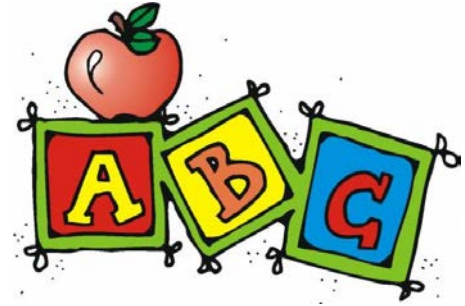


HB2109

HD2



Measure Title: RELATING TO AFTERSCHOOL PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS.

Report Title: Afterschool Programs; Elementary-school Students; Evidence-based Physical-activity and Nutritional-education Program; Appropriation (\$)

Description: Establishes and funds an evidence-based physical-activity and nutritional-education program within the A+ Program in Hawaii's public elementary schools. Appropriation. Effective July 1, 2030. (HB2109 HD2)

Companion:

Package: None

Current Referral: EDU/HMS, WAM

Introducer(s): HASHEM



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

Date: 03/12/2014

Committee: Senate Education/Senate
Human Services

Department: Education

Person Testifying: Kathryn S. Matayoshi, Superintendent of Education

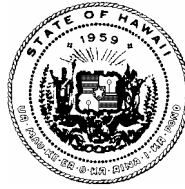
Title of Bill: HB 2109, HD2(hscr845-14) RELATING TO AFTERSCHOOL
PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS.

Purpose of Bill: Establishes and funds an evidence-based physical-activity and
nutritional-education program within the A+ Program in Hawaii's public
elementary schools. Appropriation. Effective July 1, 2030. (HB2109
HD2)

Department's Position:

The Department of Education (Department) appreciates the intent of HB 2109 HD2 that proposes to create and support separate enrichment activities for A+ Program participants involving physical activity and nutrition. We are also appreciative of the fact that the bill recognizes that additional general fund appropriations are needed for the start-up costs and on a recurring basis because this bill will increase the administrative workload of the Department's A+ Program staff and operational costs. At this time however, the Department is unable to ascertain a suggested budget for a fun 5-like program.

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



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

March 12, 2014

MEMORANDUM

TO: The Honorable Jill N. Tokuda, Chair
Senate Committee on Education

The Honorable Susanne Chun Oakland, Chair
Senate Committee on Human Services

FROM: Barbara A. Yamashita, Deputy Director

SUBJECT: **H.B. 2109 HD2 - RELATING TO AFTERSCHOOL PROGRAMS
FOR ELEMENTARY SCHOOL STUDENTS**

Hearing: Wednesday, March 12, 2014; 1:15 PM
Conference Room 414, State Capitol

PURPOSE: The purpose of this bill is to establish and fund an evidence-based physical-activity and nutritional-education program within the A+ Program in Hawaii's public elementary schools, effective July 1, 2030.

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

Should this bill pass the DHS will need additional general fund appropriations to cover the costs for the added 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. The Department's projected cost of \$77,000 is based on an additional cost of \$1 per child per month to fund the physical-activity and nutritional-education program within the A+ Program. Any

additional cost for this program to the \$1 per child per month cost estimate would require additional appropriation.

The DHS requests that passage of this bill does not adversely impact priorities set forth in the Executive Supplemental Budget.

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

Senate Committee on Education
Senator Jill Tokuda, Chair
Senator Michelle Kidani, Vice Chair

March 12, 2014

Dear Chair Tokuda, Vice Chair Kidani and Committee Members:

This testimony is submitted in support for HB2109 HD2, establishing an 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 of Mark Zeug
President, Kaho`omiki
To the Senate Committees on Education and Human Services
March 12, 2014

My name is Mark Zeug, and I am president Kahoomiki, a small non-profit that focuses on healthy living. We support this bill because we believe it contributes substantially to the huge – dare I say, monstrous – opportunity that lies relatively underutilized within the A+ program today.

These are the dimensions: you have something like 20,000 elementary children statewide who are, in essence, a captive audience for up to three hours a day, five days a week, for ten months out of the year. The opportunity to provide them, at very little expense, with a nationally recognized, evidence-based program of all-inclusive and fun physical activity, along with regular hands-on lessons in nutrition and the preparation of healthy snacks – this opportunity is, in a word, monstrous.

Provided, of course, that this program is utilized on a regular basis, and it is instituted by individuals who are trained in how to work with young children, how to get all 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.

As you know, there is such a program now, and it has been in existence for about ten years. We administer that program, called Fun 5, and it is utilized to varying degrees in about 170 elementary A+ programs statewide. Our partners in this endeavor are the DOE, the YMCA, Kamaaina Kids, the Moiliili Community Center, and some other collaborators. And, in fact, Fun 5 was the model for this legislation.

But the program we administer is not perfect – for one thing, it lacks institutional grounding, which contributes to its widely varied utilization from site to site. And perhaps most important, its funding is contingent on our ability to find money through grants and donations, which in recent times has become increasingly difficult.

Still, in spite of those limitations, the Fun 5 program has been shown to be effective in curbing the rise of obesity among participating children – we have repeatedly done detailed scientific evaluation and can say with certainty that this is true. And we also have ample research evidence which shows that children who are physically active (1) do better academically, (2) have higher attendance levels, and (3) are generally healthier and more attentive than those who are not.

We understand that implementation of this legislation requires a system whereby unbiased and competitive contractual relationships are entered into. We also understand that this legislation may evolve in a different form as the session progresses and different ideas are brought to bear. We're okay with that. But in doing so, we beseech you to be mindful of a couple things:

1. A program like Fun 5 is very cost effective – about \$1.50 per child per month.

2. This program reaches out to a vulnerable group of children and their families, many of whom are from what might be called disadvantaged areas.
3. There already is a framework in place for this type of program within A+, where more than 20,000 elementary school children are enrolled for approximately three hours a day, five days a week, supervised by more than 800 group leaders statewide and some 170 site coordinators. That infrastructure is already there – all we got to do is work it.
4. More importantly, Fun 5 works because it insures that those group leaders, those who work directly with the children each day, receive a minimum of training – this training is paramount to the success of the program, and we beg of you, please do not delete that from the plan. This training must be substantial, and it must be hands on. Without it there is no program. The Fun 5 training regimen, which has been honed over several years of experience, involves a four-hour intensive session in the fall, and another four-hour session in the spring – for all 800 group leaders. We are talking about nearly three dozen sessions on all islands, supported by a dozen certified trainers who make these sessions come alive.
5. Please also include in the program the regular evaluation that provides true evidence of the program's effectiveness. It is because of this research that I can come before you and say with certainty that this program does curb obesity, and that if we can somehow increase the utilization and support, we know that it's results will be even greater. That's the evidence-based nature I believe you as policy makers will be looking for – it certainly is what we as program administrators are looking for.
6. Finally, please do not forget that those children who are in A+ must have their own play equipment – that the equipment used during the school day is not available to them after school. Over the past decade, Fun 5 has been providing that equipment to A+, to the tune of around \$250,000 total. In 2012 alone, we inventoried the need for, and then acquired and distributed more than \$40,000 in play equipment to participating schools on all islands. This is a constant and necessary part of the program, along with the manuals for games and healthy nutrition, and the equipment and training for making healthy snacks.

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.

Thank you for your interest and the opportunity to address this committee session.

Kaho'omiki
Hawai'i Council on Physical Activity and Nutrition
1493 Halekoa Drive, Honolulu HI 96821
www.kahoomiki.org

Afterschool Alliance
1616 H St., NW,
Washington, DC 20006
www.afterschoolalliance.org

Testimony Presented Before the
Senate Committee on Education and
Committee on Human Services
Wednesday, March 12, 2014 – 1:15 P.M.
State Capitol, Room 414

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

HB 2109 – RELATING TO AFTERSCHOOL PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS

Good afternoon Senator Jill N. Tokuda, Chair, Senator Michelle N. Kidani, Vice Chair, Senator Suzanne Chun Oakland, Chair and Senator Josh Green, Vice Chair and members of the committee. 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.

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 testify.

Paula Adams
Tel/fax: 800-581-7491



Testimony Presented Before the
To the Senate Committees on Education and Human Services
March 12, 2014
By Leticia Gonzalez
Director of Dissemination
The SPARK Programs

HB 2109 – RELATING TO AFTERSCHOOL PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS

The SPARK Programs and I strongly support this measure. House 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 based physical activity and nutrition program by utilizing the methods of The SPARK Programs during the A+ afterschool program.

SPARK is a research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness. SPARK strives to improve the health of children and adolescents by disseminating evidence-based physical activity and nutrition programs that provide curriculum, staff development, follow-up support, and equipment to teachers of Pre-K through 12th grade students. The Fun 5 program has already been proven to be effective by utilizing SPARK in increasing the level of physical activity and the consumption of fruits and vegetables creating healthy habits among the A+ afterschool children.

As a partner of the Fun 5 program, they've created sustainable physical activity and nutrition program to combat childhood obesity. They provide quality programming to students across Hawaii.

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

A handwritten signature in black ink that reads "Leticia Gonzalez". The signature is written in a cursive style.

Leticia Gonzalez
The SPARK Programs
Director of Dissemination
Telephone: 800-772-7573 ext 2202
Email: Leticia.Gonzalez@sparkpe.org