



“Heartnerships”

Homeless Concerns Liaison 3rd Quarter Meeting
February 14, 2014, OCISS



Optimizing children's health, happiness and success

May Okihiro, MD MS

Assistant Professor, University of Hawaii

John A. Burns School of Medicine



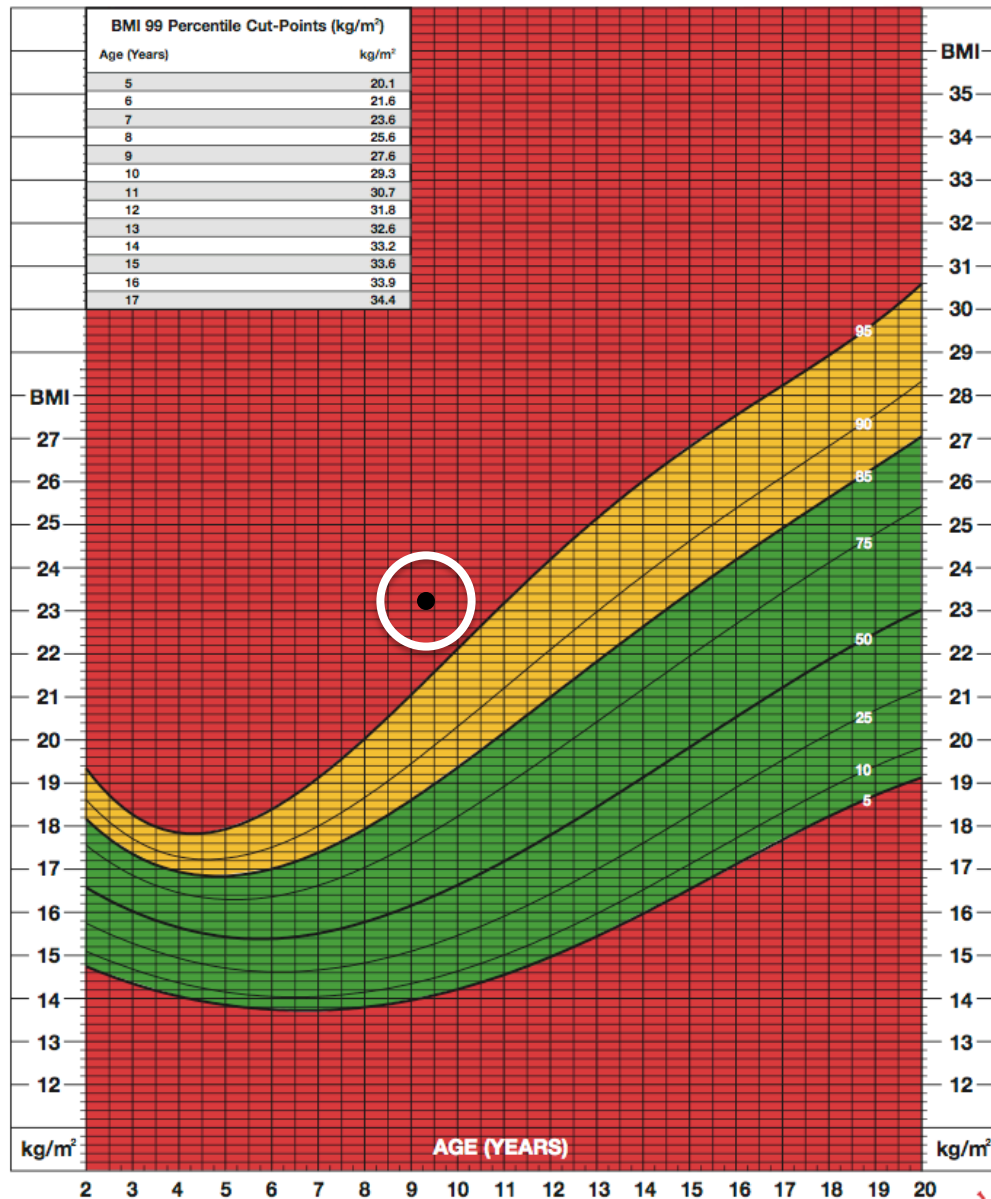
Kanoa

- 10 years old
- Part-Hawaiian, Chinese, Filipino
- From Windward Oahu
- Grandfather died of diabetes at age 60
- Mother had diabetes during pregnancy



2 to 20 years: Boys Body mass index-for-age percentiles

metric system: $\text{weight}(\text{kg})/[\text{height}(\text{m})]^2$
English system: $\text{weight}(\text{lb})/[\text{height}(\text{in})]^2 \times 703$



- Height: 4 feet 2 inches
- Weight 100 lbs
- BMI is 24
- BMI % for age is 98% = obese





Obesity

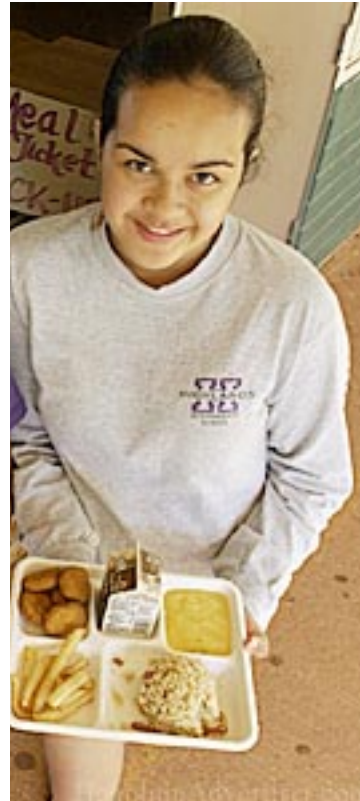
- Most common chronic disease in childhood
- Overweight or obese in childhood
 - More severe adult obesity
 - Higher risk for chronic disease at ***earlier age***
 - More severe chronic disease
 - Earlier death
- 80% of obese teens become obese adults
- 23% of Hawaii's adults are obese
 - 1/3 of obese adults have diabetes



Kanoa

- Lives with mother, 2 sisters, grandmother and aunty and cousin
- Mother works in Honolulu at Hawaiian Telcom
- Kanoa attends public elementary school
- Not doing well in reading – below average
- Sometimes does not complete homework
 - Stays in for recess
- Hangs out at home after school
- Interested in sports
 - Expensive, no transportation

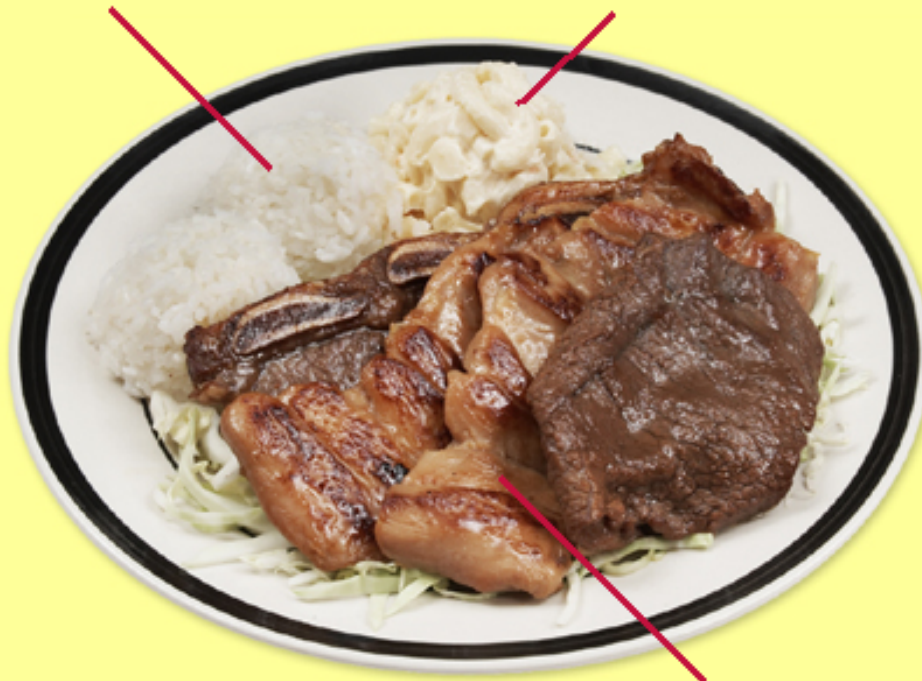
What Kanoa Eats



THE TYPICAL PLATE LUNCH

Rice

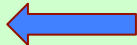
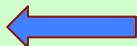
Macaroni Salad



Main Entree

- 1200+ calories
- \$8.95
- Add soft drink
 - \$8.50
 - 1500+ calories
- Why?

2002 Kindergarten – Form 14 Data

	% Obese	% OW	% OW/OB
State (N=10,199)	14.4	14.1	28.5
Aiea (N=247)	8.1	17.8	25.9
Castle (N=370)	15.4	13.5	28.9
Farrington (N=483)	15.5	17.2	32.7
Kahuku (N=188)	19.7	16.0	35.7
Kailua (N=204)	15.2	13.7	28.9
Kaiser (N=119)	7.6	10.1	17.6 
Kalaheo (N=305)	9.5	12.8	22.3
Kalani (N=249)	7.6	10.1	17.6 
Leilehua (N=553)	13.4	15.9	29.3
Nanakuli (N=148)	17.6	10.8	28.4
Waialua (N=59)	22.0	17.0	39.0
Waianae (N=302)	15.9	14.2	30.1
Waipahu (N=483)	19.9	12.6	30.3

Hawaii (N=1310)	15.1	15.2	30.3
Central Hilo (N=215)	16.3	14.0	30.3
Hilo (N=241)	17.0	14.5	31.5
Honokaa (N=200)	16.5	18.0	34.5 ←
Kau (N=41)	14.6	17.1	31.7
North Kona (N=221)	15.4	13.1	28.5
South Kona (N=120)	8.3	14.2	22.5 ←
Kauai (N=488)	12.5	16.4	28.9
Central Kauai (N=233)	9.0	14.2	23.2 ←
West Kauai (N=141)	14.9	22.0	36.9 ←
Maui County (N=1167)	17.9	13.8	31.7
Baldwin (N=203)	17.2	17.7	34.9
Hana (N=17)	35.3	11.8	47.1 ←
Kekaulike (N=275)	15.6	12.7	28.3
Lahainaluna (N=124)	27.4	17.7	45.1 ←
Lanai (N=30)	20.0	26.7	46.7 ←
Molokai (N=67)	17.9	13.4	31.3

The World Has Changed.

Bagel

Calorie difference: 210 calories



3-inch diameter
140 calories



6-inch diameter
350 calories

Cheeseburger

Calorie difference: 257 calories



333 calories



590 calories

Soda

Calorie difference: 165 calories



6.5 ounces
85 calories



20 ounces
250 calories

French Fries

Calorie difference: 400 calories

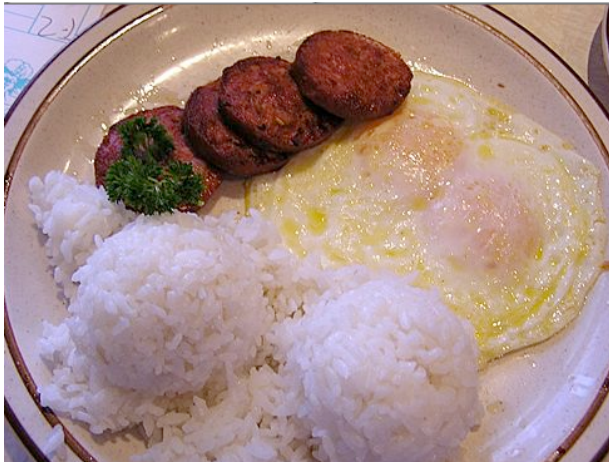


2.4 ounces
210 calories



6.9 ounces
610 calories

Current social norm in Hawaii?





Dental

- Hawaii's children have among the highest rates of dental caries in the nation (Hawaii State Dept of Health 1999)



abc
KITV.COM

Advanced Reproductive
Center of Hawai'i

Home
Weather
Local News
u local
Project Economy
National News
Politics
Traffic

SEARCH
Search

Hot Topics: [Sept. 11](#) | [Breast Cancer](#) | [u local](#) | [Social/Apps](#)

Homepage > HEALTH

Hawaii's Dental Health Grade An 'F'

Travel
Grow Your
Business

The report, compiled by PEW a charitable organization, looked at how state government policies deal with children's dental health needs.

Hawaii hit two out of eight benchmarks



Socio-ecologic model of health and chronic disease



Helping Hawaii Eat Healthier

Office of Fiscal Services,
State of Hawaii Department of Education

Hawaii Child Nutrition Program (HCNP)

- HCNP is the State Agency established within HIDOE in November 2002
- 99% federally funded (\$57 million annually)
- Pass through entity for federal funds
- Provides administrative oversight (monitoring, training and review) of all Child Nutrition Programs funded by the USDA in Hawaii.



CNP | Child Nutrition Programs

- Six Food Assistance Programs established:
 - NSLP – National School Lunch Program
 - SBP – School Breakfast Program
 - FFVP – Fresh Fruit and Vegetable Program
 - SMP – Special Milk Program
 - SFSP – Summer Food Service Program
 - CACFP – Child and Adult Care Food Program

National School Lunch Program (NSLP), FFVP, National School Breakfast (NSB)

- HHFKA (2010) established new meal pattern and childhood obesity prevention



the
School Day
just got
Healthier
United States Department of Agriculture

More fruits & vegetables, whole grains...




SFSP | Summer Food Services Program


- Established in 1968
- Promotes access to meals in summer activity programs in geographical areas with 50% of students receiving free or reduced price meals.
- Local organizations such as schools, churches, City & County Parks & Recreation (Summer Fun) and nonprofit organizations provide **free meals** to groups of children at central sites
- A total of **154,074 meals** were served to children in Hawaii during the 2011 summer months.
- 21 sponsors serving in 76 sites





Oahu SFSP Feeding Sites





Hawaii Child Nutrition Programs


10





New

Edit Page





Text size: [Smaller](#) | [Reset](#) | [Larger](#)

Stay Connected



State of Hawaii, Department of Education
Hawaii Child Nutrition Programs



Search.USA.gov

Home

Contact Us

Fiscal

Programs Overview ▲

CNPweb™



SMART SNACKS IN SCHOOL

[Read More](#) 

Overview

Afterschool Snack Program

Child and Adult Care Food Programs

Food Distribution Program

Fresh Fruit and Vegetable Program

National School Lunch Program

School Breakfast Program

Special Milk Program

Summer Food Service Program



Programs Overview

News and Posts

Driving Directions

CNPweb™

Hawaii Child Nutrition Programs

mission Statement

importance of nutrition through federal compliance, education and partnerships.

ision Statement

Nutrition Programs will be healthy and hunger-free.



[Home](#) > [Programs Overview](#) > Summer Food Service Program

SUMMER FOOD SERVICE PROGRAM



During the school year, nutritious meals are available to students through the NSLP and SBP; however these programs stop with the end of the school year. The Summer Food Service Program (SFSP) is a federal program made available to eligible areas to ensure that children receive nutritious meals throughout the year. This program merges summer activity programs with a federal meal reimbursement program.

For a map of SFSP sites please click the link below. SFSP sites will be indicated by a red marker.



[SFSP Site Map](#) (not Internet Explorer compatible)



SFSP/SSO



Add layer

View only

SFSP

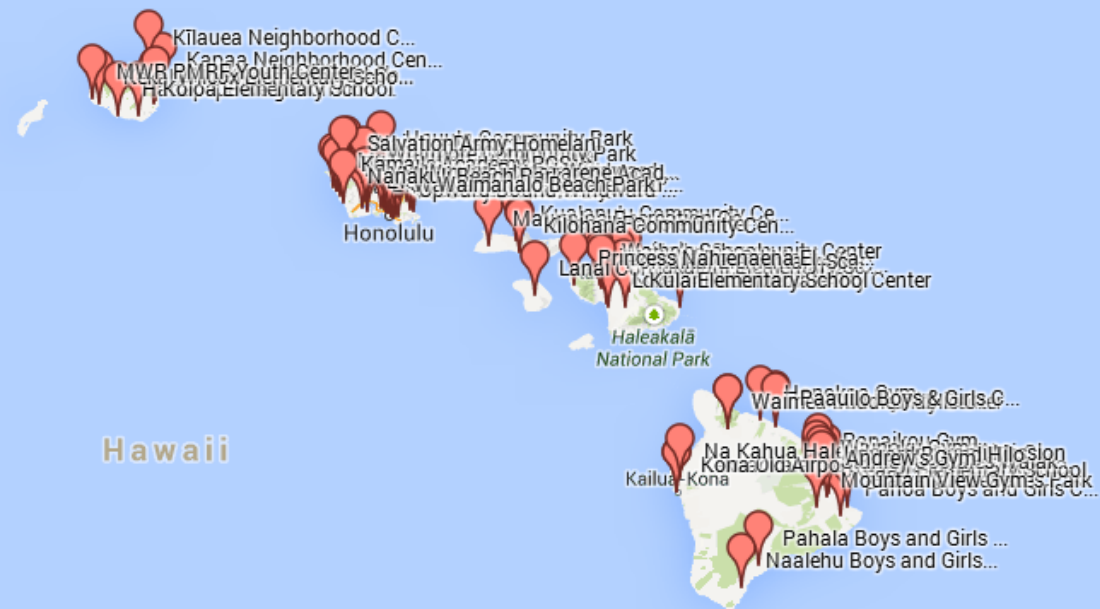


Style Data Labels

- Hilo Boys and Girls Club
- Keaau Boys and Girls Club
- Naalehu Boys and Girls Club
- Paauiolo Boys & Girls Club
- Pahala Boys and Girls Club
- Pahoa Boys and Girls Club
- Christian Liberty Academy
- Ben Parker Elementary
- Beretania Community Park
- Ewa Beach Community Park
- Ewa Mahiko District Park
- Fern Community Park
- Hauula Community Park
- Kailua District Park
- Kalakaua District Park
- Kalihi Uka Community Park
- Kalihi Valley District Park
- Kamehameha Community Park
- Lanakila District Park
- Mali Community Park
- Makaha Valley Community Park
- Makiki District Park
- McCully District Park
- Nanakuli Beach Park



Share



 Add layer View only

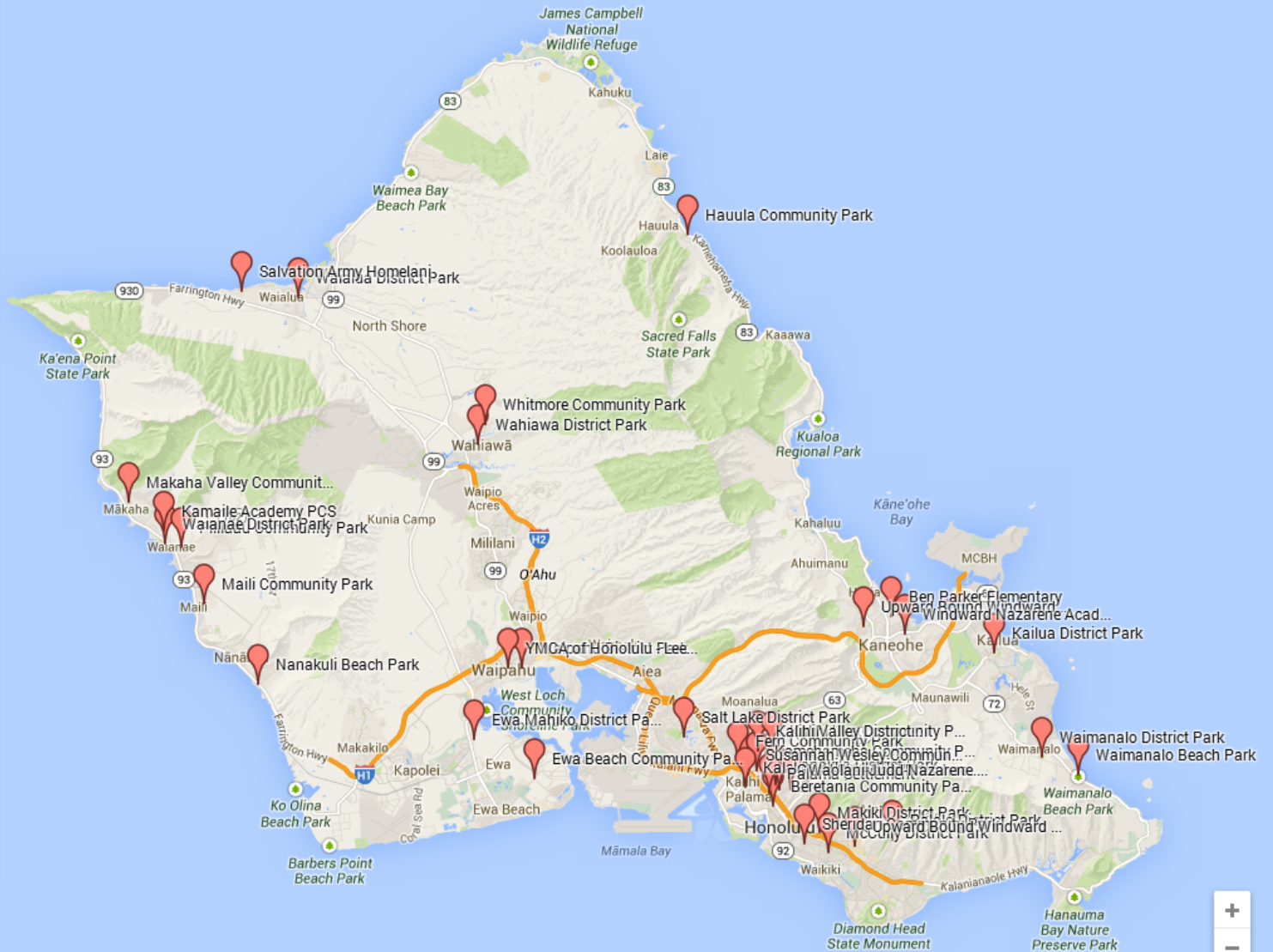


View only

-



Share



Community Partners ...



PACT
PARENTS AND
CHILDREN TOGETHER
A FAMILY SERVICE AGENCY



KAISER PERMANENTE®

Mahalo!



**HAWAII
CHILD
NUTRITION
PROGRAMS**