

Healthy Targets for Nanakuli's Keiki

In 2015 32.0% of measured keiki were overweight or obese

In 2013 37.7% of measured keiki were overweight or obese



Be active, move more

Target: 1 hour everyday at moderate or vigorous levels

In 2015 - 4.3% met this target

In 2013 - 2.0% 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 - 34.0% met this target

In 2013 - 48.2% met this target



Eat more fruits and veggies

Target: 1 cup fruit and 1 heaping cup veggies everyday

In 2015 - 55.3% met the fruit target

In 2013 - 34.0% met the fruit target

In 2015 - 1.2% met the veggies target

In 2013 - 2.3% met the veggies target



Drink more water

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

In 2015 - 1.51 cups of water per day

In 2013 - 1.43 cups of water per day



Limit sugar-sweetened beverages

Target: Almost none every week

In 2015 - 29.2% met this target

In 2013 - 19.6% met this target



Limit screen time

Target: Less than 2 hours everyday

In 2015 - 21.0% met this target

In 2013 - 19.9% 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