

## **B. Insuring A Healthy Hawaii**

### **Work Session I. Preferred Futures and Strategies**

#### **Community / Individual Lifestyle Intervention**

- Prevention actions for sustainability:
  - All children in elementary school should be educated on the risks of skin cancer associated with sun exposure and the importance of wearing sunscreen and protective clothing, Sun screen will be made available to children in public schools.
  - Physical education will be an essential core program in all public schools throughout intermediate and high school years
  - All schools shall have a nutritionist on staff.
- Health education
  - Educate people on how to take care of themselves
  - Educate children and parents on the importance of nutrition and exercise
- Personal responsibility
  - get people to accept responsibility to participate in own health - best to take care oneself before getting to the point of taking pills
  - LTC insurance
- Prioritize community based "social model" health care systems
  - non-institutional
  - non-medical, "medicine" model
  - health promotion
  - Insure universal, basic health insurance coverage and access.
- Educate children and adults about healthy lifestyles and provide incentives to get there
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- Health - equalize educational opportunities and resources
- Policy- require public officials and state employees to enroll their kids in public school or convert privates to public.

- Make health care available to all -- period.
- B. Policy - any and all ways to get there as priority. Universal health cares, expand public coverage, support safety net.
- Promote healthy activities effectively - as effectively as unhealthy ones such as tobacco use, junk food, Etc,
- Insist on posted handouts at fast food restaurants of food values such as subway does. One chain can even give you a printout of the nutritional value of the food you purchased on your cash register receipt. Increase awareness so people can make better choices.
- Diet- Require all public entity food sources to offer salad of coleslaw as an alternative any place where French fries, onion rings, or the like are offered.
- Community care / wellness networks
- Make Hawaii truly the healthy state
  - Assumption - nutrition related disease us the leading cause of death
    - #1 Heart Disease 32%
    - #2 Cancer 24%
    - #3 Stroke 7%
    - #6 Diabetes 4%
    - Total 65%
- Action: Until we deal with the cause - Health care will continue to spiral out of control
  - We need to reward a Nutrition / Lifestyle approach to disease prevention
  - Must deal with industry to decrease incentive to produce junk food and increase incentive to produce fresh fruit, vegetables, whole grain, and legumes
- Assumption:
  - Nutrition affects behaviors that increase costs of "Felix" kids increase cost of prison and rehab.
    - Use nutrition to help decrease ADD in school and recidivism among inmate population
    - Introduce diet into school
    - introduce diet into prison

- Health insurance and access
  - Health insurance coverage for all
  - How do we afford universal coverage
  - The state of Hawaii has this policy: Every person in Hawaii will have access to affordable health care insurance and / or healthcare.
- Universal Health Insurance Coverage
  - all residents of Hawaii should be covered by some or of health insurance
  - Medical vs., Health Insurance
- Policy to encourage intervention / prevention focused health insurance.
  - Decrease Government subsidies for medical care, especially for high income families,
  - Increase health promotion and prevention subsidies