

Youth Xchange 2017 Sponsored Category:

**START. LIVING. HEALTHY.**



There is a **NEW LAW** in Hawaii that requires all students to get a physical exam BEFORE starting the 7<sup>th</sup> grade.

*The exam must be completed within 1 year (12 months) prior the first day of 7<sup>th</sup> grade.*

Get the word out to students and their families with a creative public service announcement (PSA) that highlights:

## **Why should YOU go to the doctor for an annual check-up?**

### **Ideas for your PSA:**

- Helps you to stay healthy!
- Get the facts about nutrition and other healthy lifestyle tips
- Learn ways to manage any health issues (e.g., asthma or diabetes)
- Prevent future health problems
- Get screened to make sure your health is on-track
- Ask questions...even the awkward ones...
- Talk to someone you can trust
- It's a FREE benefit if you have health insurance
- Be ready for school – a physical exam is required to enter 7<sup>th</sup> grade!

### **Read the actual law here:**

- <http://www.capitol.hawaii.gov/session2016/bills/GM1287.PDF>

### **Check out more benefits of seeing your doc regularly!**

- <http://kidshealth.org/en/kids/going-to-dr.html>

### **For questions, contact:**

Jennifer Ryan at (808) 586-5491 or [jennifer.ryan@doh.hawaii.gov](mailto:jennifer.ryan@doh.hawaii.gov)



All entries must be uploaded to 'Ōlelo's OmniContest site by 11:59 p.m. HST on **Tuesday, February 28, 2017** and paperwork submitted via email ([youthxchange@olelo.org](mailto:youthxchange@olelo.org)) by 5:00 p.m. HST on **Friday, March 3, 2017.**

Visit [www.olelo.org/yxc](http://www.olelo.org/yxc) for contest updates.

