February 18 Lesson
Health Fair Advisory #2
Dr. Terry Shintani: “2006 Living Treasure of Hawai‘i”

Directions:
1. The teacher is to lead the discussion for numbers 1 - 4. Teacher may ask students to take turns reading the passage in #4.
2. Students are to read the Honolulu Star Bulletin article, “Serving Up Shintani” on the SAC Blog.
3. Students are to then watch a short video clip about Dr. Shintani on the SAC Blog.
4. Extending the lesson
   - Watch the Kamehameha Schools Distance Learning power point presentations on "Kalo & The Hawaiian People" and “Kalo: A Staple Crop” to learn more about the cultural significance of kalo.
   - Visit the Hawai‘i Alive website and read, listen to information presented in the Pōhaku ku ‘ai ‘ai Collection.

Lesson:
1. Please introduce the Health Fair: “E Ola Pono: Live the Proper Way”, by informing students of the following:
   On March 18, KMS will hold its bi-annual Health Fair: “E Ola Pono”. The purpose of the health fair is to educate students about “e ola pono”, living the proper way – body, mind and spirit. Professionals in various areas of health care will share their mana‘o during the day.

   Students will be able to select two 45 minute and one 90 minute break-out session on topics from Crystal Meth Abuse, Tobacco Abuse, Street Dance Fitness, CPR, the Hawai‘i Diet to racquet ball and free diving. Sign up for break-out sessions will be held beginning March 2 in advisory.

2. Why should we care about our physical, mental and spiritual health? – students will share various responses. Acknowledge appropriate responses.
   All your responses are correct. It is for these reasons that we hold the health fair.

3. Show of hands. Raise your hand if,
   - Someone in your family has or has had diabetes
   - Someone in your family had a heart attack, or stroke
   - Someone in your family has or has had high cholesterol
   - Someone in your family has or has had high blood pressure
   - Someone in your family has or has had cancer
   - Someone in your family is overweight
If the same questions were asked at another school, that does not have a high percentage of Hawaiians, the responses would be far less. Hawaiians are represented more than other ethnic groups in these diet related diseases. This is why the information shared at the health fair is so important for young Hawaiians.

4. What is the connection between diet and diet related diseases?  
One of the health fair speakers, Dr. Terry Shintani, has done extensive research on the connection between diet and overall health. Dr. Shintani is a proponent for whole-person health programs. His research has shown that following a diet that is rich in whole foods, low in overall fat, which interestingly, is very similar to the ancient Hawaiian diet, can result in the lowering of blood sugar levels and reduction of dependence on diabetes medicine, lowering of cholesterol levels and thereby reducing the risk of heart disease and stroke, reduction of blood pressure, reduction of body weight and the promotion of healthy body cells that decrease the likelihood of cancer. It's hard to imagine, but all these health benefits can be gained just from the foods that we eat!

Before Western contact, Hawaiians were some of the healthiest people in the world. They were tall in stature and able to work for long periods of time without fatigue. The main staple in the diet of the early Hawaiians was taro, sweet potato (‘uala), breadfruit (‘ulu), ferns, fruit and food from the sea – fish, seaweed (limu), etc. It is reported that Hawaiians ate as much as 20 pounds of poi a day.

Hawaiians are very akamai (smart) and from the few varieties of taro that were originally brought to the islands, they developed more than 300 varieties of taro. Taro has a higher amount of protein, and calcium and fiber than potatoes. It is loaded with vitamin A and C. It is easily digestible and good for people who have food allergies and are lactose intolerant. Taro or kalo is a super food!

If ancient Hawaiians were so healthy, why do modern Hawaiians suffer from so many diet related diseases such diabetes, heart attack and stroke, high cholesterol and blood pressure, cancer and obesity? The answer according to Dr. Shintani is diet. Modern Hawaiians are not eating the traditional foods and have replaced poi with french fries and potato chips; spam for fish; and fruits for candy.

Learn more about Dr. Shintani and how a whole-person health program can return Hawaiians and others to optimal levels of health. Read the Honolulu Star Bulletin article, “Serving Up Shintani” and then watch the short video clip, “Living Treasure: Dr. Shintani”. We are honored to have Dr. Shintani share his mana'o at the Health Fair. We hope that you will consider signing up for his presentation so you may learn more on how to “Eat More and Weigh Less” and improve your overall health by the foods that you eat.
Resources:


3. “Living Treasures: Dr. Shintani” http://www.youtube.com/watch?v=8Z-my3qLKfA

4. Kamehameha Schools Distance Learning power point presentations on “Kalo & the Hawaiian People” and “Kalo: A Staple Crop”, http://ksdl.kebe.edu/dlresources/audioppt.html
