



STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
P.O. BOX 2360  
HONOLULU, HAWAII 96804



**Date:** 04/02/2014

**Committee:** Senate Ways and Means

**Department:** Education

**Person Testifying:** Kathryn S. Matayoshi, Superintendent of Education

**Title of Bill:** HB 2109,HD2,SD1(sscr3010) RELATING TO AFTERSCHOOL PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS.

**Purpose of Bill:** Establishes a five-year evidence-based physical-activity and nutritional-education pilot program within the A+ Program in Hawaii's public elementary schools. Makes an appropriation. Effective July 1, 2030. (SD1)

**Department's Position:**

The Department of Education (Department) concerns with this bill are fiscal in nature. This measure will require additional funding from the Legislature and attempts to make permanent a new program as part of the A+ that may not be self-sufficient nor sustainable in future years.

Currently, such an evidence-based physical-activity and nutritional-education program is available to schools as an option to include as part of their A+ Program. However, this bill would mandate such program statewide in all schools that offer A+, the cost of which will initially be borne by the general fund and thereafter through revenues from participant fees.

The Department has estimated that it would require additional funding totaling \$210,000 annually for each year of the five-year pilot program. The \$210,000 includes \$157,000 to implement the provisions in the bill (page 2, paragraph "(b)" – page 3, paragraph "(c)"), plus \$53,000 for a Department A+ program manager to oversee and effectively implement this new program. If fees were assessed on approximately 13,400 non-subsidized A+ Program participants, a minimum additional fee of \$16 would be needed to cover the estimated yearly costs of \$210,000. Should enrollment be less, the program would then not be self-sufficient. Currently, non-subsidized A+ participants are charged a single flat rate of \$85 per month.

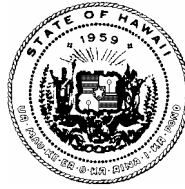
In light of the concerns with funding and sustainability, the Department respectfully asks the proposed pilot program not be mandatory but rather, voluntary and subject to the availability of adequate funding. Accordingly, we submit the following amendments for your consideration:

Page 4, line 4-12 would read as follows: (a) The department of education may establish within the department's after-school plus program, hereafter the A+ program, an evidence-based physical-activity and nutritional-education pilot program. The pilot program would provide regular physical exercise and nutritional education in a manner that promotes active participation as an integral part of the A+ program and that meets the State's goals for a healthy diet and adequate exercise. Implementation of the pilot program shall be subject to the availability of adequate funding.

Page 5, lines 8-12 would read as follows: (e) The private entity independently contracted pursuant to subsection (c) may seek funds from other public and private sources to supplement the costs of implementing, managing, expanding, and improving the pilot program.

Further, the Department would also like to ensure that HB 2109 HD2 SD1 would not replace or adversely impact priorities set forth in the Department's Supplemental Budget request.

Thank you for this opportunity to provide testimony on this measure.



STATE OF HAWAII  
DEPARTMENT OF HUMAN SERVICES  
P. O. Box 339  
Honolulu, Hawaii 96809-0339

April 2, 2014

**MEMORANDUM**

TO: The Honorable David Y. Ige, Chair  
Senate Committee on Ways and Means

FROM: Patricia McManaman, Director

SUBJECT: **H.B. 2109 H.D. 2 S.D. 1 - RELATING TO AFTERSCHOOL  
PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS**

Hearing: Wednesday, April 2, 2014; 9:20 AM  
Conference Room 211, State Capitol

**PURPOSE:** The purpose of this bill is to establish and makes an appropriation for a five-year evidence-based physical-activity and nutritional-education pilot program with the A+ Program in Hawaii's public elementary schools.

**DEPARTMENT'S POSITION:** The Department of Human Services (DHS) defers to the Department of Education as to the feasibility of the implementation of the pilot program.

The DHS supports this bill as long as the appropriation for the DHS remains and it does not adversely impact priorities set forth in the Executive Supplemental Budget.

The Department subsidizes the cost of A+ Program fees for children of employed Temporary Assistance for Needy Families (TANF) eligible families. The number of children covered per month is approximately 8,555. This measure proposes an

additional cost of \$1.00 per child per month to fund the physical-activity and nutritional-education program within the A+ Program. The Department would require an appropriation of \$77,000 annually to cover the additional cost to enable the Department to continue to subsidize the entire cost of A+ Program fees for employed TANF eligible families. Any additional cost for this program above the \$1 per child per month cost estimate would require additional appropriation.

Thank you for the opportunity to provide comments on this bill.

841 Bishop St., Suite 301  
Honolulu, Hawaii 96813



Telephone: 808 926-1530  
Contact@HEECoalition.org

Committee on Ways and Means  
Senator David Ige, Chair  
Senator Michelle Kidani, Vice Chair

April 2, 2014

Dear Chair Ige, Vice Chair Kidani and Committee Members:

This testimony is submitted in support for HB2109 HD2 SD1, establishing a five-year evidence-based physical activity and nutritional education program within the A+ Program in our public elementary schools.

The Hui for Excellence in Education (HE'E) is a diverse coalition of over 40 parent and community organizations dedicated to improving student achievement by increasing family and community engagement and partnerships in our schools. Our member list is attached.

One of the priorities of the Coalition is to address the basic needs of a child in our schools; health and well-being are part of those basic needs. We understand that for some students, the physical activity provided in the Fun 5 program may be the only type of organized physical activity they experience in the day. In addition, the program teaches about nutrition, so that children start to understand the importance of healthy food and good nutrition. Well-being at the elementary school level sets a foundation for continuing a healthy lifestyle as a child grows older. We also like that there will be data collection and evaluation of the program's effectiveness.

Thank you for the opportunity to testify and for your consideration. Our support of this bill represents a 75% consensus or more of our membership.

Sincerely,  
Cheri Nakamura  
HE'E Coalition Director

## HE'E Member List

Academy 21  
After-School All-Stars Hawaii  
Alliance for Place Based Learning  
\*Castle Complex Community Council  
Center for Civic Education  
Coalition for Children with Special Needs  
\*DOE Windward District  
\*Faith Action for Community Equity  
Fresh Leadership LLC  
Girl Scouts Hawaii  
\*Good Beginnings Alliance  
Harold K.L. Castle Foundation  
\*Hawaii Appleseed Center for Law and  
Economic Justice  
Hawai'i Athletic League of Scholars  
\*Hawai'i Charter School Network  
\*Hawai'i Nutrition and Physical Activity  
Coalition  
\*Hawaii State PTSA  
Hawai'i State Student Council  
Hawai'i State Teachers Association  
Hawai'i P-20  
Hawai'i 3Rs  
Head Start Collaboration Office  
It's All About Kids  
\*INPEACE  
Joint Venture Education Forum  
Junior Achievement of Hawaii  
Kamehameha Schools  
Kanu Hawai'i  
Keiki to Career Kaua'i  
Kupu A'e  
\*Leaders for the Next Generation  
Learning First  
McREL's Pacific Center for Changing the  
Odds  
Our Public School  
\*Pacific Resources for Education and  
Learning  
\*Parents and Children Together  
\*Parents for Public Schools Hawai'i  
Punahou School PUEO Program  
Teach for America  
The Learning Coalition  
US PACOM  
University of Hawai'i College of Education  
YMCA of Honolulu  
\*Voting Member

Testimony in Support of HB 2109  
Donna Rego Ede  
5349 Opihi Street  
Honolulu, Hawaii 96821

I retired from the Department of Education (DOE) in December of 2007, as the State Educational Specialist for Health and Physical Education. My career included teaching health and physical education, coaching league and high school soccer, and leading summer recreation programs. I continue to be active in many community organizations involved in the promotion of healthy nutrition and active lifestyles.

Throughout Hawaii there are approximately 20,000 children enrolled in A+ after school programs. Funding A+ providers to assure they use a nationally recognized supplemental curriculum including healthy nutrition and physical activity, would be a valuable investment towards positive health outcomes for our keiki. Research tells us that physically active children achieve, aspire and exhibit the positive behaviors that all of us want our children to acquire. The only place children can learn or practice these behaviors is at home, school or in their community. The A+ after school setting is the perfect arena to support schools in practicing their message of healthy nutrition and active lifestyles. Providing appropriate equipment and supplies, as well as in-servicing A+ leaders in healthy nutrition and appropriate physical activity, are paramount to the systemic success of this effort. I ask that you support HB 2109 to enhance the quality of the after school programs in the State of Hawaii in the crucial area of healthy nutrition and physical activity. We ask that the funding requested for HB 2109 would in no way impact present or future allocations made to the DOE Supplemental Budget.

Thank you.

**Testimony of Mark Zeug**  
**President, Kahoomiki**  
**To the Senate Committee on Ways and Means**  
**In Support of HB 2109 HD2, SD1**  
March 30, 2014

To: Senators Ige and Kidani, and members of the committee:

I am president of a small non-profit that manages the Fun 5 physical activity and nutrition program that is now part of A+ in more than 170 elementary schools statewide. Fun 5 IS the kind of nationally recognized, evidence-based physical activity and nutrition program called for in this bill and, in fact, was the model for provisions of this bill.

When considering this legislation, we ask that you look not so much at the cost and complication of making it happen, but at the monstrous opportunity for positively affecting the lives of some 20,000 elementary school children in this state each and every year, children who are, in essence, a captive audience waiting for something like Fun 5, waiting and hoping for something fun that can serve as a respite from the rigors of the classroom and the demands of more homework. And yet helping them to do both. At the very least, we owe them that much.

In the past, our program has been funded by grants from private business and foundations. But in recent years we have experienced strong sentiment that the full cost of this program needs to be included within the A+ program itself, primarily because of the very basic organizational needs which it provides to A+ – i.e., training, equipment, agendas and manuals. These are basic to the success of A+.

We support this bill for five basic reasons:

1. The program it is advocating is very cost effective – from our experience, about \$1.50 per child per month.
2. It reaches out to a vulnerable group of children, many of whom are from disadvantaged areas or families.
3. It institutionalizes within the A+ system a requirement that a program of physical activity and nutrition information be instituted on a regular and sustainable basis.
4. It insures that those who work directly with the children each day receive a minimum of training on how to work with young children, how to get children to engage in physical activities, how to present healthy nutrition information, and what to say to children that encourages everyone to participate without regard to skill level or experience – this training is paramount to the success of the program.
5. It works. We have twice done evaluative research to test the involvement of our children versus those who are not involved. And we can say with certainty that through Fun 5, obesity rates among participating children do not rise. That is, compared to the general Hawaii youth population – where obesity is continuing to rise at an alarming rate – we know that through a program like Fun 5, at the very least we can stop that progression. We also know that if we can increase the frequency of implementing the program, so that it is utilized at least 30 minutes of every school day, those obesity rates actually will go down.

In addition to the training, which gives those who work with the children each day the tools to implement a non-competitive, all-inclusive, and fun, physical activity and nutrition program, the play equipment used by the children each day must be part of the program, along with the manuals, nutrition equipment and daily work plans. We pray for full implementation of such a program at least by the beginning of the 2015 school year.



Two things are paramount – the physical activity and nutrition program utilized by A+ must be (1) a nationally recognized, evidence-based program that has been tested. And (2) it must encourage maximum and universal participation; that is, it must be economical to implement and it must be utilized on a regular basis, at least 30 minutes a day five days a week.

There is ample research which clearly shows that children who are physically active:

1. Do better academically than those who are not.
2. Have higher attendance levels than those who are not.
3. Are generally healthier and more attentive than those who are not.

We also know that when children participate in an afterschool program which they enjoy, they (1) have higher educational aspirations, (2) are better able to make friends, (3) are less likely to be involved in crime or violence, and (4) have greater expectations for the future.

We strongly urge your support of this bill.

Mark Zeug

President, Kaho`omiki

**Kaho'omiki**  
**Hawai'i Council on Physical Activity and Nutrition**  
1493 Halekoa Drive, Honolulu HI 96821  
[www.kahoomiki.org](http://www.kahoomiki.org)

**Afterschool Alliance**  
1616 H St., NW,  
Washington, DC 20006  
[www.afterschoolalliance.org](http://www.afterschoolalliance.org)

Testimony Presented Before the  
Senate Committee on Ways and Means  
Wednesday, April 02, 2014 – 9:20 a.m.  
State Capitol, Room 211

By Paula Adams  
Program Director, Kaho'omiki  
Afterschool Ambassador, Afterschool Alliance

## **HB 2109 – RELATING TO AFTERSCHOOL PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS**

Good morning Senator David Y. Ige, Chair and Senator Michelle N. Kidani, Vice Chair. My name is Paula Adams, Program Director for Kahoomiki, Hawaii Council on Physical Activity and Nutrition and Afterschool Ambassador for the Afterschool Alliance. Kahoomiki, the Afterschool Alliance and I strongly support this measure. Bill 2109 seeks to establish and fund the Fun 5 Program within the A+ Afterschool Program in Hawaii's public elementary schools. The Fun 5 program will institutionalize an evidence base physical activity and nutrition program during the A+ afterschool program.

The Fun 5 program has already been proven to be effective in increasing the level of physical activity and the consumption of fruits and vegetables creating healthy habits among the A+ afterschool children.

By promoting physical activity and healthy nutrition, Fun 5 works as a childhood obesity prevention program. Childhood obesity has more than tripled in the past 30 years. The percentage of children aged 6–11 years in the United States who were obese increased from 7 percent in 1980 to nearly 20 percent in 2008. In that year, more than one third of children and adolescents were overweight or obese. Recent increases in obesity prevalence rates have raised the level to epidemic proportions among US children. Childhood obesity has both immediate and long-term effects on health and well-being, including a markedly increased risk for cardiovascular disease, diabetes and cancer. Recent data show that the usual diet of today's children includes foods high in saturated fat, high in sweetener calories, and low in fruits and vegetables. In addition, most elementary school children do not engage in moderate-vigorous physical activity for any extended period. These two factors are major contributors to the obesity epidemic. Both are directly addressed through Fun 5, first by involving the children in 30 minutes or more of moderate-vigorous physical activity five days a week, and second by engaging them in preparing and enjoying healthy snacks as a requisite for healthy living. Schools play a particularly critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors. In addition we believe this program is very cost effective: \$1.5 per student per month. We are asking you to re-instate the funding for this important initiative and revert the date back to July 1st., 2014 so students can benefit from Fun 5 in this coming school year.

In conclusion, we hope the afterschool students in this state will get the support they need to have the opportunity to be healthy and active.

We **strongly support** HB 2019 and respectfully urge the passage of this bill. Thank you for the opportunity to present a written testimony.

Paula Adams  
Tel/fax: 800-581-7491



*Our mission is to build a healthier community by promoting environmental change, policy change and education to support healthy eating and physical activity*

April 1, 2014

TO: Senator David Y. Ige, Chair and  
Members of the Senate Committee on Ways and Means

FR: Sandra McGuinness, Director  
Nutrition & Physical Activity Coalition of Maui County (NPAC-MC)

RE: HB 2109 – Relating to Afterschool Programs for Elementary School Students

The Nutrition & Physical Activity Coalition of Maui County (NPAC-MC) is in support of policy, system, and environmental changes that improve the health of Maui County residents. Policies are an excellent way to ensure that healthful practices are implemented while affecting large numbers of individuals.

We are aware that childhood obesity is rampant locally and nationally. We also know that obese individuals are at higher risk for high blood pressure, diabetes and other maladies. If we incorporate physical activity and healthful eating practices into our everyday lives, we can work to reducing the obesity epidemic at a younger age.

Ensuring that the Fun 5 program is implemented at all after-school sites will be an excellent, cost-effective policy that is not only healthy, but fun. NPAC-MC was recently awarded a federal American Recovery and Reinvestment Act that helped us move policy initiatives forward. One component of our work under the grant was to ensure that Fun 5 training was brought to each island in our County so that after-school A+ staff did not have to travel to attend the sessions. While on Lāna`i, we provided the training (through Kaho`omiki) while the children were at the site. The youth were totally enjoying the experiences! When, at the end of the session, parents began to arrive to pick up the children, the children didn't want to leave. And, one child said "This was the best day—ever!"

Please support passage of this measure. I thank you in advance for supporting an important bill that will improve the health of our Island keiki.

Testimony of Colin Petko, M.D.

Pediatric Cardiologist

To the Senate Committee on Ways and Means

In Support of HB 2109 HD2, SD1

April 1st, 2014

To: Senators Ige and Kidani, and members of the committee:

I am a pediatric cardiologist here in Hawaii and I strongly support this bill. I also serve on the board of directors of Kaho'omiki, a non-profit organization promoting healthy living and active lifestyle from keiki to kapuna in Hawaii.

This bill is an excellent opportunity to positively affect the lives of some 20,000 elementary school children in this state each and every year, children who are often from disadvantaged backgrounds when it comes to healthy lifestyle.

FUN 5 is a program that has been implemented successfully here in Hawaii for the past years funded by grants from private business and foundations. There is scientific evidence that the program works here locally to reduce the rate of rise of obesity in children.

In recent years we have experienced strong sentiment that the full cost of this program needs to be included within the A+ program itself, primarily because of the very basic organizational needs which it provides to A+ – i.e., training, equipment, agendas and manuals. These are basic to the success of A+.

I support this bill for five basic reasons:

1. The program it is advocating is very cost effective – from our experience, about \$1.50 per child per month.
2. It reaches out to a vulnerable group of children, many of whom are from disadvantaged areas or families.
3. It institutionalizes within the A+ system a requirement that a program of physical activity and nutrition information be instituted on a regular and sustainable basis.
4. It insures that those who work directly with the children each day receive a minimum of training on how to work with young children, how to get children to engage in physical activities, how to present healthy nutrition information, and what to say to children that

encourages everyone to participate without regard to skill level or experience – this training is paramount to the success of the program.

5. It works. We have twice done evaluative research to test the involvement of our children versus those who are not involved. And we can say with certainty that through Fun 5, obesity rates among participating children do not rise. That is, compared to the general Hawaii youth population – where obesity is continuing to rise at an alarming rate – we know that through a program like Fun 5, at the very least we can stop that progression. We can project that if we can increase the frequency of implementing the program, so that it is utilized at least 30 minutes of every school day, those obesity rates actually will likely go down.

In addition to the training of the A+ providers to implement a non-competitive and fun physical activity and nutrition program, the play equipment used by the children each day must be part of the program, along with the manuals, nutrition equipment and daily work plans.

I hope for full implementation of such a program as soon as possible but at the latest by the beginning of the 2015 school year. Two features are essential

– the physical activity and nutrition program utilized by A+ must be

- (1) a nationally recognized, evidence-based program that has been tested.
- (2) it must encourage maximum and universal participation; that is, it must be economical to implement and it must be utilized on a regular basis, at least 30 minutes a day five days a week.

There is clear research which clearly shows that children who are physically active:

1. Do better academically than those who are not.
2. Have higher attendance levels than those who are not.
3. Are generally healthier and more attentive than those who are not.

We also know that when children participate in an afterschool program which they enjoy, they (1) have higher educational aspirations, (2) are better able to make friends, (3) are less likely to be involved in crime or violence, and (4) have greater expectations for the future.

Therefore I strongly ask you to support this bill.

Colin Petko, M.D.

**From:** [mailinglist@capitol.hawaii.gov](mailto:mailinglist@capitol.hawaii.gov)  
**To:** [WAM Testimony](#)  
**Cc:** [crabcake\\_productions@hotmail.com](mailto:crabcake_productions@hotmail.com)  
**Subject:** Submitted testimony for HB2109 on Apr 2, 2014 09:20AM  
**Date:** Tuesday, April 01, 2014 9:20:46 AM

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## **HB2109**

Submitted on: 4/1/2014

Testimony for WAM on Apr 2, 2014 09:20AM in Conference Room 211

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
sherrie Emerson	Individual	Support	No

Comments: I support this bill for five basic reasons: 1. The program it is advocating is very cost effective – from our experience, about \$1.50 per child per month. 2. It reaches out to a vulnerable group of children, many of whom are from disadvantaged areas or families. 3. It institutionalizes within the A+ system a requirement that a program of physical activity and nutrition information be instituted on a regular and sustainable basis. 4. It insures that those who work directly with the children each day receive a minimum of training on how to work with young children, how to get children to engage in physical activities, how to present healthy nutrition information, and what to say to children that encourages everyone to participate without regard to skill level or experience – this training is paramount to the success of the program. 5. It works. We have twice done evaluative research to test the involvement of our children versus those who are not involved. And we can say with certainty that through Fun 5, obesity rates among participating children do not rise. That is, compared to the general Hawaii youth population – where obesity is continuing to rise at an alarming rate – we know that through a program like Fun 5, at the very least we can stop that progression. We also know that if we can increase the frequency of implementing the program, so that it is utilized at least 30 minutes of every school day, those obesity rates actually will go down

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Wesley Nguyen

214 Kaia Street. Honolulu, HI 96813

wnguyen@hawaii.edu

Date: April 1, 2014

To: Senator David Ige, Chair

Senator Michelle N. Kidani, Vice-Chairperson

And members of the House Committee on WAM

From: Wesley Nguyen

RE: HB 2109, Afterschool Programs for Elementary School Students

Chair Ige, Vice-Chair Kidani, and members of the House Committee on HB 2109, I am testifying in strong support of HB 2109

My name is Wesley Nguyen and I am a third year BSW student at the University of Hawai'i in Manoa. As a former employee of the YMCA and a future Social Worker, I would like to share my experience and impact that the Food and Fun program has made for the participating children in the afterschool programs. The Food and Fun program implements structured lesson plans that allow A-Plus leaders to teach their children about healthy living. Not only does the program focus on healthy living, but they have created fun ways that allow children to interact with one another and get the parents involved as well. The structured lessons revolve around cooking, outdoor and indoor activities, and storytelling. The Food and Fun program does not only affect the children, but the parents and even staff who are implementing the lessons as well. I have seen the positive change that this program has made and I myself would strongly support HB 2109. Thank you for time and the opportunity to testify.

Sincerely,

Wesley Nguyen