



Hawaii Kids Count E-BULLETIN

February 2006 Issue

Center on the Family • University of Hawai'i at Mānoa

[What's New This Month](#)

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[1\) Dr. Emmy Werner is a Keynote Speaker at the Multiethnic Families Conference, February 21st-23rd](#)

The Center on the Family at the University of Hawaii is hosting a research conference on multiethnic families. For more information, including the conference schedule and registration information, please visit: <http://www.uhfamily.hawaii.edu/MultiethnicFamilies/index.asp>

As part of the conference, Dr. Emmy Werner, a research professor at the University of California, Davis, and author of *The Children of Kauai: A Longitudinal Study From the Prenatal Period to Age Ten; Kauai's Children Come of Age; Vulnerable, but Invincible: A Longitudinal Study of Resilient Children and Youth* will give a presentation entitled *Risk and Resilience: Lessons from the Lives of Children from Multi-ethnic Families*. **This event is open to the public and is free of charge.**

Details for Dr. Emmy Werner's presentation:

February 21, 2006

10 – 11:15 a.m.

East West Center Conference room

1601 East West Road

Honolulu, Hawai'i 96848

Dr. Werner is the recipient of the 1999 Dolly Madison Presidential Award for Outstanding Lifelong Contributions to the Development and Well-being of Children and Families, 1999 Distinguished Scientific Contributions to Child Development Award from the Society of Research in Child Development, and 2005 Society of Human Development Award for Distinguished Career Contributions to the Scientific Study of Life Span Development.

Please RSVP to Yvonne Yamashita (phone 956-8240, fax 956-3364, or e-mail yvonney@hawaii.edu).

Parking available at UH Manoa (\$3) or East West Center (\$4).

Contact Yvonne (above) by February 14 for EWC parking permit.

See <http://www.hawaii.edu/parking/visitorParking.html> for UHM visitor parking.

[2\) Earned Income Tax Credit \(EITC\) and Tax Assistance](#)

Aloha United Way, with the support of its partner agencies, is dedicated to increasing opportunities for Hawaii's families. Tax benefits such as the Earned Income Tax Credit (EITC) and programs such as Free Tax Assistance help to keep families in Hawaii out of poverty's reach. To support this effort, a web site has been created that provides information on the Earned Income Tax Credit (EITC), other tax credits, free tax assistance including site locations and schedules, and tax time volunteerism. These combined efforts are important components of Aloha United Way's Family Self-Sufficiency Program. Please help generate awareness of these important benefits. Flyers are available in several languages, including Chuukese and Samoan.

Important fast facts:

- Twenty-eight percent of Hawaii's families who qualify for the EITC fail to claim it
- In 2003, approximately \$300,000,000 of EITC funds went unclaimed
- Today, almost one in three families in Hawaii are low-income by federal standards

For more information, please visit: <http://www.hawaiitaxhelp.org>

Email inquiries can be directed to: info@hawaiitaxhelp.org

[3\) New Report: *The New Normal? What Girls say about Healthy Living*](#)

The Girls Scouts of America recently released a report outlining its results of a study of over 2,000 girls aged 8-17 regarding health and emotional well-being (e.g., body image, diet, exercise, sources of health-related information). The study used both qualitative and quantitative research methods to assess both attitudinal and behavioral issues.

Major findings include:

- For most girls, being healthy has more to do with appearing "normal" and feeling accepted than maintaining good diet and exercise habits
- Emotional health, self-esteem, and body image play a critical role in girls' attitudes about diet and exercise
- Although girls demonstrate basic knowledge about healthy foods and eating behaviors, they often do not put this knowledge into practice, and it is "normal" for many girls to make poor choice with respect to diet and exercise (e.g., frequent meal skipping)
- Mothers were the most frequently cited sources of information on healthy living, and they clearly function as role models for their daughters

The report also summarizes national data on obesity, including:

- The rates of overweight children and adolescents have doubled and tripled in the last two decades
- Low income children are at higher risk for obesity
- Being overweight puts girls at risk both physically and emotionally, and can negatively impact their ability to succeed as adults

This report can be accessed online at:

http://www.girlscouts.org/research/publications/original/healthy_living.asp

[4\) New Working Paper: *The Effects of Investing in Early Education on Economic Growth*](#)

The Brookings Institute recently released its new working paper examining how investing in early education relates to later economic growth. To access this paper online, please visit: <http://www.brookings.edu/views/papers/200601dickenssawhill.htm>

[5\) New Resources from the Prevention Institute](#)

The Prevention Institute is a non-profit national center dedicated to improving community health and well-being by building momentum for effective primary prevention. The organization focuses on injury and violence prevention, traffic safety, health disparities, nutrition and physical activity, and youth development. Its website contains prevention tools, papers, regular updates, training, and consultation work.

New resources include:

- The THRIVE health disparities tool
- The ENACT nutrition and physical activity tool
- An article entitled *The O word: Why the focus on obesity is harmful to community health*

For more information, please visit: <http://www.preventioninstitute.org/home.html>

[6\) Feedback Wanted: *Hawaii Kids Count E-bulletin Feedback Survey*](#)

Hawaii Kids Count is collecting feedback to help ensure that our products and services meet the needs of our users. Please follow the link below and take a moment to complete a quick, online survey. All responses will remain confidential. We appreciate your participation.

You may access the survey at: http://uhfamily.hawaii.edu/hawaii_kids_count/ebsurvey.asp

[7\) Hawaii Kids Count E-Bulletin Subscription Information](#)

Below are instructions on subscribing and unsubscribing to future issues.

[SUBSCRIBING:](#)

If this newsletter was forwarded to you by a colleague and you would like to receive future newsletters, you may subscribe to this newsletter by sending an email to cof@ctahr.hawaii.edu with the phrase "Subscribe Hawaii Kids Count Newsletter" in the subject field.

[UNSUBSCRIBING:](#)

If we have reached you in error, or if you would prefer not to hear from us in the future, simply send an e-mail to cof@ctahr.hawaii.edu with the phrase "Unsubscribe Hawaii Kids Count Newsletter" in the subject field.

[8\) Printable and Archived Versions of E-bulletins](#)

A printable version of this e-bulletin can be accessed as a pdf file at: http://uhfamily.hawaii.edu/hawaii_kids_count/kids_count.asp

Archived versions of e-bulletins can be found at:

http://uhfamily.hawaii.edu/hawaii_kids_count/archive.asp