



Ola L[☀]kahi

Creating a Healthy Hawaii Together

October 2018

The mission of the Department of Health is to protect and improve the health and environment for all people in Hawai'i. We believe that an optimal state of physical, mental, social and environmental well-being is a right and responsibility of all Hawai'i's people.

World Mental Health Day 2018 sheds light on young people

People experience mental health challenges in different ways. Some are affected by episodes of anxiety or depression, and others may suffer from severe and disabling conditions that last a lifetime. The World Health Organization (WHO) estimates that as many as **one in four individuals** are touched directly or indirectly (through someone they know or a family member) by mental health challenges.

For this reason, WHO commemorates World Mental Health Day each year on Oct. 10. This year, the spotlight was on young people and the unique struggles they face as they navigate changes during adolescence and the early years of adulthood in a world of constant connectivity.

According to a report published by the Hawai'i Health Data Warehouse and based on data collected from the state's Hawai'i School Health Survey, nearly 30 percent of high school students who participated in the 2015 survey had experienced depression within the last 12 months. These students had felt sad or hopeless almost every day for two consecutive weeks or more, and stopped their usual activities.

WHO notes that half of all mental illness begins by the age of 14, and many cases may go undetected and untreated. It can be difficult to accept and recognize the reality of mental



Over the years, in May, the DOH Child and Adolescent Mental Health Division has raised awareness with sign waving at the State Capitol.

health challenges because signs of a condition may be subtle. Asking for help is the most crucial first-step toward coping and healing. Creating a safe environment, reducing or eliminating stigma, and increasing access to help can create a path to recovery.

Much can be done to foster mental resilience, prevent mental distress and illness and better equip Hawai'i's young people to recover from illness. Being aware of the early warning signs and symptoms of mental illness is key. Just as important is understanding that it's OK to ask for help, which can truly make all the difference.

Treatments for mental health conditions vary from person-to-person, and may even change for one person over the course of their lifetime. Building an environment where people of all ages, especially young people, feel comfortable enough to speak up and ask for help by talking to someone they trust or seeking professional help, is critical.

Reducing stigma around mental illness requires a community effort.

For resources on children and mental health, visit health.hawaii.gov/camhd/ or the Centers for Disease Control and Prevention at cdc.gov/childrensmentalhealth/index.html.

What you should know about brown water advisories



Top left: Interactive maps on the Clean Water Branch website show the latest water quality advisories. Top right: Permanent signs are posted along Honolulu's Ala Wai Canal to warn the public of hazards associated with contaminated water. Bottom: Hanalei Bay on Kauai has seen several brown water advisories already this year.

The rainy season has officially arrived in Hawai'i, which means we're going to see and hear a lot more about brown water advisories posted by our Clean Water Branch to keep the public safe from hazards that may be caused by storms and floodwaters.

**Turbid: (adj.)
thick or opaque
with or as if with
roiled sediment.**

Brown water advisories let beachgoers know they should exercise caution when waters are brown, turbid, or cloudy because these waters may contain land-based polluted runoff. A brown water advisory is issued when the National Weather Service issues a flash flood warning, or if brown water is observed by CWB field personnel.

Heavy rain often causes excessive runoff of water carrying land-based pollution that eventually flows into beaches. Rain in the mountains may cause runoff through streams, storm

drains or drainage canals even on a sunny day at the beach. Other events such as water main breaks may also cause land-based pollutants to be washed into beaches and streams.

Brown water advisories do not close the beach, but people should practice good personal hygiene after entering the water and follow-up with a doctor if any health concerns arise. Entering brown water may be unavoidable, especially during cleanup efforts following major storms or weather events. Be sure to cover any open wounds and thoroughly wash them afterwards. People with compromised immune systems or health conditions may be at greater risk of sickness if they enter contaminated water.

The public can sign up for email alerts of advisories. Find the latest advisories online at: eha-cloud.doh.hawaii.gov/cwb. The site shows exact locations of posted signs and areas affected by current conditions.

Report brown water to CWB via 808-586-4309 (ask for "Monitoring") or CleanWaterBranch@doh.hawaii.gov. If no warning is posted and the water is brown, use caution and stay out.

Small changes mean healthier choices

Hawai'i offers a full array of tempting local snacks including fresh fruits, nuts and taro chips, and in reasonable portions with no added sugars, these are all healthy snacks. Every single healthy choice makes it easy to enjoy eating between meals, during breaks in the work day and casually with friends. Extra, unwanted calories from snacks can add up quickly and lead to obesity, so here are tips to make healthy choices when selecting snacks.

To **start living healthy**, reach for snacks that are minimally processed with nutritionally high value. During a coffee break, we often choose a sweetened coffee drink without realizing how much sugar and calories sneak into our diet when we sip them. Reduce harmful intake by sticking to plain or unsweetened coffee or tea and avoiding artificial sweeteners. These guidelines will help the body feel better and better maintain itself in the long term. Here are more tips for a healthier drink:

- 1. Downsize the drink:** is jumbo size really extra "value" if it means health problems later?
- 2. Do dairy right** with low-fat or non-fat milk to reduce saturated fat.
- 3. Skip the whip:** lots of extra calories come from toppings.
- 4. Cut the syrup in half:** sprinkle cinnamon or cocoa to add flavor without the sugars.

For an alternative to black coffee, try adding low-fat or non-fat milk,

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How Hawai'i Fights The Bite



Mosquitoes will find holes and cracks in a screen and sense our body's carbon dioxide, so keeping doors closed and screens in good repair can prevent indoor bites.

[Zika, dengue and chikungunya](#) are potentially deadly diseases spread by *Aedes* mosquitoes, a species known to have an appetite for humans. When mosquitoes bite an infected person, they carry diseases called arboviruses and infect the next person they bite.

Zika can also spread from an infected human via blood transfusion, sexual contact or from a pregnant mother to her baby. Pregnant women are advised to take extra precautions to protect against the serious birth defects caused by Zika.

There are several simple actions you can take to fight the bite. It starts by removing mosquito breeding grounds. Mosquitoes can lay their eggs and grow in a tablespoon of water. This could be any standing water near a household such as a bird bath, clogged gutter or old tire.

- Drain anything that collects standing water in a week.

- Clean up rubbish and trash because these can collect water and be a safe haven for mosquito eggs.

- Fix broken faucets and sprinklers as they can lead to pools of water that welcome mosquitoes.

- Repair any broken screens and prevent mosquitos from entering a building.

People that travel to an area with a mosquito-borne disease outbreak will protect themselves and keep Hawai'i free from such diseases upon their return by preventing mosquito bites. Avoid areas with mosquitoes, such as shady, damp locations or standing water. Wear long sleeves and pants, use insect repellent, and sleep with a mosquito net to prevent getting bitten at night if outdoors.

If a person becomes ill within two weeks of traveling to an area with a mosquito-borne disease, they should inform their doctor and explain their recent travel history.

People can protect themselves and Hawai'i from mosquito-borne diseases by knowing the facts about Zika, dengue and chikungunya.

Go to FightTheBiteHawaii.com or health.hawaii.gov/docd/prevention/mosquito-bite-prevention/ or follow @FightTheBiteHI on Facebook, Twitter and Instagram to learn more.



Fight the Bite

Prevent • Prepare • Protect



Above: Choose mixed nuts that are unsalted or lightly salted. Below: Get taro chips with less than 230mg sodium.

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instead of whole milk. As for snacks, a handful of plain nuts or seeds are an easy choice while on the go. To satisfy hunger, "add foods with protein like unsweetened yogurt, hummus, nuts, or a hard-boiled egg to make a snack more satisfying," said **Toby Beckelman** of the DOH Chronic Disease Prevention and Health Promotion Division.

A quick glance at the nutrition facts on a package or restaurant menu to find healthy choices is smart. Healthy snack-seekers should look for servings with less than 230mg of sodium and less than 10g of sugar. For the next choice on a snack or drink, choose to be healthy now and feel better for a lifetime.

