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Children's Healthy Living Program for Remote Underserved Minority Populations in the Pacific Region

Enhancing child wellness!

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

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



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



Limit sugar-sweetened beverages

Target: Almost none every week

In 2015 - 47.7% met this target In 2013 – **38.1%** met this target



Drink more water

In 2015 – **1.34** cups of water per day In 2013 – **1.54** cups of water per day



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



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