

Healthy Targets for Nanakuli's Keiki

62% of children measured in 2013 were at a healthy weight



Be active, move more

Children: 1 hour everyday at moderate or vigorous levels
Adults: Half an hour everyday at moderate levels
- 55% of keiki in Nanakuli met this target



Sleep more

Children: 11-13 hours everyday
Adults: 7-9 hours everyday
- 25% of keiki in Nanakuli met this target



Eat more fruits and veggies

Children: 1 cup fruit and 1 heaping cup veggies everyday
Adult women: 2 cups fruit and 2 1/2 cups veggies everyday
Adult men: 2 cups fruit and 3 cups veggies everyday
Data from Nanakuli not available yet.



Drink more water

Children: 4-5 cups or 32-40 ounces everyday
Adult women: 9 cups or 72 ounces everyday
Adult men: 13 cups or 104 ounces everyday
Data from Nanakuli not available yet.



Limit sugar-sweetened beverages

Children: Almost none every week
Adults: Almost none every week
Data from Nanakuli not available yet



Limit screen time

Children: Less than 2 hours everyday
Adults: Less than 2 hours everyday
- 26% of keiki in Nanakuli met this target

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