

HEALTHY ACTIVITIES

hmsa
KAIMANA
AWARDS
 & SCHOLARSHIP PROGRAM

Healthy students help create healthy communities. Schools that engage students and the community will earn 10 points for each healthy activity reported. A maximum of 100 points can be earned.

Examples of healthy activities are listed in the table below. If you have any questions about this category, please email kaimana@hmsa.com.



Healthy Activity	Note
Blood Drive	Must be hosted on campus.
Health Fair	Must be hosted on campus.
Fun Run/Walk/Marathon	School-sponsored or public events (e.g., Honolulu Marathon, Relay For Life) in which student groups volunteer or participate.
Public Service Announcement	PSAs should focus on health-related topics such as: <ul style="list-style-type: none"> • Bullying. • Concussion awareness and treatment. • CPR. • Physical fitness. • Proper nutrition. • Substance abuse.
School Garden	Create or maintain a school garden.

