



DEPARTMENT OF HEALTH

News Release

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**DOH SPONSORS A STATEWIDE PHYSICAL ACTIVITY AND
NUTRITION FORUM**

HONOLULU – The Hawai'i State Department of Health (DOH) Healthy Hawai'i Initiative (HHI) hosted a Physical Activity and Nutrition (PAN) Forum today, "Good Health: Creating Active Living Communities." The forum was a follow-up to last year's Physical Activity and Nutrition (PAN) Summit, where professionals and community members gathered to learn about programs that promote physical activity and healthy nutrition in Hawai'i and throughout the nation.

This year's forum provided updates on the progress that has occurred since the PAN Summit, such as the formation of the State Nutrition and Physical Activity Coalition and County Coalitions, and the development of Worksite and School Wellness Programs and Policies. An evaluation report discussing the first year implementation of the Hawai'i Physical Activity and Nutrition Plan was presented by Dr. Jay Maddock, Office of Public Health Studies director at the University of Hawai'i at Manoa.

"Progress has been made on several of the Physical Activity and Nutrition Plan's objectives including the establishment of coalitions and the implementation of the School Wellness Policy. However, much work still needs to be done in the areas of worksite wellness and healthcare engagement in order to meet the 2012 goals," said Dr. Maddock.

"We want to help our residents live longer, healthier lives," said Lt. Governor James R. "Duke" Aiona Jr., who helped open the forum. "Healthy communities provide our residents with more opportunities to incorporate physical activity into their daily routine."

“The forum revisited the strategies identified in the Hawai‘i Physical Activity and Nutrition Plan and discussed how increased synergy among stakeholders can further policy and sustainable changes to impact the lives of Hawai‘i residents,” Health Director Chiyome Fukino, M.D. stated,

In line with the conference theme Good Health: Creating Active Living Communities, a session was dedicated to community organizations actively involved in designing a healthier Hawai‘i. These organizations shared their unique priorities and described the impact they have made in the community. Mark Fenton, M.S., a nationally recognized expert in walkable, bicycle-friendly community policies and designs, served as a moderator for this session.

“Community design is one of the keys to a healthier, active community,” stated Fenton. “Hawai‘i has a real opportunity to create sustainable policy level changes because of the committed efforts of community organizations, developers, planners, engineers, public health, and policy makers.”

The Hawai‘i Physical Activity and Nutrition Forum is a part of the Healthy Hawai‘i Initiative’s social-ecological approach to reduce the burden of chronic disease in Hawai‘i by promoting physical activity, healthy eating and living tobacco free. For more information about the Healthy Hawai‘i Initiative or to download a copy of the Hawai‘i Physical Activity and Nutrition Plan visit www.healthyhawaii.com.

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