



DEPARTMENT OF HEALTH

**News Release**

**LINDA LINGLE**  
GOVERNOR

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CHIYOME LEINAALA FUKINO M.D.  
DIRECTOR  
Phone: (808) 586-4410  
Fax: (808) 586-4444

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**STATE DEPARTMENT OF HEALTH PUTS  
WORKSITE WELLNESS INTO ACTION**

HONOLULU — The Department of Health has partnered with the American Cancer Society (ACS) to roll-out Active for Life (AFL), a physical activity program, to its 3,000 employees. This is part of a broader, comprehensive DOH campaign to ultimately reach a larger population with health promotion strategies and an ACS goal to pilot AFL Online with public employers. In Hawaii, ACS is currently working with several of the larger private sector companies in the state to promote employee wellness, and the DOH campaign will be the first partnership of this kind with the public sector within the 13 ACS Divisions nationwide.

“Scientific research shows that employee health affects company productivity. Worksite health programs can improve productivity, recruitment and retention, and worksite morale. This is why we are promoting worksite wellness in our department, as well as other worksites in the state,” stated Health Director Chiyome Fukino, M.D.

Active for Life, a 10 week program, encourages people to be active 30 minutes a day, on five or more days a week. Increased activity in turn increases overall productivity, reduces stress, and increases feelings of well being. In addition, just 30 minutes of physical activity on most days greatly reduces your risk for numerous chronic diseases, such as diabetes, heart disease and cancer.

The DOH roll-out of Active for Life includes brown bag lunch sessions, demonstrations to promote nutrition, physical activity, and tobacco free lifestyles and health risk screening assessments (HMSA Health Pass and Kaiser Online). All activities are scheduled during employee’s breaks and lunch time.

(more)

For more information on how to offer Active for Life in your worksite, contact the American Cancer Society at 1.800.ACS.2345 or [www.cancer.org](http://www.cancer.org).

Other obligations during personal time (childcare, eldercare, & family) keep us from engaging in the 30 minutes of physical activity our bodies need. If you are able to accumulate 30 minutes of physical activity on five or more days of the week, you can still reap the health benefits. Therefore, the DOH encourages employees to find time in their normal work day to incorporate physical activity, such as “running” errands, going to the gym or going for a walk during lunch, taking the stairs instead of the elevator and taking physical activity breaks. These small steps can add up to big health benefits.

The DOH is sharing its worksite wellness strategies with other employers in a Worksite Wellness Tool Kit. The kit has been created for both public and private employers and explains how to plan, and successfully implement physical activity and nutrition interventions in the worksite. The kit is available at [www.healthyhawaii.com](http://www.healthyhawaii.com).

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For more information, contact:  
Alice Silbanuz, HHI Public and Professional Education Coordinator  
Hawaii State Department of Health  
Phone: 586-4434 or 722-5381  
Email: [alice.silbanuz@doh.hawaii.gov](mailto:alice.silbanuz@doh.hawaii.gov)