Alaska - American Samoa - Federated States of Micronesia - Guam - Hawaii - Marshall Islands - Northern Mariana Islands - Palau



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

Enhancing child wellness!

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

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

Drink more water



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



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



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