



DEPARTMENT OF HEALTH

**News Release**

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GOVERNOR

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**DOH HOSTS WORKSHOP ON HEALTHY DESIGNS**

HONOLULU – Today, the Hawai'i State Department of Health (DOH) Healthy Hawai'i Initiative (HHI) hosted a workshop, "Earning Healthy Profits with Healthier Designs," for Hawai'i's developers, planners, and policy makers. The workshop is a prelude to the first statewide Physical Activity & Nutrition Summit DOH has scheduled for October 2, 2007.

Mark Fenton, who led the workshop, is a nationally recognized expert in walkable, bicycle-friendly community policies and designs and the public health impacts. Fenton shared his expertise; offered an entertaining and thought provoking look at the dire need for new approaches to incorporating healthy designs in community development plans; and addressed the opportunities and challenges in Hawai'i. Fenton facilitated a substantive discussion with community leaders and developers regarding what can be done to encourage community plans and designs that promote healthy lifestyles, while being financially viable.

Lt. Governor James R. "Duke" Aiona, Jr. welcomed workshop participants, and Director of Health Chiyome Fukino, M.D. gave an update on the role of the state in regards to creating a healthy community environment.

"The design of our community environment holds tremendous potential for addressing many of Hawai'i's public health concerns, including obesity, cardiovascular disease, diabetes, asthma, injury, and depression," Fukino stated. "Environmental factors have a strong influence on healthy behaviors. Community design is one of the keys to healthy communities."

"This was a first step toward making Hawai'i a better, healthier place to live," said Lt. Governor Aiona.

"Everyone can benefit from community designs that are more conducive to walking, cycling and other types of healthy physical activity."

Approaches such as Smart Growth and New Urbanism are being explored by many communities and Hawai'i has an opportunity to be at the forefront of this movement.

The "Earning Healthy Profits with Healthier Designs" workshop is a part of the Healthy Hawai'i Initiative's social-ecological approach that reduces the burden of chronic disease in Hawai'i by encouraging physical activity, healthy eating and living tobacco free on multiple levels, e.g. individual, built environment, and policy level. For more information on the Healthy Hawaii Initiative visit [www.healthyhawaii.com](http://www.healthyhawaii.com).

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Walking photos available online at <http://picasaweb.google.com/HawaiiDOH/StepItUpHawaiiWalkingPhotos>.

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