

Healthy Hawai'i Vision 2030

Hawai'i Physical Activity
and Nutrition Plan
2013-2020

COMMUNITY DESIGN & ACCESS: PHYSICAL ACTIVITY

PAN PLAN SECTOR WORKGROUP MEETING

Monday, August 19, 2019

11:00 am – 12:00 pm

This meeting will be recorded

Facilitated by

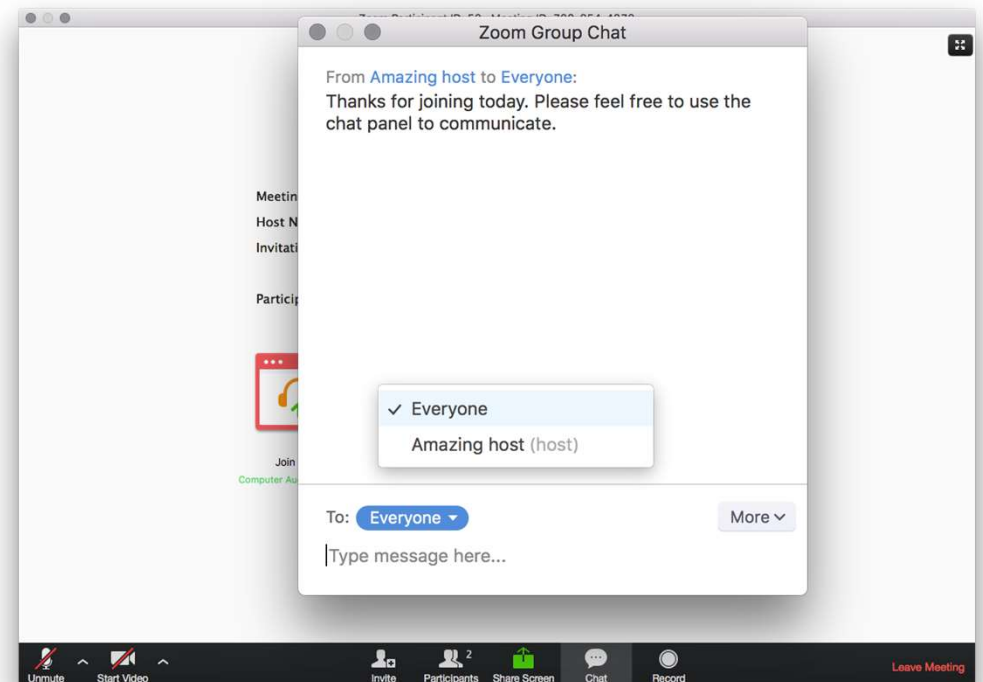


Jay E. Maddock, Ph.D.
Professor, Texas A&M University



Housekeeping Items

- All participants will be on listen-only mode
- Please enter your questions and/or comments in the chat box
- This meeting will be recorded



Welcome to the 2020-2030 PAN Plan CDA-PA Workgroup!

PAN Plan Structure & Planning Process

2013-2020 PAN Plan Overview

Moving Forward: 2020-2030 PAN Plan

2020-2030 PAN Plan & The Healthy Hawai'i Strategic Plan (HHSP)

Next Steps + Q&A

Agenda



Welcome to the Community Design & Access: Physical Activity Sector Workgroup!

Goal: To increase physical activity in communities by improving community design to accommodate all modes of transportation, and community access to safe and convenient opportunities for physical activity, whenever and wherever possible



Mark Garrity,
Urban Pacific Consulting



Peggy Mierzwa,
Blue Zones Projects
Hawaii



Lauren Armstrong,
Maui Metropolitan
Planning Organization



Amy Ford-Wagner,
Federal Highway
Administration
Hawaii Division



Marie Williams,
County of Kauai
Planning Department

CDA-PA Leadership Team

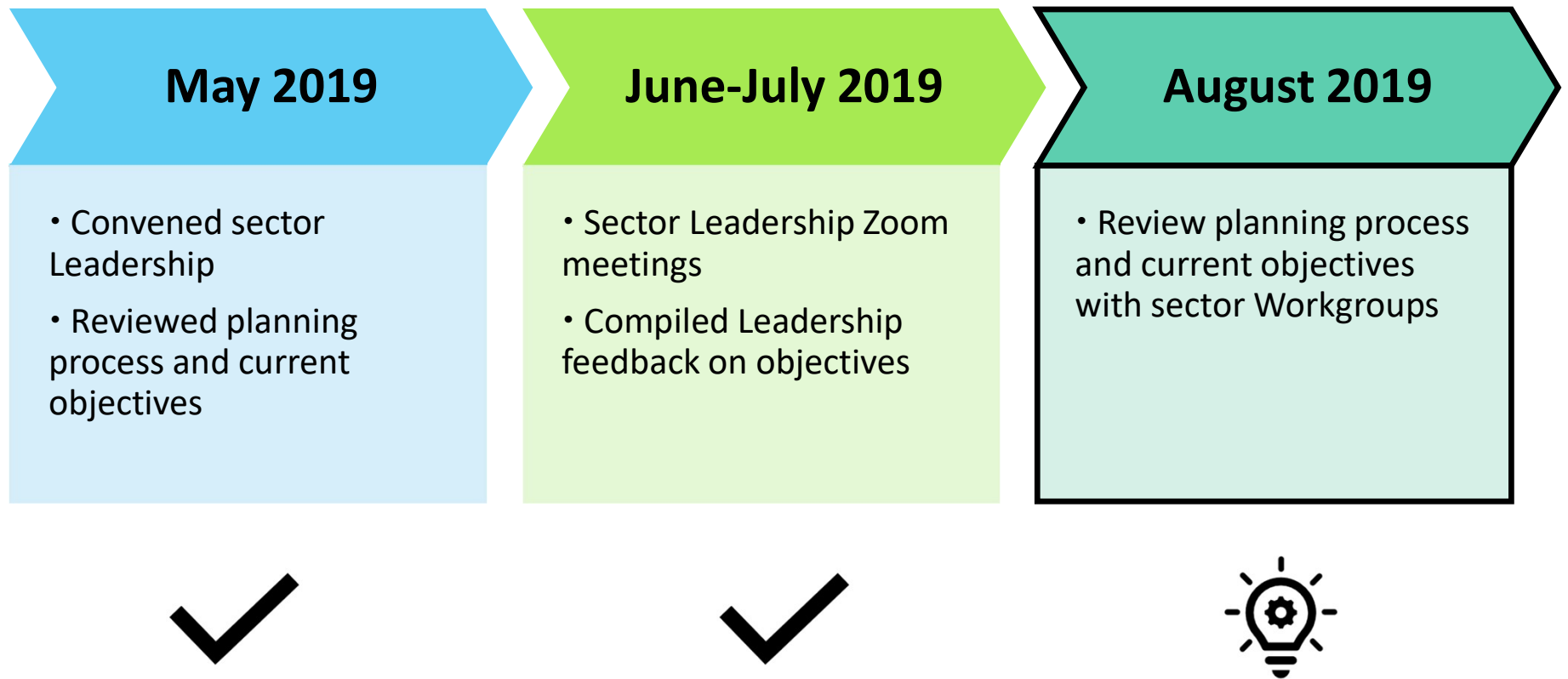
CDA-PA Sector Workgroup Members

First Name	Last Name	Organization	Position Title	Island
Sally	Ancheta	Hawai'i Public Health Institute	Community Coordinator	Hawai'i
Lauren	Armstrong	Maui Metropolitan Planning Office	Planner	Maui
Jen	Awakuni	HMSA	Sr. Manager	O'ahu
Cassie	Baybayan	DOH Public Health Nursing	Public Health Nurse	Hawai'i
Robert	Benham	Coach Development Services	Director	O'ahu
Todd	Boulanger	Bikeshare	Executive Director	O'ahu
Bev	Brody	Get Fit Kauai	Director	Kaua'i
Erin	Centeio	University of Hawaii at Manoa - Kinesiology	Assistant Professor	O'ahu
Tina	Clothier	PATH~Peoples Advocacy for Trails Hawaii	Executive Director	Hawai'i
Diane	Dohm	Oahu Metropolitan Planning Organization	Senior Planner	O'ahu
Ruby	Edwards	State Office of Planning	Planner	O'ahu
Renee	Espiau	City and County of Honolulu	Complete Streets Administrator	O'ahu
Justine	Espiritu	Bikeshare Hawaii	Associate Director of Programs and Community Partnerships	O'ahu
Amy	Ford-Wagner	FHWA Hawaii Division	Transportation Planner	O'ahu
Mark	Garrity	Urban Pacific Consulting	President	O'ahu
John	Goody	AARP	volunteer	O'ahu
Hannah	Hedrick	Hawaii public health institute	Member	Hawai'i
Anukriti	Hittle	DLNR	Hawaii climate change Mitigation and Adaptation coordinator	O'ahu
Carol	Ignacio	Blue Zones Project	Government and Community Affairs Manager	Hawai'i
Claire	Ing	University of Hawaii	Assistant Professor	O'ahu
Colleen	Inouye	Colleen Inouye MD	Physician	Maui
Chris	Johnson	City and County of Honolulu	Planner V	O'ahu
Lehua Brooke	Keliikoa	University of Hawaii at Manoa	Program Evaluator	O'ahu
Jasmin	Kiernan	West Hawaii Community Health Center	Director of Innovation and Transformation	Hawai'i

CDA-PA Sector Workgroup Members

First Name	Last Name	Organization	Position Title	Island
Brad	Kurokawa	Ki Concepts/Mayor's Active Living Advisory Committee	Principal/Committee member	Hawai'i
Trish	La Chica	Hawaii Public Health Institute	Policy and Advocacy Director	O'ahu
Lauren	Loor	Hawaii Public Health Institute	HEAL Coalition Coordinator	Maui
Peggy	Mierzwa	Blue Zones Projects Hawaii	Hawaii Policy Lead	O'ahu
Laura	Mo	Department of Planning and Permitting	Planner	O'ahu
Chuck	Morgan	UHM Department of Kinesiology	Professor and Department Chair	O'ahu
Ramona	Mullahey	U.S. HUD	Senior Management Analyst	O'ahu
Jaylen	Murakami	Hawaii Public Health Institute	Advocacy and Outreach Coordinator	O'ahu
Kiana	Otsuka	Oahu Metropolitan Planning Organization	Transportation Planner	O'ahu
Kathleen	Rooney	Ulupono Initiative	Manager, transportation	O'ahu
Rachel	Roper	Hawaii Department of Transportation	Project Support Section Head	O'ahu
Brittany	Ruiz	Kaiser Permanente	Portfolio Coordinator, Community Benefit Programs	O'ahu
Yamato	Sasaki	Department of Transportation Services	Safe Routes to School Coordinator	O'ahu
Vincent	Shigekuni	PBR HAWAII	Senior VP	O'ahu
Meredith	Soniat	City & County of Honolulu	Complete Streets and Rail Station Planner	O'ahu
Meredith	Speicher	National Park Service	Planner	O'ahu
Paul	Strauss	Hawaii Department of Health	Public Health Educator	Hawai'i
Ben	Trevino	Honolulu Authority for Rapid Transportation	Sustainability Planner	O'ahu
Marie	Williams	Kauai County	Long Range Planning Manager	Kaua'i
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PAN Plan Planning Timeline



PAN Plan Planning Timeline, cont'd.

September 2019

- Workgroup feedback on existing objectives and suggestions for new objectives will be collected via Survey Monkey



October 2019

- DOH will compile Survey Monkey feedback and present results back to sector Leadership
- Objectives will be further refined and finalized



November 2019

- In-person meeting will be held with Leadership and sector workgroup members
- Strategies to meet objectives will be discussed





2013-2020 PAN Plan Structure: Overview

Overarching Vision

“We envision a future for Hawai‘i in which all residents are physically active, eat healthy foods, and live in healthy communities.”

Overarching Goals

Through healthful eating and regular physical activity, Hawai‘i residents will:

- Reduce their burden of disease;
- Increase years of healthy life; and
- Reduce health disparities.

Sector-specific Goals & Objectives



Goal

- A broad primary **outcome**.

Objective

- A *measurable step* you take to achieve a **goal**.

Action Steps

- A *tool used or action taken* to achieve an **objective** associated with a **goal**.

PAN Plan Structure: Overview, cont'd.

Objective Development Process

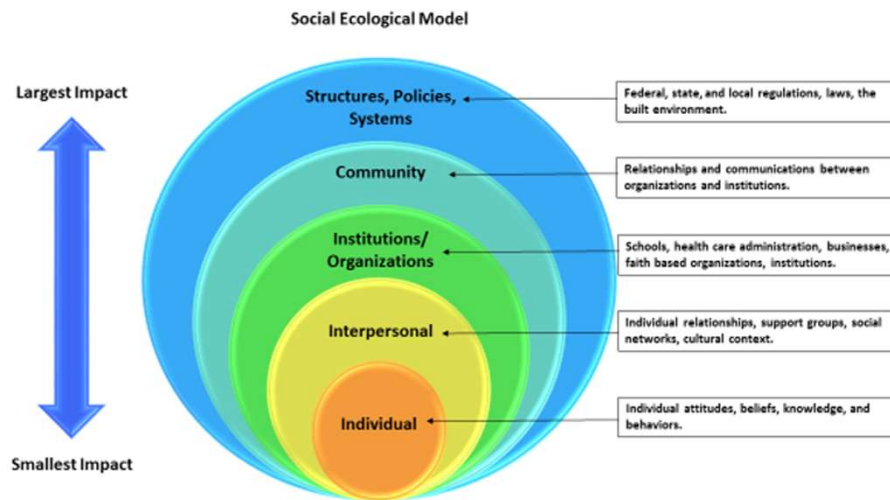


Sector Area Goals

Community Design & Access – Physical Activity (CDA-PA)	Community Design & Access – Nutrition (CDA-N)	Educational Systems (EDU)	Worksites (WS)	Health Care Systems (HCS)
<p>Increase physical activity in communities by improving community design to accommodate all modes of transportation, and community access to safe and convenient opportunities for physical activity, whenever and wherever possible</p>	<p>Increase consumption of fruits and vegetables, and decrease consumption of sugar-sweetened beverages by providing access to safe, affordable, culturally acceptable and nutritious food that meets dietary needs for an active and healthy life</p>	<p>Increase consumption of healthy foods and beverages and physical activity in early care and education (ECE) settings, elementary, middle and high school, and college settings</p>	<p>Increase employee health and wellness by providing access to healthy foods and physical activity opportunities</p>	<p>Increase access to healthcare services related to physical activity and nutrition</p>

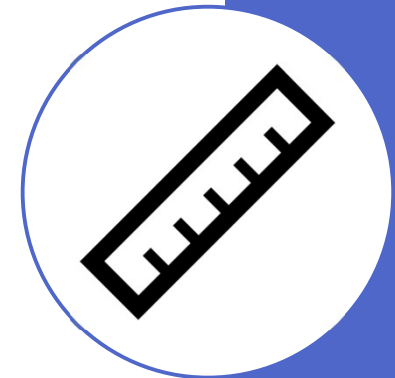
Sector Area Objectives

- Objectives should:
 - Be **SMART**
 - Aim to achieve **sector area goals**
 - Lead to **policy, systems and environmental changes**







Sector Area Objectives

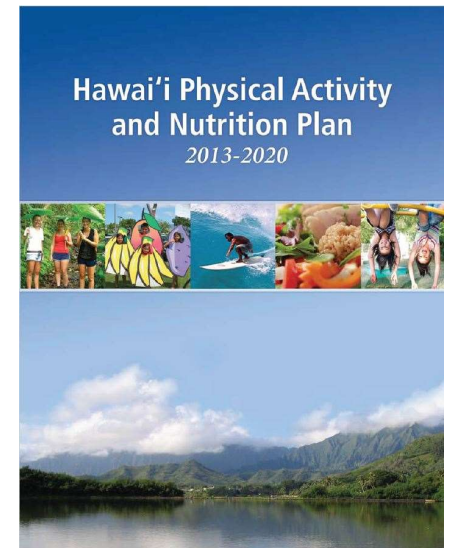
- The following factors should be identified for each objective:
 - **Evaluation measure:** How will we know whether the objective is met? Where will this data come from?
 - **Baseline measure:** What is our starting point?
 - **Target outcome:** What can be achieved in a 10-year timeframe?



OBJECTIVE	EVALUATION MEASURE	BASELINE	TARGET OUTCOME

4
Total
CDA-PA
Sector
Objectives

Target Met		<u>0</u> Objectives
Target Partially Met		<u>1</u> Objective
Target Not Met		<u>2</u> Objectives
Not Measurable		<u>1</u> Objective



SECTOR: Community Design and Access

Physical Activity



Status

Objective 3

Implement state & county-level “complete streets” policies as evidenced by:

- Revising necessary zoning codes
- Updating roadway/design standards
- The development of implementation plans
- The development, adoption and tracking of performance measures



2013-2020 PAN PLAN INDICATORS

EVALUATION MEASURE	BASELINE	TARGET OUTCOME
<p>Policy development and adoption statewide</p> <p>Development and adoption of a tracking system to define and monitor metrics and performance measures for complete streets implementation</p>	<p># of counties implementing complete streets (data sources: State of Hawai'i, Department of Transportation, Department of Health; Public Works Division (Department of Accounting & General Services); County Departments of Planning and Public Works)</p>	<p>All counties implementing complete streets plans and policies</p> <p>Development and implementation of a tracking system of complete streets performance measures</p>

SECTOR: Community Design and Access

Physical Activity



Status

Objective 3

Implement state & county-level “complete streets” policies as evidenced by:

- Revising necessary zoning codes
- Updating roadway/design standards
- The development of implementation plans
- The development, adoption and tracking of performance measures



Leadership Feedback:

- *Too broad; most agencies are already making headway on these Complete Streets (CS) policies*
- *Focus on # of projects implemented as a result of CS policies; evaluate progress made in implementing CS policies*
- *Create checklist of baseline measures via survey of best practices, specific zoning codes*

SECTOR: Community Design and Access

Physical Activity



Status

Objective 5

Increase by 10% the percentage of people who use active transportation to commute to work or school by expanding opportunities for active transportation (e.g., bike share programs, public transit, transit-oriented development, Safe Routes to School, Work, and Recreation).



2013-2020 PAN PLAN INDICATORS

EVALUATION MEASURE	BASELINE	TARGET OUTCOME
% of residents who commute to work by means of transportation (public transportation, car / truck / van, walked, bicycle, cab / motorcycle / other, worked at home)	<p>Means of Transportation to Work (2011): <u>Car, Van, or Truck</u>: 81.3%; <u>Public transportation</u>: 5.9%; <u>Walked</u>: 4.9%; <u>Other</u>: 3.3%; <u>Worked at home</u>: 4.6% (data source: American Community Survey, Table DP03)</p> <p><u>Means of Transportation to School</u>: Baseline data will be collected in 2013 YRBS</p>	<p>10% increase of people who use active transportation to work: 11.9%</p> <p>Means of Transportation to School, TBD</p>

What are we missing?

ActiveWV 2015
West Virginia Physical Activity Plan

MoCAN
Missouri Council for Activity & Nutrition
Strategic Plan 2016-2020

South Carolina Obesity Action Plan 2014 - 2019

scaledown.org

This collage features three distinct action plans. The top left shows 'ActiveWV 2015' with photos of people exercising. The top right is the 'MoCAN Strategic Plan 2016-2020' with a logo of the state of Missouri and a heart rate line. The bottom left is the 'South Carolina Obesity Action Plan 2014 - 2019' with a hexagonal pattern. The bottom right shows a colorful illustration of people playing soccer, riding a bicycle, and walking in a park.

Kentucky's Vision for Access to Physical Activity
All Kentucky communities will accommodate all modes of transportation and provide access to safe, attractive and convenient opportunities for physical activity, whenever and wherever possible.

Kentucky's Vision for Early Care and Education
All children in Kentucky will have access to high quality healthy foods and beverages, screen time limits, physical activity opportunities and breastfeeding support in early care and education settings.

Kentucky's Vision for Access to Healthy Foods
All Kentuckians at all times will have access to safe, affordable, culturally acceptable and nutritious food that meets their dietary needs for an active and healthy life.
Farmers' markets are one way to improve access to healthy foods in communities in underserved areas and supporting the acceptance of federal food assistance benefits in existing markets.

Kentucky's Vision for Worksite Wellness
All public and private organizations will provide access to healthy foods and physical activity opportunities to employees and their families through comprehensive worksite wellness programs.

This collage contains four vision statements for Kentucky. Each statement is accompanied by a silhouette illustration: a cityscape for physical activity, a family for early care and education, a park for healthy foods, and a workplace for worksite wellness.

SECTOR: Community Design and Access

Physical Activity



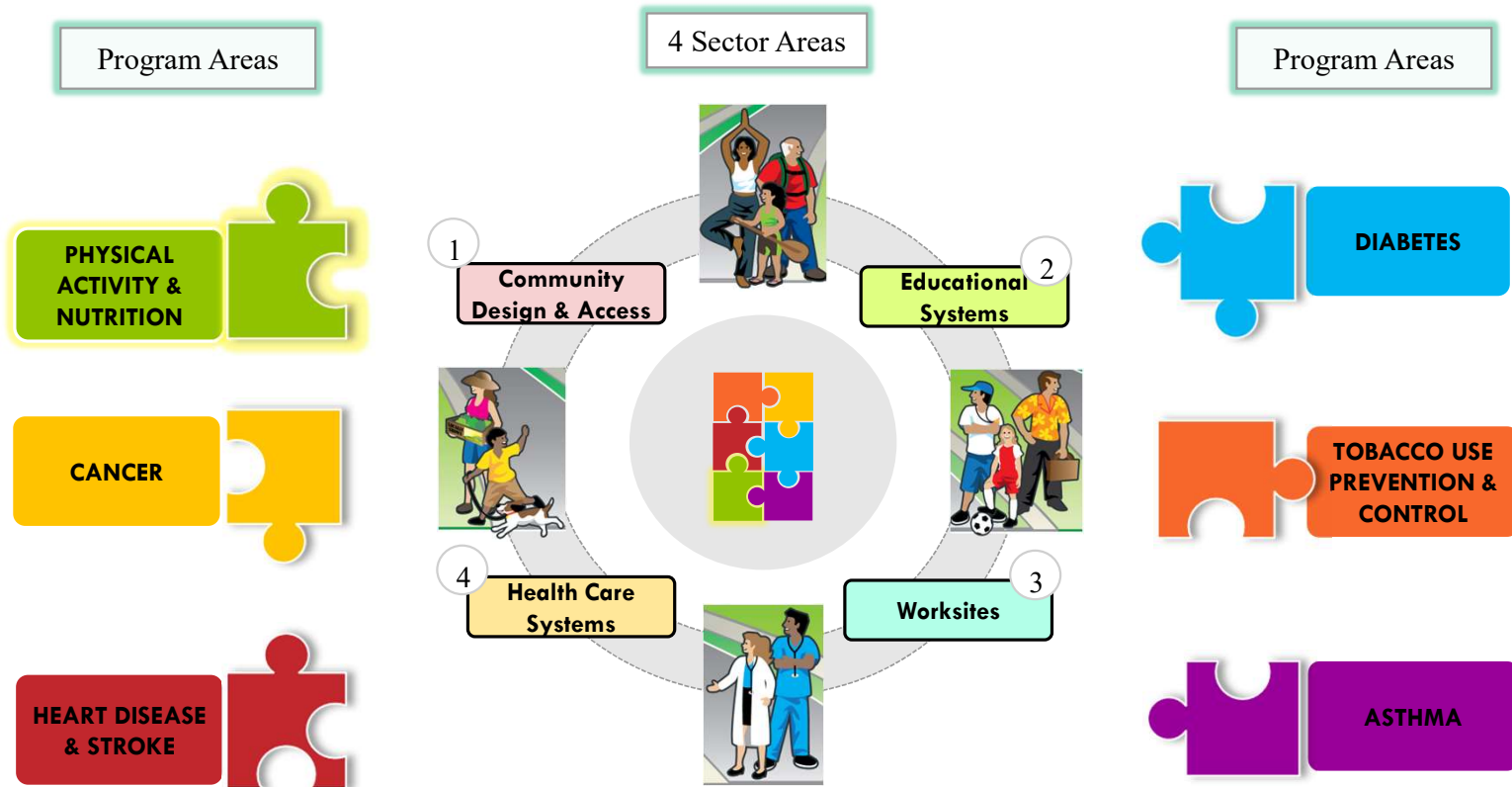
Suggestions for new objectives

- *Vision Zero policy implementation*
- *Access to parks/green space (e.g., trails, Safe Routes to Parks)*
- *Health disparities and community design*
 - *Prioritize communities of need*
 - *# of built environment projects initiated / # of projects completed in low-income areas*
 - *SNAP-eligible population*



OBJECTIVE DEVELOPMENT PROCESS

We would like your help in working with stakeholders in your area of expertise to develop **3-5 objectives for Physical Activity & Nutrition, for each of the 4 sector areas.**



These objectives will later be organized by Shared Goals that reflect a coordinated approach to Chronic Disease Prevention and Management.

September 2019

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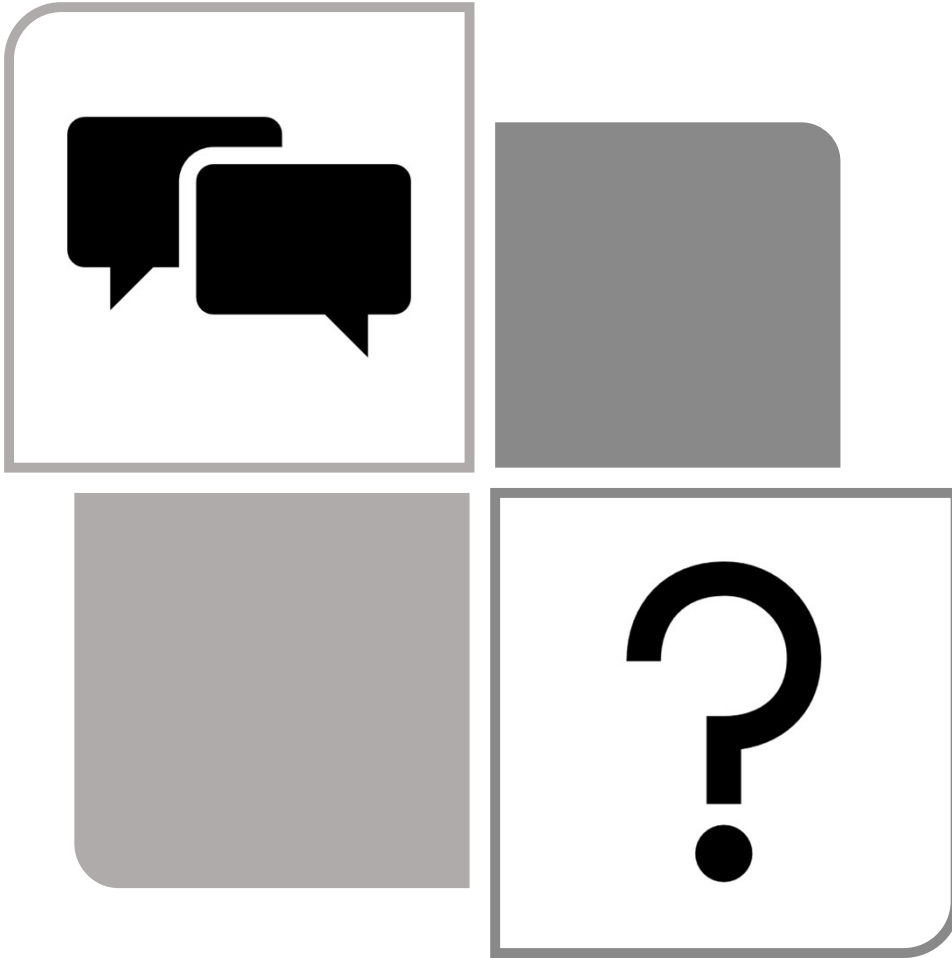
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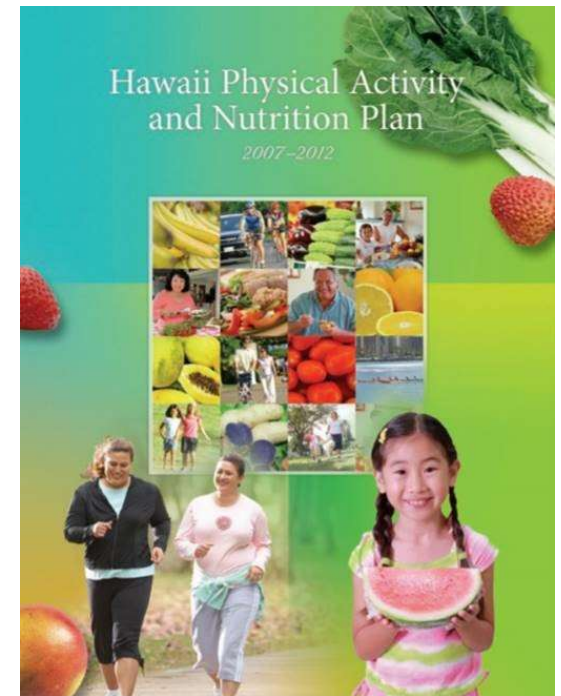
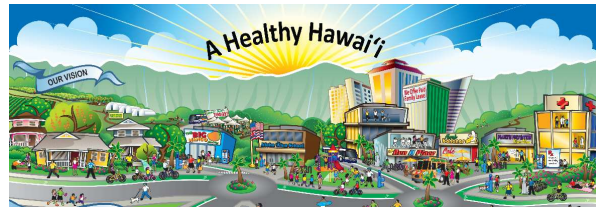
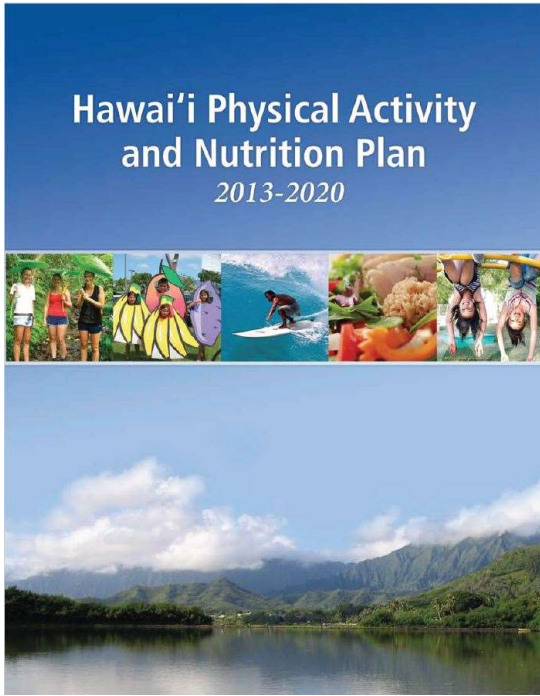
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Next Steps



Q&A

Please submit your questions
via the chat box



Thank you!

Please contact Jessica at Jessica.Fabrigas@doh.hawaii.gov if you have any questions or concerns.