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

Enhancing child wellness!

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

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

Drink more water



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



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



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