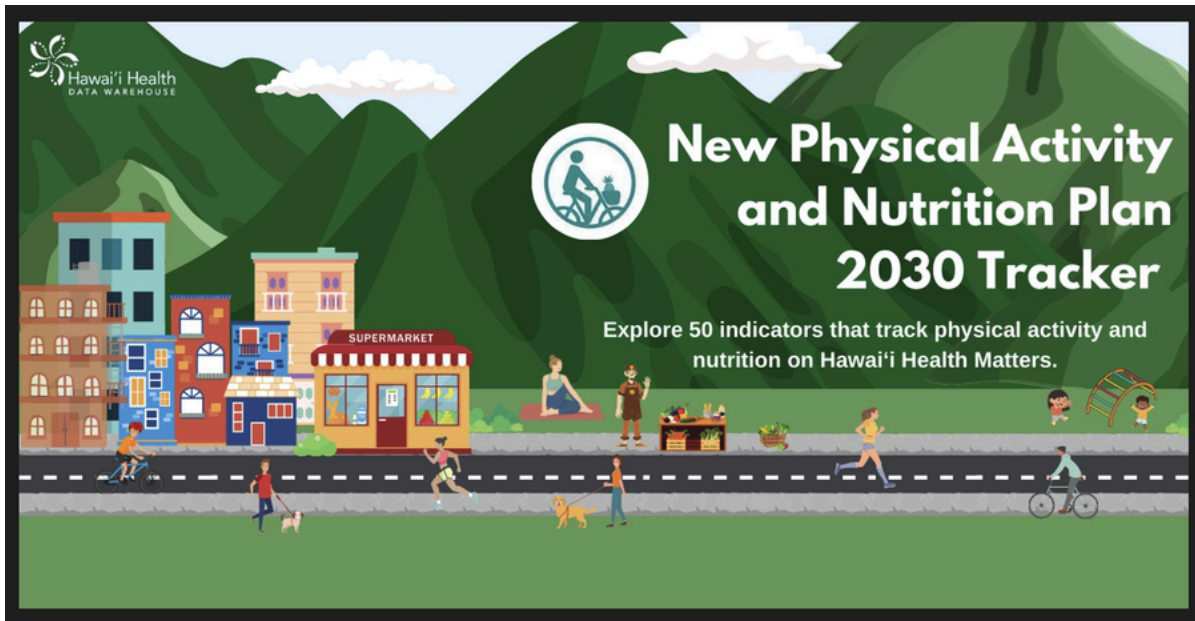


## Physical Activity & Nutrition

### PHYSICAL ACTIVITY AND NUTRITION PLAN 2030 TRACKER



The Physical Activity and Nutrition (PAN) Plan 2030 Tracker on [HawaiiHealthMatters.org](https://HawaiiHealthMatters.org) supplements the Hawai'i PAN Plan 2030, a guide to increasing physical activity and healthy eating in the state. It is a collaboration between the University of Hawai'i at Mānoa, Hawai'i Health Data Warehouse (HHDW) and the PAN Section at the Hawai'i State Department of Health. The tracker was launched in January 2024 and combines 50 PAN measures from 8 different data sources, including the Behavioral Risk Factor Surveillance System and the Youth Risk Behavior Survey. Indicators are organized into 9 categories spanning many PAN topics. Target values for the year 2030 were calculated for each measure so users can quickly see where the state has progressed. Indicators are updated continually as new data becomes available. The PAN Plan 2030 Tracker provides an easy resource for monitoring the PAN health of the residents of Hawai'i.



UNIVERSITY OF HAWAI'I AT MĀNOA  
 OFFICE of PUBLIC HEALTH STUDIES

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THOMPSON SCHOOL  
 SOCIAL WORK & PUBLIC HEALTH

# HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

## ➤ Health Equity

### HEALTH EQUITY: REAL TALK, REAL STORIES, REAL SOLUTIONS

The Hawai'i Primary Care Association invites you to join us at our 2024 Ho'ōla Conference to participate in robust conversations about the unique challenges in achieving health equity within our community, and inspire collaborative solutions to addressing these issues under the theme: **"Health Equity: Real Talk, Real Stories, Real Solutions #nofilter"**

This panoramic conference will cover a range of topics, including: workforce, population health, emergency preparedness, policy and advocacy, value-based care, health information technology, chronic disease prevention, and social determinants of health. We are diligently working to secure continuing education credits for attendees.



# HPCA

HAWAI'I PRIMARY CARE ASSOCIATION

**EVENT DETAILS:  
MAY 28-29, 2024**

**45-550 KIONA'OLE RD, KANE'OHE, HI 96744**

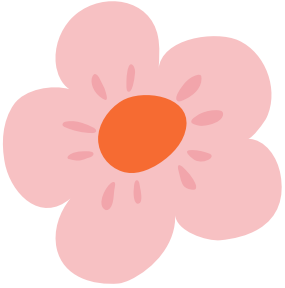
For general conference information and sponsorship, please visit our website: [hoolaconference.com](https://hoolaconference.com). Follow us on Instagram at hawaii\_pca and LinkedIn at hawaii\_pca to stay updated on the latest conference news!



## Contact us!

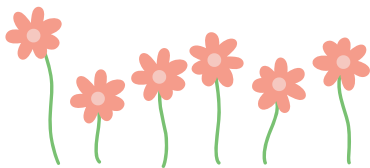
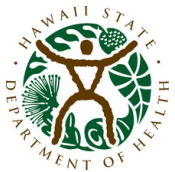


- Visit us at <https://livinghealthy.hawaii.gov> and <https://health.hawaii.gov/physical-activity-nutrition/>
- If you'd like your name removed from our mailing list, or to share other comments, please email Andy at [Andy.ku@doh.hawaii.gov](mailto:Andy.ku@doh.hawaii.gov)



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.



THANK YOU!



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