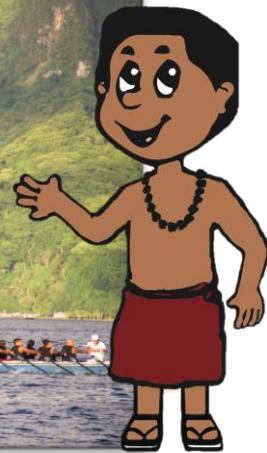
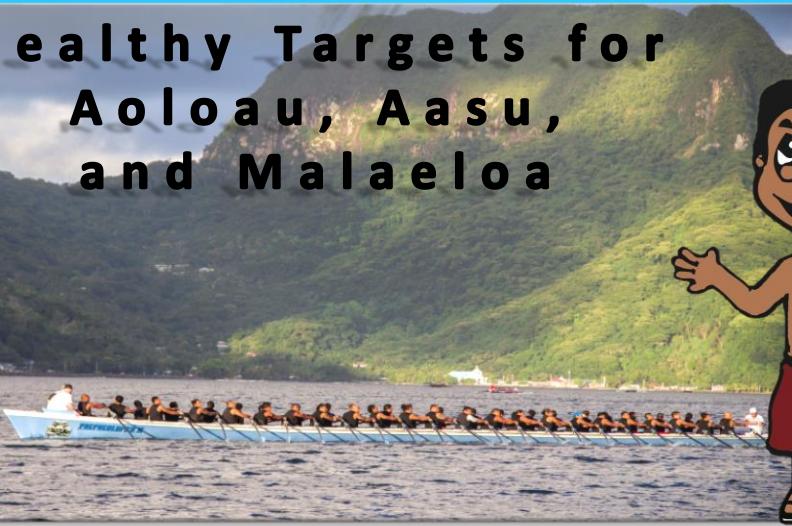


Rowing Towards a Healthier American Samoa!

Healthy Targets for Aoloau, Aasu, and Malaeloa



2013: 43% of CHL children were overweight or obese

2015: 42.76% of CHL children were overweight or obese

Be Active, Move More



Children: 1 hour everyday at moderate or vigorous levels

2013: 6.03% met this target
2015: 1.01% met this target

Eat Fruits & Vegetables



Children: 1 cup fruit & 1 cup of veggies everyday

2013: 63.01% met the fruit target
2015: 57.83% met the fruit target
2013: 11.68% met the vegetable target
2015: 3.95% met the vegetable target

Sleep More



Children: 11-13 hours everyday

2013: 38.46% met this target
2015: 64.04% met this target

Drinking More Water



Children: 4-5 cups or 32-40 ounce every day

2013: Children drank about
1.15 cups a day
2015: Children drank about
1.25 cups a day

Limit Sugar Sweetened Drinks



Children: Almost none every week

2013: 16.19% met this target
2015: 22.09% met this target

Less Screen Time



Children: Less than 2 hours every day

2013: 0% met this target
2015: 14.23% met this target

For more information about the CHL Program please contact Travis Fleming 684.699.1575 t.fleming@AmSamoa.edu

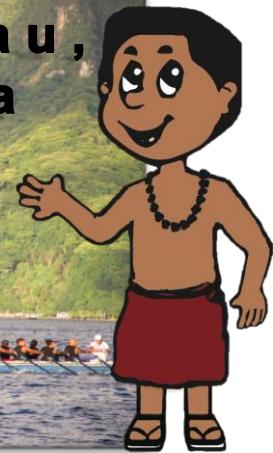
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American Samoa Community College, Division of Community and Natural Resources

Alo Faatasi mo se Amerika Samoa Maloloina!

Sini mo le Ola
Mālōlōina mo Aoloau,
Aasu, ma Malaeloa



2013: 43% o fanausai i le Polokalama o le Ola
Mālōlōina e tino lapopo'a pe puputa

2015: 42.76% o fanausai i le Polokalama o le
Ola Mālōlōina e tino lapopo'a pe puputa



Fa'amalosi Tino, Gaioi

Fanau: 1 itula i aso uma

2013: 6.03% ua ausia lenei sini

2015: 1.01% ua ausia lenei sini



la Lava Le Moe

Fanau: 11-13 itula i aso uma

2013: 38.46% ua ausia lenei sini

2015: 64.04% ua ausia lenei sini

Tausami Fuala'au'aina Fai Sua ma Fuala'au'aina Suamalie Taumafa Mata Toaga e Inu Vai



Fanau: 1 ipu fuala'au'aina suamalie taumafa mata,
1 ipu fuala'au'aina i aso uma

2013: 63.01% ausia sini mo **fuala'au'aina suamalie taumafa mata**

2015: 57.83% ausia sini mo **fuala'au'aina suamalie taumafa mata**

2013: 11.68% ausia sini mo **fuala'au'aina fai sua**

2015: 3.95% ausia sini mo **fuala'au'aina fai sua**

Fanau: 4-5 ipu vai (32-40 aunes) i aso uma

2013: 1.15 ipu vai i le aso

2015: 1.25 ipu vai i le aso



Taofiofi le Inu Vai Fa'asuka



Fanau: taofiofi i le vaiaso atoa

2013: 16.19% ua ausia lenei sini

2015: 22.09% ua ausia lenei sini

Fa'aitiitia le Matamata TV ma Ta'aloga Omiomi



Fanau: ia i lalo ifo o le 2 itula i aso uma

2013: 0% ua ausia lenei sini

2015: 14.23% ua ausia lenei sini

Mo isi fa'amatalaga i le Polokalma o le Ola Mālōlōina o Fanau (CHL) fa'afeso'ota'i: Travis Fleming 684.699.1575 t.fleming@AmSamoa.edu

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Kolisi Tu'u'ufa'atasi o Amerika Samoa , Matagaluega o Laufanua ma Atina'e