



Hawaii Physical Activity and Nutrition Newsletter

October 2013

Quarterly Issue -- Volume 4, Number 3

In This Issue

- News from Hawaii PAN Partners
- Highlighted Hawaii Programs
- Highlighted National Programs
- Featured Resources and Research
- Conferences, Trainings, and Professional Development

Contact Us

www.healthyhawaii.com

If you'd like your name removed from our mailing list, please e-mail: carolyn.donohoe@mather@doh.hawaii.gov

Worksite Wellness Opportunity

Protecting Breastfeeding in the Workplace

National Food Day Celebrations

Food Corps at Kohala Center



News from Hawaii PAN Partners

Interested in a Sustainable Worksite Wellness Program For Your Business?

Join the Hawaii Health at Work Alliance! Founded by UHA Health Insurance, the alliance is designed for businesses interested in learning about concrete wellness solutions, collaborating with each other to develop sustainable programs, and improving the health, happiness, and productivity of their employees and their company's performance.

To learn more about this grassroots movement, visit hhawa.com, or contact the alliance at info@hhawa.com.

Hawaii Law Protects Breastfeeding in the Workplace

Members of *Breastfeeding Hawaii*, the state breastfeeding coalition, and other supporters of women and infants gathered around on July 1st, 2013 as Governor Abercrombie signed SB532 (Relating to Breastfeeding in the Workplace), a bill that requires certain employers to provide reasonable time and a private location for breastfeeding employees to express breast milk. The measure also requires covered employers to post a notice, and it establishes a civil fine for each violation.



National Food Day Celebrations in Hawaii

Have you heard about National Food Day on Thursday, October 24th? Join millions of Americans to advocate for affordable, healthy, sustainable food. It's a great opportunity for everyone - kids, parents, teachers, food service, school staff, community organizations, and anyone interested in real food - to organize and attend events in their schools and communities. Find out about local celebrations on or after October 24th at: www.foodday.org or #FoodDay2013.

World Food Day (WFD) is celebrated annually on October 16th in honor of the foundation of the FAO in 1945. This year's theme is "Sustainable food systems for food security and nutrition".

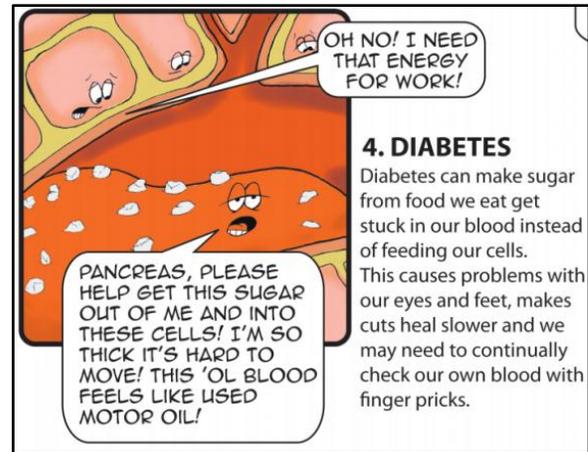
FoodCorps Hawai'i

The Kohala Center has been chosen to be the host site for the state of Hawai'i's FoodCorps Program. FoodCorps is a national AmeriCorps program that addresses childhood obesity and food insecurity in underserved communities. On September

1st, FoodCorps service members began working at eight schools on four islands. These service members will dedicate one year of full-time public service in school food systems, where they will expand hands-on nutrition education programs, build and tend school gardens, and help bring high-quality, locally produced foods into schools. The Kohala Center looks forward to building this program throughout Hawai'i. For more information, please contact Nancy Redfeather, Host Site Supervisor, at redfeather@kohalacenter.org.

Health Education Cartoons

HOT OFF THE PRESS! Pono I Ka Hale O Na Lomilomi, a Big Island community based organization, is pleased to present our long-anticipated health education CARTOONS, thanks to a grant from the Pollination Project. Please SHARE with anyone you think might be interested! Click [here](#) to view 10 full-color cartoons, including the one on the left.



Save the Date!
Saturday, November 16
8:30 am - 2:30 pm
Neal S. Blaisdell Center
2013 TOD Symposium

MAKING TOD HAPPEN

We're moving forward with community improvements along the rail transit corridor, using transit-oriented development (TOD) principles to enhance our neighborhoods. Please join us, learn from national and local experts, and help develop an action agenda. Let's start *Making TOD Happen!*

Additional information to follow. Check us out at www.TODhonorulu.org and like us on Facebook. Sponsored by the City and County of Honolulu.

2013 Transit Oriented Development Symposium

Sponsored by the City and County of Honolulu

Date: Saturday, Nov. 16, 2013
Time: 8:00 a.m. - 2:30 p.m.
Place: Blaisdell Center

For more information, go to:
www.TODhonorulu.org.

Public Hearing: Safe Routes to School Program Special Fund

The state Department of Transportation will hold a public hearing to consider adoption of the proposed Chapter 19-109, Hawaii Administrative Rules, "Safe Routes to School Program Special Fund." Safe routes to school (SRTS) is an international effort to increase safety and promote walking and bicycling to school. The purpose of the proposed rules is to implement Hawaii Revised Statutes section 291C-4. This would provide funds to plan, develop, implement and evaluate SRTS infrastructure and non-infrastructure projects.

The public hearing will be held on November 21, 2013 at 9 a.m., by video conference at the following Department of Transportation Highways Division district offices:

Oahu District
727 Kakoi Street
Honolulu, Hawaii 96819

Hawaii District
50 Makaala Street
Hilo, Hawaii 96720

Kauai District
1720 Haleukana Street
Lihue, Hawaii 96766

Maui District
650 Palapala Drive
Kahului, Hawaii 96732

All are welcomed to present their views. Written comments will be accepted until December 2, 2013, at the following address:

Hawaii Department of Transportation
Highways Division
Traffic Branch
601 Kamokila Boulevard, Room 602
Kapolei, Hawaii 96707

A copy of the proposed rules may be requested by calling 692-7696 or can be viewed online at <http://hidot.hawaii.gov/highways/home/doing-business/hawaii-administrative-rules/>.

Persons with disabilities requiring special assistance should call 692-7696 at least 10 days before the hearing.

Hawaii
Highlighted
Programs,
Projects, and
Initiatives



Built Environment

New Community Building and Transit-Oriented Development (TOD) Administrator for the City and County of Honolulu

Harrison Rue has returned to Hawaii as the new Community Building and Transit-Oriented Development (TOD) Administrator for the City and County of Honolulu.

The TOD program is a community-based planning effort to help revitalize neighborhoods, increase transportation and housing choices, and create healthy, walkable communities around the city's rapid transit rail stations. Harrison is the founding director of the Citizen Planner Institute in Hawaii and Florida, and has led planning and training workshops on Oahu over the past 15 years.

Prior to returning to Hawaii, Harrison was a Principal with ICF International, a Virginia-based consulting firm, where he supported federal, state, and local efforts to build more sustainable communities. In 1997, he co-facilitated the Centers for Disease Control and Prevention brainstorming retreat that kicked off the active living initiatives. He also has worked with the U.S. Department of Transportation, Department of Housing and Urban Development, and the Environmental Protection Agency.

Harrison can be reached at hrue@honolulu.gov. Find out more about TOD at our website, www.todhonolulu.org, and visit us on our new Facebook page, TOD Honolulu. We'd like you to "like" us.

Community

The Relationship Between Breastfeeding and Obesity

by Debrah Trankel RNC, BSN, CLC, IBCLC, President of *Breastfeeding Hawaii*. Laws protecting mothers who are breastfeeding are important, as breastfeeding establishes the blueprint for lifelong health for infants. One of the benefits to babies includes decreased incidence of childhood obesity. The relationships between postnatal feeding and the subsequent development of fat and fat-free mass are very complex and dependant on multiple factors such as:

1. Difference in food composition (human milk vs. formula)
2. Food delivery (breast vs. bottle)
3. Food "lifestyle" (breastfeeding vs. bottle feeding)
4. Food behavior (self-regulation and feeding on demand vs. feeding predetermined amounts of formula on a set schedule)
5. Breastfed infants have a greater degree of control over meal sizes/amounts and intervals than formula fed babies.

It is becoming increasingly recognized that nutrition early in life will have long term physiologic and psychological effects! Evidence-based practice clearly supports breastfeeding as the gold standard! Let's not teach our babies to overeat from birth! It is better to prevent obesity than trying to correct it later in life.

Demmelair H., Von, R.J., Koletzko B, et al. Long- term consequences of early nutrition. *Early Hum Dev* 2006; 82(8): 567-74.

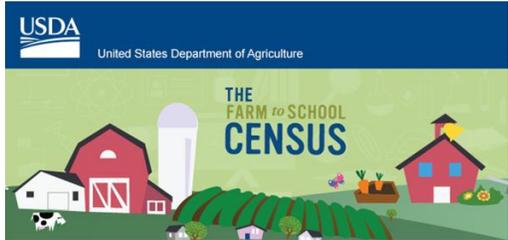
Owen CG, Martin RM, Whincup PH, et al. Effect of infant feeding on the risk of obesity across the life course: a quantitative review of published evidence. *Pediatrics* 2005; 115(5): 1367-77.



National Highlighted Programs, Projects, and Initiatives

USDA's Inaugural Farm to School Census

According to USDA's first-ever Farm to School Census, in school year 2011-2012, schools participating in farm to school activities purchased and served over \$350 million in local food. Forty-three percent of public school districts across the country reported having an existing farm to school program in place, with another 13 percent of school districts surveyed committed to launching a farm to school program in the near future.



Census results can be accessed online, at www.fns.usda.gov/farmentoschool/census.

USDA's Farm to School Program is part of the Healthy, Hunger-Free Kids Act, which authorized USDA to assist eligible entities, through grants and technical assistance, to improve access to local foods in schools. In mid-November 2013, USDA will announce approximately \$5 million in FY2014 Farm to School grants to help school districts across the country further develop their farm to school programming.

First Lady Michelle Obama Asking Everyone to "Drink Up" with More Water

First Lady Michelle Obama joined the Partnership for a Healthier America (PHA) to announce PHA's new effort – Drink Up – to encourage everyone to drink more water, an easy choice to improve health and well-being every day. The effort brings together more than a dozen organizations committed to encouraging everyone to drink more water more often.

According to the CDC, approximately one fourth of children do not drink any water on a given day. This new effort will remind people that drinking more water helps you to do more, longer and with better focus.

To learn more about Drink Up, visit www.youarewhatyoudrink.org. Check out Twitter, Facebook, and Instagram to catch all the action on the First Lady's trip to Watertown today! Join the effort and share a photo of yourself drinking water using hashtag #DrinkH2O.

Featured Resources and Research

 **Featured Resources and Research**

Hawaii

- Research

Hawaii Journal of Medicine & Public Health



Please enjoy your complimentary copy of the Hawaii Journal of Medicine & Public Health, a joint effort between the Hawaii Department of Health and the University Clinical Education & Research Associates at the John A. Burns School of Medicine.

To view the full edition of the Hawaii Journal of Medicine & Public Health, please click on the hyperlink in the title above while pressing the Ctrl key or visit the website at www.hjmph.org.

Community Health Literacy Impacts Personal Health Status

The study of 11,779 individuals within 37 communities in Hawai'i found that each percentage increase of average low health literacy within a community was associated with an approximately 2% increase in poor self-reported health for individuals in that community. Quoted from:

<http://manoa.hawaii.edu/publichealth/news/2013/10/17/community-health-literacy-impacts-personal-health-status>

National

- Resources

New Online Public Health Journal

Frontiers in Public Health Services and Systems Research (www.frontiersinphssr.org). More information:

www.publichealthsystems.org/new-online-journal-accelerates-public.aspx

Healthy Food Access Portal

Find resources designed to improve healthy food access in communities, build local economies, and enhance public health. Tap into a learning network that's using retail strategies to connect consumers to healthy food. For more information, visit: <http://healthyfoodaccess.org>

Infographics for Physical Activity

Infographics can illustrate complex information in one picture. A number of active living infographics can be found here:

www.globalpanet.com/infographics/

Resource Center for Community Health Assessments (CHAs) and Community Health Improvement Plans (CHIPs)

The National Association of County and City Health (NACCHO) is pleased to announce the availability of the Resource Center for Community Health Assessments (CHAs) and Community Health Improvement Plans (CHIPs). This resource center is an online, publicly accessible venue available at no cost, that contains over 150 resources developed by and for health departments and their partners, including:

- Practical, customizable tools
- Key resources
- Example high-quality CHAs and CHIPs
- "How-to" Webinars and training materials

To access the CHA/CHIP Resource Center, go to:

www.naccho.org/topics/infrastructure/CHAIP/chachip-online-resource-center.cfm. For any questions, please e-mail CHACHIP@naccho.org.

- Research

Assessing Public Policies and Assets That Affect Obesity Risk While Building New Public Health Partnerships, New Hampshire, 2011

This article details the results of a self-administered questionnaire sent to 234 municipalities that focused on policies and assets that promote healthful eating, physical activity, and breast-feeding. See appendix for a copy of the survey instrument.

www.cdc.gov/pcd/issues/2013/12_0349.htm

- Recommended Reading and Viewing

VIDEO: Why We Overeat: The Toxic Food Environment and Obesity

The Forum at Harvard School of Public Health's webcast can be viewed by clicking on the title: [Why We Overeat: The Toxic Food Environment and Obesity](#).

Classroom Parties in United States Elementary Schools: The Potential for Policies to Reduce Student Exposure to Sugary Foods and Beverages

This study found that "Even though most policies were framed as recommendations rather than requirements, policy and law were associated with increased school-level restrictions, which demonstrates the value of policy." Abstract: www.ncbi.nlm.nih.gov/pubmed/23819904. Press article, 'Cupcake bans' rare, at: <http://medicalxpress.com/news/2013-10-cupcake-rare-policies-overexposure-sugary.html>

New CDC Vital Signs Report

More than 200,000 preventable deaths from heart disease and stroke occurred in the United States in 2010, according to a new Vital Signs report from the Centers for Disease Control and Prevention. For more information see: www.cdc.gov/vitalsigns/HeartDisease-Stroke



Grants and Awards

List of Funding Opportunities at the Hawaii Health Matters website: www.hawaiihealthmatters.org/index.php?module=Article&func=collection&id=5.

Funding Announcement

The USDA Center for Collaborative Research on WIC Nutrition Education Innovations at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine (CNRC WIC Center) announces the second round of funding available for researcher-initiated projects to demonstrate creative approaches to nutrition education for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

A letter of intent is due on Dec. 18. Complete applications are due Jan. 29, 2014. The full RFA and directions are available at:

www.bcm.edu/cnrc/wiccenter/.

School Garden Grant

Garden Grants OF \$2,000 are being offered to schools who have plans to build a garden or are looking to expand existing garden projects. To date, we've funded more than 1,600 gardens - check them out on our map.

To apply for a grant or learn more about the many resources we offer, visit www.wholekidsfoundation.org/schools/programs/school-garden-grant-program



Conferences, Trainings, and Professional Development

Hawaii

2013 Hawai'i Healthcare Summit

November 19, 2013

Hilton Hawaiian Village

More information: <http://hihs2013.eventbrite.com/>

2013 Hawaii HCBS Conference

December 3-5, 2013

Hyatt Regency Waikiki

More Information:

http://nasuad.org/newsroom/archive/2013/hawaii_2013_conference.html

Hawaii PAN Partner Announcements

eSTRIVE: (Every Student and Teacher Recommitting Individual Vitality and Excellence) Health and Physical Education Workshop

Health and Physical Education teachers from each school on Oahu are invited to attend a voluntary workshop for health education and physical education. Topics for elementary teachers include: PE Curriculum, Fitness Integration, Health Teacher Curriculum, and Technology Integration. Topics for secondary teachers include: PE Fair, Health Teacher Curriculum, Technology Integration, and Body Conditioning.

Date: Saturday, November 16, 2013

Time: 8:00 a.m. – 3:00 p.m.

Place: Punahou School

Cost: NONE. Lunch, snacks, and drinks will be on your own.

Workshop Objectives:

- *Provide information regarding PE Fair, PE Curriculum and Health Teacher Curriculum.*
- *Participate in fitness integration and body conditioning activities.*
- *Utilize technology in Health and PE classes.*

Enrollment: The workshop is open to all health and physical education teachers on Oahu. Elementary sessions are restricted to elementary teachers. Secondary sessions are restricted to secondary teachers.

Please contact Ms. Lisa Hockenberger, DOE-HHI State Physical Education Resource Teacher at hhiphysicaleducation@gmail.com for the agenda and registration form.

Online

Healthy People 2020 eLearning webinar on childhood obesity and systems change is now available at: <http://1.usa.gov/1fUTYWG> on HealthyPeople.gov and those who watch it are eligible to earn free continuing education (CME, CECH, CEU) through March 2015.

State of Wellness Webinars

Upcoming and archived webinars are available at:

<http://stateofwellness.org/>

National and International

ISHIB Diabetes and Obesity Consortium

November 1-2, 2013

Columbus, OH

More information: www.ishib.org/ISHIB2013-2/

APHA Annual Meeting & Exposition

November 2-6, 2013

Boston, MA

More information: www.apha.org/meetings/AnnualMeeting

AMCHP 2014 Annual Conference

January 25-28, 2014

Washington DC

More information: www.amchp.org/Calendar/Conferences/amchp-conference/Pages/default.aspx

The International Conference on Urban Health

Manchester, England

March 4-7, 2014

More information: www.icuh2014.com

Active Living Research Annual Conference

March 9-12, 2014

San Diego, CA

More information: <http://activelivingresearch.org/annual-conference-2014>

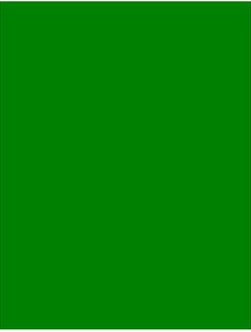
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