



Hawai'i KIDS COUNT

E-Bulletin

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

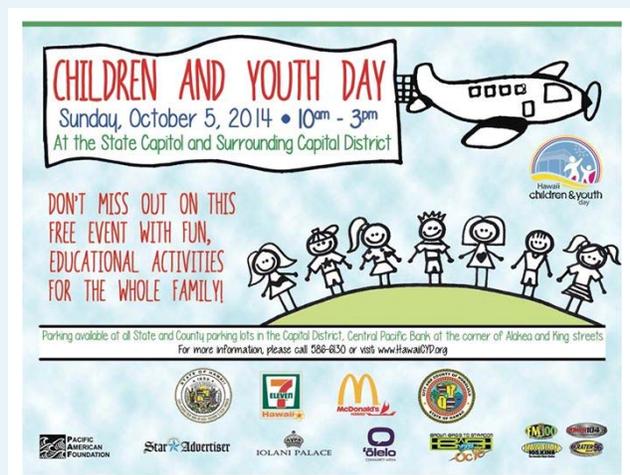
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OCTOBER IS HAWAI'I'S CHILDREN AND YOUTH MONTH

October marks the annual Children and Youth Month, aimed at raising awareness and promoting the well-being of Hawai'i's children and youth. The month kicks off with Children and Youth Day on **Sunday, October 5**. The entire family is invited to participate in this fun-filled, free event, which includes interactive exhibits, games, educational workshops, and demonstrations to be held on the grounds of the State Capitol and surrounding Capitol District from 10:00am-3:00pm.

The 21st annual Children and Youth Summit will be held on **Friday, October 10**, at the State Capitol. Students, advocates, professionals, parents, policymakers, and all others interested in improving the condition of Hawai'i's children and youth are invited to attend. The summit is geared toward defining issues and developing priority actions important to the state's children and youth. Participants will be treated to a rich and diverse panel discussion addressing the economy, education, health and human services, civil rights, and sustainability. Discussions are aimed at identifying key issues that may be addressed during the upcoming 2015 Legislative session. For more information or to register, call (808)586-6130.



ADVERSE CHILDHOOD EXPERIENCES: NATIONAL AND STATE-LEVEL PREVALENCE

A new study examines the effects of major, potentially traumatic events on child well-being. These events, known as adverse childhood experiences (ACEs), include living with or witnessing economic hardship, parental divorce/separation, death, incarceration, mental illness, substance abuse, and/or violence. Child Trends analyzed



parent-reported data from the 2011-2012 National Survey of Children's Health to determine the prevalence of potentially traumatic events in childhood. This study was the first of its kind to present nationally representative data as previous studies only examined specific subgroups or locations. In their July 2014 research brief, *Adverse Childhood Experiences: National and State-Level Prevalence*, Child Trends confirmed the assumption that adverse childhood experiences are related to negative behavioral and health outcomes, with a much higher association among children who experienced three or more ACEs.

The research brief highlights variation in the prevalence of ACEs by state. Hawai'i-specific data are listed below:

- Just under half of children (birth – 17 years) in Hawai'i and across the nation (44% and 46% respectively) have experienced at least one ACE. Nearly one in ten children in the state (9%) experienced three or more ACEs, similar to the national average (11%).
- Nationally, economic hardship and parental divorce/separation were the most commonly experienced ACEs. Similarly, in Hawai'i the most common ACEs were economic hardship and divorce (experienced by 21% and 17% of children respectively), followed by neighborhood violence (11%), alcohol abuse (11%), and domestic violence (8%).
- Compared to other states Hawai'i fell into the lowest quartile of prevalence of experiencing economic hardship, divorce/separation, mental illness, and incarceration.

The data indicate important implications for children's health outcomes and overall well-being. Findings suggest a need for intervention efforts that prevent such experiences in children and mitigate their consequences.

The full report can be accessed: http://www.childtrends.org/wp-content/uploads/2014/07/Brief-adverse-childhood-experiences_FINAL.pdf.

2014 BREASTFEEDING REPORT CARD

Breastfeeding has many proven health benefits for infants including providing complete nutrition, providing protection against infectious and chronic diseases, and promoting sensory and cognitive development. Exclusive breastfeeding is recommended until six months of age with continuation up to two years or more with complementary foods.* The 2014 *Breastfeeding Report Card*, released by the Centers for Disease Control and Prevention in July, provides information on breastfeeding rates and supports at the state and national level. While breastfeeding rates continue to rise in the U.S., breastfeeding did not seem to continue for as long as recommended, with 49% of infants born in 2011 breastfeeding at six months compared to only 27% at 12 months.

Hawai'i seems to be meeting all of the breastfeeding targets outlined in the Healthy People 2020 objectives, with rates surpassing U.S. averages. Professional lactation support in the state is above the national average; however, mother-to-mother support lags behind. Hawai'i-specific data include:

- Hawai'i had a higher share (89.5%) of babies born in 2011 who ever breastfed compared to the U.S. (79.2%).
- Well above half (61.5%) of infants in the state were breastfed at six months and more than one-third (36.5%) continued breastfeeding to twelve months. Nearly half (48.5%) of infants in Hawai'i were exclusively breastfed until three months of age while more than a quarter (26.4%) continued exclusive



Breastfeeding  **Report Card**
United States/2014

National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity 

breastfeeding to six months.

- The number of lactation support professionals across the state was higher than the national average with 4.58 International Board Certified Lactation Consultants per 1,000 live births and 6.26 Certified Lactation Counselors per 1,000 live births, compared to 3.48 and 3.84 nationwide respectively.
- The number of La Leche League Leaders is considered a measure of mother-to-mother support. This organization includes trained and accredited volunteer mothers who provide support to pregnant or breastfeeding mothers. The number of La Leche League Leaders per 1,000 live births in Hawai'i is 0.53 compared to 0.90 nationally.

The full report can be accessed online:

<http://www.cdc.gov/breastfeeding/pdf/2014breastfeedingreportcard.pdf>.

*Breastfeeding. World Health Organization. Retrieved September 5, 2014, from:

http://www.who.int/maternal_child_adolescent/topics/child/nutrition/breastfeeding/en/

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CENTER ON THE FAMILY

2515 Campus Road, Miller Hall 103, Honolulu, HI 96822

Phone: (808) 956-4132 | Fax: (808) 956-4147 | Email: cof@ctahr.hawaii.edu

Facebook Page URL: www.facebook.com/HawaiiKidsCount

