



# GOOD EATS SAFE STREETS

#GESSJuly

**Good Eats, Safe Streets** sets aside the month of July as a time to focus on how place and culture impact Asian Americans, Native Hawaiians, and Pacific Islanders accessing the things we need to make healthy eating and active living part of our lives and communities.

Obesity rates are expected to rise to 42% and severe obesity to 11% in the United States, by 2030.<sup>1</sup> One-third of US adults are now obese, and obesity among children has risen from 5 to 17 % in the past 30 years. Alarming, these percentages are higher for communities of color, as well as low-income, less-educated, and rural populations. For instance, rates of obesity in adults are over 50% in at least 10 Pacific countries,<sup>2</sup> and a majority of Native Hawaiians and Pacific Islanders in Hawai'i (more than 75%<sup>3</sup>) and those in California (more than 70%<sup>4</sup>) are overweight or obese. Samoan children have the largest percentage (54%) of all children in California whose BMI is not within the Healthy Fitness Zone.<sup>5</sup>

The **obesity epidemic** has been declared the most significant public health challenge in the United States, due to the scale of its impact on the general population through the development of debilitating and costly chronic diseases.<sup>6</sup> Type II diabetes and cardiovascular disease are both part of the devastating health tsunami brought on by physical inactivity and poor nutrition.

Nutrition experts say that weight gain simply results when people take in more calories than they burn off, but **healthy eating and obesity for Asian Americans, Native Hawaiians, and Pacific Islanders is not that simple.** The Asian American, Native Hawaiian, and Pacific Islander population is comprised of more than 100 different language groups that trace their heritage to more than 50 countries. We sometimes live in neighborhoods that make healthy choices more difficult.

**Good Eats** are healthy, affordable, culturally-familiar foods that make our families and communities stronger. We recognize that **Good Eats** can be served in the school lunchroom, in WIC baskets, at church potlucks, and at our community gatherings – but only if we demand them from food manufacturers and retailers. During this month of activities, we'll highlight where **Good Eats** can be found and their importance to our communities.

**Safe Streets** are outdoor places that are clean, free of crime and pollution, and allow us to move our bodies for recreation (like yoga, tai chi, and sports), as well as for everyday transportation (like walking and biking). When we have **Safe Streets** we have safe places for physical activities where living healthy becomes easier and more accessible.

Visit [GoodEatsSafeStreets.org](http://GoodEatsSafeStreets.org) for a calendar of events taking place across the Pacific Islands and throughout the continental U.S. And, join in with your family and friends by doing something healthy and active in your community!

## Share & Shout #GESSJuly

Share the fun and shout about what you think should be done to make healthy eating and active living a larger part of AANHPI lives and communities by posting a “healthy selfie” to #GESSJuly on Twitter and Instagram.

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Good Eats, Safe Streets is a collaborative program of Asian Pacific Partners for Empowerment, Advocacy, and Leadership (APPEAL), together with Asian Services In Action, Families in Good Health, Hui Malama, HOPE Clinic, the Coalition for Asian American Children & Families, the Coalition for a Tobacco-Free Palau, and the Guam Communications Network.



<sup>1</sup> Finkelstein EA, Khavjou OA, Thompson H, Trogdon JG, Pan L, Sherry B, Dietz W. Obesity and Severe Obesity Forecasts Through 2030. *American Journal of Preventive Medicine* 2012; (42), 6:563-570.

<sup>2</sup> White House Initiative on Asian Americans and Pacific Islanders. Critical Issues Facing Asian Americans and Pacific Islanders. Available at: <http://www.whitehouse.gov/administration/eop/aapi/data/critical-issues> Accessed on June 13, 2012

<sup>3</sup> Davis J, Busch J, Hammatt Z, Novotny R, Harrigan R, Grandinetti A, Easa D. The relationship between ethnicity and obesity in Asian and Pacific Islander populations: a literature review. *Ethn Dis.* 2004 Winter;14(1):111-8.

<sup>4</sup> Ponce, N., Tseng, W., Ong, P., Shek, Y. L., Ortiz, S., & Gatchell, M. (2009). *The State of Asian American, Native Hawaiian and Pacific Islander Health in California Report*. Sacramento: UC AAPI Policy MRP and API Joint Legislative Caucus.

<sup>5</sup> McMullin J. The Call to Life: Revitalizing a Healthy Hawaiian Identity. *Journal of Social Science and Medicine* 2005; 61:809-820. Available at: <https://anthropology.ucr.edu/people/faculty/mcmullin/books/RevitalizingIdentity.pdf> Accessed on June 13, 2012

<sup>6</sup> Glickman D, Parker L, Sim LJ, Del Valle Cook H, Miller EA. Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation. Committee on Accelerating Progress in Obesity Prevention; Food and Nutrition Board; Institute of Medicine.