



DEPARTMENT OF HEALTH

**News Release**

**LINDA LINGLE**  
GOVERNOR

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**DEPARTMENT OF HEALTH RELEASES FIRST-OF-ITS-KIND DATA  
REPORT ON PHYSICAL ACTIVITY AND NUTRITION IN HAWAII**

***Results highlight impact of lack of physical activity and  
healthy eating practices across the state***

HONOLULU – An estimated \$140 million in inpatient hospital charges related to heart disease, stroke, and diabetes could have been prevented in Hawai'i in 2005 if more adults were regularly physically active, according to a new Hawai'i State Department of Health report. Lt. Governor James R. "Duke" Aiona, Jr., Director of Health Chiyome Fukino, M.D. and state health officials today released the *Hawai'i Physical Activity and Nutrition Surveillance Report 2008*, which represents the most recent and thorough compilation of data on physical activity, nutrition, and related health conditions in Hawai'i.

The report provides updated information that can be used by community programs and coalitions that focus on physical activity and nutrition to target their efforts to where they are most needed. The report will also help educate the public about physical activity and nutrition health disparities that exist within our communities.

"From 1990 to 2006, Hawai'i's adult obesity rate has more than doubled from 9.1% to 20.6%. This equates to approximately 196,300 obese adults," said Director of Health Chiyome Fukino, M.D. "In 2005, more than 75 percent of middle school and high school students in Hawai'i did not consume enough fruits and vegetables. Eating one more fruit and one more vegetable a day and 30 minutes of moderately intense physical activity a day can help lower rates of obesity, heart disease, stroke and some cancers."

“The data in this report confirms that we have a compelling need to improve physical activity and nutrition in Hawai‘i, said Lt. Governor Aiona. “We are taking a comprehensive approach to create a healthier environment for our residents. By making simple, fundamental changes to our environment, such as developing healthier school lunches, worksite wellness programs and walkable neighborhoods, we can increase the opportunities people have to eat healthier and be more physically active.”

This technical report serves as a companion document to the *Hawai‘i Physical Activity and Nutrition Plan 2007 – 2012*, which was released in August 2007 as a guide for leaders in government, non-profit organizations, private industry, and physical activity and nutrition coalitions to work together to create policy and foster sustainable changes to increase opportunities for healthy living. The surveillance report takes an in-depth look at the physical activity and nutrition data currently available in Hawai‘i on various levels (e.g., county, sub-county, demographics, etc.). This report also shares new data on hospital-related costs attributable to physical inactivity and the potential cost savings of a physically active population.

“The data shows us that in order to prevent chronic disease, it is important for all people to engage in daily physical activity and healthy eating – not just those who are overweight and obese,” said DOH Epidemiologist Robert Hirokawa. “While it is important for people to choose to eat healthy and engage in regular physical activity, it is equally important for people to have easy access to affordable healthy food options and neighborhoods that provide built-in opportunities to engage in physical activity through sidewalks and bike lanes.”

The *Hawai‘i Physical Activity and Nutrition Surveillance Report 2008* is available online at [www.healthyhawaii.com](http://www.healthyhawaii.com).

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