



General Newsletter Fall 2005 / Winter 2006 Issue



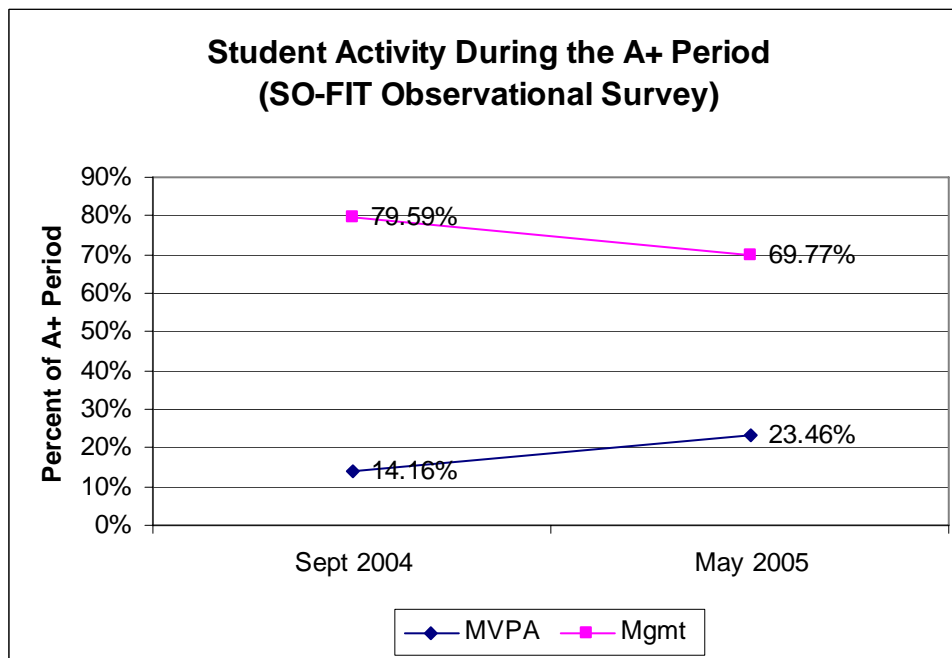
A Great Start to the School Year...

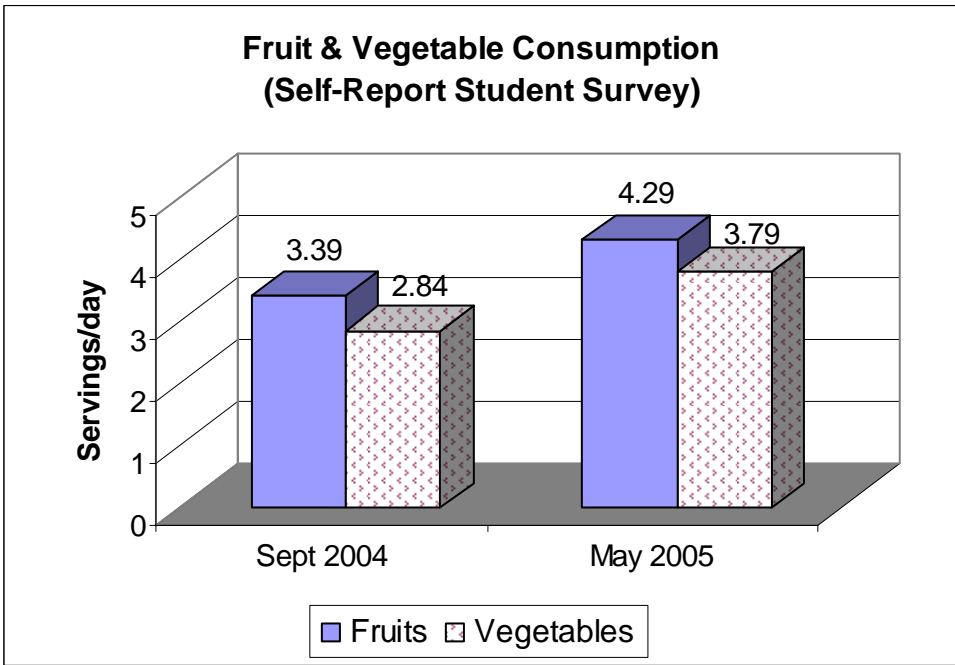
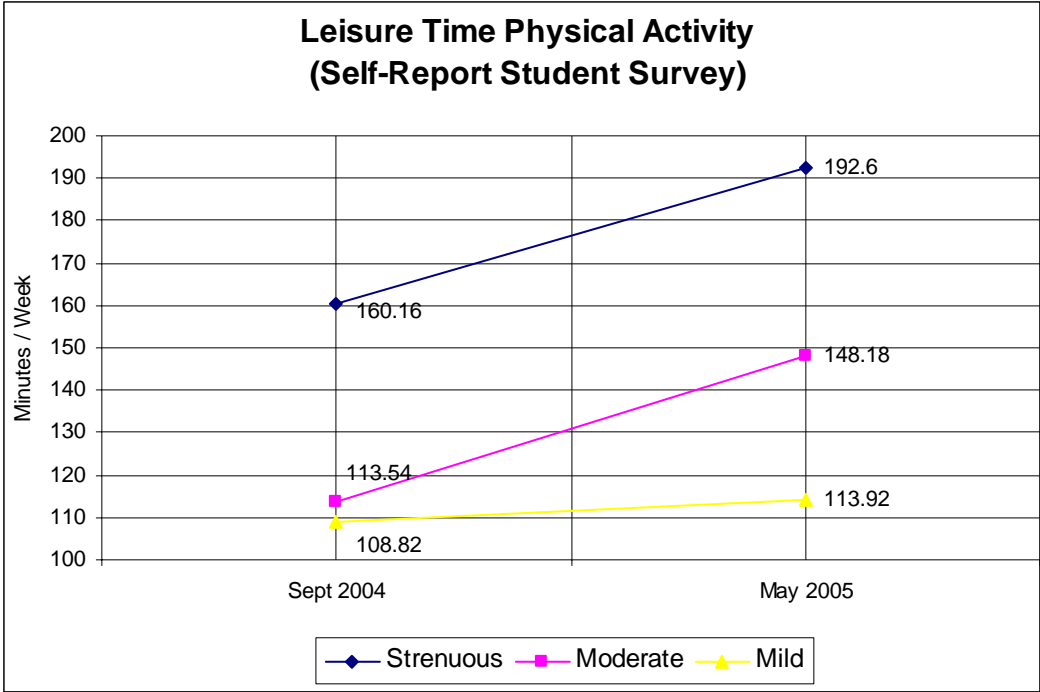
Fun 5, now in its second year of state-wide dissemination, is very excited to have over 80 A+ sites implementing our award winning program. Just recently, the Fun 5 program was awarded the national DHHS Innovations in Prevention Award for Schools by the Secretary of Health and Human Services, Michael O. Leavitt.



Fun 5 Worked Last Year...

Our evaluation from our first year of expansion (School Year 2004-2005) reflects the continued success of this program. Observation data of a random sample of sites revealed that moderate and vigorous physical activity increased during the school year from 14% of the time to 23% of the time within the A+ hours. Our self-report data also found significant improvements in strenuous and moderate physical activity (an increase of about 30 minutes each) and an increase in fruit consumption by more than a serving.







Fun 5 Trainings & Boosters – Fall 2005

This Fall we conducted six trainings, including two on the Big Island and one on Maui. We are pleased to welcome the South Central A+ DOE District into our Fun 5 Ohana. We have also been busy coordinating our Fall booster sessions as a re-fresher for A+ group leaders. These sessions were a lot of fun and provided an opportunity to talk story about challenges and successes of the program with group leaders from the sites, learn additional SPARK activities and enjoy a healthy potluck.



What's New at Fun 5...

This year we have expanded the nutrition component by adding nutrition activities for children. We also feel that it is important to address the eating behaviors of the group leaders as they are role models. To this extent we are piloting a group leader intervention with select sites.



Mahalo for your Support...

Fun 5 wants to highlight the organizations that have provided generous donations to help us promote the health of our keiki.

- *Hawaii Medical Service Association*
 - *Trimoving LLC*
 - *Mililani WalMart (#2126)*
- *Ice Palace/Stadium Partners*
 - *Action for Healthy Kids*
 - *Jan Inc. (Maui)*
 - *Curves for Women - Manoa*



Fun 5 Talking with the Community...

We have had the pleasure of presenting the Fun 5 program at various civic and community organizations on Oahu over the past several months. We wish to thank the following organizations for sharing their time and making us feel welcome.

Ewa Beach Lions

Diamond Head Lions

Koko Head Lions

Makakilo-Kapolei Lions

Mililani Lions

Palolo Lions

Pearl City Lions

East Honolulu Rotary

Downtown Rotary

Mililani Sunrise Rotary

Wahiawa-Waialua Rotary

Waianae Rotary

Pearl Harbor Rotary

Elks Lodge Honolulu

**CONTACT INFO:**

If your site is interested in being trained, please contact one of the Fun 5 staff members. After a year at our temporary location at Dole Cannery, we are now back at the UH Manoa campus. Our address is as follows:

Fun 5

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Note on our In-School Efforts

The Fun 5 In-School program has been put on hold until further notice. We have changed only in the duration of the timing, not in the overall scope of implementation statewide. We ask those elementary schools interested in our program to stay in touch with us. We hope to launch our In-School program in 2-3 years.