

Findings from the HIDOE Health and Wellness Landscape Survey

Healthy Hawai‘i Summit
December 5, 2025

Aloha mai kākou!

Erin E. Centeio, PhD

Chair & Professor, Kinesiology
and Rehabilitation Science

Program Coordinator, Health
and Physical Education



Jaimie McMullen, PhD

Assistant Professor,
Kinesiology and Rehabilitation
Science



Lexie Tutor, PhD

Physical activity and school
wellness specialist,
Kinesiology and
Rehabilitation Science



Overview



Information Sources



Health and Wellness Guidelines



Safety and Wellness Survey



**State of Hawai'i Health and
Wellness Landscape Survey**



Health Education Standards



Physical Education Standards

State of Hawai'i Wellness Committee

University of Hawai'i at Mānoa

- Department of Kinesiology and Rehabilitation Science Faculty
- Department of Public Health Sciences Faculty

Department of Education

- Physical Educational Specialist
- Health Education Specialist
- School Food Program Administrator
- Dietitian, Program Specialist
- Educational Specialist Hawaiian Affairs
- Education Specialist- School Garden Coordinator
- Farm to School Coordinator (DOE)
- Representative from the Office of Hawaiian Education
- School Health Coordinator

Department of Health

- Child and Youth Specialist
- Community Prevention Specialist
- Worksite Wellness Specialist
- Primary Prevention Branch Manager
- Epidemiologist



Landscape Report Overview

Purpose: To better understand physical education, health education, and nutrition education related practices in schools in order to inform the update to the wellness guidelines and the annual Safety and Wellness Survey, and to inform professional development opportunities and resources related to health and wellness



Survey administration: January 2025 - June 2025



Participants: Principals and/or vice principals, physical education teacher, health education teacher, or other related staff member

Outline for Sharing of Results

Demographics

Frequency & Duration

Standards

Nutrition Education & Guidelines

Demographics



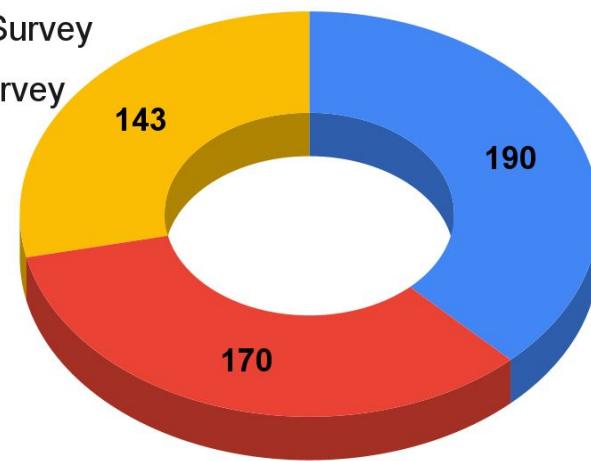
Demographics

Survey Responses by Survey Type

- Principal Survey

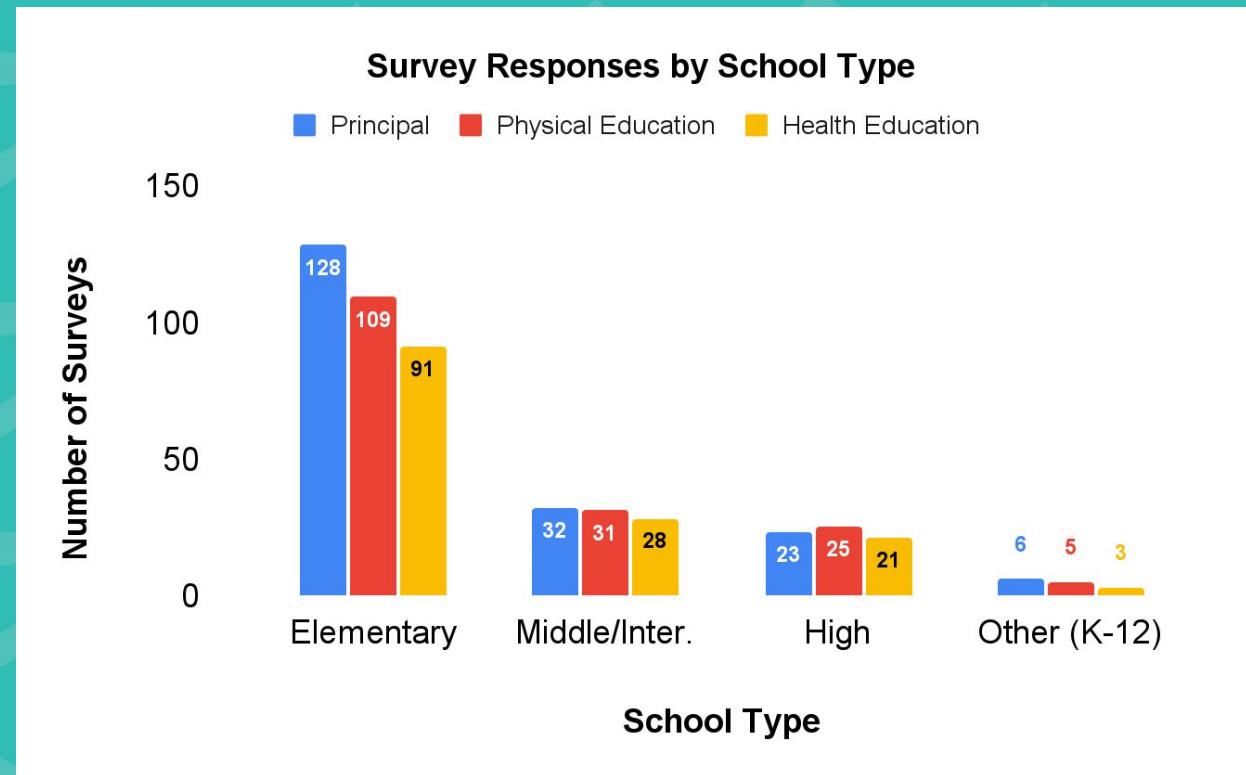
- Physical Education Survey

- Health Education Survey

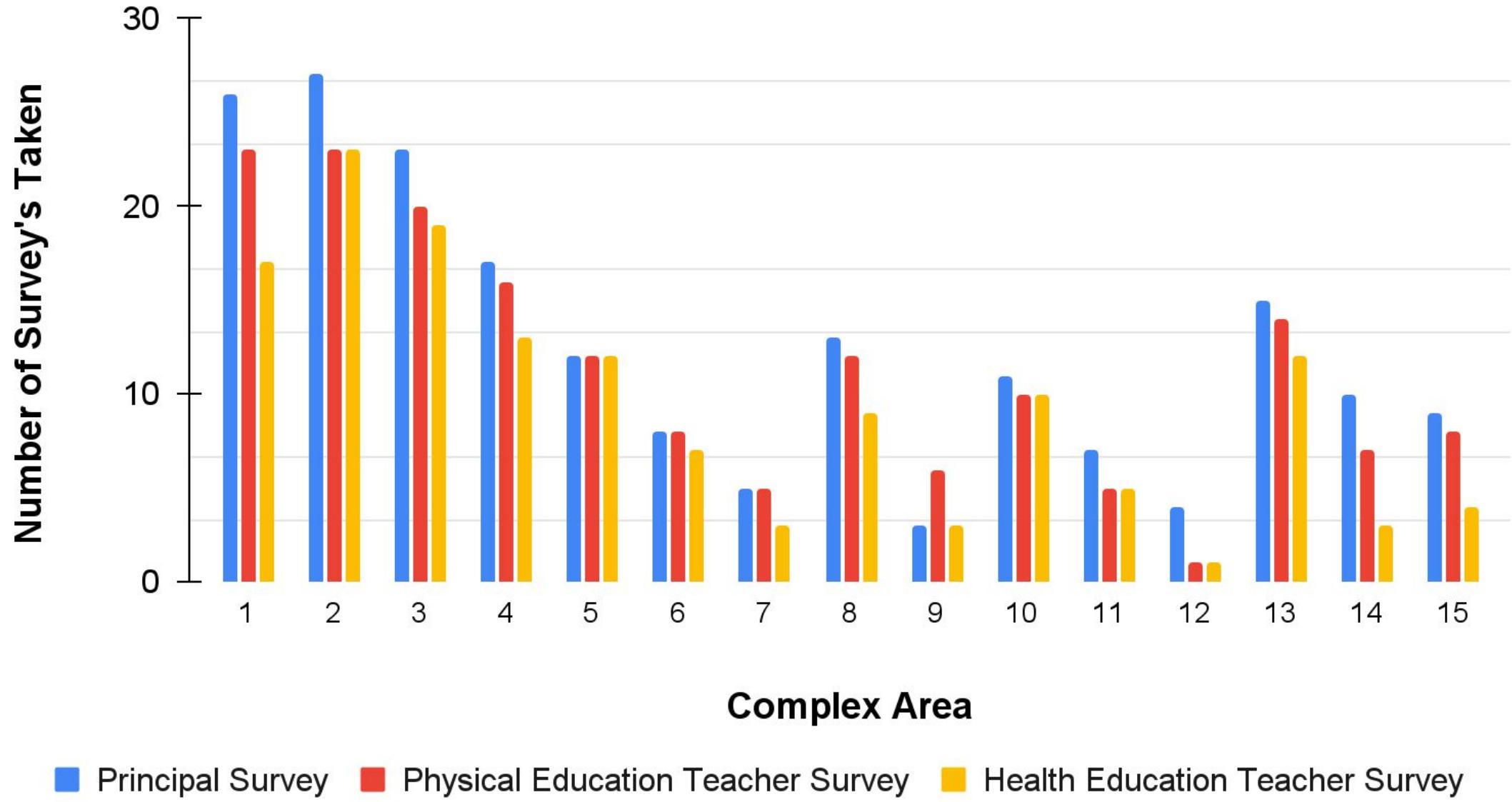


Survey Responses by School Type

Principal Physical Education Health Education



Participants by Survey Type and Complex Area



Frequency & Duration



Physical Education

How Many Times do Students have Physical Education Over a Two Week Period?



STATE:
 3.2 ± 2.4 times
over two weeks



ELEMENTARY:
 1.7 ± 0.69 times
over two weeks



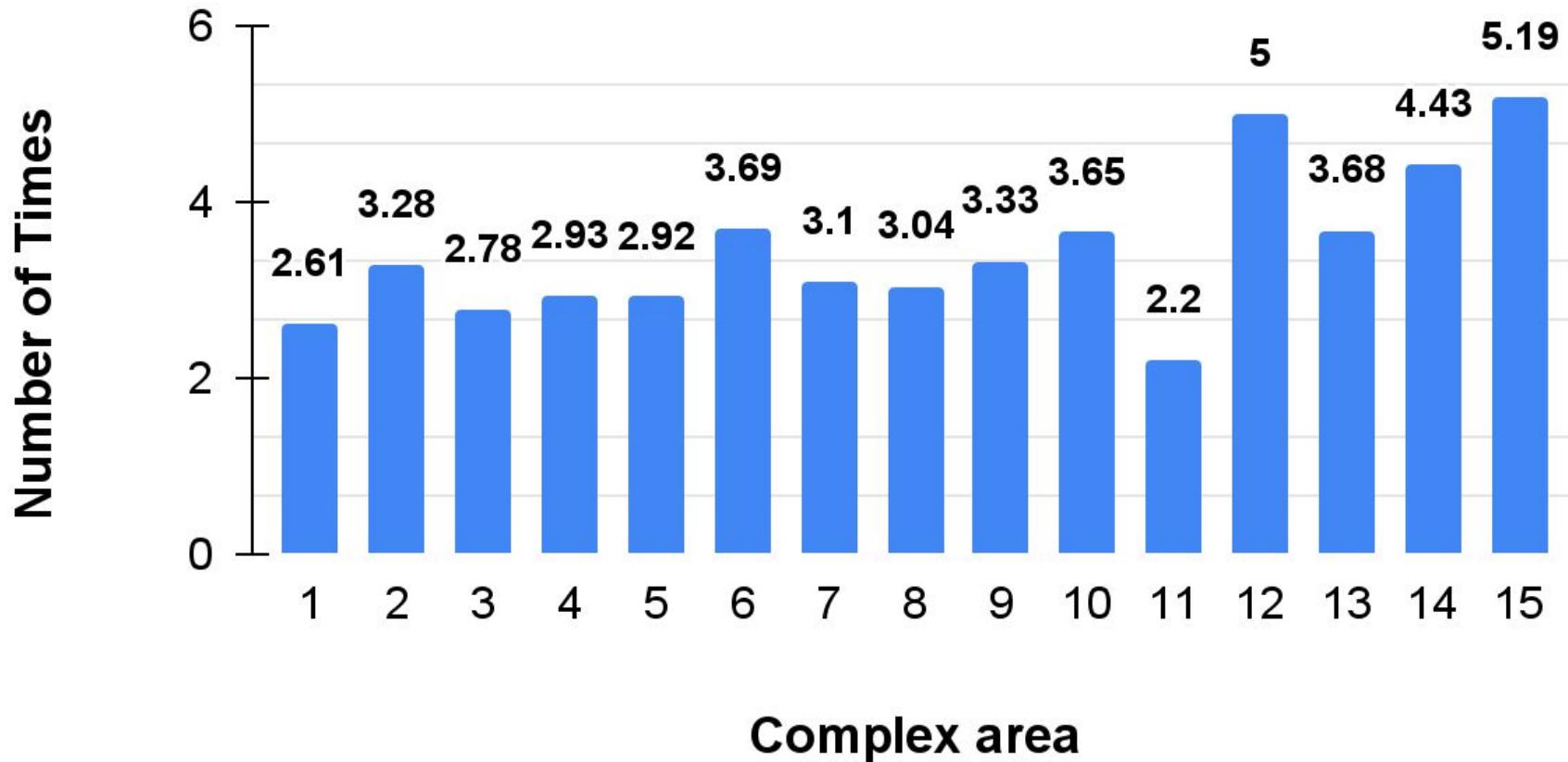
MIDDLE/INTERMEDIATE:
 6.2 ± 2.12 times
over two weeks



HIGH:
 5.8 ± 1.4 times
over two weeks

Physical Education in a Two Week Time Frame by Complex Area

Number of Times Students have PE Class Over a Two Week Period By Complex Area



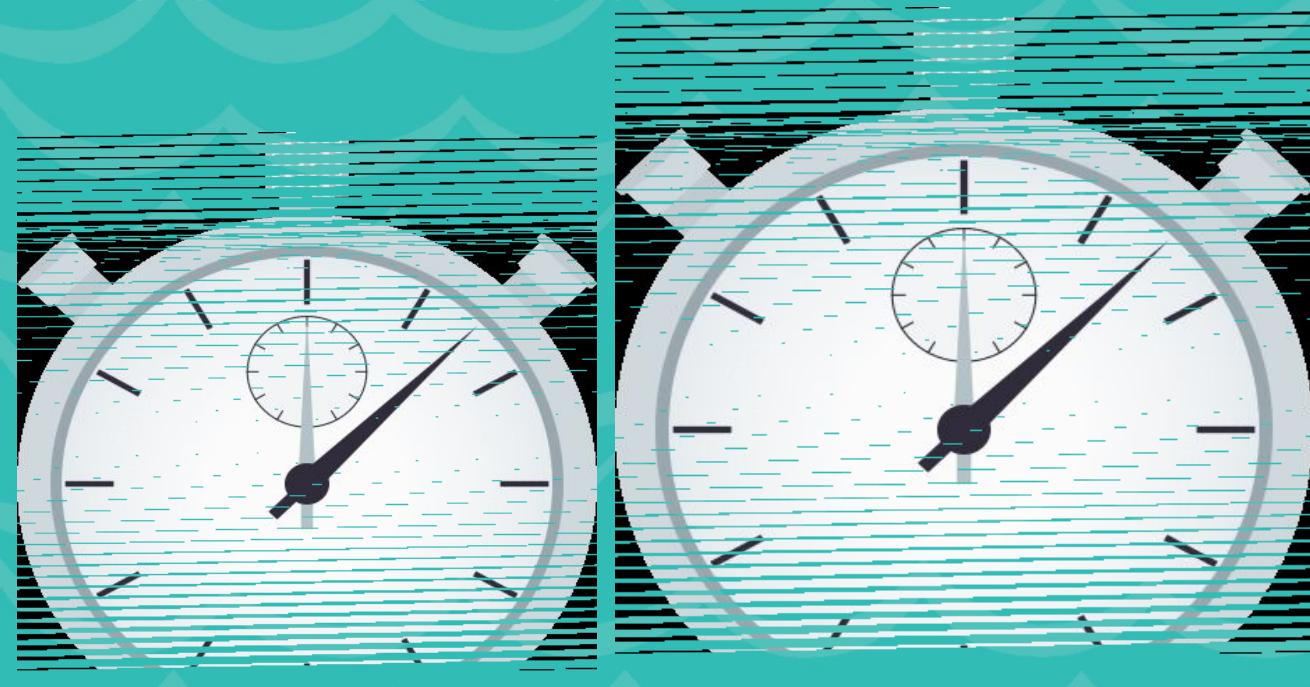
Minutes Of Physical Education Instruction Over a 2 Week Period



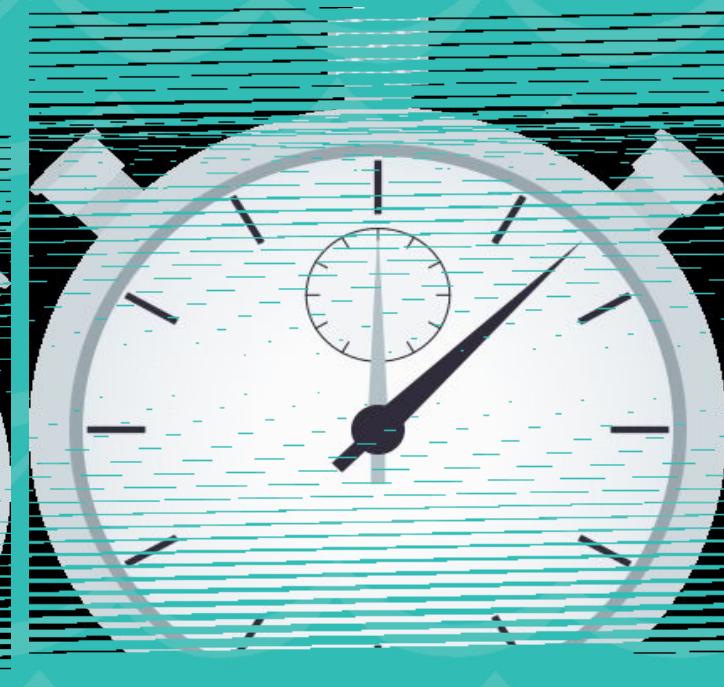
STATE:
 170.1 ± 167.0 Minutes
every two weeks



ELEMENTARY:
 69.8 ± 39.6 Minutes
every two weeks



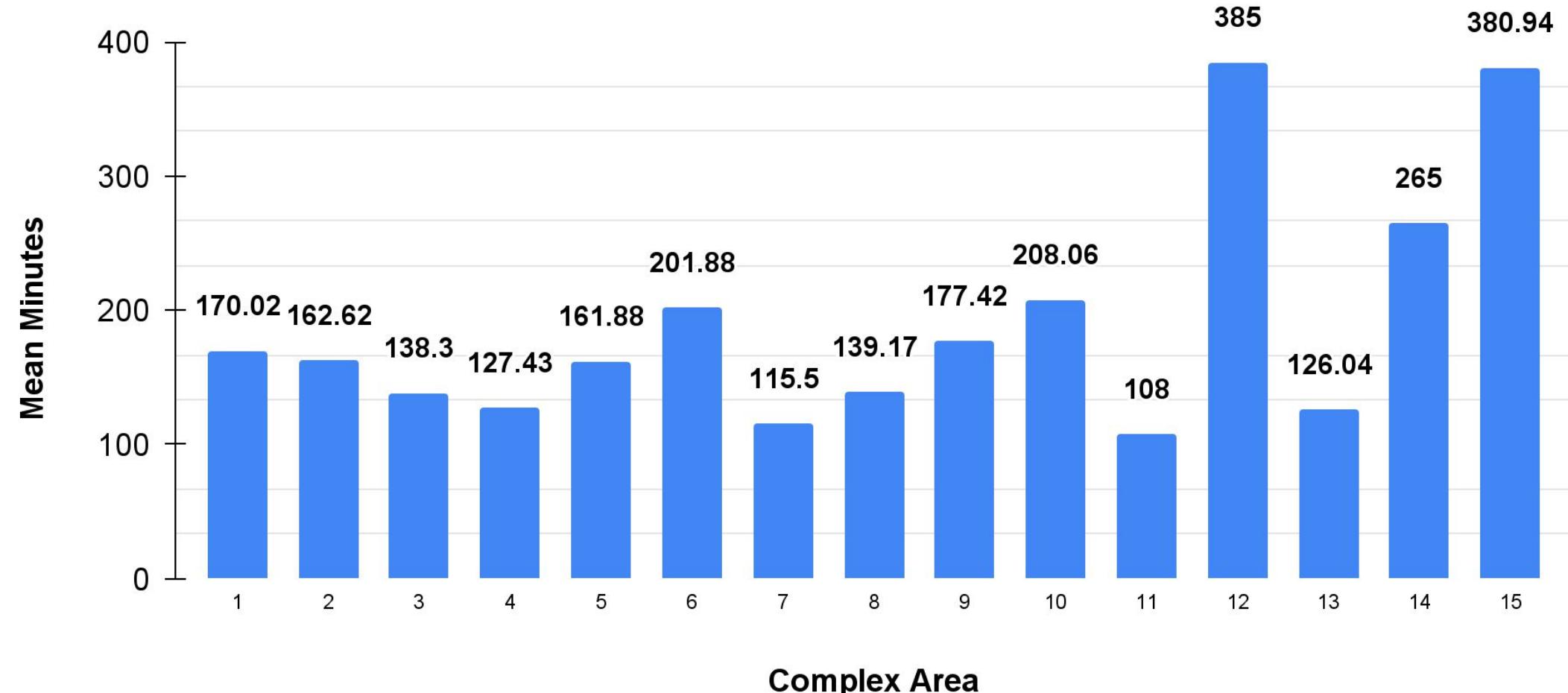
MIDDLE/INTERMEDIATE:
 339.1 ± 110.1 Minutes
every two weeks



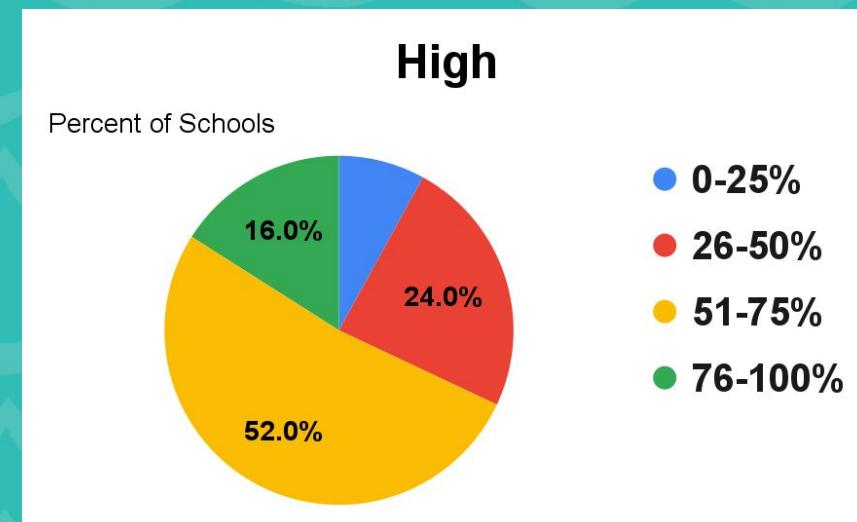
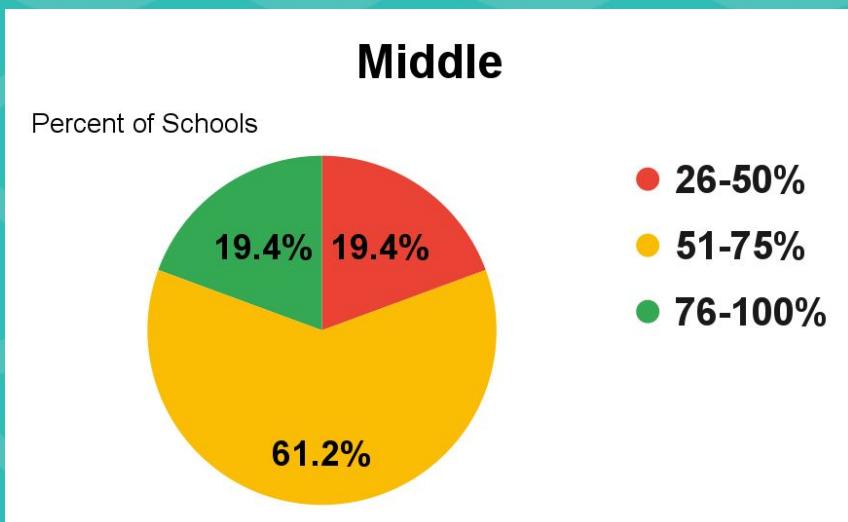
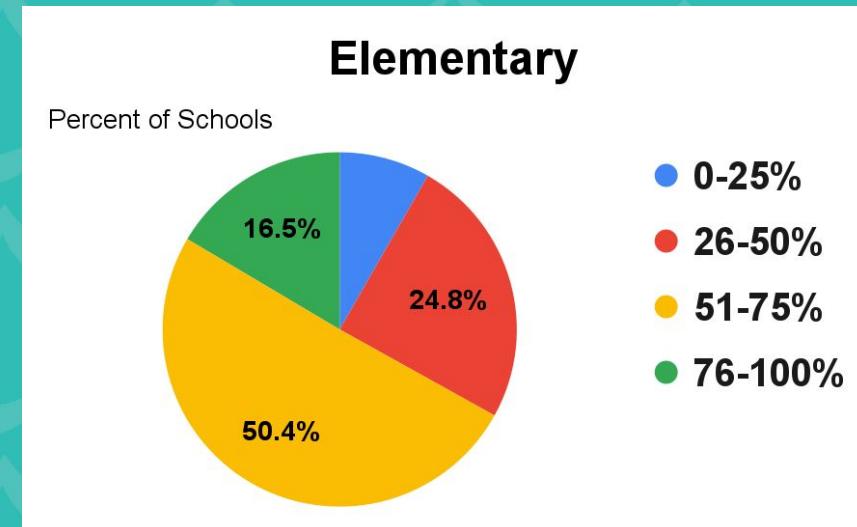
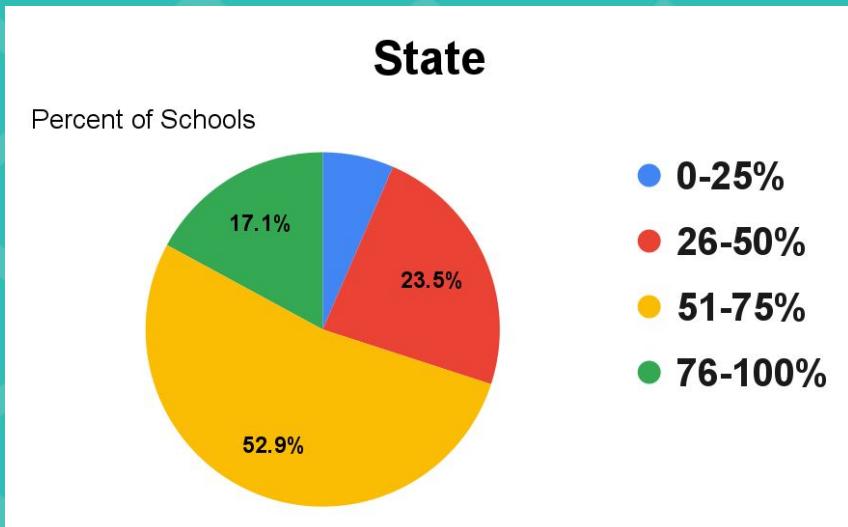
HIGH:
 365.4 ± 212.5 Minutes
every two weeks

Minutes of Physical Education Instructional Time in a Two Week Period

Average Minutes of PE Instruction Students Receive Over a Two Week Period



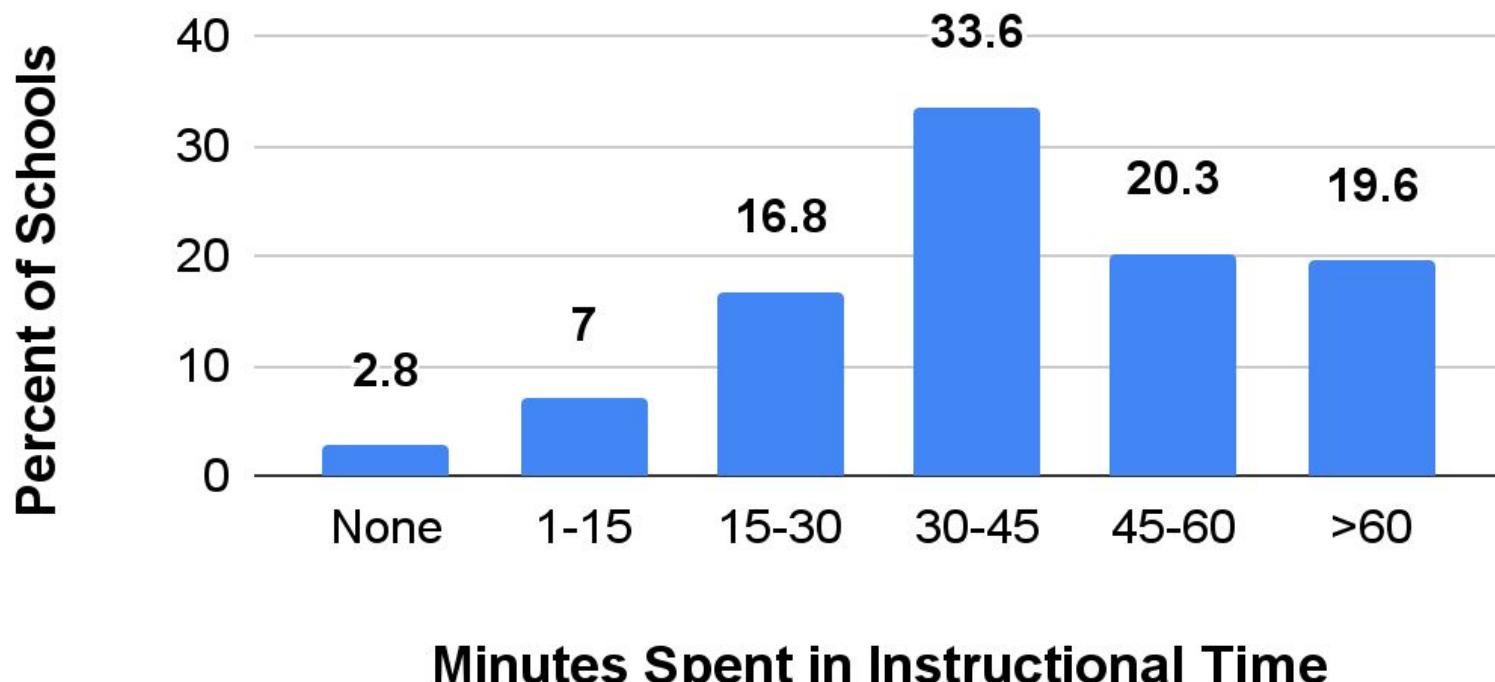
Percentage Of Physical Education Instructional Time Allocated for MVPA



Health Education

Minutes Of Health Education Instruction Students Receive During Each Lesson

Average Minutes Spent in Health Education Instruction By School



Elementary Schools:

- 46.2% said 30-45 minutes

Middle/Intermediate Schools:

- 75% said >45 minutes
 - of that 32.1% said >60 minutes

High Schools:

- 90.4% said >45 minutes
 - of that 57.1% said >60 minutes

DISCUSSION



Standards



National Physical Education Standards

Standard
1

Develops a variety of motor skills.

Standard
2

Applies knowledge related to movement and fitness concepts.

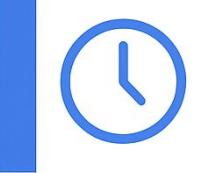
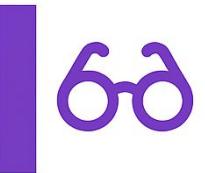
Standard
3

Develops social skills through movement.

Standard
4

Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

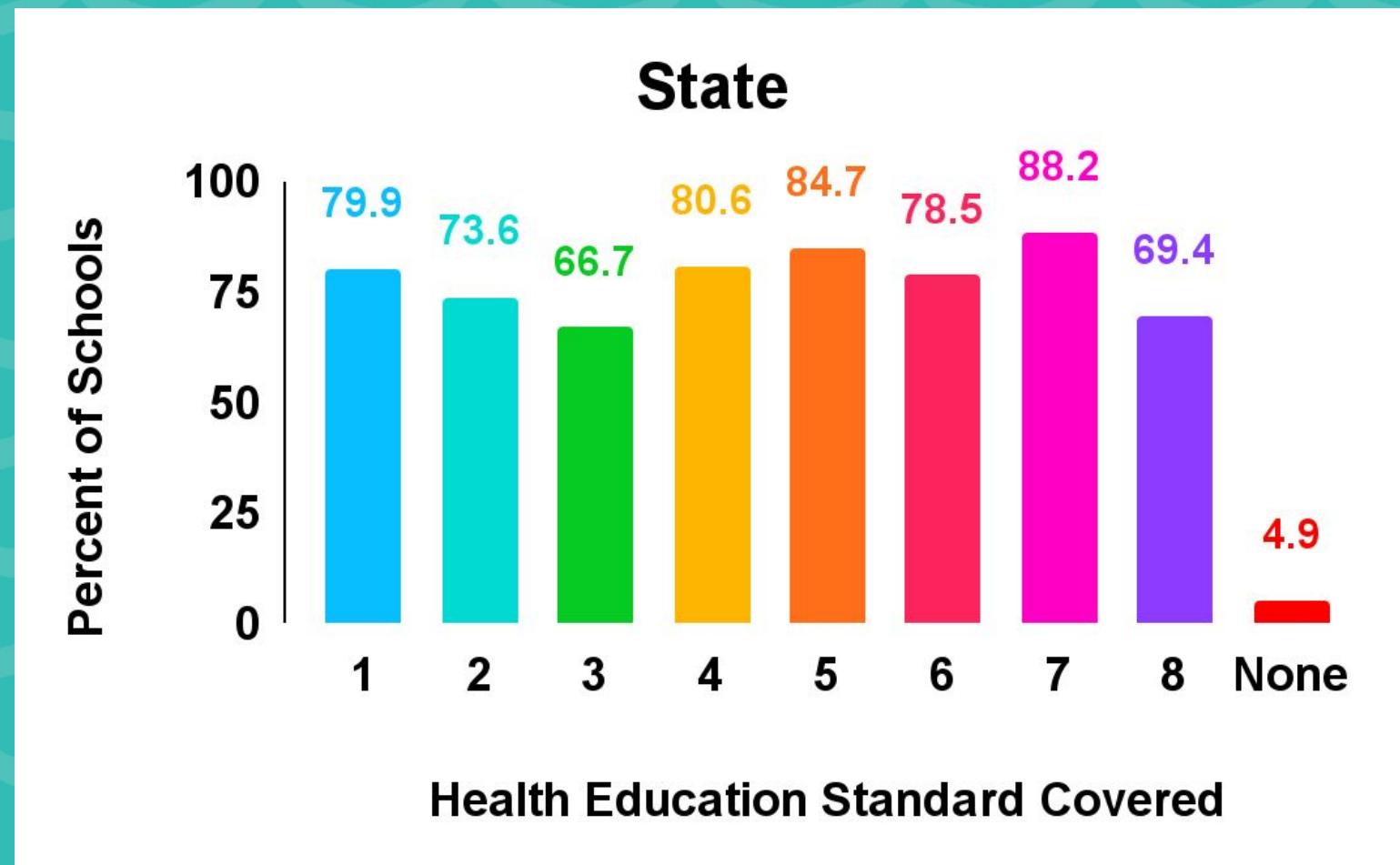
Teacher Challenges for Implementing Standards

	Time Constraints Limited instructional time; weekly classes/short semesters restrict coverage of standards.
	Facility & Resource Limitations No gym, limited indoor space, insufficient equipment; financial constraints
	Curriculum Transition HCPS → SHAPE shift increases workload; concerns about alignment and revising lessons
	Training & PD Needs Need for more PD and time to learn standards; some staff not PE-trained
	Awareness Gaps Some are unfamiliar with standards or don't foresee challenges

National Health Education Standards

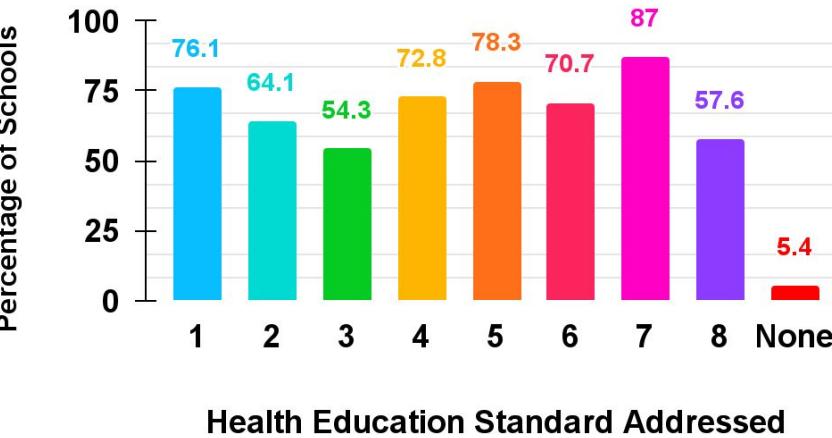
	Standard 1: Comprehending Concepts	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
	Standard 2: Analyzing Influences	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.
	Standard 3: Accessing Resources	Students will demonstrate the ability to access valid information, products, and services to enhance health.
	Standard 4: Interpersonal Communication	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
	Standard 5: Decision-Making	Students will demonstrate the ability to use decision-making skills to enhance health.
	Standard 6: Goal-Setting	Students will demonstrate the ability to use goal-setting skills to enhance health.
	Standard 7: Self-Management	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
	Standard 8: Advocacy	Students will demonstrate the ability to advocate for personal, family, and community health.

Standards School's Health Education Program Addresses

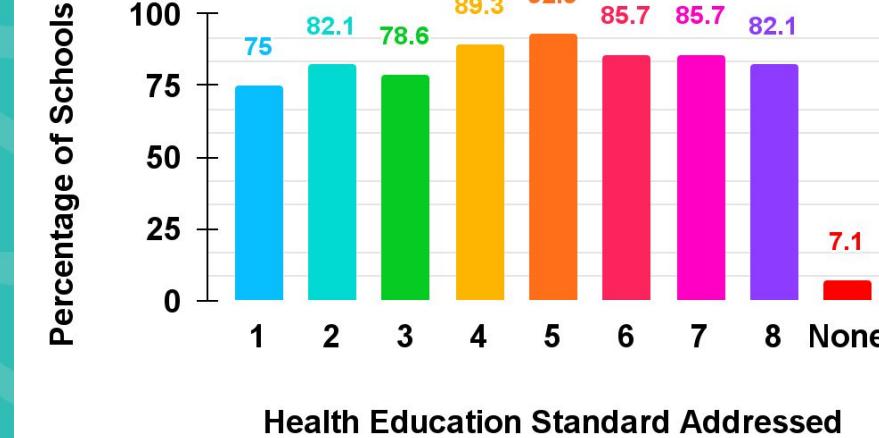


Standards School's Health Education Program Addresses (Cont.)

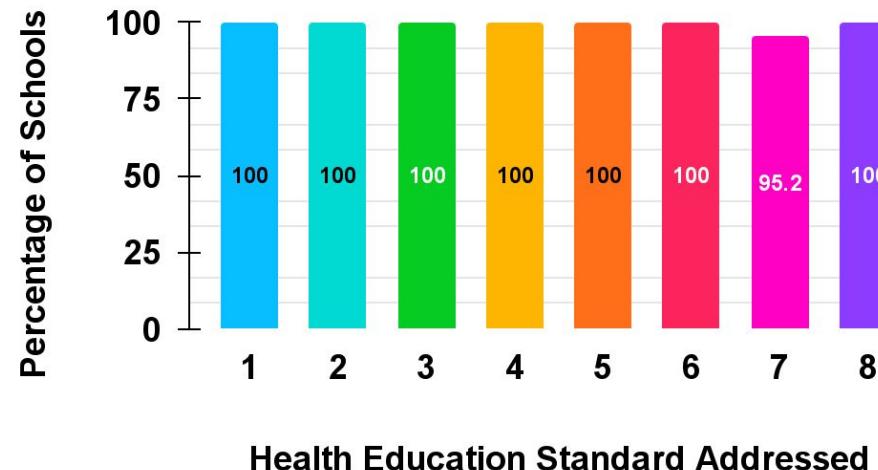
Elementary



Middle/Intermediate



High School



Discussion

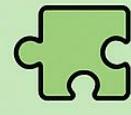


Nutrition Education & Guidelines



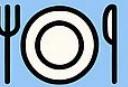
How Nutrition Education is Provided in Schools

 **Formal Curriculum**
Includes health, P, E, ascience classes; homeroom lessons; health standards

 **Classroom Integrated Instruction**
Nutrition woven into daijy lessons or grade-level curriculum

 **School Gardens & Outdoor Learning**
Gardens, tastings, sustainability, Âina in Schools

 **Community Partnerships**
Âina in Schools, Kôkua, SNAP-Ed Blue Zones

 **Cafeteria-Based**
Nutrition messages, staff modeling cholces during lunch

 **Fresh Fruit & Vegetable Program**
Weekly truit/veg distribution and tasting programs

 **Special Events & Wellness Initiatives**
Health fairs, fitness days, Heart Challenge

 **Policy Guidelines**
DOE wellness policy, rules on shacks and celebrations

Resources Used To Teach Nutrition Education



Classroom / Teacher Instruction

Nutrition education delivered directly by classroom teachers or grade-level staff, often without a formal program or curriculum.



PE / Health / Guidance Classes

Nutrition concepts taught within PE, health, or guidance classes as part of their regular curriculum.



Curriculum / Standards-Based Instruction

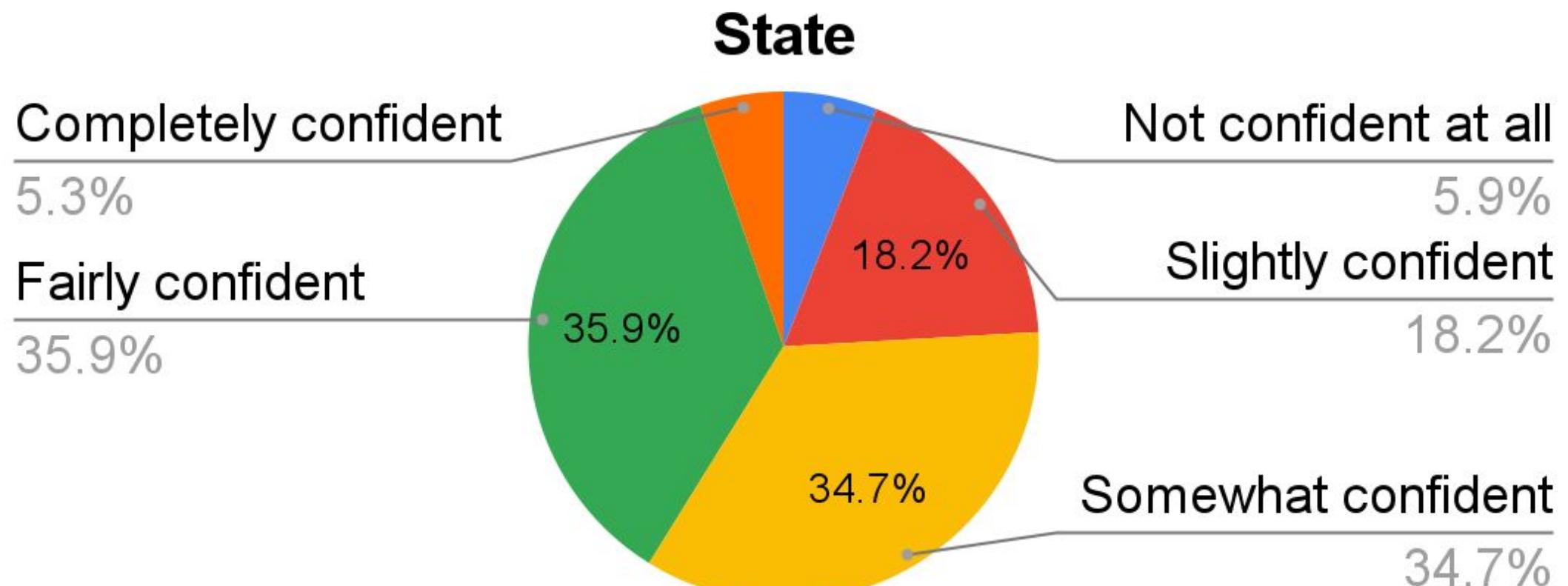
Use of mandated curriculum, health benchmarks, IB units, or wellness policy guidelines to provide structured nutrition education



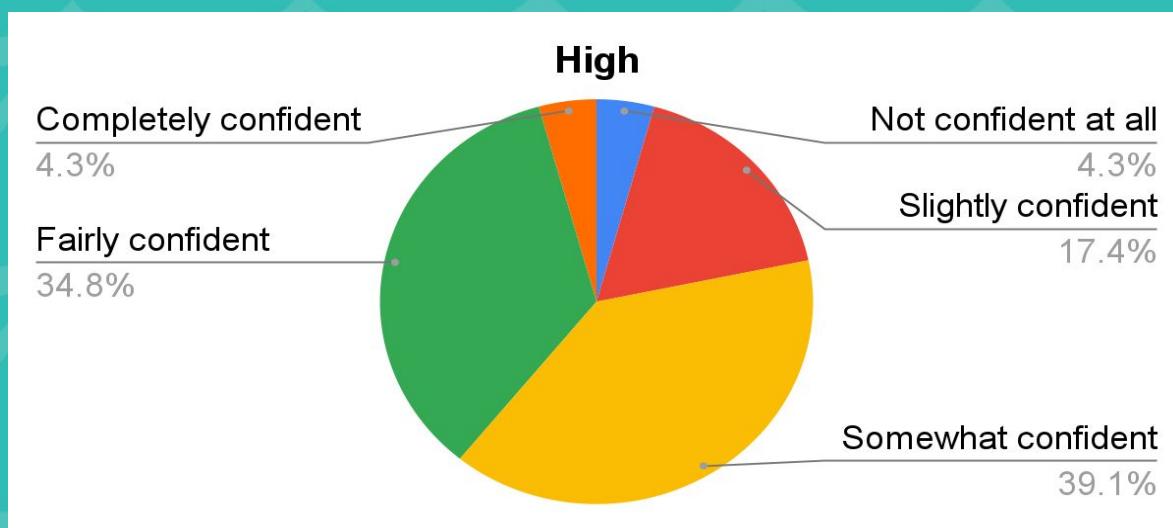
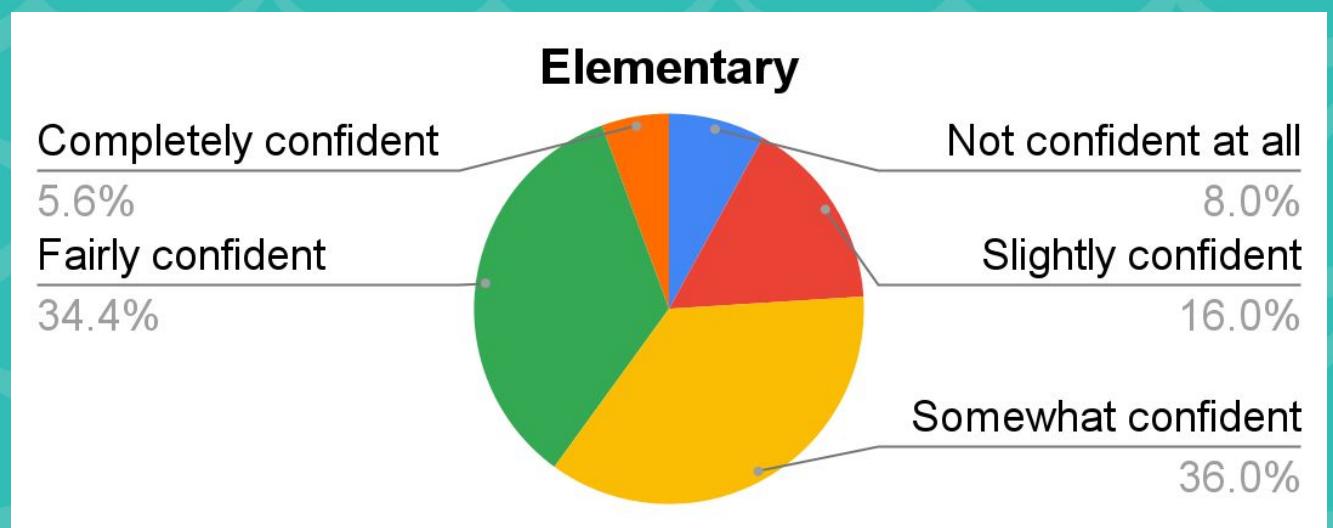
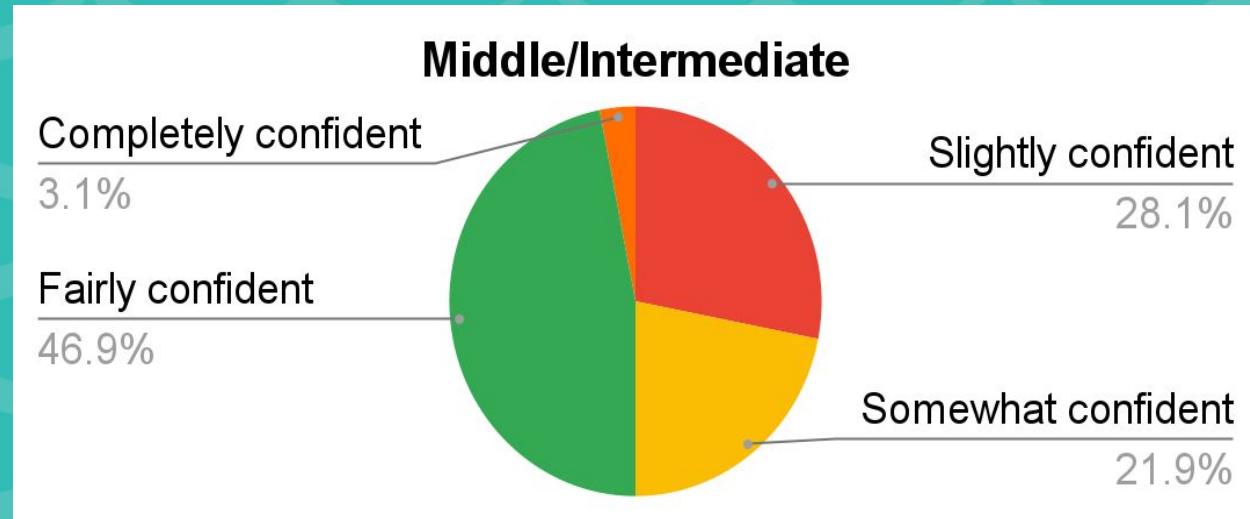
Online & Digital Resources

Delivery of nutrition education through online platforms, videos, virtual tools, or digital learning materials

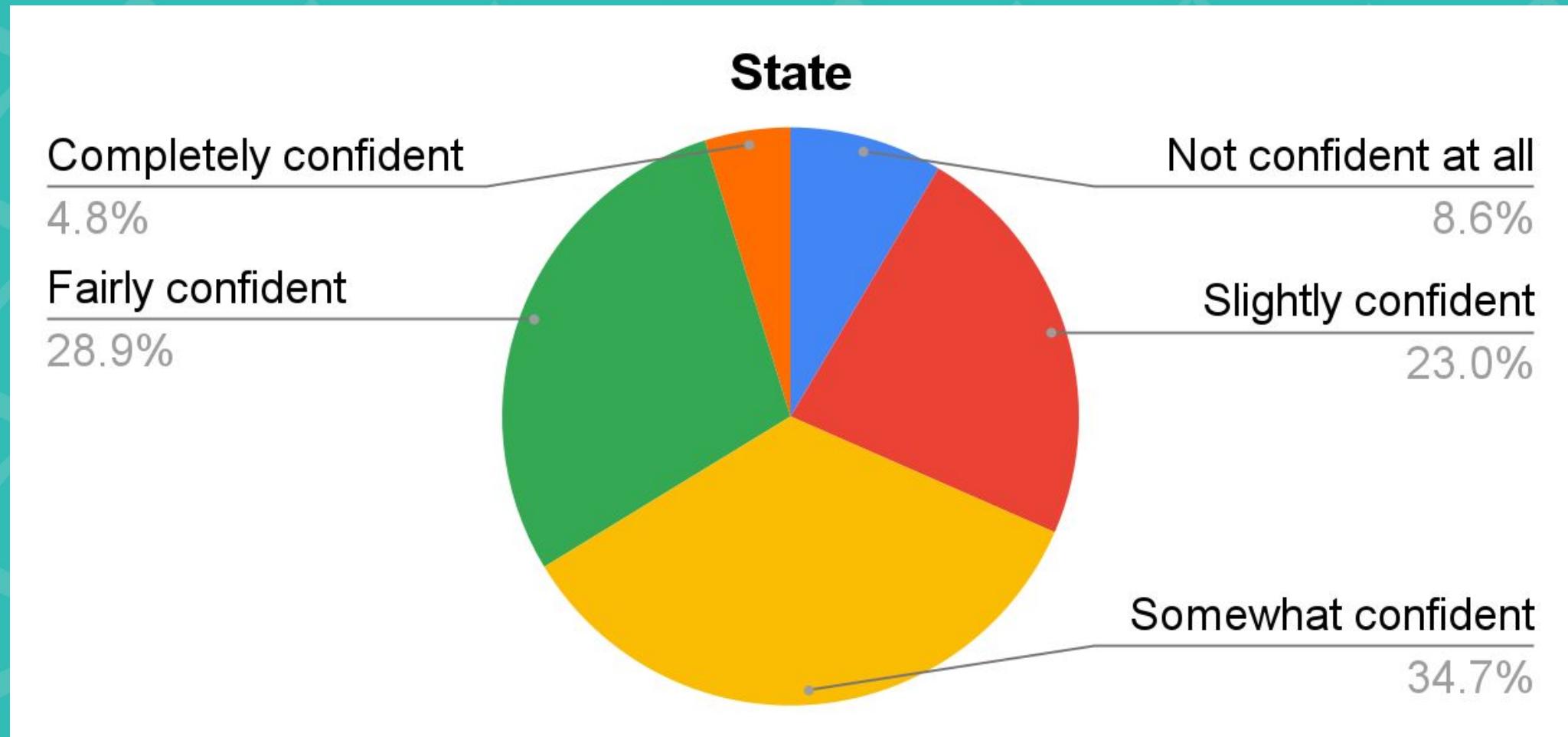
Confidence in Knowing the Wellness Nutrition Guidelines



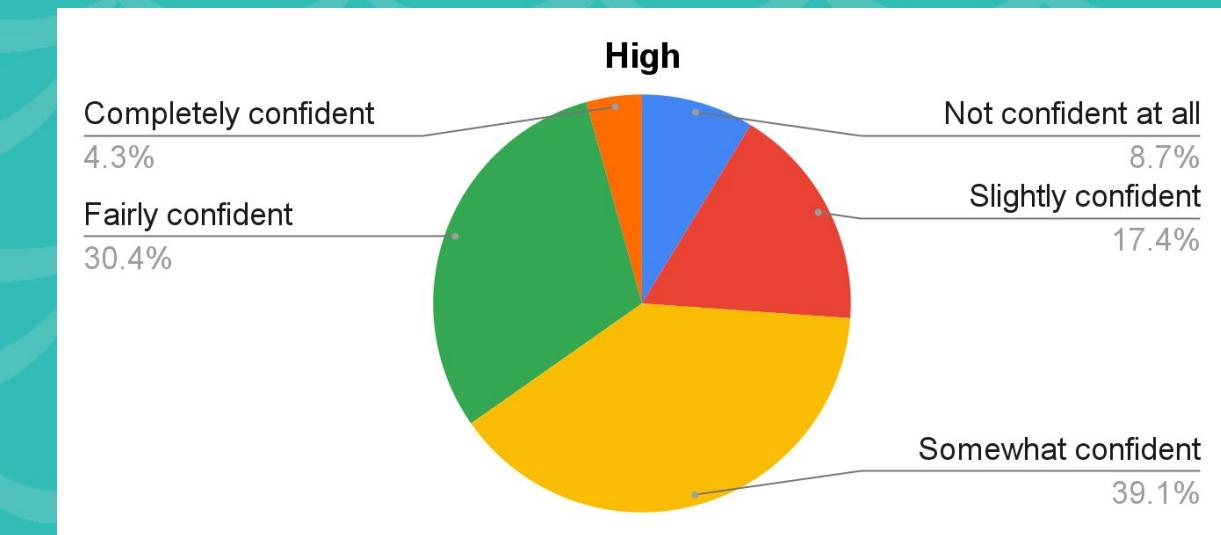
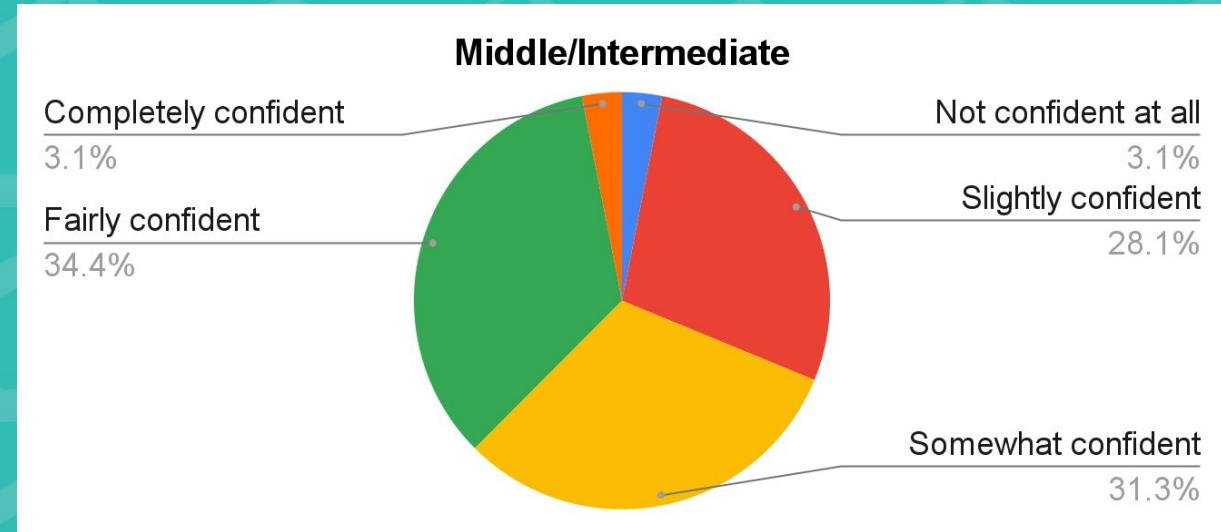
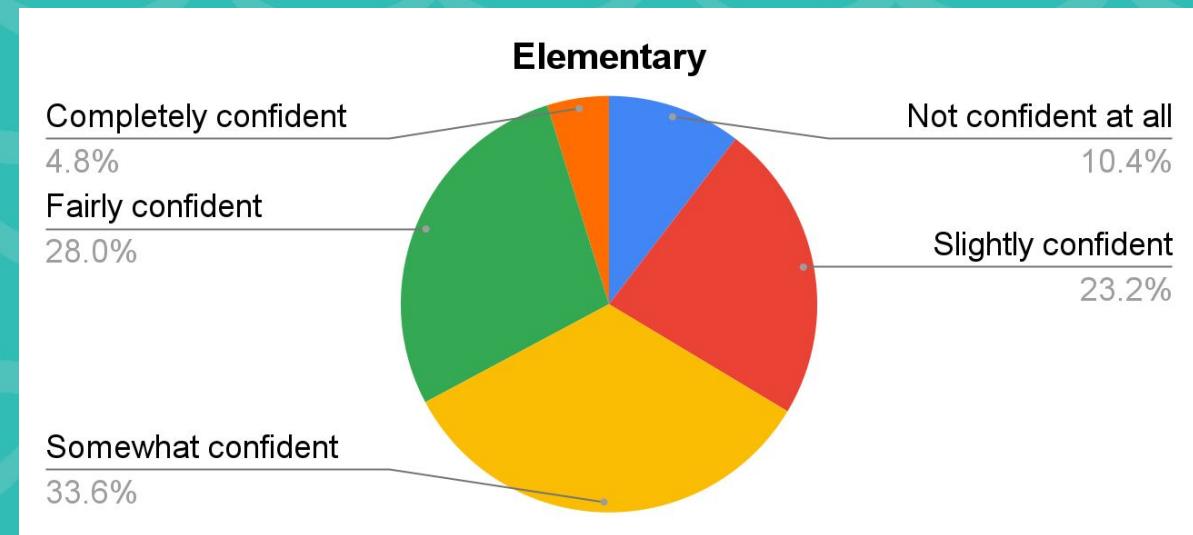
Confidence in Knowing the Wellness Nutrition Guidelines (Cont.)



Confidence in Knowing the Federal Child Nutrition Guidelines for School Meals



Confidence in Knowing the Federal Child Nutrition Guidelines for School Meals (Cont.)



Discussion



Mahalo

Jaimie McMullen: jmcmulle@hawaii.edu

Lexie Tutor: tutora@hawaii.edu

Erin Centeio: ecenteio@hawaii.edu

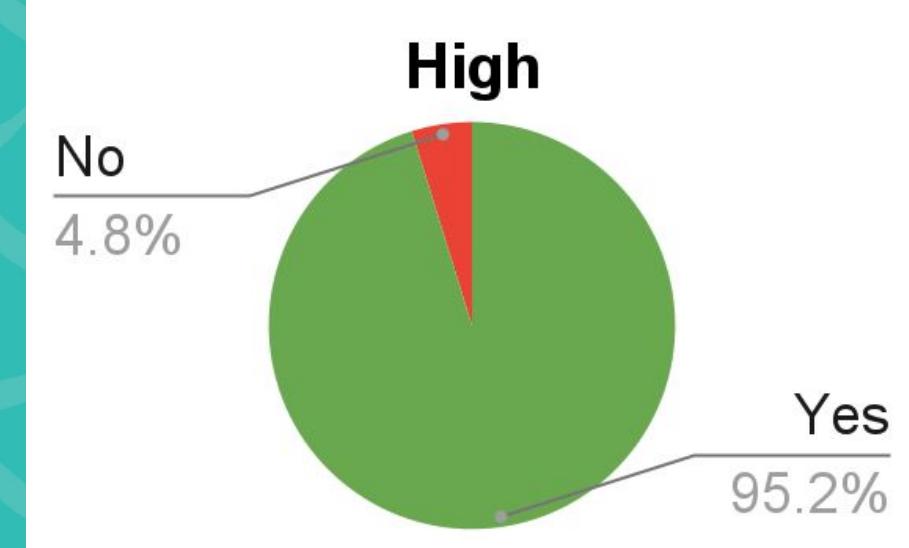
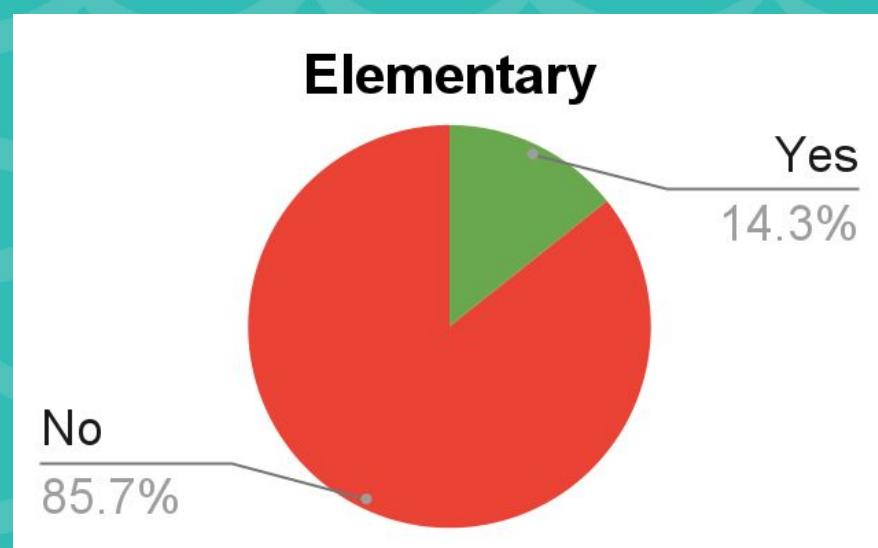
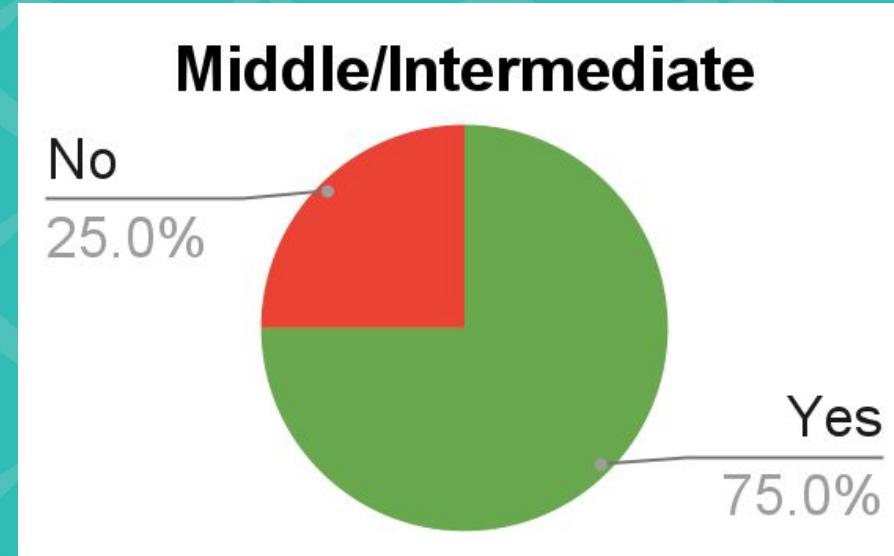
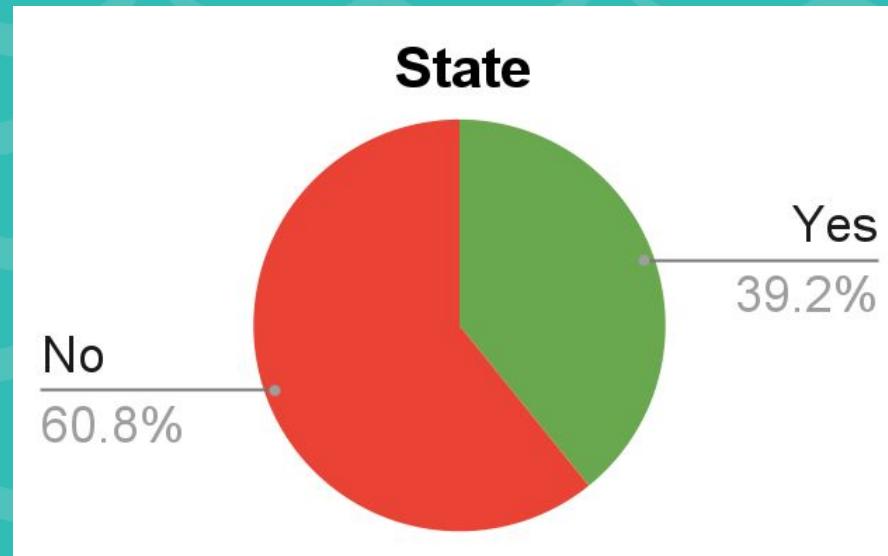
Interested in being on a
subcommittee for the State
Wellness Committee?
Fill out this QR Code



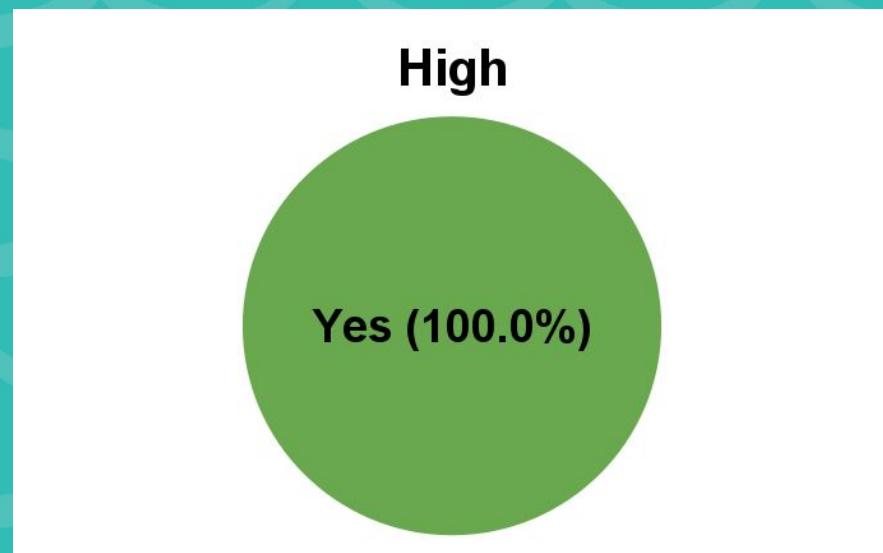
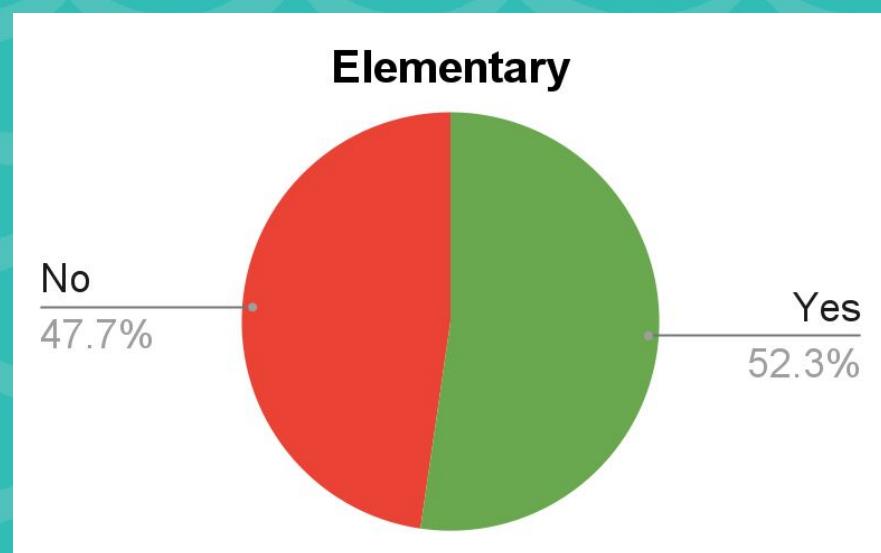
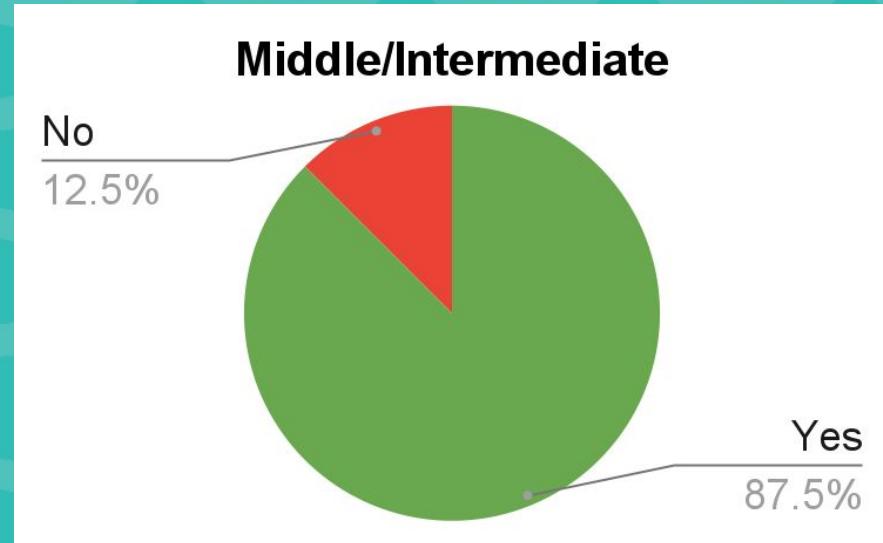
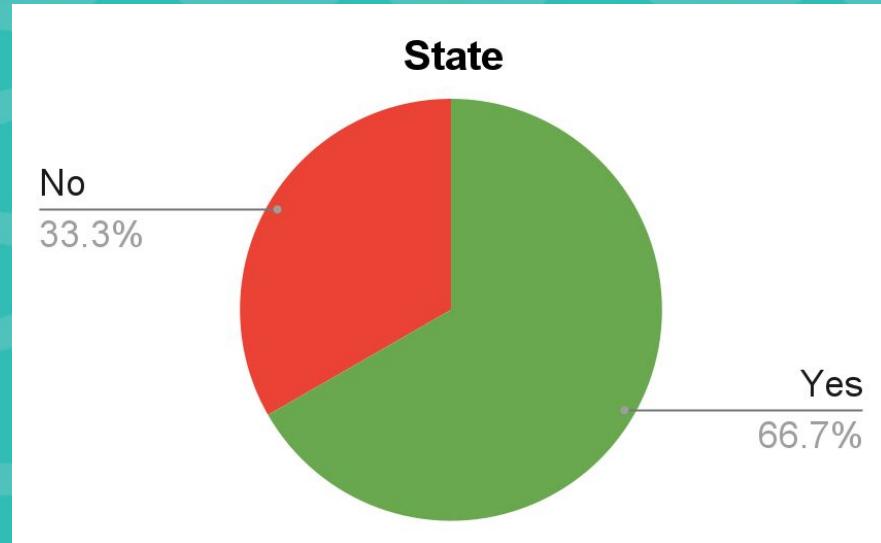
Scan me

Other - if time allows

Funded Health Education Position



Health-Related Fitness Component Assessment



Tests Utilized to Assess Fitness Levels in Physical Education Class

