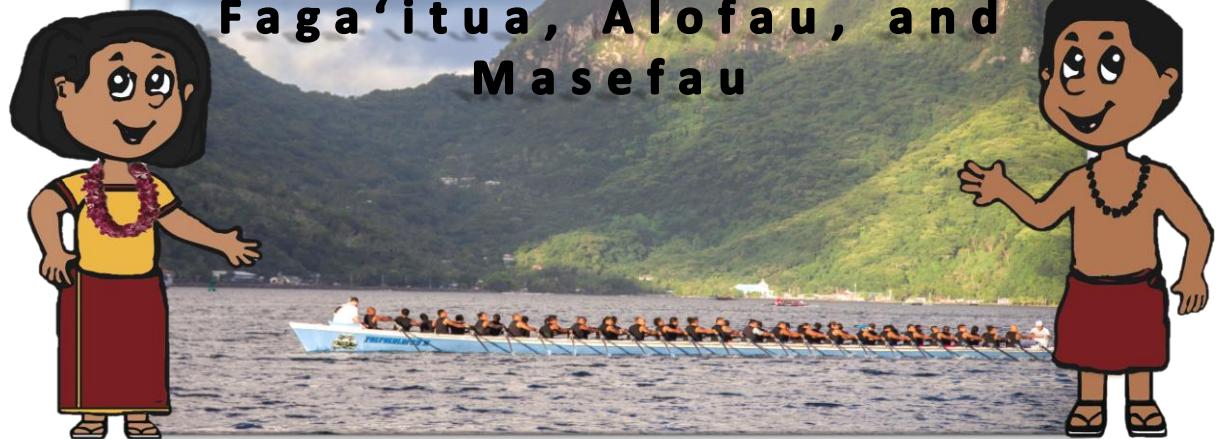


Rowing Towards a Healthier American Samoa!

Healthy Targets for Faga'itua, Alofau, and Masefau



2013: 56.47% of CHL children were overweight or obese

2015: 38.39% of CHL children were overweight or obese

Be Active, Move More



Children: 1 hour everyday at moderate or vigorous levels

2013: 5.12% met this target
2015: 1.26% met this target

Sleep More



Children: 11-13 hours everyday

2013: 57.47% met this target
2015: 66.05% met this target

Eat Fruits & Vegetables



Children: 1 cup fruit & 1 cup of veggies everyday

2013: 61.19% met the fruit target
2015: 53.23% met the fruit target
2013: 3.53% met the vegetable target
2015: 0.76% met the vegetable target

Drinking More Water

Children: 4-5 cups or 32-40 ounce every day
2013: Children drank about 1.30 cups a day
2015: Children drank about 1.35 cups a day



Limit Sugar Sweetened Drinks



Children: Almost none every week
2013: 12.75% met this target
2015: 16.05% met this target

Less Screen Time



Children: Less than 2 hours every day
2013: 27.19% met this target
2015: 22.03% met this target

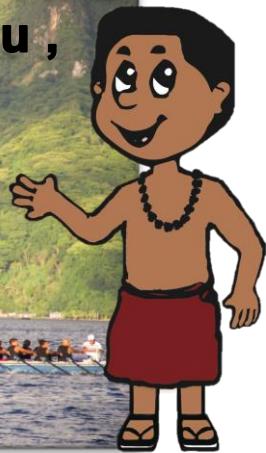
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American Samoa Community College, Division of Community and Natural Resources

Alo Faatasi mo se Amerika Samoa Maloloina!

Sini mo le Ola Mālōlōina
mo Faga'itua, Alofau,
ma Masefau



2013: 56.47% o fanausai le Polokalama o le
Ola Mālōlōina e tino lapopo'a pe puputa

2015: 38.39% o fanausai le Polokalama o le
Ola Mālōlōina e tino lapopo'a pe puputa



Fa'amalosi Tino, Gaioi

Fanau: 1 itula i aso uma

2013: 5.12% ua ausia lenei sini

2015: 1.26% ua ausia lenei sini



la Lava Le Moe

Fanau: 11-13 itula i aso uma

2013: 57.47% ua ausia lenei sini

2015: 66.05% 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: 61.19% ausia sini mo **fuala'au'aina suamalie taumafa mata**

2015: 53.23% ausia sini mo **fuala'au'aina suamalie taumafa mata**

2013: 3.53% ausia sini mo **fuala'au'aina fai sua**

2015: 0.76% ausia sini mo **fuala'au'aina fai sua**

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

2013: 1.30 ipu vai i le aso

2015: 1.35 ipu vai i le aso



Taofiofi le Inu Vai Fa'asuka



Fanau: taofiofi i le vaiaso atoa

2013: 12.75% ua ausia lenei sini

2015: 16.05% 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: 27.19% ua ausia lenei sini

2015: 22.03% ua ausia lenei sini

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