



OLAKINO MAIKA'I

To Improve Your Health and Well-Being

Aloha!

From **stress tips** during uncertain times to **nutrition** and **volcano activity**, keep reading for the latest updates from your Hawai'i State Department of Health (DOH).

If you have suggestions on topics you'd like to read about, please let us know. Email us at doh.comm@doh.hawaii.gov.

Relieving Stress in Uncertain Times



A [recent report](#) from the American Psychological Association (APA) in 2024 shows that 77% of adults are stressed out about the future of the country, along with worries about money, health, and family. Stress can show up in things like muscle tension, anxiety, chest pain, tiredness, feeling isolated, and even using more substances. Over time, this stress can mess with your body and behavior, leading to serious health issues like high blood pressure, heart problems, strokes, obesity, diabetes, and depression.

Here are some useful strategies to cope with stress:

- **Change negative self-talk**: Don't say anything to yourself that you wouldn't say to others. Positive affirmations such as 'I control what I can and let go of what I cannot' or 'This feeling (of anxiousness) is temporary; I'm doing my best' can help reduce anxiety.
- **Digital detox**: Taking breaks from screens can help reduce information overload and improve mental health and social connections.
- **Protect sleep**: Better sleep helps promote overall well-being and the ability to handle stress.
- **Stay connected**: Social bonds improve mental and physical health.
- **Move your body**: Regular physical activity enhances mood, sleep, and quality of life.



MENTAL HEALTH AMERICA OF HAWAII

ADULT MENTAL HEALTH DIVISION

St. Patrick's Day: It's All About the Greens!



This St. Patrick's Day, you're in luck – no four-leaf clover needed to boost your health! Just load up on some green veggies like kale, microgreens, collard greens, spinach, and cabbage. They're low in calories, packed with fiber, and great for heart health, plus a bunch of other perks, including boosting your immune system and improving brain function!

Have loads of fun with family and friends this year and don't forget to wear green. If alcohol is invited to the party, remember to drink in moderation and have a designated driver. A low or no-sugar mocktail can be just as enjoyable!

[ALL ABOUT VEGGIES](#)

[FAVORITE GREENS FOR ST. PATRICK'S DAY](#)

It's National Nutrition Month®!



March is National Nutrition Month®, a time to focus on making smarter food choices and building better healthy eating and exercise habits. Food is a big part of our cultures, families, and social life, and eating healthy doesn't have to be boring or bland. Small, steady changes in your diet can help you stay on track with your goals.

Studies show that a balanced diet with a variety of fruits, veggies, whole grains, lean proteins, and dairy (or fortified soy) – while limiting saturated fats, salt, and added sugar – can lower your chances of chronic diseases like heart disease, Type 2 diabetes, and some cancers.

[NATIONAL NUTRITION MONTH®](#)

[EAT HEALTHY - LIVING HEALTHY HAWAII](#)

Study Gives Hawai'i High Marks for Public Health



Hawai'i ranked eighth in key health measures according to America's Health Rankings 2024 Annual Report. While Hawai'i is still one of the healthiest states in the U.S., we dropped from 6th place last year. Hawai'i continues to rank very high in areas like access to health services, environmental quality, and mental health. However, the Department of Health pointed out there are some areas where we can do better, like volunteerism (45th), voter participation (34th), not getting enough sleep (50th), e-cigarette use (44th), and heavy drinking (44th).

[READ THE STUDY](#)

HAWAII STATEWIDE RESPIRATORY DISEASE DATA DROP

UPDATED FRIDAY, MARCH 7

ACUTE
RESPIRATORY
ILLNESSES
(% ED VISITS)

24.4%

RSV
(% ED VISITS)

0.2%

INFLUENZA
(% POSITIVITY)

24.3%

COVID-19
(% POSITIVITY)

1.8%

TRENDING



LOW



MEDIUM



HIGH

This week's RSV and COVID-19 data

This week's data shows medium activity levels for acute respiratory illnesses (24.4% ED visits) and RSV (0.2% ED visits). Influenza (24.3% positivity) activity level is medium, while COVID-19 (1.8% positivity) remains low.

[VACCINE INFORMATION](#)[RESPIRATORY DISEASE DASHBOARD](#)

DOH VACCINATION GUIDE

Learn more about protecting yourself and your family.

Immunizations are key to keeping everyone healthy. New data from DOH shows that there has been an increase in the number of students without up-to-date immunizations. Low vaccination rates mean unvaccinated keiki are at increased risk of infection, especially at schools with a high rate of the student population not being up to date.

If you're a college student or a parent of a student heading into preschool, kindergarten, 7th grade, college, or if you're new to Hawai'i, make sure your vaccinations are up to date before school starts.

Talk to your doctor to make sure you're all set. See links below for more information on which vaccines you need and where to get them.

VAX TO SCHOOL HAWAI'I

HAWAI'I SCHOOL HEALTH

NEWS RELEASE

BEHAVIORAL HEALTH



[CLICK, FOR HAWAI'I CLUBHOUSE DIRECTORY](#)

Did you know that the Adult Mental Health Division at DOH has Clubhouses? A Clubhouse is a special, voluntary program for adults facing mental health challenges, providing a supportive space to help them thrive. It's all about creating a community where participants—called members—can focus on meaningful work, build positive relationships, and work towards gainful employment. Clubhouses offer various services to help members improve their lives by tapping into their strengths, learning new skills, and reaching personal goals.

In Hawai'i alone, there are nine active Clubhouses offering support. Whether it's through skills development or just having a space to connect, Clubhouses provide a path to empowerment and better mental health.

ENVIRONMENTAL HEALTH



Cesspools are a big part of older substandard sewage systems, and state law requires that prior to January 1, 2050, they be converted to more environmentally friendly options. In the meantime, property owners with cesspools need to know what steps to take in order to comply with the cesspool conversion mandate and avoid situations that can lead to health and environmental problems.

Here are resources to navigate the topic:

- [Hawai'i Cesspool Prioritization Tool](#)
- [DOH Wastewater Branch \(WWB\)](#)
 - [General Information](#)
 - [Onsite Sewage Disposal \(OSDS\) Survey and Assessment](#)
 - [Cesspool Conversion Working Group](#)
 - [What sort of wastewater system do I have?](#)
 - [Individual Wastewater Systems \(IWS\)](#)
 - [Act 125 \(HBB 1244\) of Session Laws of Hawai'i 2017](#)

PUBLIC HEALTH



Hawai'i has one of the highest rates of liver cancer in the U.S., with viral hepatitis C being a big factor. Because it's such an issue in our local communities, DOH works with health care providers and community groups across the state to make it easier for people to get hepatitis services, like testing, vaccinations, care, and treatment.

Together with 160 community collaborators, DOH has put together a plan to eliminate viral hepatitis in Hawai'i by 2030.

SHORT TAKES

Volcano Activity

Kīlauea has been very active since December 23, 2024, with many intermittent eruptions having occurred during this time. Although the eruptions have been within a closed area of Hawai'i Volcanoes National Park, the eruptions can produce high levels of volcanic gas and visible haze known as vog (volcanic smog), which can have far reaching effects downwind. Other hazards include Pele's hair (strands of volcanic glass) and other volcanic fragments that can fall within a few hundred yards of the eruptive vent. The USGS has predicted another episode is likely to occur in the near future. Residents and visitors are encouraged to be mindful of their surrounding conditions, how they may react to vog in the air, and to take appropriate precautionary measures to minimize exposure.

For more information visit:

- [What is vog?](#)
- [Hawai'i Air Quality Data](#)
- [News Release](#)
- [Volcano Updates](#)

What to know about bird flu

H5N1 bird flu virus has been circulating worldwide and has been causing outbreaks in poultry and dairy cows in the U.S. A limited number of human cases have occurred in 2024 following exposure to infected animals. The current risk to the general public in Hawai'i remains low.

Learn more about bird flu:

- [Avian Influenza](#)
- [DOH FAQs](#)

(DOH) is conducting a survey about bird flu among residents of Hawai'i who keep backyard flocks or are involved in bird rescue. The goal of the survey is to hear from community members who may be at increased risk of bird flu exposure from backyard flocks and bird rescue should it circulate more widely.

In this anonymous ~10-minute survey, you will be asked about your knowledge, preferences, and practices related to caring for birds and guarding against bird flu. DOH will use the survey results to understand community concerns and identify ways to strengthen the conversation around bird flu prevention.

EXTRA

DOH will host a Fuel Tank Advisory Committee (FTAC) meeting on April 9, 2025. Presenters will provide updates on closure, environmental investigation, and health impacts of the Red Hill Bulk Fuel Storage Facility. Other field-constructed underground tanks at Kuahua Peninsula, Pacific Missile Range Facility Barking Sands, and Hickam POL Annex will also be discussed.

Please check the FTAC website in early April for presentations and information on how to attend: <https://health.hawaii.gov/ust/ust-home-test/ust-red-hill-project-main/red-hill-task-force-meeting/>.

TAKE OUR PUBLIC HEALTH SURVEY!

Take the call from 808-528-4050 to help DOH build a healthier Hawai'i.

***Please note that our DOH Punchbowl offices will be closed on Wednesday, March 26th, in observance of Prince Jonah Kūhiō Kalaniana'ole Day.**

INFORMATION HOTLINES

DOCD Disease Reporting Line

Assistance with an outbreak of cases
O'ahu (808) 586-4586
Maui (808) 984-8213
Kaua'i (808) 241-3563
Hilo (808) 933-0912
Kona (808) 322-4877

DOH Hotline

Get information & resources
Call (808) 586-4400

COVID-19 Call Center

Questions about COVID?
Call 808-586-8332
Toll Free 1-833-711-0645
7:45 a.m. – 4:30 p.m.
Monday - Friday

Hawai'i CARES 988 Hotline

Local crisis counselors are available to help 24/7
Call or Text 9-8-8
or Call (808) 832-3100
or Call 1-800-753-6879

Aloha United Way 211 Hotline

Get information on social service programs
Call 2-1-1
or Text 1-877-275-6569
7 a.m. – 10 p.m. (7 days a week)

GO Hawai'i

For travel-related questions
Call 1-800-GoHawaii
(1-800-464-2924)

In Hawaiian, the word olakino refers to the state of health and well-being. The word "ola" means life and health, and the word "kino" means body. Olakino is generally considered to be the greatest wealth and great health that one can attain, not just of the body but holistically. Maika'i in Hawaiian means good or wellbeing.

