



Hawai'i KIDS COUNT E-Bulletin

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IN THIS ISSUE

Alcohol and Drug Treatment Services: Hawai'i 5-Year Trends (2010-2014)

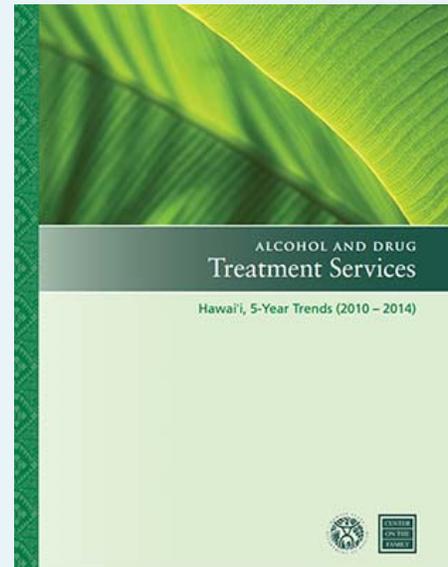
The State of Obesity 2015

Adequate and Affordable Housing Matters for Families in Hawai'i

ALCOHOL AND DRUG TREATMENT SERVICES: HAWAII 5-YEAR TRENDS (2010-2014)

The *Alcohol and Drug Treatment Services* report provides data on alcohol and drug treatment services delivered by agencies funded by the Alcohol and Drug Abuse Division (ADAD) of the Hawai'i Department of Health during state fiscal years 2010 to 2014. Comparisons across a five year period are provided in this report to highlight trends in treatment services, clients, and outcomes. The report was developed by the University of Hawai'i's Center on the Family in collaboration with ADAD. The report aims to increase knowledge and understanding of substance abuse treatment in Hawai'i, which is an important step in improving services for those who require assistance in overcoming an addiction. Data highlights pertaining to adolescents (17 years and younger) who received state-funded services during the reporting period include:

- Of the 3,929 clients who received services in 2014, 53% were adolescents.
- In all reporting years (2010-2014), marijuana was the primary substance for the majority of adolescents (60% - 62%), followed by alcohol (28% - 32%).
- All adolescents (100%) were admitted to the outpatient (96%) or intensive outpatient treatment (4%) programs.
- In 2014, adolescents were more likely to complete treatment with some drug use (28%), compared to 9% of adults and less likely to complete treatment with no drug use (37%), compared to 49% of adults.



The report can be downloaded from the Center on the Family website:

http://uhfamily.hawaii.edu/publications/brochures/094f2_COF_ADAD_Treatment_5yr_Report_2015.pdf

THE STATE OF OBESITY 2015

According to the annual report *The State of Obesity: Better Policies for a Healthier America*, obesity remains one of the biggest threats to the health of our children and our country. Nearly a third (31.8%) of children in the U.S. are overweight or obese. Mississippi has the highest rate of obesity among 10- to 17-year-olds (22%) while Oregon has the lowest (10%). While the report points to encouraging signs of progress, it also addresses persistent inequities as obesity rates are higher among children of color and those living in poverty.

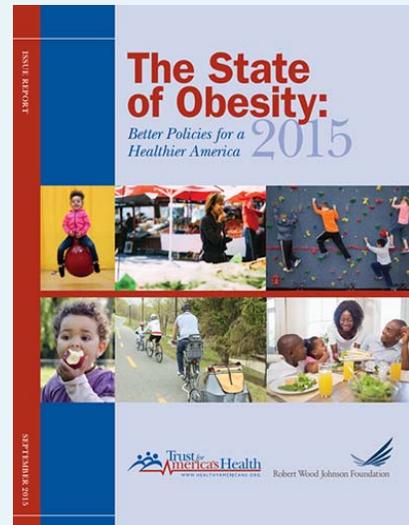
Children who are overweight or obese are more likely to be obese as adults. Being overweight or obese can put children at greater risk for long-term health problems, including heart disease, hypertension, diabetes, stroke, cancer, asthma, and osteoarthritis. Because growing up at a healthy weight sets the foundation for lifelong health, prevention among children is essential. The report outlines programs and efforts that can help prevent and address childhood obesity, including: increasing physical activity before, during, and after school; increasing access to safe places where children can be active; expanding healthcare coverage to include obesity prevention and treatment; making healthy food affordable and increasing healthy food options via public-private partnerships. Hawai'i-specific highlights include:

- Hawai'i is one of the 40 states that have enacted farm-to-school programs that have shown results in improving students' nutritional intake.
- Hawai'i is one of 17 states to require physical activity in schools by law.
- Over one-fifth (22%) of high school students were physically active for 60 minutes on all seven days before the survey.

The 2015 *The State of Obesity: Better Policies for a Healthier America* from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF) can be found here:

<http://stateofobesity.org/files/stateofobesity2015.pdf>.

*For children, overweight is defined as a BMI at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex; childhood obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex; and severe childhood obesity is defined as a BMI greater than 120 percent of 95th percentile for children of the same age and sex.



ADEQUATE AND AFFORDABLE HOUSING MATTERS FOR FAMILIES IN HAWAI'I

Housing and neighborhoods shape numerous aspects of children's health and development. The affordability of housing, along with the actual condition of homes and neighborhoods can directly affect the well-being of children and their families. High housing costs not only limit where low-income families can afford live, but also creates a financial burden and interferes with a family's ability to meet other basic needs, such as nutritious food, quality child care and health care. Children growing up in poor housing conditions and impoverished neighborhoods are often exposed to environmental hazards that put them at greater risk for chronic and infectious diseases, and at a significant developmental disadvantage compared to children who have better housing and neighborhood conditions to live and play in.



Hawai'i not only had the highest monthly median housing costs in the nation in 2014 at \$1,489 compared to \$987 for the U.S., but according to the Robert Wood Johnson Foundation's County Health Rankings, in 2014, Hawai'i was double (28%) the U.S. average (14%) in the percentage of households with severe housing problems (overcrowding, high housing costs, or lack of kitchen or plumbing facilities in 2015). An early childhood indicator report released earlier this year by the Center on the Family shows that Hawai'i had a much higher percentage of young children (ages 0-5 years) living in over-crowded households (33.8%) than the nation, more than double that of the U.S. (of 16.8%). Hawai'i also has a higher share of households with young children with a housing cost burden (55.9%) compared to the U.S. (47.1 %), based on American Community Survey 3-year estimates. Families who pay more than 30% of their income on housing are considered cost-burdened. The proportion of young children whose families have a high housing cost burden is 56.5% for the City and County of Honolulu, 55.9% for Maui and Kaua'i Counties combined, and 52.4% for Hawai'i County.

Affordable housing, with healthy home and neighborhood conditions, for Hawai'i's families should increasingly be a goal in our state. For resources on policy initiatives to help struggling families, see the Hawai'i Appleseed Center for Law and Economic Justice website: <http://hiappleseed.org/housing>.

For more information about the U.S. Census and Hawai'i KIDS COUNT data, contact Ann Pobutsky, PhD, Hawai'i KIDS COUNT Data Analyst at pobutsky@hawaii.edu.

ⁱ Housing and Health, Issue brief #7. Robert Wood Johnson Foundation. Available from: http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2011/rwjf70451.

ⁱⁱ U.S. Census Bureau, 2014 American Community Survey 1-Year Estimates, Table B25105: Median Monthly Housing Costs. Available from American factfinder online: <http://factfinder.census.gov/faces/nav/jsf/pages/index.xhtml>.

ⁱⁱⁱ Robert Wood Johnson Foundation. 2015 County Health rankings. Available from: http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2015_HI_0.pdf.

^{iv}He, S.J., Stern, I.R., & DeBaryshe, B. (2015). Early Childhood Indicator Report: State of Hawai'i. Honolulu, HI: University of Hawai'i, Center on the Family.

^vRuggles, S., J. T. Alexander, K. Genadek, R. Goeken, M. B. Schroeder, and M. Sobek. 2014. Integrated Public Use Microdata Series: Version. American Community Survey [2001-2013 Combined Data set with 2011-2013 Sample (Online analysis)]. Minneapolis: University of Minnesota. Available from: <https://usa.ipums.org/usa/>

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