



DEPARTMENT OF HEALTH

**News Release**

**LINDA LINGLE**  
GOVERNOR

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**DOH SPONSORS ACTIVE LIVING COMMUNITY WORKSHOPS  
ON KAUAI**

HONOLULU –The Hawai'i State Department of Health (DOH) Healthy Hawai'i Initiative (HHI) and the Kaua'i Nutrition and Physical Activity Coalition will be hosting Active Living Community Workshops on October 27 and 29 on Kaua'i. Active living communities are designed to provide opportunities for people to engage in routine daily physical activity and healthy eating. Active living is promoted by having bicycle- and pedestrian-friendly designs, mixed-use developments, recreational facilities, and schools located in walkable neighborhoods. According to a 2007 survey, one out of every five adults in Kaua'i is obese. Adopting an active lifestyle is one way for residents to reduce obesity and minimize the health risks associated with being overweight.

"Community design has a significant influence on healthy behaviors," said Director of Health Chiyome Fukino, M.D. "The design of our communities hold tremendous potential for addressing many of Hawai'i's public health concerns, including obesity, cardiovascular disease, diabetes, asthma, injury, and depression. There is growing evidence that people are more physically active and likely to meet recommended activity levels in 'activity-friendly' environments."

With the recent passage of Act 54 (related to Complete Streets), the State of Hawai'i now has an opportunity to ensure that all modes of transportation are considered in street design and in retrofits. This means that bicyclists, pedestrians, transit users and drivers will all be accommodated in future road construction projects.

Mark Fenton, who will facilitate the workshops, is a nationally recognized expert in walkable, bicycle-friendly community policies and designs and their public health impacts. In 2007, Fenton worked with communities on the Big Island to include the concepts of complete streets and appropriate zoning to

support connected communities, safe pedestrian- and bike-friendly paths and multiple modes of transportation in the Hawai'i County Community Development Plans. In June 2008, he conducted a series of Active Living Community Workshops in Maui County in partnership with the Maui Nutrition and Physical Activity Coalition.

"One of the most important determinants of physical activity is a persons' immediate environment," said Fenton. "Our goal in the workshops is to provide reasonable, low-cost, and high-impact ideas for implementing change in communities. Educating citizens, professionals, and advocates about the need for local environments that support active living is essential."

The workshops are a part of the continuing effort of the DOH to engage the community in increasing opportunities for healthy living. The public is encouraged to attend the free workshops:

- Tuesday, October 27, 2009 - Safe Routes to School Workshop – Kapa'a Elementary School, 6:30 p.m. – 8:30 p.m.
- Thursday, October 29, 2009 – Kaua'i Living Pathways Conference - Hilton Kaua'i Beach Resort, 7:30 a.m. – 2:15 p.m.

For more information call (808) 586-4495.

The Active Living Community Workshops are part of the Healthy Hawai'i Initiative's social-ecological approach that reduces the burden of chronic disease in Hawai'i by encouraging physical activity, healthy eating and living tobacco free on multiple levels, e.g. individual, built environment, organizational and policy level. For more information on HHI visit [www.healthyhawaii.com](http://www.healthyhawaii.com).

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