

Healthy Targets for Wailuku's Keiki

In 2015 30.7% of measured keiki were overweight or obese

In 2013 31.8% of measured keiki were overweight or obese



Be active, move more

Target: 1 hour everyday at moderate or vigorous levels

In 2015 - 8.9% met this target

In 2013 - 5.2% 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 - 58.5% met this target

In 2013 - 60.1% met this target



Eat more fruits and veggies

Target: 1 cup fruit and 1 heaping cup veggies everyday

In 2015 - 47.6% met the fruit target

In 2013 - 58.1% met the fruit target

In 2015 - 1.8% met the veggies target

In 2013 - 0.7% met the veggies target



Drink more water

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

In 2015 - 1.68 cups of water per day

In 2013 - 1.64 cups of water per day



Limit sugar-sweetened beverages

Target: Almost none every week

In 2015 - 40.3% met this target

In 2013 - 35.2% met this target



Limit screen time

Target: Less than 2 hours everyday

In 2015 - 27.2% met this target

In 2013 - 22.0% 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

