

STATE REPRESENTATIVE
CORINNE W.L.
CHING



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LILIHA · NUUANU · PUUNUI · ALEWA HEIGHTS · PALAMA

Dear Friends:



It continues to be an honor and privilege to serve as your Representative. We extend best wishes to all for a Happy and Prosperous New Year in 2012, Year of the Dragon. As the 26th Legislative Session begins, we continue our mission towards a safe, healthy and thriving district. In this newsletter we outline a few our initiatives, while also requesting your input and thoughts. We express our appreciation to all who so generously give their time and effort to improve our community and lend a helping hand to those in need. A community survey is on its way; we'd appreciate your thoughts. I also encourage you to contact me directly at 586-9415 regarding any issue. While our district has been presented with some profound challenges recently, it remains our goal to meet those challenges with courage and determination and work together to find the solutions.

Aloha always,

Corinne W.L. Ching
State Representative, 27th District

"Diabetes may well become the defining issue of global health for the next decade."

-Majid Ezzati,
Chairman of Global Environmental Health,
Imperial College

REP. CHING LAUNCHES INITIATIVES TO COMBAT DIABETES

FIRST EVER "LILIHA VITALITY PROJECT" (LVP) BEGINS

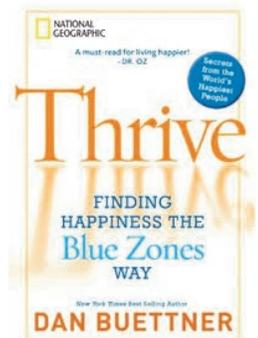
FACTS: It is estimated that more than 100,000 Hawaii residents are currently diagnosed with Diabetes; with an additional 26,000 remaining undiagnosed. The Star Advertiser recently reported an estimate that **one in two children** born after the year 2000 will be directly affected by diabetes. Among Hawaii residents with diabetes, Native Hawaiians, Filipinos and Japanese have more than twice the rate of diabetes than Caucasians. **Hawaii has a much higher prevalence** of end-stage renal disease than the national average. Blindness, amputations, kidney disease, and organ failure are all directly related to this disease. Type II diabetes is largely preventable, as it is ostensibly linked to an unhealthy lifestyle.

Diabetes is not only a tragic and heart-breaking disease, it is an extremely costly one financially. The total cost of

diabetes in Hawaii (medical bills and lost work productivity) **exceeds \$1 billion per year.**

These numbers prompt Rep. Ching to ask: *"If so many are aware of the need for exercise and healthy eating choices, why aren't we doing it?"* Rep. Ching has begun the **Liliha Vitality Project (LVP)** in response to this question. LVP is a community project dedicated to improving the health and sustainability in our neighborhoods.

The project is chiefly inspired by the remarkable results of a town, Albert Lea, Minnesota with concepts from the books, **Blue Zones: Lessons for Living Longer from the People Who live the Longest** and **Thrive: Finding Happiness the Blue Zones Way** authored by Dan Buettner of National Geographic Society.



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HMC Closure: Rep. Ching is saddened by the closure of HMC and attended a hearing on the status on HMC, Thursday, November 10th. She sees the need to ensure the continued care of those who need it, and assist in the smooth transition of the employees who lost their jobs. That is why she introduced legislation to encourage businesses to hire qualified former employees of HMC with a temporary tax incentive, and voted to ensure monies were appropriated to transfer the organ transplant center to maintain services and jobs. Informational briefings are currently being held.

Diabetes: As a part of our Vitality Project, our office is taking an active approach to prevent diabetes by proposing items such as:

- The appointment of personnel to work with state depart-

ments and oversee the coordination of diabetes-related programs and awareness campaigns

- To work with Medicaid and Medicare to increase feasibility of licensing and certification surveys of new dialysis clinics and diabetes prevention centers

Secondhand Smoke: In 2011, our office received a variety of constituent concerns regarding secondhand smoke in residential buildings. While researching the concerns of our community, our office found that over 3,000 lung cancer deaths are a result of secondhand smoke. In addition, over 150,000 children under two-years of age suffer from lower respiratory tract infections; where up to ten percent are hospitalized. It is for these reasons we plan to limit the ability to smoke in indoor livable spaces associated with high-rise residential facilities and/or rental units.

THE LILIHA VITALITY PROJECT (LVP) (CONTINUED)

REVITALIZATION: Planting of flowers and painting of buildings help to creating a more conducive, positive environmental for getting out of the house and walking regularly.

CONVENIENT ACCESS TO FRESH FRUITS & VEGETABLES: Promotion of Farmers' Markets, Community Gardens as well as promotion of growing vegetables and fruit trees in your backyard.

COMMUNITY INTERACTION & PROMOTION OF HAPPINESS: New studies promote understanding of relationship between happiness, healthiness & longevity. Events where the community interacts regularly actually promotes healthy attitudes and actions.

TIPS FOR A HEALTHY COMMUNITY:

Studies reveal that stress is the culprit of chronic diseases like diabetes: Understanding that stress at the root of the chronic disease, here are a few seemingly obvious yet overlooked everyday contributors to stress and chronic disease. The Office of Rep. Ching has been working diligently on creating a healthier district to prevent chronic disease.

- **Quiet surroundings lower stress levels:** Illegally retrofitted mopeds are culprits of **noise pollution** emitting higher than acceptable decibels of noise which contribute to stress in our community. Please be sure to fill out our 2012 Legislative Survey which you will receive in the next few weeks. Sleep deprivation, in conjunction with **Light Pollution**, contributes to stress and diabetes.
- **Mess = Stress-Power of Paint & Plants:** A clean and beautiful community lowers stress. Having a clean environment

whether at home or in urban environment lowers stress and blood pressure. Rep. Ching and volunteers have been doing community cleanups, picking up litter, painting out graffiti and helping businesses plant flowers.

- **"Fido Makes You Fit":** New York Times and Star Advertiser (Mar. 15, 2011) report that *"Dogs are powerful motivators to get people moving... Dog owners are more active than people who don't have dogs."* Dogs have been linked to longevity by lowering stress. Rep. Ching's Office advocates for a more centrally located Dog Park.
- **"Brown Rice Is More Nice":** According to researchers at the Harvard School of Public Health, eating two or more servings of brown rice weekly seems to be associated with a lower risk of developing type 2 diabetes. Eating five or more servings of white rice per week is associated with an increased risk

BUY LOCAL, IT MATTERS-FARMER'S MARKETS: Farmer's Markets are one of the best ways to not only be healthy, but support local sustainability and farmers, green and open space. Representative Ching has been working on getting a Farmers' market in our district. In May, the Nuuanu Farmers' Market began every Tuesday at the 7th Day Adventist Church. Kudos to Carol Rose for organizing this first ever Farmer's Market in the District. Farmers Markets: www.ediblecommunities.com

REP. CHING STARTS GREEN ANTHURIUM PROJECT (GAP): The *Green Anthurium Project* is designed to raise awareness of diabetes modeled after the Pink Ribbon project, and dedicated to the late Ms. Beverly Ho. Look out for more information on the Green Anthurium Project and learn how you can help raise awareness in our community!

REP. CHING ATTENDS HARVARD CONFERENCE

This past August, Rep. Ching was selected to attend the Program on Education Policy and Government at the Kennedy School at Harvard University. Speakers at the event included renowned experts in the field of K-12 education and governance. Speakers from Korea, China, and United States, including Roberto Rodriguez, Special Assistant to President Obama were all present. Rep. Ching was among the limited attendees invited to this event focusing on education reform.

**LOCAL NON-PROFIT OFFERS HELP TO HOME OWNERS**

The Hawaii HomeOwnership Center is a local community, non-profit that provides information and support to first-time homebuyers. In addition, Hawaii HomeOwnership offers credit consultation and foreclosure prevention information.

For more information on Hawaii HomeOwnership, contact www.hihomeownership.org or (808) 523-9500.

PARTIAL LIST OF LEGISLATION TO BE INTRODUCED:

- Establish a job-creating revenue positive tax credit limited to the amount of a business' employee unemployment insurance costs for businesses that hire a new employee that is currently receiving unemployment benefits.
- Privatize the Bureau of Conveyances to increase efficiency and stimulate private-sector industries.
- Reintroduce legislation to promote green jobs through Property Assessed Clean Energy, or PACE.
- Require a 2/3 vote on tax increases to improve accountability and address the high cost-of-living for Hawaii's residents; minimize tax increases
- Restructure the state hospital system to improve Hawaii's health care system for its residents.
- Streamline Hawaii Housing Development Corporation regulations to encourage private-sector construction of affordable housing.
- Require release of nominees and appointments, for increased transparency.
- Create a silver alert to protect Hawaii's seniors.
- Create local "race to the top" grants for local schools to encourage innovation and increase accountability.

YOUR LEGISLATIVE STAFF 2012**Jessica-Leigh Bursack****Office Manager**

Jessica is a graduate of College of Charleston, with a BA in Political Science, specializing in International Relations and Alternative Energy. She comes with management experience in aerospace and medical technology.

**Tiffany Au****Legislative Aide, Research**

Tiffany is local resident and a graduate of Sacred Hearts Academy and Grinnell College, with a BA in Political Science. She is fluent in Cantonese and Spanish and was recently crowned 2012 63rd Annual Narcissus Queen.

**Austin Benoit****Aide**

Austin comes with two degrees: Business Administration and Hospitality/Tourism Management. He has done extensive work with non-profits like Habitat for Humanity and Crisis Ministries.

**Lindsey Barrow Jr.****Legislative Aide, Vitality**

Lindsey has two degrees in Political Science and Philosophy. He brings valuable knowledge in environmentalism, specializing in sustainable agriculture.

**Deborah Bossley****Legislative Aide, Preservation**

Deborah, a former professor at Chaminade University, has her Masters in Historic Preservation from the University of Tennessee. Her portfolio includes managing projects for non-profit projects in the Commercial Design Senior Studio.



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CARING FOR OUR COMMUNITY

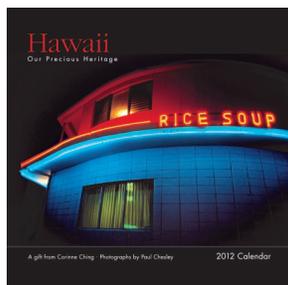
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Liliha-Nu'uano Heritage Tour a Success! (Aug.-Nov.)

Rep. Ching launched the first-ever Liliha-Nu'uano Heritage Tour at the I Love Liliha Town Festival, with additional tours conducted for Children & Youth Day and APEC.

2012 Heritage Calendar AVAILABLE (Dec.-Jan.)

The 2012 calendar entitled, "**Hawaii: Our Precious Heritage**", inspired by the recent 2011 APEC conference reflects the spirits and history of Hawaii from innovation and technology, to tradition, education, and exploration.



2011 Liliha Cleanup Day (Nov.)

Revitalizing the community is one of Representative Ching's main priorities and to show our appreciation for our district, we led the annual 10:00 AM cleanup of the neighborhood the day after Thanksgiving.

2011 Liliha Gingerbread Festival (Dec.)

Over one hundred people joined together at Lanakila Elementary School to meet Santa, participate in a gingerbread house contest, and play in 6,000 pounds of snow!

2012 Hawaii-Grown Cacao Month (Feb.)

Look for various events during the month including the Annual Festival held on **Saturday, February 25th, 12-5 p.m. at Dole Cannery. www.hawaiiichocolatefestival.com**

KUDOS CORNER: CONGRATULATIONS TO:

- **2012 63rd Annual Narcissus Court**, of which, the majority are from our district
- Maemae Students, **Trinity Shiroma and Piper Sardinha** for their 2011 fundraiser "Ohana for Japan", raising money for tsunami victims
- Happy Birthday **Liliha Library**—45 years serving our community!
- Congratulations to the following **Centennials**:
 - **Palama Settlement**
 - **Liliha Shingon**
 - **Chinese Chamber of Commerce**



From left: Julianne Cheng, Amanda Wong, Tiffany Au, Stephanie Wang, Cherie Ching; reflecting Liliha, Nuuanu as residents!