


GROW, PREPARE, SHARE

ROOTS

Sharon Kaiulani Odom, RD, MPH





CONNECTIONS

Kupuna, Environment, Culture, Self, Family, Community, Traditions, Spirituality

Healthy Connections = Healthy Communities

Social Capital....

- Connection
- Community cohesion
- Strong relationships
- Trust in neighbors

Is protective and strongly correlated with better health and longer lives.....

Healthy Connections = Healthy Communities

Isolation is a stronger risk factor for mortality than factors including....

- Hypertension
- Obesity
- Smoking

Social isolation leads to chronic stress and increases risk for cardiovascular and other chronic diseases.

Dr Lisa Berkman, Director
Harvard Center for Population and Development Studies



Staff Participation

- Café Cultural Series
- Cook-offs
- Department Meals



Childbirth Class – Aina Day



Hawai'i Dietetic Association
 Registered Dietitians
 Academy of Nutrition and Dietetics

Punana Leo o Honolulu Kalihi Preschool



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EHUOLA

KE MALAMA PONO `IA KE OLA KINO, HE EHUOLA KE KINO NO KA WALO`IHI O KE OLANA

When you keep your health in good condition, your body will have vigor for a long time in your lifetime

Sharon Kaiulani Odom, RD, MPH
 Mele Kalama-Kingma, RD

Hawai'i Dietetic Association
 Registered Dietitians
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This project was designed to help keiki and their `ohana discover the physical, spiritual and health connections to the `aina. There is a focus on foods and nutrition as a foundation to make healthy lifestyle choices.



Kua Kalihi Valley Health Center
 Aloha Aina Health Center
 Office of Hawaiian Affairs

**DAY 1
LO`I KALO**

Connecting to land, ancestors and culture






E Ola o Haloa



Honohono Grass - cuts and scrapes




Menu for the day

- Oatmeal with Sweet Potato
- Milk, honey, raisins, banana

- Kalo/turkey patties
- Whole wheat bun
- Carrot and celery sticks
- Watermelon

- Lau lau with chicken, salmon and sweet potato
- Pa`i`ai - poi
- Kalo
- Sweet potato
- Tossed salad
- Fruit salad









Food Preparation Skills

Hawai'i Dietetic Association
Academy of Nutrition and Dietetics

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Academy of Nutrition and Dietetics

Ku'i Kalo

- Genealogy
- Respect for kupuna
- Respect for the land
- Respect for the culture
- Respect for your food

Hawai'i Dietetic Association
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DAY 2 - LOKO I`A

Connections to the ocean

Paepae o Heeia

Hawai'i Dietetic Association
Academy of Nutrition and Dietetics





Eat Local
Buy Local
Support Local
Be a Chef !!!



Lomilomi

The power of
positive touch

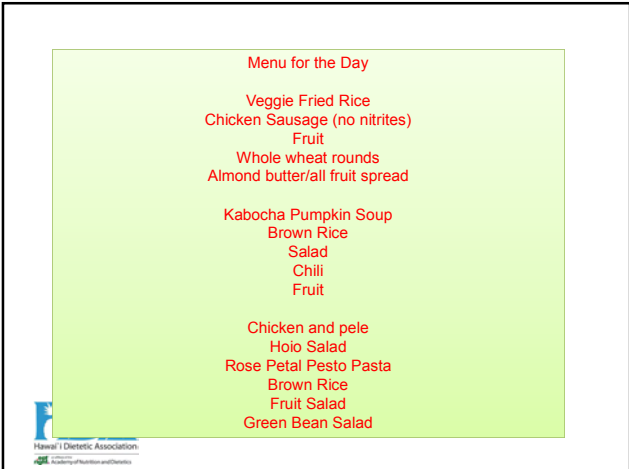


Day 3 – KKV
Cooking fresh, local and chemical free



Organic gardening

Hawaii'i Dietetic Association
Member of the American Dietetic Association
Academy of Nutrition and Dietetics



Day 4

To market

To market

To buy....



Kailua Farmers Market



What do I need to know about buying local produce?

Supermarket Tours

FOODLAND

DOWN TO EARTH



What do I need to know about shopping?



Making veggie pizzas





What type of attitude and thoughts should I have when I am working on my family and friends

Menu for the day


Fruit
Scrambled eggs/rice
Juice

Make your own veggie pizza
Organic cheese
Vegetarian pepperoni
Fruit (Rambutan)
Drink choice (from Down to Earth)

Vegetarian Curry
Kabocha pumpkin, zucchini, long beans, ulu, onions, potato, cauliflower, mushrooms
French Bread with Herbed butter
Local Corn
Local Salad

Day 5

Ma uka, ma kai
From mountain to sea
Connecting to the ocean



He lawai'a au

I am a fisherman





E maka`ala
Learning to be aware



Family Interviews – What did you learn this past week?

- ...learned about the culture on top of the nutrition info
- Son is more capable than originally thought
- How to prepare healthier food (from children)
- Made connection between knowledge and practice
- As parents, must involve kids. All about family bonding – connecting

Were those things important to you? Why? How?

- Very pleased with experiences and how we was able to share.
- As generations to on...liked how it touched on cultural elements
- Going to places, sources of food – history and sacredness of food
- Local sustainability at generational levels

Do you plan to use what you learned this week in the future? If so, how?

- Definitely. Learn to listen to my son and what he can teach us.
- Definitely apply more cultural aspects in our home and daily experience
- Humbling experiences to see the roots of things
- Start own herb garden, own fish pond
- Learning to cook by taste

Program Participants – What did you learn this past week?

- How to gut and scale fish, how to throw net, how to cook a lot of things
- About Hawaiian culture and foods; we can just grow our healthy food
- That food is good for you
- How to be respectful; How to live a healthy lifestyle
- Certain things about my culture, how to harvest correctly, what time to plant

Were those things important to you? Why? How?

- To learn more about my Hawaiian culture
- Yes, because I can use these things to help my family and friends
- Now that I came to this program, I am going to eat better

Do you plan to use what you learned this week in the future? If so, how?

- Using it to cook for my family and massage my family, I could take this and teach other people
- I would remember all the things I was taught and help family
- Grow my own taro and food. Try to catch fish with net
- Yes, probably when I have kids this can go on for generations

Community Work Days



Growing Farmers

Thursdays – open for volunteers specifically to learn and help in the food and medicine garden



Elder Program



IMU/UMU/UUMW





Impacting Our View of Healthcare

- Molokai Health Care System
- Hilo Bay Clinic
- National Council of Asian Pacific Islander MDs
- University of Michigan
- University of Mississippi
- Mount Royal University, Canada

UH School of Nursing



Contact Information

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