



Hawai'i KIDS COUNT

E-Bulletin

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THE STATE OF OBESITY: 2016

Obesity remains one of the biggest threats to the health of our children according to *The State of Obesity: Better Policies for a Healthier America*, a report from the Trust for America's Health and the Robert Wood Johnson Foundation. Obesity puts children at higher risk for a range of chronic diseases such as diabetes, asthma and heart disease later in life. Nationally, childhood obesity rates have remained fairly stable over the past decade, however, rates are increasing among 12 to 19 year olds.

Children who are overweight or obese are more likely to be obese as adults. The report recommends policies and programs that aim to prevent and address childhood obesity. These include: issuing performance standards for schools to only serve meals and snacks that meet the USDA's requirements; promoting physical activity; increasing funding to support state initiatives towards improving nutrition; improving the public health system; and providing day care centers with resources necessary for meeting nutrition standards.

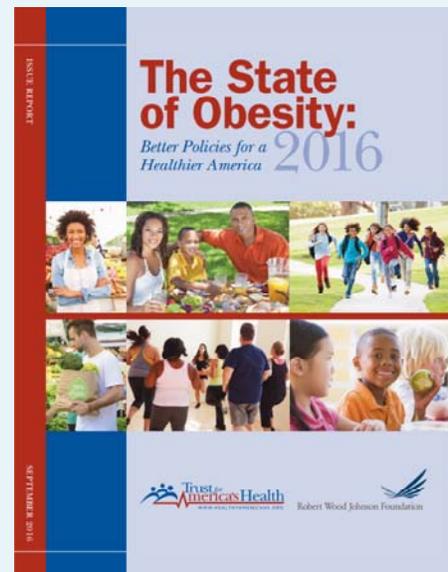
While some progress is being made in Hawai'i and across the nation, there is still much to be done. It is essential to continue working towards improving nutrition and encouraging physical activity in early childhood.

According to the report:

- In 2014, Hawai'i was one of seven states that followed nutrition standards that aligned with the USDA's [Smart Snack in Schools](#) nutrition standards for after-school events and school celebrations.
- Along with 19 other states, Hawai'i follows a zero-exemption school nutrition policy, meaning that all food sold during the school day must meet the USDA's *Smart Snacks* nutrition standards.
- Many states have enacted laws requiring schools to provide time for physical activity. Hawai'i is one of those states, but requires a minimum set of time at the elementary school level only.

The 2016 *State of Obesity: Better Policies for a Healthier America* report can be downloaded from: <http://healthyamericans.org/assets/files/TFAH-2016-ObesityReport-Fnl.pdf>.

Additional information on the *State of Obesity* can be found at: <http://stateofobesity.org/childhood/>.



EARLY CARE AND EDUCATION STATE INDICATOR REPORT: 2016

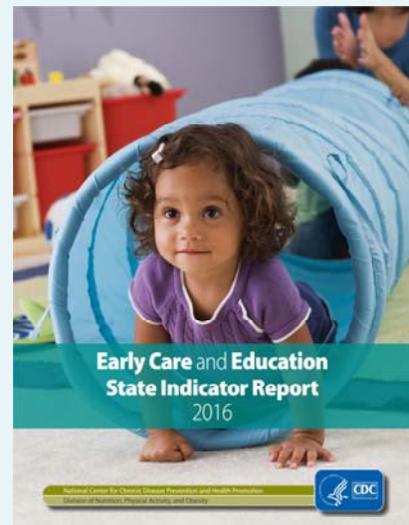
The Centers for Disease Control and Prevention (CDC) recently released its first-ever *Early Care and Education State Indicator Report*. The report provides information about state policy and system supports aimed at addressing childhood obesity in early care and education (ECE) settings. Nearly one in four young children are obese or overweight. With 41% of U.S. children in non-parental care arrangements during the work week, these ECE settings are key in the battle to prevent and address childhood obesity for children under age five.

The report provides information on a framework, the *Spectrum of Opportunities for Obesity Prevention in the Early Care and Education Setting*, developed by the CDC and aimed at supporting states and their communities with ECE obesity prevention. Following the *Spectrum of Opportunities* framework, the report presents data on how states are doing in the following categories:

- Licensing & Administrative Regulations
- Child & Adult Care Food Program (CACFP)
- Professional Development
- Facility-Level Interventions
- Access to Healthy Environments
- Emerging Opportunities

The report can be used by ECE stakeholders and health department staff to guide ECE obesity prevention efforts, system supports and policy development.

To review Early Care and Education Policy and System Indicators for Hawai'i, go to: <https://www.cdc.gov/obesity/downloads/early-care-education-report.pdf>.



WHY HAWAI'I NEEDS PAID FAMILY LEAVE

Nearly all employees need time away from work at some point to care for a new child or to deal with a serious personal or family illness. However, workers in Hawai'i do not have any legal right to paid family leave. Current policies, such as the federal Family Medical Leave Act and Hawai'i's Family Leave Law, only provide job protection during *unpaid* leave for eligible employees. In a state with one of the highest costs of living in the nation, taking unpaid leave presents a significant hardship for too many families. Without job-protected paid leave that allows employees to take time away from work, workers face the impossible choice between their family's wellbeing and their job.

Our partners at the Hawai'i Children's Action Network just released *Why Hawai'i Needs Paid Family Leave*, which provides data and basic facts on how paid leave supports family wellbeing and the economy. In the months ahead, a partnership of the Hawai'i KIDS COUNT project, the Hawai'i Children's Action Network, and the Hawai'i State Commission on the Status of Women will provide data, issue briefs, fact sheets, advocacy tools and other resources aimed at raising awareness of this important policy. To learn more and get involved in



supporting family leave policy, visit our respective websites at the links below.

Hawai'i KIDS COUNT: <http://uhfamily.hawaii.edu/projects/kidscount/home.aspx>.

Hawai'i Children's Action Network: http://www.hawaiican.org/paid_family_leave.

Hawai'i State Commission on the Status of Women <http://humanservices.hawaii.gov/hscsw/>.

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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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