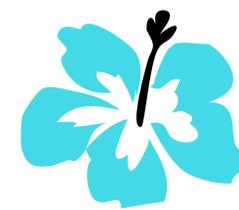


NATIVE HAWAIIAN PACIFIC ISLANDER



YOUTH HEALTH & FITNESS DAY

health

Presented by

food

Pacific Islanders for H.E.A.L.T.H.

The lack of access to health care is one of the biggest health disparities that contributes to poor health within the NHPI community. We combat this by providing free health screenings from our very own certified members. Additionally, health physicians are present in order to interpret their results and create a plan unique for each person to manage their health.

We reach out to 200 NHPI community members and students for this event. Diet is a major determinant of health outcome. Providing various food options that are nutritious and delicious helps our community learn and apply healthier eating choices as a new way of living. We reach out to various food companies to donate to us so that we can encourage accessible and healthy foods available at local grocery stores.

THE HISTORY

Youth Health & Fitness Day was created because of the need to improve health conditions of our Native Hawaiian Pacific Islander people. The most prominent illnesses that NHPI people face include diabetes, cardiovascular disease, and obesity. The purpose of this event is to promote the importance of maintaining good health and combat the health disparities faced by providing health education, access to health care, fitness, and healthy food options. Join us this year for our 7th annual event!

2016



2015



fitness

As the purpose of the event is to make changes toward healthier lifestyles, we provide our participants the opportunity to get their bodies moving in fun ways. During the event there are three 30-minute rotations that participants get to choose from Quidditch, Zumba, Yoga, or a workout with FITTED.

Saturday, May 27th

2-5 PM

DRAKE STADIUM
2017

education

In order for NHPI people to understand the importance of maintain good health, they must have the educational resources to do so.

Representatives from various health organizations including mental health, sex and sexual diseases, heart disease and other chronic illnesses are present to provide information relevant to the NHPI population.

This year our event will feature a booth for children to learn about nutrition and the food pyramid.

Thank you to Jane and Terry Semel for their vision, support and leadership of the Healthy Campus Initiative, and for the HCI campus leadership, including Chancellor Gene Block, Executive Vice Chancellor Scott Waugh, and Associate Vice Provost Wendelin Slusser.

