

CHL Children's Healthy Living Program

for Remote Underserved Minority Populations
in the Pacific Region

Enhancing child wellness!

Partnering with community members and organizations to make deliberate choices that lead to healthier keiki.

Targets for Healthier Children in Hilo



* Wordcloud is made up of words parents, teachers and community members, from all jurisdictions, used to describe a "healthy" child. All Hawaiian characters drawn by Solomon Enos.



E mau ana i ka pa'ani

Nā Keiki: 1 hour everyday at moderate or vigorous levels
Nā Makua: Half an hour everyday at moderate levels



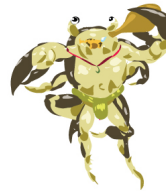
E hiamoe pono

Nā Keiki: 11-13 hours everyday
Nā Makua: 7-9 hours everyday



E 'ai pono

Nā Keiki: 1 cup fruit and 1 heaping cup veggies everyday
Nā Wahine: 2 cups fruit and 2 ½ cups veggies everyday
Nā Kāne: 2 cups fruit and 3 cups veggies everyday



E mau ana i ka inu wai

Nā Keiki: 4-5 cups or 32-40 ounces everyday
Nā Wahine: 9 cups or 72 ounces everyday
Nā Kāne: 13 cups or 104 ounces everyday



E hō'emi i nā mea inu kōpa'a

Nā Keiki: Almost none every week
Nā Makua: Almost none every week



E hō'emi i nā hana mea uila

Nā Keiki: Less than 2 hours everyday
Nā Makua: Less than 2 hours everyday



For more information about the CHL program, contact:
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