



STATE OF HAWAII
DEPARTMENT OF HEALTH
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In reply, please refer to:
File:

HOUSE COMMITTEE ON HEALTH

HCR20, URGING THE FORMATION OF A WORK GROUP TO DEVELOP NUTRITION GUIDELINES FOR GOVERNMENT AGENCIES

Testimony of Loretta J. Fuddy, A.C.S.W., M.P.H.
Director of Health

March 1, 2013

1 **Department's Position:** The Department of Health (DOH) supports this measure.

2 **Fiscal Implications:** None.

3 **Purpose and Justification:** The purpose of House Concurrent Resolution 20 is establish a work group
4 to develop statewide nutrition guidelines for foods and beverages for purchase and served in vending
5 machines, stores, cafeterias, other operations in government facilities, or at government meetings or
6 events. The task force will also develop and recommend an implementation plan for state agencies to
7 adopt the nutrition guidelines.

8 The Department supports this bill as a part of the comprehensive package of legislation
9 developed by the Childhood Obesity Prevention Task Force. The Task Force was created on July 6,
10 2012 as Senate Bill 2778 and signed into law as Act 269 by Governor Abercrombie to address the
11 growing crisis of childhood obesity in Hawaii. The task force identified twelve policy recommendations
12 that when implemented together, have the potential to reshape the environments in Hawaii where people
13 live, work, play, and learn. HCR20 is one of the twelve recommended policies from the Task Force.

1 State government has a large daily influence on the food options that are available for state
2 employees and the public. Decisions on food intake are also influenced by availability and accessibility;
3 when unhealthy foods are the dominant offering, this can have a detrimental effect on those already
4 struggling to manage chronic health conditions like obesity, diabetes, and heart disease. State agencies
5 can be critical players in transforming the food environment and establishing a culture of healthy living.
6 Healthy food policies and practices in the work place and where the public congregate is one strategy of
7 a comprehensive effort needed to make the healthy choice the easy choice for people in Hawaii.

8 The Department supports passage of HCR20 as a method to create and model a healthy work and
9 food environment in state agencies. Thank you for the opportunity to provide testimony.

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HCR 20
URGING THE FORMATION OF A WORK GROUP TO DEVELOP NUTRITION
GUIDELINES FOR GOVERNMENT AGENCIES
House Committee on Health

March 1, 2013

9:00 a.m.

Room 329

The Office of Hawaiian Affairs (OHA) **SUPPORTS** HCR 20, which urges the formation of a work group to develop nutrition guidelines for government agencies.

OHA's strategic priorities include Maui Ola (Health), which represents our commitment to improve the conditions of Native Hawaiians and quality of life by reducing the onset of chronic diseases. Obesity is a common condition of chronic diseases, and data suggests that Native Hawaiians and other Pacific Islanders are at greater risk for obesity and health complications. As such, OHA's Health Advocacy Initiative Core and Advisory Team are focusing its efforts on decreasing Native Hawaiian obesity rates in relation to Hawaii's general population.

We particularly support a public health approach that aims to take a holistic and systemic view to address obesity in Hawaii's communities. By developing nutrition guidelines for government agencies, it would validate our state's commitment to fighting the obesity epidemic, as well as serve as a model for other private and non-profit organizations to implement.

OHA urges this committee to **PASS** HCR 20. Mahalo nui loa for the opportunity to testify.



American Heart Association® | American Stroke Association®

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Testimony Supporting HCR 20, “Urging the Formation of a Work Group to Develop Nutrition Guidelines for Government Agencies”

The American Heart Association strongly supports HCR 20.

With more than 130 million Americans employed across the United States each year, the workplace is a key environment for maintaining the health of the U.S. population.

Employers, including state and county governments, should undertake comprehensive, evidence-based health promotion programs, activities, and environment and policy change, including offering healthy food and beverages throughout the workplace. The benefits of a healthy employed population extend well beyond employees and the workplace to their families and their communities. Worksite wellness programming and health promotion should target at-risk and vulnerable employees, addressing issues that increase audience receptivity and make it more likely that they will participate.

Creating a Healthy Nutrition Environment

To encourage healthy and nutritious choices, employers should:

1. Offer healthy foods and beverages in vending machines, cafeterias, and for meetings and special events.
2. Provide calorie labeling on all food and beverage items on menus and menu boards in cafeterias, vending machines and other venues. Highlight and promote healthier and lower-calorie options.
3. Integrate nutrition education and promotion within worksite wellness programming. Incorporate the use of posters, handouts, or other visuals that offer dietary guidance calorie charts, relating calorie needs based on height and weight, and expenditure charts that show calories burned with sitting, standing, taking the stairs, or other physical activities. Help with self-monitoring if people want to track their intake and output. Help them find/use an easy convenient paper or online diary.
4. Create nutrition standards for foods and beverages purchased for and offered in the workplace.
5. Consider food and beverage pricing that is more in line with the Dietary Guidelines for Americans, pricing healthy foods lower and/or less healthy foods higher, so it is more economically feasible for employees to choose the healthy options.
6. Offer other incentives, prizes or financial rewards (coupons, gift cards, wellness points, etc.) for employees to eat in a healthy way.
7. Promote healthy lifestyles and environments in the workplace that allow for increased , regular physical activity, healthy food and beverage choices, and changes in the work environment that encourage healthy behaviors and promote

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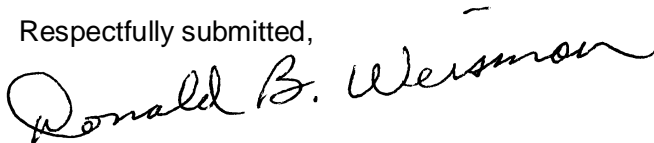
***“Building healthier lives,
free of cardiovascular
diseases and stroke.”***

American Heart Association
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occupational safety and health.

The American Heart Association supports robust nutrition standards for foods and beverages purchased for the workplace. These procurement standards should adhere to the Dietary Guidelines for Americans and the Diet and Lifestyle Recommendations of the AHA. Please support HCR 20.

Respectfully submitted,

A handwritten signature in black ink that reads "Donald B. Weisman". The signature is written in a cursive style with a horizontal line above the name.

Donald B. Weisman
Hawaii Government Relations/Mission:Lifeline Director