

PHYSICAL ACTIVITY & NUTRITION NEWS



HAWAI'I PAN NEWSLETTER

IN THIS ISSUE

PAGES 2-9: PHYSICAL ACTIVITY

- *Cyclists Ride with Rep. Ilagan for Bike Safety Advocacy*
- *Keolu Drive Complete Streets Projects Kick Off*
- *Leokū Street Quick Build Safety Improvements*
- *Iyengar Yoga Returns to Waimānalo*
- *Advancing Climate Action and Active Living Through the Navahine v. Hawai'i DOT Settlement*
- *City and County Awarded \$3.45 Million for Roadway Safety Improvements*



PAGE 10-15: NUTRITION

- *Community Food Garden in Public Housing: Punchbowl Homes Planting Event*
- *Community Gardens in Public Housing Sites*
- *Community Health Workers at Housing and Urban Developments*



Happy New Year 

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



➤ Physical Activity

CYCLISTS RIDE WITH REP. ILAGAN FOR BIKE SAFETY ADVOCACY



On Saturday, November 2, the cycling community joined State Representative Greggor Ilagan (District 4, Lower Puna) in a group ride to advocate for safer bike routes on the Island of Hawai'i. The ride, hosted by Hawai'i Public Health Institute (HIPHI), a nonprofit organization whose mission is to advance the health and wellness of the people and islands of Hawai'i, was a way to demonstrate that Route 130, from Kea'au to Pāhoa, is used regularly by cyclists for recreation and commuting purposes despite safety concerns.



Twenty-one cyclists from across the island convened at the Herbert Shipman Park in Kea'au to begin the nearly twenty-two-mile round-trip journey to the Billy Kenoi Park in Pāhoa. After being welcomed by Rep. Ilagan, the participants were reminded of bike safety procedures by PATH (People for Active Transportation Hawai'i) member and Hawai'i Cycling Club spokesperson, Franz Weber. The participants, who had varying experiences with the route, from having never ridden on the road to using it regularly, ventured out under cloudy skies, heading through the town of Kea'au onto Route 130 for the ride to Pāhoa.



Upon arriving at Billy Kenoi Park, participants noted having an overall positive experience due to the comfortable pace, broad shoulder areas, and gracious motorists. After a brief rest, the group engaged in a Road Audit, providing feedback on what they appreciated about the route's infrastructure and what they thought could be improved. Many commented on needing more landscape maintenance and consistent, straightforward signage. Others appreciated the visibility of the road striping, stating that it made them feel safer during the ride.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity, Cont'd

CYCLISTS RIDE WITH REP. ILAGAN FOR BIKE SAFETY ADVOCACY



Additional discussion points included: needing an alternate route through the area, creating standardized road plans, and implementing a Complete Streets Policy in Hawai'i County. Some participants noted that bike lanes double as pedestrian paths, making a Complete Streets approach beneficial for everyone's safety.



The weather cleared up for the return trip to Kea'au, with participants returning safely to the starting point. Participants experienced more safety issues riding the reverse side of the highway. They noted more debris on the north route versus the south route, mostly likely due to the proximity to the Transfer Station. Also discussed were the newly installed delineators that obstructed the bike lane at Paradise Road and Shower Lane and the narrow bike lane around the roundabouts. Another issue was the need to turn left into Kea'au from the highway. Instead of crossing two lanes of high-speed traffic to access the left turn lane, the group opted to utilize the pedestrian crosswalk to navigate the road safely.

All participants appreciated the opportunity to join Rep. Ilagan in creating awareness of the need for improved safety measures along Route 130. They expressed the desire for future rides to highlight other island communities that need enhanced safety for cyclists and pedestrians. HIPHI will continue to support Rep. Ilagan in the efforts to advocate for change both on Hawai'i Island and statewide with work during the upcoming 2025 Legislative Session. This event is the start of many conversations, and we thank everyone who participated in and supported this group ride for Bike Safety Advocacy.

Patti Hatzistavrakis, Hawai'i Public Health Institute



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Physical Activity



KEOLU DRIVE COMPLETE STREETS PROJECTS KICK OFF

The City and County of Honolulu Department of Transportation Services (DTS) has begun a Complete Streets planning and preliminary design process to improve pedestrian and bicycle safety and mobility on Keolu Drive and safely connect Keolu Drive to Kailua Road via pedestrian and bicycle safety improvements in the Enchanted Lake neighborhood of Kailua. The project proposes implementing various safety measures including pedestrian crossing improvements, upgrades to bicycle lanes, intersection improvements, landscaping, traffic calming and modification of existing travel lanes to improve safety for all transportation modes and reduce vehicle speeds.



Figure 1: Keolu Drive complete Streets community workshop #1

With many schools and community destinations located along Keolu Drive, these modifications will enhance safety and balance the needs of people of all ages and abilities, whether they are walking, bicycling, rolling, riding TheBus, or in a car. It will also provide regional connections by linking to the Hāmākua Drive and Kailua Road bikeways. The project extents include Keolu Drive and Wana’ao Road, and portions of Awakea Road, Ka Awakea Road, and Paukū Street. This project is federally funded through the Bikeway Improvements Program.



Figure 2: Keolu Drive / Akiohala Street crosswalk

The first community workshop took place at Ka’elepulu Elementary School on October 24, 2024, where attendees shared traffic safety concerns and provided feedback on initial concepts. A big mahalo to everyone who participated!

Looking ahead, the second community workshop is planned for early next year and will feature refined plans for further input and discussion. To stay informed on the project, visit www.honolulu.gov/completestreets/kailua and subscribe to the Complete Streets newsletter for the latest updates!



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Physical Activity



LEOKŪ STREET QUICK BUILD SAFETY IMPROVEMENTS

Leokū Street in Waipahu is a high injury corridor. The street provides access to key transit, including the Ho'ae'ae rail station, and the area connects residents to mom and pop eateries, groceries, and services. To improve safety on this busy street, the City and County of Honolulu Department of Transportation Services (DTS) collaborated with Better Block Hawai'i to install two crosswalk improvements, which both included adding delineators, bulb outs, and mural areas.



Figure 1: volunteers installing delineators



Figure 2: Keolu Drive / Akiohala Street crosswalk

Funded in part by the Bloomberg Asphalt Art Initiative, the crosswalk improvements at Leokū / Leolua Street and Leokū / Waipahu Street provide improved visibility at each location and reduce the crossing distance for pedestrians. Better Block Hawai'i contracted with local artist Zach Angeles to create the design. The safety quick build delineators were installed through the City's Mālama O Ka 'Āina community volunteer program, administered by the Department of Facility Maintenance, Division of Road Maintenance (DRM), with volunteer labor provided by the Hawai'i Bicycling League and the City and County of Honolulu.



Thanks to the many people who offered their time and care to improve the safety of this area!





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity

IYENGAR YOGA RETURNS TO WAIMĀNALO



For 13 years, Yoga Moves Iyengar yoga classes were taught at [41-1025 Kalaniana'ole Hwy., Waimanalo, HI 96795](#) until an abrupt stop in 2020, due to the pandemic. 'Ai Love Nalo also closed during this time and reopened in October 2024 allowing Yoga Moves to return.

The Iyengar approach to yoga is practiced with precision and alignment, developing strength, flexibility, stamina, balance and mental clarity. Props are often used to adapt the body to the asana (pose) which provides the student with deeper insight. Through this careful and systematic approach, it can bring an inner balance, harmony, and meditation in action.



For more information about Yoga Moves Hawaii, please contact Laurie at yogamoveshawaii.com, laurie@yogamoveshawaii.com, or 808-259-9490. For more information about 'Ai Love Nalo and the work they are doing, visit ailovenalo.com or <https://kealohanui.org>.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity

ADVANCING CLIMATE ACTION AND ACTIVE LIVING THROUGH THE NAVAHINE V. HAWAII DOT SETTLEMENT

In a groundbreaking moment for Hawai'i and the nation, the Navahine v. Hawai'i Department of Transportation case concluded with a historic settlement in June 2024. Thirteen youth plaintiffs successfully held the Hawai'i Department of Transportation (HDOT) accountable for addressing the state's significant carbon emissions from transportation. This settlement is a powerful example of how legal advocacy and youth leadership can catalyze meaningful climate action and support healthier, more sustainable communities.

The agreement commits HDOT to bold measures, including reducing greenhouse gas emissions, expanding multimodal transportation options, and investing in bike and pedestrian infrastructure. These actions not only address the state's climate goals but also promote active living through safer, more accessible pathways for walking, biking, and other non-motorized activities.

WHY THIS SETTLEMENT MATTERS FOR PUBLIC HEALTH

Transportation contributes more than 50% of Hawai'i's greenhouse gas emissions, making it a critical area for climate intervention. The commitments from this settlement will:

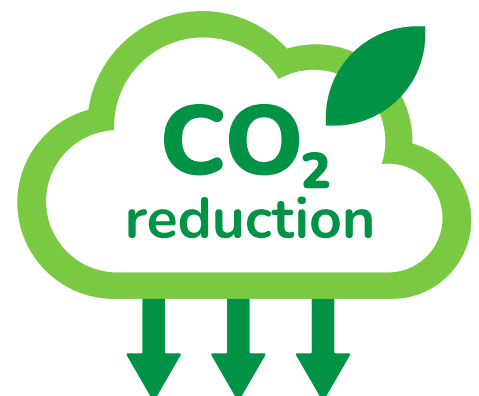
- Reduce carbon emissions, improve air quality and public health.
- Expand bike and pedestrian networks, encouraging physical activity and safer travel options.
- Support the Vision Zero initiative to eliminate traffic-related fatalities and injuries.

Infrastructure investments inspired by the Navahine settlement can help communities shift toward active transportation, enhancing overall health and wellness while reducing the risk of chronic diseases linked to inactivity.

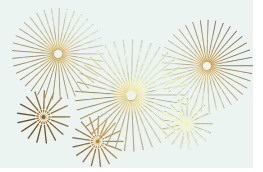
Learn More:

- Watch the League of American Bicyclists' panel discussion with youth plaintiff Charlotte M., attorney Joanna Zeigler, expert witness Michael Repogle, and Hawai'i Bicycling League Advocacy Director Eduardo Hernandez. Explore how this case inspires advocates to transform communities and protect the climate through biking and walking.
- Hear from youth advocates in Navahine and Pāhonu's story about how climate change has impacted their communities and why reaching Hawai'i's zero emissions goals by 2045 is critical.

To learn more, visit the Governor's Office News Release.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity, Cont'd

ADVANCING CLIMATE ACTION AND ACTIVE LIVING THROUGH THE NAVAHINE V. HAWAI'I DOT SETTLEMENT

THE ROLE OF ADVOCACY AND PARTNERSHIPS

This settlement is a milestone for advocates working to prioritize safe and sustainable transportation options. Organizations promoting bike and pedestrian infrastructure now have a stronger foundation to push for transformative projects that support community well-being. For example, the proposed West Maui Greenway, a 25-mile multi-use pathway, aligns with the settlement's goals by providing a safe, off-road space for active transportation. Projects like these are essential for fostering active lifestyles while reducing vehicle dependency and emissions.

LOOKING AHEAD

The Navahine settlement is not just a win for the plaintiffs—it's a call to action for advocates, policymakers, and communities across Hawai'i. By implementing the settlement's commitments, Hawai'i can set a national example for how transportation systems can serve as pathways to both climate action and public health.

As we move forward, it's critical to maintain momentum by advocating for funding, policies, and infrastructure that prioritize active transportation. Together, we can build a future where healthy, sustainable living is accessible to all.



About the Author:

Saman Dias is Chair of Maui Bicycling League and an advocate for active transportation and sustainable infrastructure. Dias works to promote projects like the West Maui Greenway to ensure healthier, safer communities for Hawai'i residents.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Physical Activity

CITY AND COUNTY AWARDED \$3.45 MILLION FOR ROADWAY SAFETY IMPROVEMENTS



City and county of Honolulu awarded \$3.45 million for roadway safety improvements; O'ahu Metropolitan Planning Organization receives \$400,000 for safe routes to school action plan development



The U.S. Department of Transportation (USDOT) has awarded over \$1.2 billion in fiscal year (FY) 2024 funding through the Safe Streets and Roads for All (SS4A) grant program, benefitting 710 communities nationwide. In November, the final round of FY 2024 awards provided funding to 257 communities, including the City and County of Honolulu (City), with funding for planning and demonstration projects that will help put life-saving roadway projects in motion, building on ongoing work to bring traffic fatalities down to the only number that's acceptable: zero. With O'ahu's Vision Zero Action Plan, the City is committed to ending traffic violence on the island. Vision Zero is a multi-faceted strategy to eliminate all fatalities, severe injuries, and traffic violence on our roadways while increasing safe, healthy, and equitable transportation choices for all.

The City's \$3.45 million SS4A award will fund safety demonstration improvements at 50 uncontrolled crosswalk and signalized intersection locations that experience the highest number of pedestrian and bicycle crashes, and vehicle injury or fatality crashes across O'ahu. The project will install short-term, low-cost, and scalable safety interventions to effect immediate and long-term change related to traffic crashes. The City will identify which safety improvements most effectively address specific safety challenges under various conditions, using the findings to inform future investments in permanent infrastructure upgrades.

"Our residents island-wide demand safer streets and safer crossings", said DTS Deputy Director Jon Nouchi. "Through the initiative of our DTS team who applied for and brought this money home to the City and County of Honolulu, we will implement immediate safety solutions to reduce injurious crashes at our most critical intersections and roadways".

Additionally, the Oahu Metropolitan Planning Organization (OMPO) secured a \$400,000 SS4A grant to develop a Safe Routes to School Action Plan in partnership with the City. This initiative will develop a comprehensive plan to enhance pedestrian and bicycle safety around schools and improve transportation safety within designated School Walk Zones. These investments reflect our collective commitment to ending traffic violence and ensuring safer streets for everyone on O'ahu.



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Nutrition

COMMUNITY FOOD GARDEN IN PUBLIC HOUSING: PUNCHBOWL HOMES PLANTING EVENT



PUNCHBOWL HOMES: A NEW CHAPTER IN COMMUNITY ENGAGEMENT

On October 15, 2024, HIPHI held a planting event at Punchbowl Homes to celebrate the installation of eight new garden beds. The day was a collaborative effort, with representatives from the Department of Health (DOH), Hawai'i Public Housing Authority (HPHA), Pear Suite, and HIPHI joining residents to bring this shared garden vision to life. This event was a milestone for the Punchbowl community, which recently reopened its resident activity center, providing a dedicated space to support ongoing community engagement and aging-well initiatives.

Inspired by the Ho'ōla 'Āina Pilipili project, the gardens are designed to be accessible and feature raised beds that make gardening easier for all residents, including kūpuna and people with disabilities. Over 100 plants were carefully placed in the newly constructed beds, providing fresh produce and helping beautify the space.

With noncommunicable diseases (NCDs) on the rise, promoting healthier lifestyles has become critical. The newly installed gardens will address key health factors by providing residents with access to fresh produce, opportunities for physical activity, and spaces for social connection. Research also shows that gardening can alleviate stress, foster a sense of belonging, and combat isolation, especially among older residents.

The sense of unity and shared purpose was palpable as residents and partners worked side by side. HIPHI looks forward to continued collaboration with community partners to maintain and grow this garden for years to come.



Attendees: Representatives from Hawai'i Public Health Institute, Punchbowl Homes Residents, Hawai'i Public Housing Authority, Hawai'i Department of Health Chronic Disease Prevention & Health Promotion Division, and Pear Suite



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



➤ Nutrition, Cont'd

COMMUNITY FOOD GARDEN IN PUBLIC HOUSING: PUNCHBOWL HOMES PLANTING EVENT

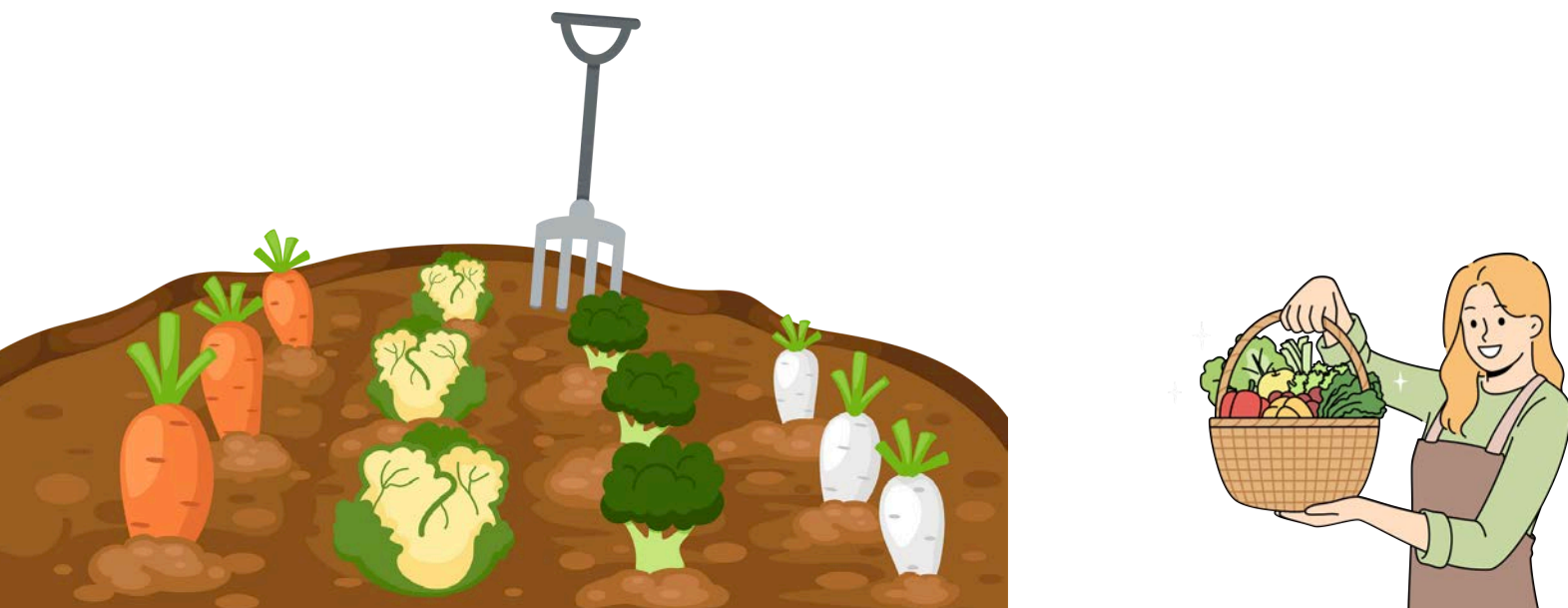


In addition to building community gardens, a toolkit is being developed based on lessons learned from current gardens. The toolkit will outline best practices for building gardens and fostering resident engagement, setting collaborative garden rules, and maintenance. This resource will be shared to empower other public housing communities to create sustainable garden spaces. Monthly garden days led by Hawai'i Food Garden Network provide ongoing support and training for residents, ensuring the gardens thrive long-term.

These community garden initiatives are a powerful way to strengthen food security, resilience, and wellness across Hawai'i's public housing communities. While much work remains, HIPHI values the support of its partners as we work together to make this vision a reality.

Supported through a Department of Health Equity Grant through the Healthy Communities Hawai'i Initiative, Hawai'i Public Health Institute (HIPHI) continues its mission to improve health outcomes in Hawai'i's public housing communities by expanding community garden projects. In collaboration with the Hawai'i Public Housing Authority (HPHA) and key partners, HIPHI has established new resident gardens, designed to improve both physical and mental well-being, at urban public housing sites.

To learn more about HIPHI's work with food systems and community gardens, contact alice@hiphi.org.





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

2025

Nutrition

COMMUNITY GARDENS IN PUBLIC HOUSING SITES



NURTURING WELLNESS AND RESILIENCE: CULTIVATING LOCAL FOOD AND STRONGER COMMUNITIES TOGETHER.

Supported by a grant through the Hawai'i State Department of Health, the Hawai'i Public Health Institute (HIPHI) has collaborated with the Hawai'i Public Housing Authority (HPHA) Public Housing Supervisor, Sol Sentous, and other dedicated partners and community members to establish resident community food gardens at two HPHA-managed public housing sites in urban Honolulu. The public housing program is one of the federal government's major programs for assisting low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing. The food gardens were created specifically for these populations using a design developed by the University of Hawai'i Laboratory School's Ho'ōla 'Āina Pilipili project. Raised beds were constructed next to walkways, providing easy access for resident participants.



Accessible garden boxes built at HPHA site Kalanihulia in September 2023.

These community food gardens not only provide participating residents with access to fresh and nutritious produce, they also offer opportunities for active low-impact physical movements, social interactions, skill-building, mental well-being, and community connections, or a sense of belonging. Through these efforts, our goal is to cultivate a stronger sense of community and wellness among residents and increase their access to healthy foods. Community food gardens are one simple approach to food sustainability in the islands that can be shared among other residents to reduce reliance on commercially produced and imported food.



Planting day with residents at Kalanihulia in November 2023



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES

2025

➤ Nutrition, Cont'd

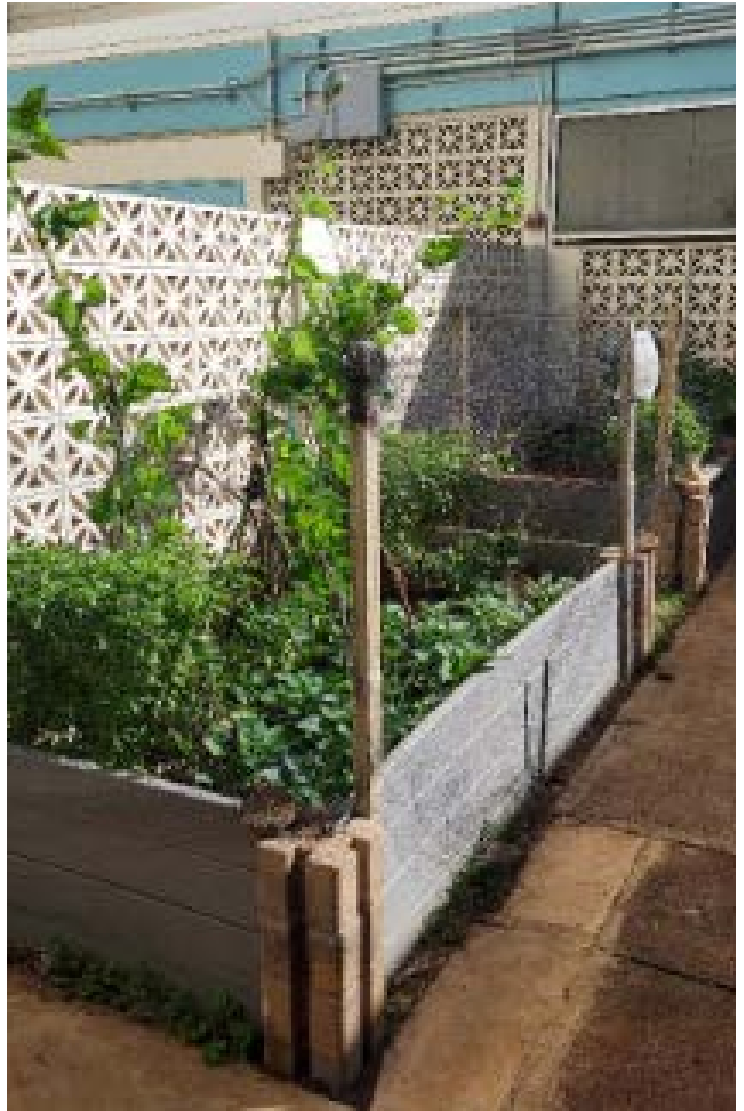
COMMUNITY GARDENS IN PUBLIC HOUSING SITES



NURTURING WELLNESS AND RESILIENCE: CULTIVATING LOCAL FOOD AND STRONGER COMMUNITIES TOGETHER.

This project has resulted in the development of a toolkit based on lessons learned from working with HPHA and residents to cultivate resident community food gardens in public housing settings. The toolkit includes tips for engaging with housing managers and residents, establishing guidelines for garden activities, and providing information on resources for building and maintaining garden beds. It also includes links to partner organizations offering resources and technical expertise.

We aim to sustain our partnerships with HPHA and other community collaborators as we continue our efforts to enhance the health and well-being of Hawai'i communities in the months and years ahead.



Garden boxes at Kalanihuiua four months after planting day, March 2024





HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Nutrition

COMMUNITY HEALTH WORKERS AT HOUSING AND URBAN DEVELOPMENTS



Community health workers (CHWs) leverage their lived experience, health education knowledge, and trust-building skills to address the social determinants of health, including physical activity and nutrition. To demonstrate the role of CHWs in improving health and well-being, Pear Suite, which empowers community-based providers through technology, training, and technical assistance, teamed up with the Hawai'i Public Housing Authority to deploy CHWs at five Housing and Urban Developments (HUD) residences across Honolulu. This year-long project, funded by the Hawai'i Public Health Institute, utilized a culturally sensitive, person-centered approach to assess social needs, provide health education, assist with resource navigation, and follow up with ongoing client advocacy.



Pear Suite's CHWs provided weekly visits to residents, helping seniors and individuals with disabilities thrive at home and age in place. When unmet social needs were identified, CHWs worked hard to address these challenges, which included food insecurity, unreliable transportation, digital illiteracy, loneliness, and social isolation.



Kawehi Kea Scott and David Mamae, Pear Suite



HIGHLIGHTED PROJECTS, PROGRAMS, & INITIATIVES



Nutrition, Cont'd

COMMUNITY HEALTH WORKERS AT HOUSING AND URBAN DEVELOPMENTS



Many of the solutions involved increasing access to healthy food, through coordinated produce distributions with AlohaCare, language access assistance from the Hawai'i State Department of Health's bilingual health aides, SNAP-EBT enrollment support from Project Vision Hawai'i, the University of Hawai'i SNAP-ED office, and Lanakila Pacific, and guidance on utilizing healthy and local food resources, including home-delivered meal services, utilizing Da Bux double up food bucks, and nutritious recipes.



The response from residents has been extremely positive, with many residents regularly contacting the CHWs to “talk story” or receive ongoing support. Several residents have also taken an interest in leading their own activities, with the help of the CHWs, such as a lei making workshop and painting basics. By fostering trust, CHWs can be an accessible source of tailored support, helping residents lead healthier, happier, and more independent lives while building stronger and more resilient communities.

Programming also included home fresh produce and wellness events onsite, encouraging increased physical activity through residential community garden initiatives, and monthly mental well-being “Tea Talk Story” sessions. Local partners also assisted with nutrition workshops, group fitness classes, and other activities that keep residents engaged and active. In total 351 residents were reached, representing a diverse community where over 14 languages were spoken, helping to address 648 social determinants of health challenges. Just as important, residents expressed 99% satisfaction with the assistance, with most residents staying engaged during follow-up visits.



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 Jess at jessica.lee@doh.hawaii.gov.

20
25

**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!**



DISCLAIMER

All information provided in this newsletter is believed to be accurate and reliable; however, the Hawai'i State Department of Health (DOH) makes no claims, promises, or guarantees about the absolute accuracy, completeness, or adequacy of the contents of this web site and expressly disclaims liability for errors and omissions in the contents of this newsletter. No warranty of any kind, implied, expressed, or statutory, including but not limited to the warranties of non-infringement of third party rights, title, merchantability, fitness for a particular purpose, and freedom from computer virus, is given with respect to the contents of this newsletter or its hyperlinks to other Internet resources. The information presented herein is not intended to diagnose, treat, cure or prevent any medical condition. The views and opinions of the originators expressed herein do not necessarily state or reflect those of the DOH. Unless otherwise noted on an individual document, DOH grants permission to copy and distribute files, documents, and information for non-commercial use, provided they are copied and distributed without alteration, and with proper citation to the DOH as the author of the materials. The Hawai'i PAN newsletter links to web sites maintained by other entities. Reasonable precautions are taken to link only to web sites which are appropriate, accurate and maintained by reputable organizations. However, those web pages are not under DOH control and DOH is not responsible for the information or opinions expressed in those linked sites. *If you believe that information obtained from the Hawai'i PAN Newsletter is inaccurate or out-of-date, please notify the Hawaii PAN Newsletter Contact: jessica.lee@doh.hawaii.gov.*