



Government Relations

Testimony of Phyllis Dendle

To:
The Honolulu City Council
The Honorable Ernest Y. Martin, Chair

March 12, 2014

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Resolution 14-2 Urging the Mayor to participate in the “Let’s Move! Cities, Towns, & Counties” initiative to help combat childhood obesity and encourage healthy eating and living.

Chair Martin and councilmembers, Kaiser Permanente Hawaii would like to add our voice in support of this program to reduce childhood obesity and encourage health living and eating.

Preventing illness is the best way to assure a happy, healthy life. It is also the best way to reduce the cost of health care.

We eagerly teach families about the 5-2-1-0 program encouraging children to eat 5 fruits or vegetables each day, to get no more than 2 hours of “screen” time either in front of the computer or the television, to get at least one hour of physical activity each day and to drink no sugar sweetened beverages. It’s a simple plan to improve the health of our children.

The proposal for the city to participate in the Let’s Move program is also an excellent way to improve the health of the children of Honolulu.

As a co-sponsor of the program that produced the televisions series *The Weight of the Nation* we are aware of the devastating effects of childhood obesity. We encourage all efforts to improve the health of our keiki—our future.

Thank you for your consideration.

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Simple Steps for a Healthy Ohana



Healthy kids and healthy families make everything possible. Eating and physical activity patterns start in early childhood. 5-2-1-0 is our way of promoting healthy lifestyles for children and families. We realize healthy living can be challenging so we encourage everyone to start small, think big and take one step at a time.

EAT HEALTHY

5 FRUITS, ROOTS & VEGETABLES

Fruits, roots and vegetables, including root vegetables such as taro (poi) and sweet potato, are packed with nutrients. To get the amount recommended, most of us need to increase the amount of fruits, roots and veggies we currently eat.

WATCH LESS

2 HOURS OF SCREEN TIME

Two hours or less of computer, video and TV screen time every day. Increased screen time has been linked to lower reading scores, behavioral problems and unhealthy weight.

PLAY MORE

1 HOUR OF PHYSICAL ACTIVITY

Activity that makes your heart pump faster and your body breathe harder make you strong, helps you feel good and think clearly. Kids in active families are more likely to be active adults.

CUT DOWN

0 SUGARY DRINKS

Sugary drinks such as soda, sweetened tea, sports drinks, fruit punch and other fruit-flavored drinks have little health benefit. Sweetened beverages add empty calories, about 150 calories and 9 teaspoons of sugar per 12 oz. can of soda.

HEALTHY TIPS

- A Be a role model - Include at least one fruit, root or vegetable at every meal and snack
- B When possible, avoid frying - try steaming, baking, stir-frying
- C Try-A-Bite rule - Offer new fruits, roots and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.

HEALTHY TIPS

- A Encourage your whole family to decrease screen time to 2 hours or less each day
- B Keep the TV and computers in a central location and out of your child's bedroom
- C Enjoy your family - turn off the TV when eating and talk about the day

HEALTHY TIPS

- A Take gradual steps to increase your physical activity level
- B Do short amounts of activity several times a day until they add up to 60 or more minutes each day.
- C Physical activity should be fun - swimming, surfing, paddling, walking, running, dancing, gardening and yes, even vacuuming!

HEALTHY TIPS

- A Encourage your family to love water. Serve it. Choose it. If it's there, people will drink it. And remember water has zero calories.
- B Be wary of commercials. Juice products labeled "-ade," "drink" or "punch" often contain mostly corn syrup sweetener and less than 5% real juice.
- C For kids 2 years and older, encourage fat free or low fat milk rather than whole milk

For more information please contact us at www.hawaii5210.com

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