

## Healthy Targets for Hilo's Keiki

*In 2015 37.7% of measured keiki were overweight or obese*

*In 2013 38.8% of measured keiki were overweight or obese*



### Be active, move more

Target: 1 hour everyday at moderate or vigorous levels

*In 2015 - 2.4% met this target*

*In 2013 - 4.5% met this target*



### Sleep more

Target: 11-14 hours (2 yr/olds); 10-13 hours (3-5 yr/olds); 9-11 hours (6-8 yr/olds)

*In 2015 - 47.3% met this target*

*In 2013 - 60.4% met this target*



### Eat more fruits and veggies

Target: 1 cup fruit and 1 heaping cup veggies everyday

*In 2015 - 62.2% met the fruit target*

*In 2013 - 57.6% met the fruit target*

*In 2015 - 2.1% met the veggies target*

*In 2013 - 1.8 % met the veggies target*



### Drink more water

Target: 4-5 cups or 32-40 ounces everyday

*In 2015 - 1.34 cups of water per day*

*In 2013 - 1.54 cups of water per day*



### Limit sugar-sweetened beverages

Target: Almost none every week

*In 2015 - 47.7% met this target*

*In 2013 - 38.1% met this target*



### Limit screen time

Target: Less than 2 hours everyday

*In 2015 - 19.1% met this target*

*In 2013 - 18.1% met this target*



### Parks

In 2015, 82% of sports features were rated as "good"  
In 2013, 86% of sports features were rated as "good"

In 2015, the mean incivility score (e.g. garbage, signs of alcohol consumption, vandalism, etc.) was 0.18

In 2015, the mean incivility score was 0.33  
- a decrease of 46%



### Food Outlets

Between 2015 and 2013 no changes in food outlet data were seen

- 50% had limited fruits and vegetables
- 25% promoted locally grown produce
- 38% accepted WIC & EBT
- 38% met standards for being located in a safe, walkable environment