



Get Fit Kauai
the Nutrition and Physical Activity
Coalition of Kauai County
Annual Meeting
Summary Report

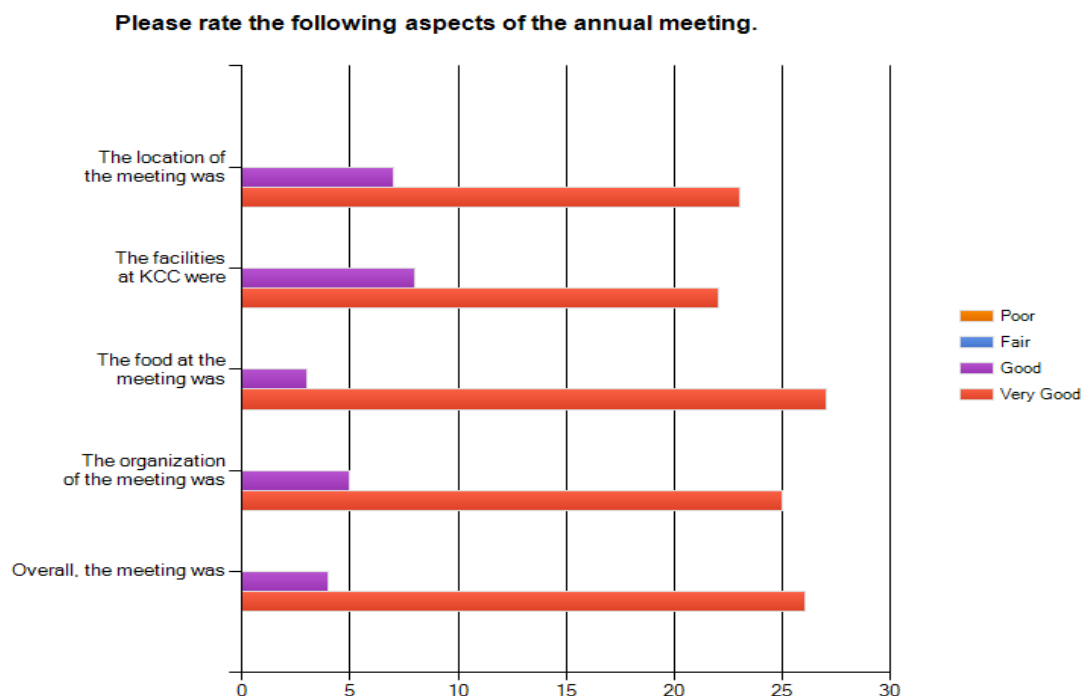


The Annual Meeting of Get Fit Kauai, the Nutrition and Physical Activity Coalition of Kauai County was held at Kauai Community College in Puhi on Friday, April 30, 2010. Among the 70 people in attendance were Representative Mina Morita, Mayor's Representative Gary Heu, Council Members Tim Bynum, Jay Furfaro and Lani Kawahara. Other distinguished guests included Dr. Dileep Bal, Kauai District Health Officer, Ray McCormick, District Engineer for Highway Department of Transportation Kauai Division, Bill Arakaki, Complex Area Superintendent for Department of Education and Dr. Jay Maddock, Professor and Director at the University of Hawaii at Manoa, John Burns School of Medicine. Other Get Fit Kauai representatives from Agency on Elderly Affairs, American Cancer Society, County of Kauai Planning Department, Building Division, Public Works, Transportation Agency, Department of Health, Healthy Hawaii Initiative, Hawaii Department of Transportation, Ho'ola Lahui Hawaii, Kapa'a Elementary School, Kauai Community College, Kauai County Farm Bureau, Kauai Path, Kauai Planning & Action Alliance, Hui Malama o Koloa, Kauai Veterans Memorial Hospital, Kaua'i Osteopathic, Lihue Business Association, Poipu Beach Resort Association, Puuwai Outrigger Canoe club, Nordic Walk Hawaii, Malama Kauai, Planning Commission and NPAC representatives from Maui and Oahu.

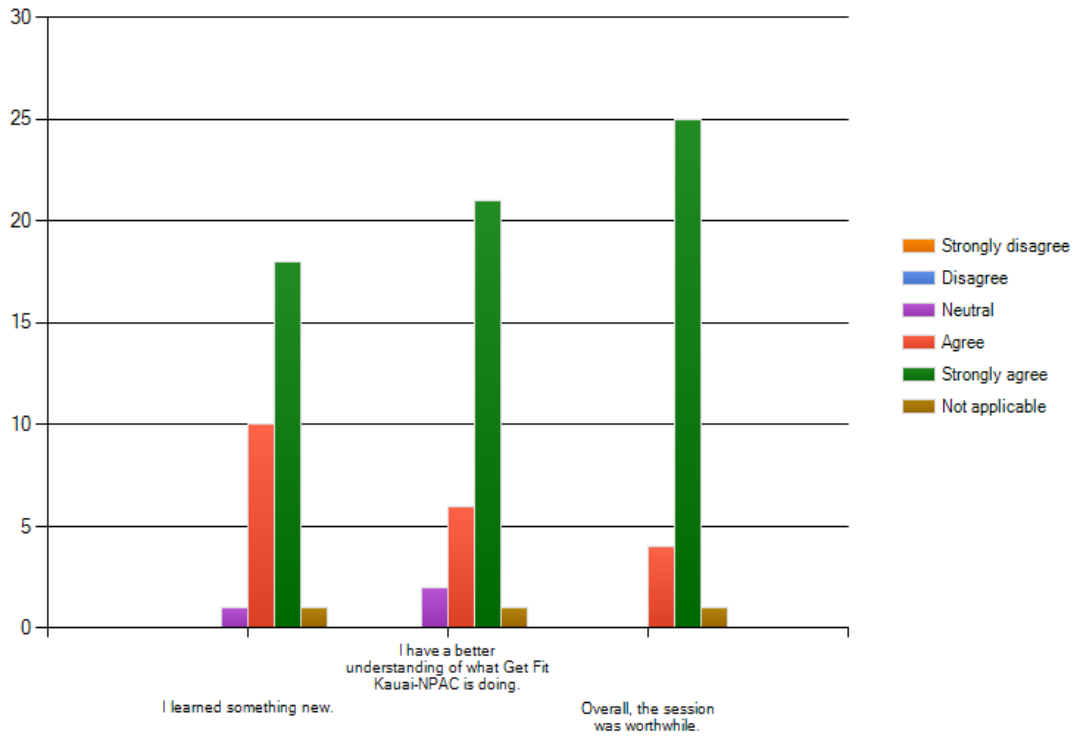
Bev Brody; Get Fit Kauai Coordinator and Task Force Chairs Laura Kawamura, Dr. Randy Blake, Marie Williams and Rose Murtagh gave an overview and update on task force awesome accomplishments. Dr. Dileep Bal presented **Malama I Ke Ola; Reducing Obesity Improving Nutrition ~ Increasing Physical Activity** and an overview of the newly awarded grant; Communities Putting Prevention to Work and Eric **Crispin** AIA, from UH Manoa gave an entertaining and educational talk on "Urban Design for a Healthy Lifestyle: Happy Trails Are Here Again"

Bev Brody lead the group in a 5 minute chair exercise routine that got everyone's blood pumping and energy levels back up after a healthy, filling lunch from Mark's Place.

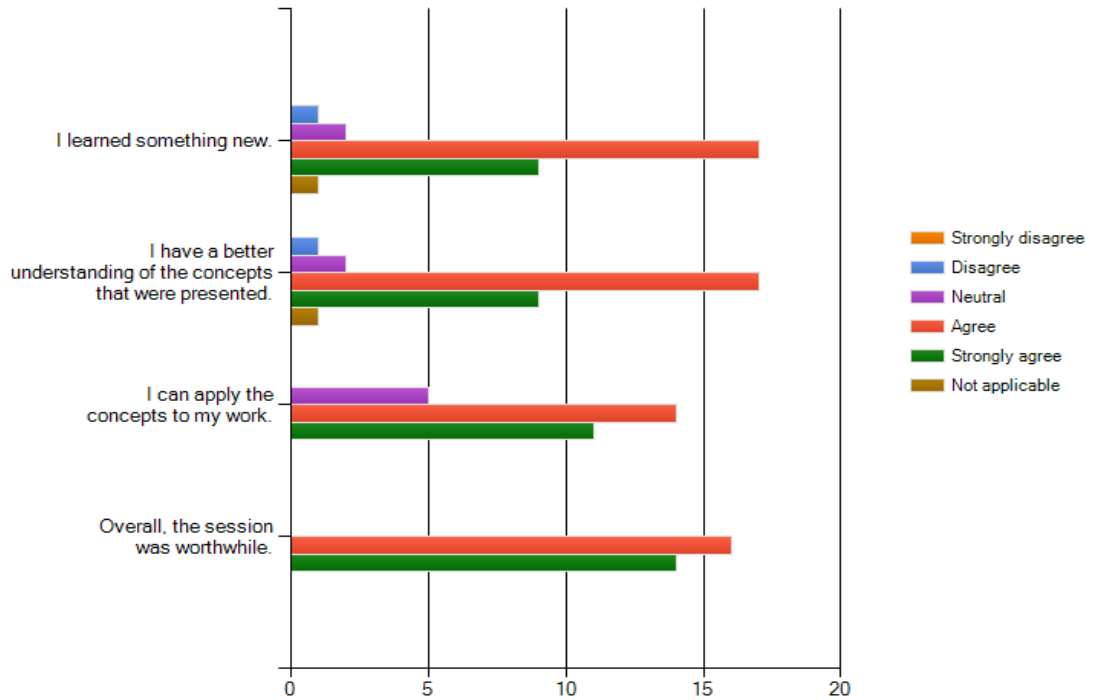
An evaluation was emailed to participants 2 days after the event. Below are the results.



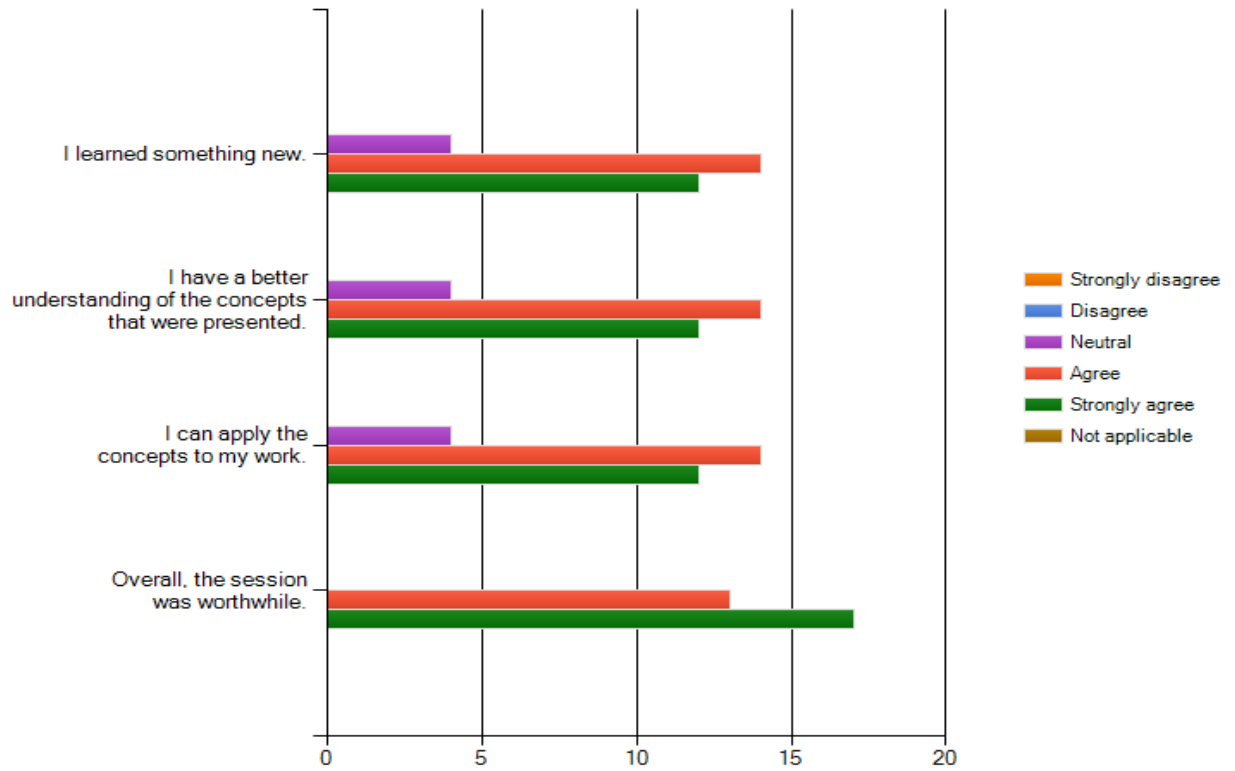
Please rate the following aspects of the presentation on the past year's accomplishments of Get Fit Kauai-NPAC (by Bev Brody and the Task Force Chairs)



Please rate the following aspects of the presentation by Dr. Dileep G. Bal.



Please rate the following aspects of the presentation by Eric Crispin.



A completed evaluation summary report will be included with May's monthly report.