

HTH HEARING

03-11-13

SCR 15

TESTIMONY



SCR15
URGING THE FORMATION OF A WORK GROUP TO DEVELOP NUTRITION
GUIDELINES FOR GOVERNMENT AGENCIES
Senate Committee on Health

March 11, 2013

3:00 p.m.

Room 229

The Office of Hawaiian Affairs (OHA) **SUPPORTS** SCR 15, 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. The development of nutrition guidelines for government agencies would validate our state's commitment to fighting the obesity epidemic and serve as a model for other private and non-profit organizations to implement.

OHA urges this committee to **PASS** SCR 15. Mahalo nui loa for the opportunity to testify.



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Testimony Supporting SCR 15, “Urging the Formation of a Work Group to Develop Nutrition Guidelines for Government Agencies”

The American Heart Association strongly supports SCR 15.

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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Oahu:

677 Ala Moana Blvd., Ste. 600
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Phone: 808-538-7021
Fax: 808-538-3443

Maui County:

Phone: 808-224-7185
Fax: 808-224-7220

Hawaii:

Phone: 808-961-2825
Fax: 808-961-2827

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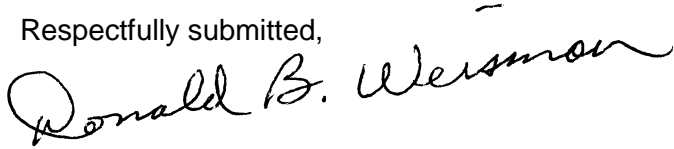
(Served by Oahu office)
Phone: 808-205-3256
Fax: 808-538-3443

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

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 SCR 15.

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 "i" in "Weisman".

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



55 Merchant Street
Honolulu, Hawai'i 96813-4333

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808-535-7401
www.hawaiipacifichealth.org

Monday, March 11, 2013 – 3:00 pm
Conference Room 229

The Senate Committee on Health

To: Senator Josh Green, Chair
Senator Rosalyn H. Baker, Vice Chair

From: From: Virginia Pressler, MD, MBA

Re: **SCR 15 Urging The Formation Of A Work Group To Develop Nutrition Guidelines For Government Agencies**
Testimony in Strong Support

My name is Virginia Pressler, MD, MBA, Executive Vice President and Chief Strategic Officer for Hawai'i Pacific Health (HPH). HPH is a nonprofit health care system and the state's largest health care provider anchored by its four nonprofit hospitals: Kapi'olani Medical Center for Women & Children, Pali Momi Medical Center, Straub Clinic & Hospital and Wilcox Memorial Hospital on Kauai. HPH is committed to providing the highest quality medical care and service to the people of Hawai'i and the Pacific Region through its four affiliated hospitals, 49 outpatient clinics and service sites, more than 5,400 employees and 1,300 physicians on staff,

I am writing in strong support of SCR 15, which urges the formation of a work group to develop nutrition guidelines for government agencies. The purpose of this resolution is to encourage interagency dialogue and action to coordinate and align state procurement policies to prevent childhood obesity.

Obesity is a major health and economic concern for Hawaii and the nation, causing higher medical costs and lower quality of life. In Hawaii adult obesity has more than doubled between 1995 and 2009 and childhood obesity has increased by 38% in the ten years between 1999 and 2009. The development and adoption of nutritional guidelines to prevent obesity in government-run facilities and functions would help to create work environments that support a healthy and productive workforce which is important to Hawaii's economy, and at the same time demonstrates state leadership toward decreasing the incidences of obesity.

This measure thus provides a vital step toward lessening the problem of obesity and the resulting health problems. We ask that this Committee pass the measure.

Thank you for the opportunity to provide testimony on this matter.



Affiliates of Hawai'i Pacific Health