

# HAWAII MATTERS

QUARTERLY REPORT

JUL / AUG / SEPT 2023

AIR TIME: 6:30AM; LENGTH: 30 MINUTES

KQMQ HONOLULU

JULY 2023

## **July 2, 2023 – Guest: Bronson Luis (Safety Branch Manager, HIOSH) / Trenching and Occupational Safety**

Bronson Luis' personal experience with a family member becoming injured on a side job made him realize the importance of knowing, following, and enforcing safety practices on all work sites. Trenching or digging into the ground at a depth of five feet or greater poses dangers that include utility lines, groundwater lanes, and possible instability of the ground itself. Hawaii OSHA or HIOSH wants Hawaii builders, homeowners, and businesses to remember Safety Always at work.

## **July 9, 2023 – Guest: Karen Tam (President and CEO, Child and Family Service) / Child Safety in the Community**

Keeping families intact and communicating is an important way for Hawaii communities to grow and be of service with others. Understanding that we each will change our roles as we age and have our own families in critical in becoming helpful and healthy in relationships, at work, home, and everywhere. Karen Tam shares how the family is beyond our neighborhood borders, too.

## **July 16, 2023 – Guest: Dr. Monica Nayakwadi-Singer, MD (Infectious Disease Specialist, Hawaii Pacific Health) / Vax to School; Vaccinations for Elementary, Middle School students in Hawaii**

Dr. Monica Nayakwadi-Singer talks about vaccinations that are necessary for incoming seventh grade students for Hawai'i's schools and talks about the general Well Child visits that families may have put on hold since the COVID-19 pandemic. She discusses the importance of a child establishing their healthy baseline and encouraging a child's dialogue with their PCP (primary care physician), which helps as they grow into young adults.

## **July 23, 2023 – Guest: Dennis Brown (President/CEO, Big Brothers Big Sisters Hawai'i) / Becoming a Big Brother or Big Sister; Volunteerism; Mentorship**

Dennis Brown was the first child to be paired with a Big Brother in Hawaii in the 1960's, when the national program was first introduced to our islands. His Big Henry Sumida would later become his mentor and lifelong friend. Dennis Brown talks about the general way people can learn if becoming a Big (a nickname of the Big Brother and Big Sister)

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is a good fit, how BBBS develops matches, and other ways you can support their program even if you can't become a Big.

## **July 30, 2023 – Guest: Jill Tamashiro (Public Health Educator, Tobacco Prevention and Education Program, Hawai'i State Department of Health) / Escape the Vape Hawai'i; Hawai'i Tobacco Quitline**

A study in 2014 showed a significant spike in tobacco, e-cigarette, and vaping throughout our islands and a concerning amount of young people – even in the elementary school age range – had tried to smoke, vape, or was curious about trying it. Jill Tamashiro talks about two of the latest campaigns to encourage young people to stop using tobacco-related products that is sold via vape, e-cigarette and other modified applications.

AUGUST 2023

## **August 6, 2023 – Guest: Jeff Hubbard (Co-Founder, Kaikeha) / Water Safety, Outdoor Activities for the Keiki, Family**

“Never turn your back to the ocean” is one of the first rules many kids in Hawaii when going to the beach with family and friends. Learning to be water safe and to respect the ocean is one of the foundational practices of Kaikeha. Kauai's Jeff Hubbard wants young people to experience and get familiar with bodyboarding – for healthy, team building, competition, and volunteerism.

## **August 13, 2023 – Guest: Emily Gordon (Public Health Educator - Hawaii State Department of Health, Office of Public Health Preparedness) / “Prepare NOW: Necessities, Organization, and Wellness”**

Hurricane season in Hawaii is June through November. There are other natural emergencies our islands have and can experience including mudslides, forest fires, VOG/volcanic smog, tsunamis, inland flooding, volcanic eruptions and high surf surges. Being prepared for general safety – having a To Go kit stocked with a 14-day supply of food, water, and toiletries per person in your household is a good starting point...and what else? Emily Gordon shares a broad overview along with key ways to start Now.

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## **August 20, 2023 – Guest: Terryn Davis (ALS Golden West Chapter) / Understanding ALS (Lou Gehrig’s Disease)**

Occupational therapist Terryn Davis and so many others who work with patients who are diagnosed with amyotrophic lateral sclerosis (ALS) see first-hand the challenges receiving the news as well as what it holds for their future. “The Ice Bucket Challenge” on social media brought more awareness and funding yet its symptoms and long-term life cycle is still being understood. (original air date: 8.22.2022)

## **August 27, 2023 – n/a**

## SEPTEMBER 2023

## **September 3, 2023 – Guest: Danielle Bass (Sustainability Coordinator, State of Hawaii Office of Planning and Sustainable Development) / Sustainability in Hawaii**

The importance of every neighborhood, big and small, is equal though it may not feel that way all the time. During emergencies and when life in our islands seems quiet and moving along, the Office of Planning and Sustainable Development work with various agencies to work, to balance and to grow, to maintain, and continue a feasible and healthy Hawaii.

## **September 10, 2023 – Guest: Theresa Paulette (Victim Services Specialist, Hawaii MADD) and Alice Liu (Program Director, Hawaii MADD) / Hawaii MADD-Mothers Against Drunk Driving**

Hawaii Walk like MADD is MADD’s annual fundraiser being held on September 16, 2023 at Kaka’ako Waterfront Park. It’s a morning 5K walk/jog/run that welcomes families, kids and co-workers to raise monies for grief counseling, education programs, and more ways to remind people not to drive while impaired. Theresa Paulette is a mom whose teenaged son was killed by a driver who had six DUI arrests prior to that summer evening over 30 years ago. Alice Liu’s mother was struck by a driver under the influence of alcohol. The message: When you drink, don’t drive.

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**September 17, 2023 – Guest: Dr. Christopher T. Lum (Ophthalmologist, Kaiser Permanente) / Eye Care, Cataracts, and Ophthalmology [original air: 6/19/2022]**

It's important to care for your health and your eyesight is more than just being able to read the street signs or the fine print in a contract. The way you see or not be able to see can impact other facets of your life and can also indicate more serious conditions. First, you should get your eyes checked! Even 20/20 vision needs a base level to understand how to see even better. Dr. Christopher Lum shares tips and signs on how to monitor your eye health.

**September 24, 2023 – Guest: Dr. Debleena P. Dutt (Director of Heart Failure, Kaiser Permanente Moanalua Medical Center) / Heart Health [original air: 2/19/2023]**

There are a great many ways to be healthier and getting right with your heart is a good start. Eating better, regular sleep patterns, and exercise can help. Though even fit persons can experience a heart attack or other heart related event. What you need to understand about the heart, specifically preventative care, to give your heart a chance to have a easier long life along with you.

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