



# Hawai'i KIDS COUNT E-Bulletin

Happy Holidays from Hawai'i KIDS COUNT!



## December 2017 Issue

Center on the Family | University of Hawai'i at Mānoa-CTAHR

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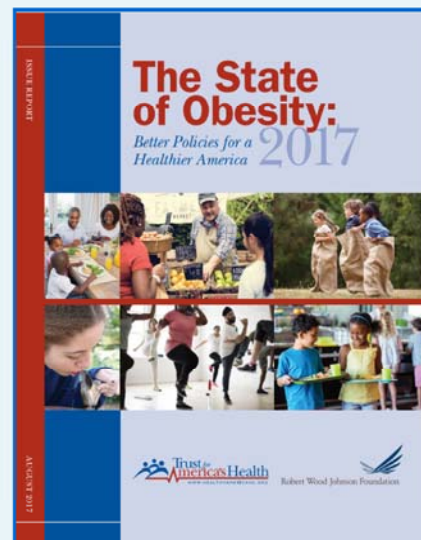
### STATE OF OBESITY: BETTER POLICIES FOR A HEALTHIER AMERICA

The 2017 *State of Obesity* report was recently released by Trust for America's Health and the Robert Wood Johnson Foundation. The annual report addresses the national obesity crisis, highlights areas of progress, and recommends ways to combat the problem.

Obesity is one of the biggest health concerns. Rates of obesity have doubled among adults and more than tripled among children since the 1980s. Obesity is linked to shorter lives and health issues such as high blood pressure, heart disease, diabetes, stroke, arthritis, and liver disease. In the United States, one in six children (ages 2 to 19) and more than one in three adults are obese. While rates vary from state to state, childhood obesity is the highest in Mississippi (21.7 percent) and lowest in Oregon (9.9 percent).

According to the report, as a nation, we pay more than \$150 billion in healthcare costs each year. Childhood obesity is also correlated with poor educational performance and increased risks for bullying and depression. A healthy lifestyle, including a nutritious diet and active playtime, promotes healthy child development and academic success.

Hawai'i specific data presented in the report include the following:



- 25.5% of children between 10 and 17 are obese or overweight.
- 13.9% of young adults ages 18 – 24 are obese .
- Hawai'i is one of seven states that follows the USDA's Smart Snacks nutrition standards (which requires all food sold at schools to meet federal nutrition standards) beyond school hours. (i.e., at program events and school celebrations that take place after school).
- Hawai'i is one of eight states that implements the Blue Zones Project, a community initiative that engages community leaders and citizens in implementing policies that promote healthy habits, offer better food options in schools and grocery stores, and offer healthier options in the workplace.

The report suggests some key strategies to counter the obesity crisis, including:

- Supporting parents, families and caregivers in obtaining a healthier lifestyle;
- Ensuring healthy food and drink options are available for kids in schools and child-care settings;
- Increasing opportunities to be active and involved in high-quality physical activity programs in schools;
- Providing healthcare coverage for obesity counseling and services; and
- Encouraging smart community development and design to promote active living;

To read the full report, please visit: <http://healthyamericans.org/assets/files/TFAH-2017-ObesityReport-FINAL.pdf>.

## A NATIONAL AND ACROSS-STATE PROFILE ON ADVERSE CHILDHOOD EXPERIENCES AMONG U.S. CHILDREN AND POSSIBILITIES TO HEAL AND THRIVE

The Child and Adolescent Health Measurement Initiative (CAHMI) and its partners just released *A National and Across-State Profile on Adverse Childhood Experiences among U.S. Children and Possibilities to Heal and Thrive*. The research brief presents the data from the 2016 National Survey of Children's Health to report the prevalence of Adverse Childhood Experiences (ACEs) among children in the U.S. ACEs include a range of experiences that can lead to trauma and toxic stress, which can impact children's brain development and physical, social, mental, emotional, and behavioral health and well-being. In 2016, nearly half of all U.S. children (ages 0 – 17), or 34 million children, experienced at least one of the following nine ACEs: (1) financial hardship, (2) parental divorce/separation, (3) death of a parent/guardian, (4) parental incarceration, (5) domestic violence, (6) neighborhood violence, (7) mental illness of family/household member, (8) substance abuse of family/household member, and (9) discrimination. More than 20% of children experienced two or more ACEs. Evidence suggests that the experience of multiple ACEs can have far-reaching, life-long consequences.



In Hawai'i:

- 43.2% of children between the ages of 0 and 17 have experienced at least one ACE, compared to 46.3% nationwide.
- 37.1% of young children (ages 0 – 5) have had at least one ACE, compared to 35.0% in the U.S.
- About a fifth (21.4%) of children (ages 0 – 17) experienced two or more ACEs, comparable to the national rate (21.7%).
- Among the children with one or more ACEs, 17.2% had a chronic health condition, and 9.1% had emotional, developmental and/or behavioral conditions. Hawai'i's rates are lower than national averages (26.4% and 12.8%, respectively).

To combat the negative effects of ACEs, the brief suggests that children and families can be taught skills that build resilience and promote positive family communication, routines, and habits.

To access the brief, please visit: [http://www.cahmi.org/wp-content/uploads/2017/10/aces\\_brief\\_final.pdf?mc\\_cid=ae5e90eda9&mc\\_eid=26d6078f83](http://www.cahmi.org/wp-content/uploads/2017/10/aces_brief_final.pdf?mc_cid=ae5e90eda9&mc_eid=26d6078f83).

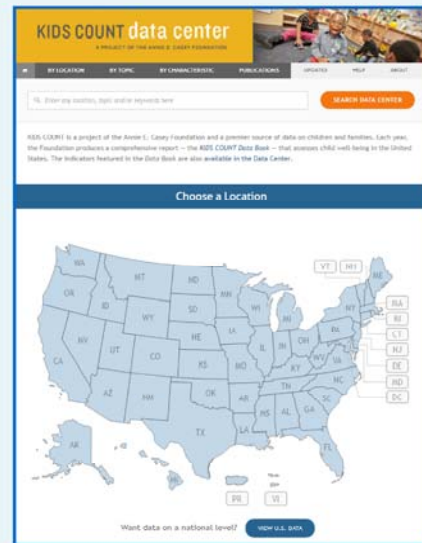
## SUPPORT POLICIES THAT SUPPORT HAWAII'S CHILDREN AND FAMILIES

According to the 2017 KIDS COUNT Data Book (released in June), Hawaii ranked 17<sup>th</sup> in the nation on overall child well-being and economic conditions may finally be improving for Hawaii's children. Hawaii is now ranked 23<sup>rd</sup> in child economic well-being, an improvement from 32<sup>nd</sup> last year. There has been a steady decrease in the number of children living in families where parents lack secure employment. As parental employment improves, other indicators of economic well-being seem to improve as well. However, Hawaii still has among the worst housing cost burden rates in the nation, ranking 46<sup>th</sup> for this indicator. When families spend a large proportion of their income on housing they have fewer resources to meet other basic needs.

Despite some progress on individual indicators, Hawaii continued to lag in the education domain, ranking 36<sup>th</sup> in 2017. Hawaii's children are still below national proficiency rates and many of our young children are not enrolled in preschool programs.

The 2017 Data Book outlines policy recommendations that are consistent with efforts gaining momentum in Hawaii to promote family economic security and increase opportunities. Expanding affordable housing, increasing the state's minimum wage, and implementing a family and medical leave insurance program are all examples of policies that promote family economic security. Policies that expand access to quality early childhood care and education increase opportunity by promoting school readiness and positive life-long outcomes.

With the 2018 Legislative Session just around the corner, we invite you to get engaged and support policies that improve conditions for Hawaii's children and families. Reach out to organizations doing advocacy work in these areas, such as the [Hawaii Children's Action Network](#) or the [Hawaii Appleseed Center for Law and Economic Justice](#), to find out how you can support these important policies. Visit the [Hawaii State Legislature](#) website to learn how you can track bills and submit testimony. And visit the [Hawaii KIDS COUNT](#) pages and the Hawaii pages of the [KIDS COUNT Data Center](#) to learn more about policies that support child and family well-being and for data to support your advocacy work .



## THE CENTER ON THE FAMILY : BROWN BAG SERIES SPRING 2018, UNIVERSITY OF HAWAII AT MANOA

The University of Hawaii Center on the Family is offering a seminar series focused on fostering the health and well-being of families. Please bring your lunch and join us on Fridays from 12:00 – 1:00 P.M. at:

The University of Hawaii at Manoa  
Miller Hall, Room 2  
2515 Campus Road  
Honolulu, HI 96822

Topics and speakers for the seminar series include:

**"Hawaii's early learning programs for children birth through 5: Creating the system our children and families deserve"** by Barbara DeBaryshe, Ph.D.  
*January 26, 2018*

**"Good to be home: A pilot study examining changes in health care utilization among chronically homeless adults in a Housing First program"** by Sarah Yuan, Ph.D., Javzandulam Azuma, Ph.D., and Ji-Yeon Kim, Ph.D.

**The Center on the Family**  
**BROWN BAG SERIES**  
Spring 2018, Fridays 12:00 - 1:00 p.m.  
Miller Hall Room 2

This seminar series brings together scholars, policy-makers, and members of the public who are interested in fostering the health and well-being of families. Please bring your lunch and join us.

	<b>Barbara DeBaryshe</b> , Ph.D., Center on the Family "Hawaii's early learning programs for children birth through 5: Creating the system our children and families deserve" January 26, 2018
	<b>Sarah Yuan</b> , Ph.D., <b>Javzandulam Azuma</b> , Ph.D., and <b>Ji-Yeon Kim</b> , Ph.D., Center on the Family "Good to be home: A pilot study examining changes in health care utilization among chronically homeless adults in a Housing First program" February 23, 2018
	<b>Hui Jen</b> , Ph.D., Center on the Family "Prepared for a rainy day? A refined measure for emergency saving adequacy of households" March 30, 2018
	<b>Marianne Berry</b> , Ph.D., Center on the Family "Innovative strategies to improve foster care outcomes in Hawaii" April 20, 2018

February 23, 2018

**"Prepared for a rainy day? A refined measure for emergency saving adequacy of households"** by Hua Zan, Ph.D.

March 23, 2018

**"Innovative strategies to improve foster care outcomes in Hawai'i"** by Marianne Berry, Ph.D.

April 20, 2018

Please contact Dr. Hua Zan at [hzan@hawaii.edu](mailto:hzan@hawaii.edu) or Dr. Jenjira Yahirun at [jyahirun@hawaii.edu](mailto:jyahirun@hawaii.edu) with any questions.

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**ARCHIVE OF E-BULLETINS:**

PDF versions of our monthly e-bulletins are available at: <http://uhfamily.hawaii.edu/projects/kidscount/ebulletin.aspx>

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CENTER ON THE FAMILY

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