“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
• 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 a home after school
• Interested in sports
  – Expensive, no transportation
What Kanoa Eats
• 1200+ calories
• $8.95
• Add soft drink
  – $8.50
  – 1500+ calories
• Why?
### 2002 Kindergarten – Form 14 Data

<table>
<thead>
<tr>
<th>State (N=10,199)</th>
<th>% Obese</th>
<th>% OW</th>
<th>% OW/OB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiea (N=247)</td>
<td>8.1</td>
<td>17.8</td>
<td>25.9</td>
</tr>
<tr>
<td>Castle (N=370)</td>
<td>15.4</td>
<td>13.5</td>
<td>28.9</td>
</tr>
<tr>
<td>Farrington (N=483)</td>
<td>15.5</td>
<td>17.2</td>
<td>32.7</td>
</tr>
<tr>
<td>Kahuku (N=188)</td>
<td>19.7</td>
<td>16.0</td>
<td>35.7</td>
</tr>
<tr>
<td>Kailua (N=204)</td>
<td>15.2</td>
<td>13.7</td>
<td>28.9</td>
</tr>
<tr>
<td>Kaiser (N=119)</td>
<td>7.6</td>
<td>10.1</td>
<td>17.6</td>
</tr>
<tr>
<td>Kalaheo (N=305)</td>
<td>9.5</td>
<td>12.8</td>
<td>22.3</td>
</tr>
<tr>
<td>Kalani (N=249)</td>
<td>7.6</td>
<td>10.1</td>
<td>17.6</td>
</tr>
<tr>
<td>Leilehua (N=553)</td>
<td>13.4</td>
<td>15.9</td>
<td>29.3</td>
</tr>
<tr>
<td>Nanakuli (N=148)</td>
<td>17.6</td>
<td>10.8</td>
<td>28.4</td>
</tr>
<tr>
<td>Waialua (N=59)</td>
<td>22.0</td>
<td>17.0</td>
<td>39.0</td>
</tr>
<tr>
<td>Waianae (N=302)</td>
<td>15.9</td>
<td>14.2</td>
<td>30.1</td>
</tr>
<tr>
<td>Waipahu (N=483)</td>
<td>19.9</td>
<td>12.6</td>
<td>30.3</td>
</tr>
<tr>
<td>Location</td>
<td>Hawaii (N=1310)</td>
<td>Kauai (N=488)</td>
<td>Maui County (N=1167)</td>
</tr>
<tr>
<td>------------------------</td>
<td>-----------------</td>
<td>---------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Central Hilo (N=215)</td>
<td>16.3</td>
<td>9.0</td>
<td>17.9</td>
</tr>
<tr>
<td>Hilo (N=241)</td>
<td>17.0</td>
<td>14.2</td>
<td>13.8</td>
</tr>
<tr>
<td>Honokaa (N=200)</td>
<td>16.5</td>
<td>15.4</td>
<td>17.9</td>
</tr>
<tr>
<td>Kau (N=41)</td>
<td>14.6</td>
<td>14.2</td>
<td>15.6</td>
</tr>
<tr>
<td>North Kona (N=221)</td>
<td>15.4</td>
<td>14.9</td>
<td>17.9</td>
</tr>
<tr>
<td>South Kona (N=120)</td>
<td>8.3</td>
<td>14.2</td>
<td>17.9</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>15.1</strong></td>
<td><strong>12.5</strong></td>
<td><strong>17.9</strong></td>
</tr>
</tbody>
</table>

**Notes:**
- The table compares the total number of individuals in different locations in Hawaii, Kauai, and Maui County.
- The columns represent different data points, such as 15.1, 15.2, and 30.3.
- Red arrows indicate a higher value than the previous entry, while green arrows indicate a lower value.

**Locations:**
- Hawaii
  - Central Hilo (N=215)
  - Hilo (N=241)
  - Honokaa (N=200)
  - Kau (N=41)
  - North Kona (N=221)
  - South Kona (N=120)
- Kauai (N=488)
  - Central Kauai (N=233)
  - West Kauai (N=141)
- Maui County (N=1167)
  - Baldwin (N=203)
  - Hana (N=17)
  - Kekaulike (N=275)
  - Lahainaluna (N=124)
  - Lanai (N=30)
  - Molokai (N=67)
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
  - 2.4 ounces: 210 calories
  - 6.9 ounces: 610 calories

- **French Fries**
  - Calorie difference: 400 calories
  - 6.5 ounces: 85 calories
  - 20 ounces: 250 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)
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
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
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]
Community Partners ...
Mahalo!