



NEWS RELEASE

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KAISER PERMANENTE HAWAII PARTNERS WITH HAWAII ISLAND SCHOOL GARDEN NETWORK IN COMMEMORATION OF MARTIN LUTHER KING JR. DAY OF SERVICE

Physicians and Staff Volunteer at Ka Umeke Kaeo Charter School Weeding, Pruning, and Planting Sustainable Crops on January 18

Hilo, HI (January 13, 2010) – Kaiser Permanente Hawaii physicians and staff members will be partnering with Hawaii Island School Garden Network volunteering their time working at Ka Umeke Kaeo Charter School's sustainable garden on January 18 in commemoration of Martin Luther King Jr. Day of Service. Hawaii Island School Garden Network helps Big Island schools increase consumption of locally grown foods through sustainable food production. This volunteer effort is part of several community service activities by nearly 300 Kaiser Permanente's physicians and staff taking place on the Big Island, Maui, and Oahu.

"As physicians and health care providers, we're naturally enthusiastic about helping people get healthy. Having the opportunity to do that outside of our clinics by supporting sustainable gardens in our community and sharing activities that teach students and their families about good nutrition is so important, and it's something we're extremely proud to be a part of," said Dr. Daryl Kurozawa, Kaiser Permanente's physician leader for the Neighbor Islands.

Kaiser Permanente Hawaii physicians and staff members will be volunteering at Ka Umeke Kaeo Charter School from 8:30 a.m. – 1:00 p.m. on January 18 working in the school's sustainable garden weeding, pruning and planting crops. Part of the volunteer effort will include shared learning through fun activities that teach students and their families about nutrition based on the 5-2-1-0 nutrition program, a statewide effort to combat childhood obesity through public awareness and education. The 5-2-1-0 program encourages 5 fruits and vegetables or more per day, 2 hours of screen time or less, 1 hour of moderate to vigorous physical activity, and 0 sodas and sugar-sweetened sports and fruit drinks. Dr. Cris Ancog, a pediatrician with Kaiser Permanente, serves as a volunteer medical advisor for the program.

"The Hawaii Island School Garden Network (HISGN) is pleased to work with Kaiser Permanente in creating this tremendous community service and learning opportunity. The work day will help acquaint doctors and other health

care professionals with our island's school garden movement that is reconnecting our keiki and youth with their food and helping to change nutritional choices for students and their families," said Nancy Redfeather, HISGN director.

In conjunction with Martin Luther King Jr. Day of Service, Kaiser Permanente physicians and staff will also be volunteering at Waimea Middle and Kahakai Elementary Schools on the Big Island and, in partnership with 'AINA in the Schools Program on Oahu, at Waikiki Elementary School, tending to the schools' sustainable gardens; and on Maui visiting with residents, playing interactive games, teaching crafts and other one-on-one activities, serving meals and working to beautify the campus at Hale Makua Health Services elderly care home.

This volunteer effort is part of series of events taking place this year in celebration of the 50th anniversary of the Hawaii Permanente Group in Hawaii, which was formed on August 20, 1960 to provide care to all Kaiser Permanente members in Hawaii.

About Kaiser Permanente Hawaii

Kaiser Permanente Hawaii has provided total health to the people of Hawaii for more than 50 years. All of its physicians are members of the Hawaii Permanente Medical Group (HPMG), the largest and most experienced multi-specialty physician group practice in the State of Hawaii. Care for members is focused on their total health guided by our personal physicians, specialists, and team of caregivers. Our expert care and medical teams are supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management. Kaiser Permanente is dedicated to care innovations, clinical research, health education and the support of community health. Visit kp.org for additional information.

About Hawaii Island School Garden Network

The goal of the Hawaii Island School Garden Network (HISGN) is to help island schools build gardening and agricultural programs that will significantly contribute to the increased consumption of locally produced food by involving students, their school communities, and their family networks in food production. HISGN is one of The Kohala Center's self-reliance initiatives. Visit www.kohalacenter.org/HISGN/about.html for more information.

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