

Healthy Targets for Waimanalo's Keiki

In 2015 37.4% of measured keiki were overweight or obese

In 2013 38.1% of measured keiki were overweight or obese



Be active, move more

Target: 1 hour everyday at moderate or vigorous levels

In 2015 - 3.2% met this target

In 2013 - 2.7% 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 - 48.8% met this target

In 2013 - 48.1% met this target



Eat more fruits and veggies

Target: 1 cup fruit and 1 heaping cup veggies everyday

In 2015 - 58.4% met the fruit target

In 2013 - 57.9% met the fruit target

In 2015 - 2.2% met the veggies target

In 2013 - 1.9% met the veggies target



Drink more water

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

In 2015 - 1.76 cups of water per day

In 2013 - 1.48 cups of water per day



Limit sugar-sweetened beverages

Target: Almost none every week

In 2015 - 33.8% met this target

In 2013 - 29.6% met this target



Limit screen time

Target: Less than 2 hours everyday

In 2015 - 14.5% met this target

In 2013 - 12.6% met this target

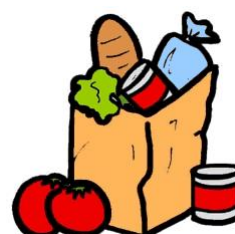


Parks

In 2015, 100% of sports features were rated as "good"
In 2013, 93% of sports features were rated as "good"

In 2015, the mean incivility score (e.g. garbage, signs of alcohol consumption, vandalism, etc.) was 0.03
In 2013, the mean incivility score was 0.27

- a decrease of 90%



Food Outlets

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

-67% had limited fruits and vegetables

-33% promoted locally grown produce

-67% accepted WIC & EBT

-0% met standards for being located in a safe, walkable environment