

Healthy Communities of the Future

Hawaii in the next 50 years is promising if we think about the problems from the past and make Hawaii's future healthier. By improving people's attitudes and behaviors, building affordable homes, and improving the places where people live, we have hope for Hawaii in the next 50 years.

Kindness makes people and the communities healthier. Kindness is spread across Hawaii, and we could encourage kindness by creating Kind Clubs across schools and communities. Around the world there are only about 13 Kind Clubs at schools and these clubs create monthly challenges for their school or grade such as a kindness calendar and kind cards. If we started Community Kind Clubs, it could encourage better decision-making, reduce crime, and promote healthier mental states. Community Kind Clubs could volunteer to pick up trash in the neighborhood and parks and work in community shelters.

11.5% of Hawaii's population is living in poverty and it is unacceptable that people can't afford homes and can't live in healthy physical conditions. A 144 square foot affordable house could include everyday items in a small space. A simple and easy idea is to make a standard design of a house for 1 or 2 people with a door and small window. You could have a table that you can use as a work table and as a kitchen table, where you can then pull down your bed to go to sleep on top of the table. These homes could have a toilet below the sink where the extra water would go to the toilet tank; and a shower stall. You could have 2 chairs with a pull out storage cabinets under the chairs. On top of the roof could be solar panels for electricity.

Hawaii's natural habitat and land are limited and we need to create beautiful and

healthy environments to live in. We could plant more trees on the sidewalks and at parks so that we can have cleaner air and feel more relaxed. We could limit the number of high rise glass buildings and use more environmentally friendly construction materials so we can spend less money and have greener neighborhoods. We could build more balconies with more trees so it can look better and more eco-friendly. We could have more artwork on buildings or at parks to encourage creativity, connect with their community, make the places more beautiful, and make people smile. We could build more rooftop or balcony gardens for fresh foods and a clean air to make a healthier society.

Kindness, affordable homes, and more beautiful communities are examples of what we can do to promote a healthy Hawaii and what the next 50 years in Hawaii should look like.