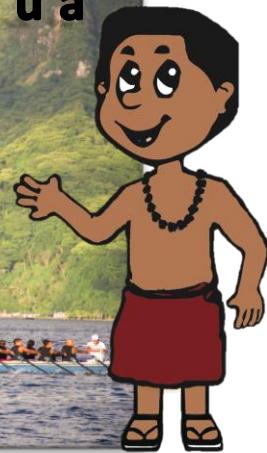


Rowing Towards a Healthier American Samoa!

Healthy Targets for Aua and Leloaloa



2013: 39.60% of CHL children were overweight or obese

2015: 40.41% of CHL children were overweight or obese

Be Active, Move More



Children: 1 hour everyday at moderate or vigorous levels

2013: 5.57% met this target
2015: 3.20% met this target

Sleep More



Children: 11-13 hours everyday

2013: 37.59% met this target
2015: 56.95% met this target

Eat Fruits & Vegetables



Children: 1 cup fruit & 1 cup of veggies everyday

2013: 65.01% met the fruit target
2015: 48.82% met the fruit target
2013: 1.99% met the vegetable target
2015: 0.78% met the vegetable target

Drinking More Water



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

2013: Children drank about
1.19 cups a day
2015: Children drank about
1.34 cups a day

Limit Sugar Sweetened Drinks



Children: Almost none every week

2013: 19.98% met this target
2015: 26.90% met this target

Less Screen Time



Children: Less than 2 hours every day

2013: 18.37% met this target
2015: 24.05% met this target

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

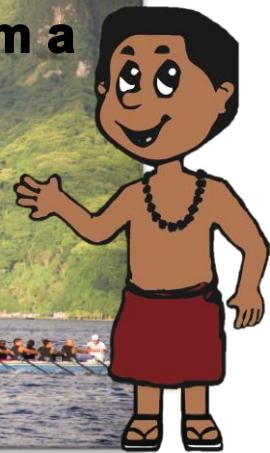
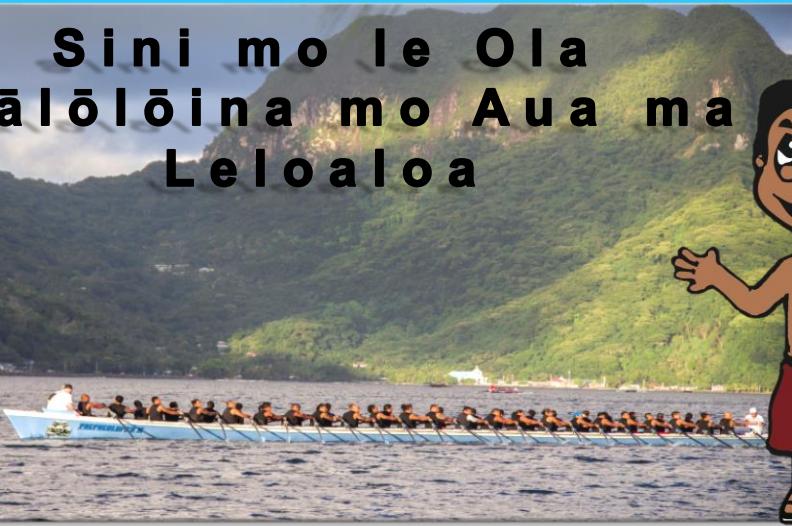
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American Samoa Community College, Division of Community and Natural Resources

Alo Faatasi mo se Amerika Samoa Maloloina!

Sini mo le Ola
Mālōlōina mo Aua ma
Leloaloa



2013: 39.60% o fanausai le Polokalamaole
Ola Mālōlōina e tino lapopo'a pe puputa

2015: 40.41% o fanausai le Polokalamaole
Ola Mālōlōina e tino lapopo'a pe puputa



Fa'amalosi Tino, Gaioi

Fanau: 1 itula i aso uma

2013: 5.57% ua ausia lenei sini

2015: 3.20% ua ausia lenei sini



la Lava Le Moe

Fanau: 11-13 itula i aso uma

2013: 37.59% ua ausia lenei sini

2015: 56.95% 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: 65.01% ausia sini mo **fuala'au'aina suamalie taumafa mata**

2015: 48.82% ausia sini mo **fuala'au'aina suamalie taumafa mata**

2013: 1.99% ausia sini mo **fuala'au'aina fai sua**

2015: 0.78% ausia sini mo **fuala'au'aina fai sua**

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

2013: 1.19 ipu vai i le aso

2015: 1.34 ipu vai i le aso



Taofiofi le Inu Vai Fa'asuka

Fanau: taofiofi i le vaiaso atoa



2013: 19.98% ua ausia lenei sini

2015: 26.90% 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: 18.37% ua ausia lenei sini

2015: 24.05% 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