Change IS Happening!

Imagine if you’re sick and unable to leave work and get to a doctor? Well, this is an unfortunate and frightening reality for farm workers here in West Hawaii.

Many of us begin each day with a nice fresh steaming cup of coffee, with little or no thought as to where their coffee comes from. In West Hawaii, thousands of migrant and resident farm workers are recruited to pick coffee beans each season.

Many of these farm workers are non-English proficient and low income. These farm workers, many who are here on worker visas and others who are undocumented, are afraid to report health problems to their employers.

Did you know….Many farm workers here are not wearing adequate protective clothing or have supplies for working long hours, with exposure to the sun, pesticides, and other chemical crop treatments?

In addition to these hardships, a lack of transportation can make it difficult or impossible for workers to report health problems. Many workers get sick and are not able to get medical screenings or treatment. Sadly, these people needlessly suffer with illnesses and disease that goes unreported. The actual numbers of sick workers is unknown.

The good news is….Thanks to the generous support of the Change Happens Foundation and caring partners like you, West Hawaii Community Health Center is taking health care TO the coffee farms of West Hawaii!

This pilot program is the first of its kind! This program allows health workers to travel to farms to provide free health screenings and health education.

“Our goal is to provide health screenings to 300 farm workers, and their family members” said Jasmin Kiernan, Director on Innovation and Transformation, “we are still looking for opportunities to partner with local farms and reach more farm workers”.

If you know a farm that would be interested in participating in this program, please have them contact Claudia Hartz at 808-326-3889, or email chartz@westhawaiichc.org. Mahalo for helping us help others.
Letter from the Board

Aloha,

Have you followed through with your New Year’s resolutions? If getting fit and making healthy choices are some of your resolutions, you’re not alone. According to Statistic Brain, this topped the New Year’s resolution list. Many revisit these resolutions as we head into summer, thinking again about healthy eating and getting active.

We all know it can be challenging to keep your resolutions for a whole year. That’s why West Hawaii Community Health Center is teaming up with the Blue Zones Project to help people get healthy and to support a lifestyle of good health and well-being --- turning resolutions into realities.

Even though America’s Health Rankings, United Health Foundations 2016 Annual Report, ranked Hawaii as the healthiest state in the nation, we know that some populations in West Hawaii still experience a disproportionate amount of negative health outcomes.

The Blues Zones Project has studied populations across the world and found pockets of communities where the residents have the highest life expectancies. The world’s longest-lived people live in surroundings that make healthy choices easier.

This newsletter is filled with more information and we invite you to join us in supporting the Blue Zones Project.

Let’s live healthy together!

Hauoli Makahiki Hou!

Nellie Medeiros, Board Member
Join the movement! We’re counting on you!

What movement you ask? Blue Zones Project Hawaii!

Where we live, work, play, and even the group of people with whom we spend our time, all influence the lifestyle choices we make. Living longer and healthier goes beyond just eating right and staying active. Mental and social well-being, encouraging people to “wake up with purpose” and reduce stress, are also essential.

There are communities across the globe where residents live healthier, longer and happier lives. The communities are identified as “Blue Zones” and each have nine commonalities. The attributes are called the “Power 9”.

The Blue Zones Project team, which is brought to Hawaii by the support of The Hawaii Medical Service Association (HMSA), will work with schools, workplaces and other community institutions.

Blue Zones Project community programs are designed to inspire, encourage, and promote well-being. Initiatives are engaging and get people more socially connected and equipped to positively impact one another. Two years ago, East Hawaii and North Hawaii became the first of the state’s Blue Zones sites along with Windward Oahu. We are excited that West Hawaii is also now a Blue Zones Project Community!

West Hawaii Community Health Center plans to partner with local businesses and residents to help boost the opportunities to become a healthier community overall. All of this leads to lower obesity rates and chronic disease, creating a healthier, happier place to live, work, and play.

Together, we can inspire people to live longer, more active lives.

Think about your surroundings, the people in your life, the lifestyle choices you make. What are some changes you can make in your daily routine? The smallest actions can lead to big benefits...for yourself and our community.

For more info and to learn about Blue Zone events in Hawaii visit Hawaii.BlueZonesProject.com.
SAVE THE DATE - October 20, 2017!

ART IS HEALING,  *Juried Art Exhibition & Fundraiser*

By bringing art into the healing process, patients feel a greater connection to one another and to our community.

Purchased artwork will be donated to our permanent collection and will be displayed at one of our five health center locations.

**ART ENTRIES DUE:** Friday, September 8, 2017  
**OPENING RECEPTION:** Friday, October 20, 2017

**YOU can make a difference.**

*Your support has a tremendous impact. Your generosity is an investment.*

You ensure the well-being of our `ohana by helping us provide health care services to all.

West Hawaii Community Health Center is the largest non-profit health center in West Hawaii.  
We provide nearly 15,000 patients access to comprehensive affordable health care.

You make it possible for our dedicated team to continue this work.  
Your donations also go a long way in enabling us to expand services and improve health outcomes for all of our friends and family in West Hawaii.

To make a gift online visit [http://www.westhawaiichc.org/](http://www.westhawaiichc.org/). To make a gift over the phone call 808-327-0816 or you may send a check. Mahalo for helping us help others.

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**HAWAI‘I TOBACCO QUITLINE**

**1-800 QUIT-NOW**

HawaiiQuitline.org | 1-800-784-8669

**It’s NEVER TOO LATE TO QUIT!**

Join our QUIT SMOKING group. Meetings are every Tuesday, 8:30am-9:30am at our Kuakini Health Center, at 75-5751 Kuakini Hwy.

For more info, contact Amy Cerrone at 326-5629.

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