

# Ho'olaulima

Volume #1, Issue #2

Working Together With Many Hands

Summer 2003

## North Hawaii Healthy Community Forum 2003

The upcoming **2003 North Hawaii Healthy Community** forum will focus on sharing local success stories of business-community partnerships to improve quality of life and health in North Hawaii.

At the first Healthy Community Forum sponsored by Five Mountains Hawaii and the North Hawaii Outcomes Project in 2000 the strong link between community health and work was reflected in the priorities selected by the broad group of 50 participants who selected **increasing a qualified workforce** and **increasing educational attainment** as two of the six priorities for improvement (see sidebar).

The strong link between work and community quality of life is also reflected in the community vision for North Hawaii of *a great place to live and a great place to work & play and raise a strong family and a great place to heal*. This business-community collaboration makes good sense, since most adults spend the largest part of their day "at work," and because worksite policies and practices affecting employee health can have a major impact on individual, business and community health and productivity.

The 2002 forum, which was attended by nearly 200 community members, focused on the strategy of improving community quality of life & health through improving specific educational and economic indicators (3<sup>rd</sup> grade reading levels, % of graduating seniors going on to a 13<sup>th</sup> year and % residents making a "livable income").

This year's North Hawaii Healthy Community Forum on October 10, 2003, will focus on strengthening business community partnerships by sharing success stories in a morning

panel in several areas:

- Employer programs to build a qualified workforce and grow local management (both internal and partnering with local resources)
- Current worksite health promotion and risk reduction policies and programs
- Current business strategies to create a "great place to work"

In the afternoon, small interactive workshops will provide an opportunity for in-depth discussions with local businesses of:

- ✓ Workforce development
- ✓ Implementing a worksite wellness program
- ✓ Business investments in community solutions
- ✓ Organizing for community action
- ✓ Program evaluation
- ✓ Influencing public policy
- ✓ The basics of conflict resolution

The key underlying assumptions for the North Hawaii Healthy Community project is that community health improvement takes a community and collaboration is essential.

For more information, contact Makani Stevens at 887.1945 or Pat Linton at 887.1284.

### North Hawaii Community Selected Priorities

- Increase Educational Attainment
- Increase Qualified Workforce
- Increase Youth Activities
- Decrease Substance Abuse
- Decrease Child Abuse & Family Violence
- Decrease Teen Pregnancy

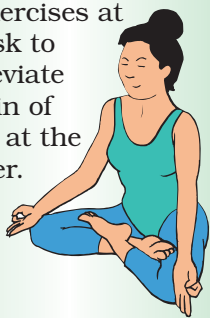
(See Page 3 for updates)

## Health Tip

We are always hearing how the pace is fast and time is very short in our technological world of life and communication.

Most office workers, students, families and professionals are spending more time sitting in front of electronic equipment and not having time for an active lifestyle.

One simple and quick way, to help alleviate the stress of this lifestyle is once a day yoga that can be done indoors and with ease at the workplace. Use these exercises at your desk to help alleviate the strain of working at the computer.



[www.mydailyyoga.com](http://www.mydailyyoga.com)

## Resources

### **Educational Attainment**

All Kinds of Minds ([www.allkindsofminds.org](http://www.allkindsofminds.org))  
National Service-Learning Partnerships ([www.servicelearningpartnership.org](http://www.servicelearningpartnership.org))  
American Youth Policy Forum ([www.aypf.org](http://www.aypf.org))  
Character Education Partnership ([www.character.org](http://www.character.org))  
What Kids Can Do ([www.whatkidscando.org](http://www.whatkidscando.org))  
Youth Service America ([www.ysa.org](http://www.ysa.org))

### **Qualified Workforce**

Big Island Workplace Connection - Your One Stop Shop. Hilo: 974.4126, Kona: 327.4770 and Honokaa: 775-8884  
Learn more about Hawaii's training and employment services ([www.doleta.gov](http://www.doleta.gov))  
Learn more about Hawaii's labor force market ([www.hiwi.org](http://www.hiwi.org))  
Alu Like, Inc. ([www.alulike.org](http://www.alulike.org))

### **Youth Activities**

North Hawaii Community Learning Center: 895.5878  
Tutu's House ([www.tutushouse.org](http://www.tutushouse.org))

### **Substance Abuse**

U.S. Department of Health and Human Services ([www.health.org](http://www.health.org))  
Five Mountains Hawaii recently received a \$100,000 philanthropic donation to support the North Hawaii Drug-Free Coalition. These funds will be used to hire support staff for the coalition network, to assist four local community response groups, and regional media campaign.

### **Child Abuse and Family Violence**

Child and Family Services: 1.808.585.2730  
Sexual Assault Crisis Line (24 hours): 935.9677

### **Teen Pregnancy**

North Hawaii Women and Children's Services: 885.9318 or [NHWCS@aol.com](mailto:NHWCS@aol.com)



*A family affair: Sign waving in Waimea*

## Calendar of Upcoming Events

### August

- 5: North Hawaii Education and Research Center Meeting, 12:00 p.m., Old Honokaa Hospital
- 5: Drug Policy Reform Policies & Trends for 2004 Legislature (FREE), 9:00 a.m. - 2:00 p.m., Waikoloa Beach Marriott & Outrigger Resort
- 11-17: *Schools Attuned* Teacher Training at Hawaii Preparatory Academy
- 25: Hawaii Island Meth Summit II, Waikoloa Beach Marriott & Outrigger Resort
- 26: Talk Story with Governor Lingle & Lt. Governor Aiona, 5:30 - 8:00 p.m. at Kealakehe High School

### September

- 16: Talk Story with Governor Lingle & Lt. Governor Aiona, 5:30 - 8:00 p.m. at Konawaena High School

### October

- 10: 4<sup>th</sup> Annual North Hawaii Healthy Community Forum, 9:00 a.m. - 3:30 p.m. Hapuna Beach Prince Hotel
- 30: Hawaii Island Rural Health Association Meeting, Waikoloa Beach Marriott & Outrigger Resort

# Community Selected Priorities Update

## Educational Rotary Group

The Educational Rotary Group is a collaboration of North Hawaii public and private school principals working to improve educational attainment in North Hawaii through school and community collaboration.

This year the Educational Rotary Group is focusing

on developing collaboration in community service learning curriculum, also known as "Academics in Action." For more information contact North Hawaii Outcomes Project(NHOP) office at 887-1945.

## Qualified Workforce

The **Workforce Development Division** has a wealth of services available to help increase awareness for employers, employees and perspective employees on accessible jobs and training that are available. For

more information call 974.4126 or 327.4770.

The Small Business Development Center Network also provides entrepreneurial training program for young adults. For more information call 933.0776.

## Waimea Youth Activities Coalition (WYAC)

The mission of WYAC is to develop strong collaborative relationships among many youth serving organizations and agencies in the Waimea area in order to increase the numbers and types of constructive after school and weekend activities for youth and their families. WYAC is also very supportive and involved in the development of facilities for youth in the community. Some of the projects developed and supported by WYAC and its members over the last few

months include the successful Battle of the Bands event, the series of dances at the town hall, a Rock N Bowl event, and the Waimea Skate Park project. The group is now entertaining the development of a youth center in Waimea as its next big collaborative project. Meetings are held monthly at the Imiola Church Hall and are open to individuals and groups committed to the health of our youth. For more information, call 887.1280.

## North Hawaii Drug-Free Coalition (NHDFC)

The NHDFC serves as the regional networking and coordinating body for the active network of community-based coalitions in North Hawaii. This network was formed over the last three years to raise community awareness and grass roots efforts to combat the rising problems of crystal methamphetamine (Ice) and

substance abuse in. Representatives from community response groups in Kohala, Waimea, Waikoloa and Hamakua in addition to representatives from key organizations and governmental agencies comprise this coalition. For more information, call 887.1280.

## Waimea, Waikoloa, Kohala and Honokaa Substance Abuse Task Force

The four local community response groups have been very active over the last few months with sign waving campaigns, informational booths, and educational sessions, talks with community groups, neighborhood watch activities, coordinating with local law enforcement efforts, and many other activities both visibly and behind the scenes within their respective communities. The regional coalition has been

successful in writing and receiving multiple grants to help fund many of these initiatives, providing staff support and assistance, coordinating region-wide campaigns and initiatives among the local groups and speaking with common voice at the county, state and national levels addressing matters of public policy and legislation. For more information, call 887.1280.

## Teen Pregnancy Prevention

Triple "T" TRUTHS Teen Theatre celebrated National teen pregnancy prevention month in May by performing their original production of "Reality Check--Now You Know" at three Big Island High Schools and at the Honokaa People's Theatre. "TRUTHS" stands for "Teaching Responsibility and Understanding of Teens' Health Sexuality" and is a production, written by the teen actors themselves, which addresses the issues of teen pregnancy and pregnancy prevention, relationships, communication, abstinence, sexually transmitted diseases and healthy choices. The play was very well received by students, teachers, and



*Kahua Program: After-school Teen Theatre Program*

community members alike. Videos of the play will be created this summer with the teens as part of the continuing Kahua Program, sponsored by North Hawaii Women and Children's Services. For more information, please call Ariadne Luya at 885-9318.



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ADDRESS SERVICE REQUESTED

## How Can I Help?

- I'd like to volunteer my time and/or expertise. Volunteers are welcomed and appreciated. To learn more, call Five Mountains Hawaii at 887.1280 or North Hawaii Outcomes Project at 887.1945.
- I would like to make a donation to Five Mountains Hawaii for:
- |  |   |
|--|---|
| <input type="checkbox"/> Increasing Educational Attainment | <input type="checkbox"/> Decreasing Substance Abuse               |
| <input type="checkbox"/> Increasing Qualified Workforce    | <input type="checkbox"/> Decreasing Child Abuse & Family Violence |
| <input type="checkbox"/> Increasing Youth Activities       | <input type="checkbox"/> Decreasing Teen Pregnancy                |
- Check Enclosed. Please make payable to **FMH (NHOP), PO Box 437200, Kamuela, HI 96743**. Five Mountains Hawaii is a 502(c)(3) organization.
- Please charge my credit card:     MasterCard             VISA

Account # \_\_\_\_\_

Name on Card \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

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The North Hawaii Outcomes Project is a private foundation dedicated to improving community health through effective use of data.

## About This Publication

*Ho'olaulima* is our Community's Health Improvement newsletter and is published jointly by Five Mountains Hawaii and the North Hawaii Outcomes Project three times a year. Makani Stevens, Editor, 887.1945.