

## Hawai'i County Study Ties Health to Agriculture

Hawai'i County is one of five sites in the U.S. selected for a Health Impact Assessment. The Kohala Center has received a \$150,000 grant from



Photo by Julia Neal

the Robert Wood Johnson Foundation and The Pew Charitable Trusts to develop the Health Impact Assessment of the Hawai'i County Agricultural Development Plan recommendations. The non-profit educational and research institution will look at the health effects of proposals that range from increasing the production of fruits and vegetables on the island to setting aside more land for growing biofuel or agricultural crops for exportation.

The Health Impact Assessment, anticipated in December 2011, will help the County Council craft a plan that maximizes health while balancing a complex set of conflicting priorities. Some HIA recommendations might be adopted as new county regulations or ordinances and be used to inform state-level agricultural policies.

The Kohala Center will work in partnership with the state Department of Agriculture and Kaiser Permanente Center for Health Research, Hawai'i.

The Health Impact Project provides more than \$1 million in grants to six projects that will conduct health impact assessments at the state and local levels. A Health Impact Assessment is a tool that helps policy makers understand how a proposed project or policy could affect the well-being of the people in a community. The information provided by an HIA enables policy makers to weigh the

pros and cons of their decisions and put in place practical strategies that minimize adverse health effects and maximize potential benefits.

Along with the Hawai'i project, five others in Georgia, Minnesota, New Hampshire, Texas and California are at the forefront of a burgeoning movement in the United States to ensure that health is considered in sectors that do not traditionally factor it into their decision-making. The Center for Quality Growth

and Regional Development, a research center of the Georgia Institute of Technology's College of Architecture, will conduct a comprehensive HIA on the site of a former Ford assembly plant. ISAIHA, TakeAction Minnesota and PolicyLink are working together in the Minneapolis-St. Paul area to conduct an HIA of proposed land-use changes related to a new light-rail transit line that will connect the Twin Cities.

The nonpartisan, independent New Hampshire Center for Public Policy Studies will develop an HIA that will evaluate proposed state budget changes and show how funding changes in these areas might affect the health of residents. Texas Southern University, in collaboration with Houston Tomorrow and Baylor College of Medicine, will conduct an HIA to help inform Houston's Urban Corridor Planning project, which calls for transit-oriented development in 65 Houston neighborhoods through which a 30-mile, five-corridor light-rail expansion is planned.

## Young Scholar Focuses on Health & Nutrition for Ka'ū

The following is a 2010 winning essay for the Ka'ū Chamber of Commerce Ken Wicks College Scholarship by recent Ka'ū High School graduate Alesha Ulu Makuakane, of Wai'ōhina. She received a \$1200 scholarship toward her education.

Education is a door to opportunities that can supply a future full of success. It can provide knowledge to pursue career aspirations and also provide experience to share throughout society and the community. By receiving a college education, I believe that I cannot only achieve my career goals, but more importantly, invest in the future of my community.

My family and I have lived in Ka'ū for many generations. My ancestors were said to be reigning chiefs in this district before

School of Public Health and the Los Angeles County Department of Public Health will team up to conduct two health impact assessments. The first HIA will assess the potential health effects of a proposed subway, and the second will help decision-makers weigh the public health implications of different municipal water-conservation policies.

"These pioneering projects will provide many valuable lessons for other leaders in sectors that may not focus on health, but produce policies and programs that have clear ramifications," said Aaron Werthum, M.D., director of the Health Impact Project. "Health impact assessments can be used to

weigh complex proposals and help decision makers craft solutions that avoid unforeseen effects and create conditions that give people every opportunity to lead healthy lives."

HIAs have been widely used in Europe, Canada and other countries, but are now emerging as a policy-planning tool in the United States. This approach can be used to address community concerns early in the planning process, generate stakeholder support and consensus and steer proposals swiftly through approval and implementation. Government agencies, universities, local communities and nonprofit organiza-

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Recent graduate Isaac Queja presents Ka'ū Hospital Director of Nursing Nona Wilson with the signs he created for the Ka'ū Hospital as part of his Kamehameha Schools Senior Legacy project. Also pictured are classmates Keoni Bailado, Casey Chai, Kaimoa Crum, Kaimana Duro, Thomas Kackley, Boyd-John Ramos and Ikaika Vivas, and teacher Brett Marsh.

## Kamehameha Student Gifts Ka'ū Hospital Signage

by Nālanī Parlin

Ka'ū Hospital recently received a gift of 52 hand-made wooden signs created to enhance the facility's interior décor. The signs were created by Kamehameha Schools Hawai'i High School 2010 graduate Isaac Queja. Each sign is three-and-a-half inches tall, made of pine, and features carved lettering and the names of the hospital departments and rooms. Queja completed the signs as his Senior Legacy Project, a graduation requirement for Kamehameha Schools students in the Career Academy Program.

For five years, Ka'ū Hospital has been working on beautifying the facility and "to make it a place where our community would feel good about bringing their family or friends to," said Director of Nursing Nona Wilson. While a lot of work has already been done, such as painting of rooms and new outside awnings, through donations of money and labor from the "Red Hats and Ka'ū Quilters, Volcano Rotary Club, 'O Ka'ū Kākou, and many wonderful individuals and business people from the community

who believe in what we are trying to do," said Wilson, "our signage left a lot to be desired relative to aesthetics. This is especially true of the Long Term Care area where our goal is to make it as homey as possible in an institutional setting." Wilson sought the

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# The Ka'u Kitchen

## Michelle's La'uuya recipe

The following recipe using Ka'u grass fed beef is featured in the new web magazine shegrowsfood.com, with stories on Michelle Galimba and Ka'u farmers Lorie Obra and Sokha Hester. See Page 1.

### La'uuya (Beef Shank Soup)

from Michelle Galimba

This is Filipino soul food. My grandfather made a stupendous la'uuya, and my father also. It is very simple and very tasty, especially if you've spent a cold, wet day in the mountains.

- 5 pounds grass-fed beef shank
- Large piece of ginger, peeled, sliced, and bruised
- sea salt
- water to cover
- 1/2 cup Vinegar
- Hot rice

Place beef in large stock pot with ginger and sea-salt. Cover with water and simmer for 4-6 hours until beef is falling apart. Taste for salt, then add vinegar. Taste and correct seasoning, adding more vinegar if necessary to give the soup a pleasing zing. Pour over hot rice.



Stay tuned to shegrowsfood.com for a recipe for Grandma Fely's Tilapia soup. See story on Page 17.

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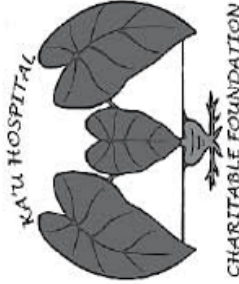
I would like to major in health and human nutrition and someday become a certified dietitian. My interest in nutrition was influenced by my own acts of being cautious about what I ate, exercising daily and reading labels so I could have a healthier lifestyle. By maintaining a balanced diet I have never felt more energized and confident in how I look inside and out, and this is what I want for the people of my district.

One of the reasons why I admire Ka'u is its undeveloped and untouched land. Here in Ka'u there are no fast food restaurants like McDonalds, Burger King, or Jack in the Box. These fast food chains contain foods that are high in calories and fat which could cause people to be unhealthy and receive the risk of becoming obese. Since the presence of these kinds of food isn't available all the time in Ka'u, it helps families cook homemade meals, which helps with practicing good nutrition. By becoming a dietitian I will use my skills and knowledge to inform

the people of this district how to use and eat the right food for a balanced diet. I would like to counsel them in the proper way to read labels, getting their daily caloric intake and getting the correct amount of foods from each food group. I want to advertise healthy nutrition because obesity has become a major health issue for all ages due to the intake of certain foods and lack of exercise.

By providing lessons on nutrition I could help Ka'u make healthier choices and take steps into a healthier future and become an improved neighborhood. Practicing good nutrition can ensure a longer, healthier and happier living and if I educate them, they will be able to enjoy life to its fullest. I believe that I can impact this community and make a difference because of my education and my connection with the people of this district. My family ties here have made this community a part of me and who I am, and if I can help the lives here I can become a productive citizen of my community, society and country.

## SUPPORT KA'U'S HOSPITAL & CLINIC



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# Gov. Releases More than \$5M for Ka'u Hospital

Gov. Linda Lingle has released \$4.7 million for Ka'u Hospital's Vog Mitigation Project. The money will be used to replace the doors and windows and provide filtered ventilation and other measures to prevent the influx of sulfur dioxide and particulates from entering and settling in the facility, said Hospital Administrator Marilyn Harris. The improvements are necessary to protect staff and patients during vog events, she said.

Lingle also released \$500,000 to replace the nurse call system. "This is a network that consists of wiring, lights and an intercom system that ensures that patients

are able to remain in constant contact with their caregivers," said Harris. She explained that the existing "call bell system was second-hand in 1971 and could no longer be repaired." The money for the project was left over from the recent replacement of the hospital emergency generator. "It was because of the advocacy efforts of Sen. Josh Green that Gov. Lingle agreed to allow us to re-allocate the leftover monies to our call system, and we are so grateful to them both as this is an expensive project yet something that is critical for the safety of our patients," said Harris.

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tions from all over the country are pursuing HIAs and capitalizing on this new trend in decision-making.

"Many of the biggest decisions that impact our well-being are made outside of the health and health care sectors," said Michelle A. Larkin, J.D., M.S., R.N., senior

program officer at the Robert Wood Johnson Foundation. "By enabling leaders in these sectors to factor health considerations into their decision making, we can help stem the rising tide of chronic disease and create safer, healthier communities." For more information, contact Janis Wong at 325-1114 or jwong@kohalacenter.org.

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assistance of Kamehameha Schools Principal Ninia Aldrich who put her in touch with school woodworking teacher Brett Marsh and the Senior Legacy Project.

Kamehameha Schools high school counselor Herb Wilson described the Senior Legacy Project as "the capstone and culminating project in the Career Academy Program. Encouraged as a way for students to give back to their school community or greater Hawai'i Island community, Izaac Queja's legacy is a gift to the Ka'u community. It represents skills learned in the Engineering and Design Academy and his patience and sensitivity in designing signs which fulfill the needs and required parameters of Ka'u Hospital."

Encouraged by Marsh, Queja, a student in Construction and Design, took on the sign-making task as his Senior Legacy and worked for several months during class and free periods, spending over 70 hours to complete it. Through this task Queja said he became well-versed in using the carving

machine and enjoyed teaching his fellow students who were inspired to make their own signs. Towards the end of the year, with his deadline bearing down on him, Queja's classmates jumped in to help him complete the signs. Queja said the skills learned in class and in his legacy project will help him in the future.

"I've been given so much by Kamehameha Schools, that I am glad to give something back to the community and try to make it a better place," said Queja. He thanked his teachers Marsh and Moses Riveira, as well as his classmates for their assistance. Queja said he plans to attend Hawai'i Community College and is interested in pursuing a career in forestry or agriculture.

Nona Wilson, impressed by the Senior Legacy Project and it's mission to give back to the community, said "I applaud Izaac and Kamehameha Schools for instilling in their students that this is the right and proper thing to do." She thanked Queja, Marsh, Aldrich and everyone involved for this "wonderful makana," or gift.

## Ka'u Hospital & Rural Health Clinic

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