



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

Date: 02/10/2014

Committee: House Education

Department: Education

Person Testifying: Kathryn S. Matayoshi, Superintendent of Education

Title of Bill: HB 2109 RELATING TO AFTERSCHOOL PROGRAMS FOR
ELEMENTARY SCHOOL STUDENTS.

Purpose of Bill: Establishes and funds the Fun 5 Program within the A+ Program in
Hawaii's public elementary schools. Appropriation. Effective July 1,
2014.

Department's Position:

The Department of Education (Department) appreciates the intent of HB 2109 to support enrichment activities for A+ Program participants involving physical activity and nutrition. At this time, the Department is unable to ascertain a budget for a fun 5-like program. As part of the state procurement process, the Department is required to solicit interested parties through a Request for Proposal.

Further, implementation of this bill will increase the administrative workload of the Department's A+ Program staff. The Department does appreciate the support that this bill provides by including an appropriation to assist with the effective implementation of this measure as we would not have the means to do so under our budget appropriation. Respectfully, the Department would also like to ensure that HB 2109 would not replace or adversely impact priorities set forth in the Department's Supplemental Budget.

Testimony of Mark Zeug
President, Kahoomiki
To the House Committee on Education
In Support of HB 2109
February 10, 2014

To Chairman, the Rep. Roy Takumi, 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.

We support this bill because it will institutionalize within the A+ system (1) a requirement that physical activity and nutrition information be instituted on a regular and sustainable basis, and perhaps more importantly, (2) insure that those who work directly with the children each day – known as group leaders – 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.

As you may know, there are approximately 20,000 Hawaii children currently enrolled in A+ statewide; afterschool these children remain at school – supervised by group leaders – until they are picked up by their parents or guardians. There are more than 800 group leaders statewide. They come from all walks of life, but many are students or others seeking part-time work to supplement their income. Turnover is high – perhaps as high as 50 percent per year. And many have limited experience or training in working with groups of children.

For the past six years, Kahoomiki has been providing that training through the Fun 5 program – we bring the group leaders in for four hours of intense hands-on training in the fall, and another two hours of follow-up training in the spring. We utilize an evidence-based physical activity curriculum known as SPARK which was developed by the University of California at San Diego. The focus is on getting every child to participate, no matter what their skill level or experience. Games and activities are employed that are non competitive and non judgmental. Everybody participates, everybody has fun, no one is left out, and no one is discriminated against because of their own limitations.

In addition to the training, we provide play equipment – balls, hula hoops, parachutes, cones, etc. – because the play equipment used during the school day by the teachers cannot be used afterschool by A+; A+ must have its own equipment. We have been providing that through Fun 5. We also provide manuals for games and healthy nutrition, along with equipment and training for making healthy snacks.

In the past, this 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 we provide to A+ – i.e., training, equipment, agendas and manuals. These are basic to the success of A+. And it is very cost effective – about \$1.50 per child per month.

The important part of this application is the training – without the regular training sessions, there is no program. The group leaders are generally very enthusiastic about working with the children, but without the training we provide, and the agenda of activities we expose them to, they often are left to their own resources regarding games, nutrition information and participation activities.

Just as important is the implementation – Fun 5 is designed to be implemented at least 30 minutes a day five days a week. But we know from our own research that this does not always happen – that inexperience and lack of training of group leaders, along with pressure from parents and others for the children to spend more time doing homework, causes the implementation level to be significantly less in some schools. That’s why we believe that a program like Fun 5 needs to be institutionalized within A+.

We know Fun 5 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 the obesity rate is continuing to rise – we know that through Fun 5, at the very least we can stop that progression. We also know that if we can increase the frequency of implementing the Fun 5 program so that it is implemented each day, those obesity rates actually go down.

These two things are paramount – the physical activity program utilized by A+ must be (1) an evidence-based program that has been tested, not only in Hawaii but in other locations. 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 plenty of very credible national 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 feel is fun, one they look forward to, that 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.

So we strongly urge your support of this bill. Thank you for your interest and the opportunity to address this committee.

Mark Zeug
President, Kaho`omiki

ohno2-Rexie

From: mailinglist@capitol.hawaii.gov
Sent: Friday, February 07, 2014 3:52 PM
To: EDNtestimony
Cc: mendezj@hawaii.edu
Subject: *Submitted testimony for HB2109 on Feb 10, 2014 14:00PM*

HB2109

Submitted on: 2/7/2014

Testimony for EDN on Feb 10, 2014 14:00PM in Conference Room 309

Submitted By	Organization	Testifier Position	Present at Hearing
Javier Mendez-Alvarez	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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Kaho'omiki
Hawai'i Council on Physical Activity and Nutrition
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www.kahoomiki.org

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



Testimony Presented Before the
House Committee on Education
Monday, February 10, 2014
State Capitol, Room 309

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

HB 2109 – RELATING TO AFTERSCHOOL PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS

Good afternoon Rep. Roy M. Takumi, Chair, Rep. Takashi Ohno, 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. 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 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 conclusion, I 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



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

LATE

February 10, 2014

MEMORANDUM

TO: The Honorable Roy M. Takumi, Chair
House Committee on Education

FROM: Barbara Yamashita,
Acting Director

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

Hearing: Monday, February 10, 2014; 2:00 PM
Conference Room 309, State Capitol

PURPOSE: The purpose of this bill is to establish and fund the Fun 5 Program within the A+ Program in Hawaii's public elementary schools, effective July 1, 2014.

DEPARTMENT'S POSITION: The Department of Human Services (DHS) would like to provide the following comments.

The Department covers 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 per child per month to fund the Fun 5 Program. Should this measure pass, the DHS would require an appropriation of \$77,000 annually to enable the Department to continue to cover the cost of A+ program fees for TANF eligible families with the addition of the Fun 5 Program.

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

From: mailinglist@capitol.hawaii.gov
Sent: Monday, February 10, 2014 12:49 PM
To: EDNtestimony
Cc: pwnhwang@hawaii.edu
Subject: *Submitted testimony for HB2109 on Feb 10, 2014 14:00PM*



HB2109

Submitted on: 2/10/2014

Testimony for EDN on Feb 10, 2014 14:00PM in Conference Room 309

Submitted By	Organization	Testifier Position	Present at Hearing
Phoebe Hwang	Individual	Support	Yes

Comments:

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A Non-Profit Organization

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**Testimony of Ray Sanborn
President of Kama'aina Kids
To the House Committee on Education
On This Day February 10, 2014**

LIVE TESTIMONY

Aloha Rep. Roy Takumi and members of the committee,

I am the President and Co-Founder of Kama'aina Kids, a not for profit organization providing afterschool services for over 7500 keiki statewide. We support bill HB 2109 which seeks to establish and fund the FUN 5 program within the Afterschool Programs.

FUN 5 has been helpful in supplemental training with the SPARK program, providing handbooks, equipment and educating our staff with the basic information of health and nutrition to utilize in daily activities. All of which has been key to maintaining the program curriculum. Our keiki have benefitted and are more active and aware of staying active and eating healthy.

We have been a part of this nutrition and health based program from its inception and are in strong support of passing

**In Service To Children,
Ray Sanborn
President and Co-Founder
Kama'aina Kids**



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A Non-Profit Organization

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**Testimony of Mark Nishiyama
Vice President of Kama'aina Kids
To the House Committee on Education
On This Day February 10, 2014**

LATE TESTIMONY

Aloha Rep. Roy Takumi and members of the committee,

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We have been a part of this nutrition and health based program from its inception and are in strong support of passing

**In Service To Children,
Mark Nishiyama
Vice President and Co-Founder
Kama'aina Kids**