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## HOUSE RESOLUTION

URGING THE DEPARTMENT OF HEALTH TO ADOPT MORE BLUE ZONE VITALITY  
PROJECTS WITH ASSISTANCE AS-NEEDED FROM THE DEPARTMENT OF  
AGRICULTURE.

1           WHEREAS, the State of Hawaii is responsible for promoting  
2 good health among its residents and providing opportunities to  
3 improve quality of life; and  
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5           WHEREAS, the Center for Disease Control has reported that  
6 the number of Americans with diabetes has tripled from 5.6  
7 million in 1980 to 18.1 million affected persons in 2008, with  
8 diabetes being the seventh leading cause of death in both the  
9 United States and Hawaii; and  
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11           WHEREAS, the CDC has listed the State of Hawaii on the  
12 second tier of nationwide diabetes prevalence, it is important  
13 for the long-run health and wellbeing of our residents to call  
14 attention to the facts which are directly relevant and  
15 potentially amendable; and  
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17           WHEREAS, the Asian American Diabetes Initiative has cited  
18 that persons of Chinese, Japanese and Native Hawaiian descent  
19 are at significantly higher risk of developing diabetes, and are  
20 adequately representative of the State's population; and  
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22           WHEREAS, approximately 32.45 percent of diabetics report  
23 poor mental health, trends towards obesity, and a quality of  
24 life lower than their counterparts; and  
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26           WHEREAS, the State has an opportunity to provide access to  
27 essentials consistent with the principles of a healthy  
28 lifestyle, such as; safe streets, nutritious meal options,  
29 recreational parks and social networks within communities; and  
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1 WHEREAS, the aforementioned principles are the fundamental  
2 premises of Blue Zone vitality projects, that is, projects that  
3 aim to transform willing communities; and  
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5 WHEREAS, there is empirical evidence of the successful  
6 cultivation of a Blue Zone community in Albert Lea, Minnesota,  
7 wherein the community worked together to redesign their  
8 community to encourage walking, biking, access to local farmers  
9 markets, and access to community events that fostered and  
10 nurtured healthy lifestyles; and  
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12 WHEREAS, participants in the Albert Lea, Minnesota Blue  
13 Zone vitality project continue to benefit from; an average  
14 increased life expectancy of 3.2 years, an average drop of 21  
15 percent in absenteeism for key employers, and a 49 percent  
16 decrease in health care costs for city employees; and  
17

18 WHEREAS, the Center for Disease Control's Diabetes  
19 Prevention Program has empirically proven that prevention, or  
20 delay of type 2 diabetes is possible through simple life style  
21 modifications; and  
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23 WHEREAS, adopting Blue Zone vitality projects in Hawaii  
24 could afford participants a more convenient means of living a  
25 healthy lifestyle while improving their physical health, mental  
26 health and quality of life; and  
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28 WHEREAS, it is within the ability of the State to improve  
29 the safety and walkability of our streets, assist food vendors  
30 in the formation of menus with healthy substitutions; improve  
31 access to food vendors and households to locally grown food  
32 products, and to encourage community involvement in redesigning  
33 and upgrading communities to promote health and well-being; and  
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35 WHEREAS, the Department of Health, and in conjunction with  
36 the Department of Agriculture, are the appropriate State  
37 agencies to develop and oversee the implementation of Blue Zone  
38 vitality projects; now, therefore,  
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40 BE IT RESOLVED by the House of Representatives of the  
41 Twenty-sixth Legislature of the State of Hawaii, Regular Session



1 of 2011, that the Department of Health is urged to promote Blue  
 2 Zone vitality projects and to work with the State Department of  
 3 Agriculture, the Hawaii Farm Bureau, the Healthy Hawaii  
 4 Initiative, the John H. Burns School of Medicine, the  
 5 Sustainable Communities Initiative and similar groups to  
 6 encourage and recommend adoption of the principles of the Blue  
 7 Zone Vitality Project; and

8  
 9 BE IT FURTHER RESOLVED that the Department of Health and  
 10 the Department of Agriculture prepare a report on these efforts  
 11 and submit their findings to the Legislature no later than  
 12 twenty days prior to the convening of the Regular Session of  
 13 2013; and

14  
 15 BE IT FURTHER RESOLVED that certified copies of this  
 16 Resolution be transmitted to the Governor of the State of  
 17 Hawaii, the Director of the State Department of Health, the  
 18 Chairman of the John A. Burns School of Medicine, the Chairman  
 19 of the State Board of Agriculture, the Association for the  
 20 Advancement of Retired Persons and the Honolulu chapter of the  
 21 American Institute of Architects.

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