



PUBLIC HEALTH RESONANCE PROJECT

Amplifying unique attributes and deep connections across regionally and culturally relevant physical activities for health promotion and community wellness, locally and globally

Mission

Our interdisciplinary collaboration is working together to help build the evidence base for community and culturally relevant physical activity for public health.

Our work is designed to help connect and build this evidence base for public health promotion to produce actionable results for individuals, advocates, and communities to improve health outcomes and health equity.

Our goal is to help support and connect this work, and those doing this work, locally and across the globe for collaboration, amplification, recognition, and synergy. We do this work to support health promotion and community action, locally and globally.

Our Projects

 **Research** to grow and nurture this field for public health promotion

 **Policy briefs** to make research actionable to communities, policy makers, and other stakeholders

 **Connecting together** in meetings and conversations



Original art by Sunnu Rebecca Choi

Research

Spearfishing and Public Health Promotion: A Cross-Sectional Analysis of the Hawai'i Behavioral Risk Factor Surveillance System Survey

Spearfishing engagement in Hawai'i is associated with a higher likelihood of meeting physical activity guidelines.

(Hansen et al., 2025)

Engagement in Culturally and Regionally Relevant Physical Activity (Hula, Outrigger Paddling, Spearfishing and Surfing) in the State of Hawai'i Over the Lifecourse: A Cross-Sectional Analysis

Engagement in hula, outrigger paddling, spearfishing, and surfing was highest during earlier life stages and declined with age. Trends varied notably by generation, with younger generations engaging more than older ones.

(Pirkle et al., 2025)

Culturally Relevant Physical Activity in Hawai'i: Outrigger Canoeing Across an Adapted Social-Ecological Model

Outrigger canoe paddling has significant meanings across levels of the social-ecological model - individual, proximal, distal, environmental, macrosocial, and spiritual.

(Schmid et al., 2025)

Surfing: A Public Health Promotion Opportunity

Promotion of surfing and public ocean access can support multidimensional influences for wellbeing and should be a focus of cross sector collaborations for optimal community and planetary health.

(Sentell et al., 2024)

Culturally Relevant Physical Activity in the Behavioral Risk Factor Surveillance System in Hawai'i

In Hawai'i, 24.5% of adults engaged in hula and 19.8% in paddling in their lifetime, and prevalence of engagement was higher in Native Hawaiian and other Pacific Islanders than among other racial and ethnic groups.

(Sentell et al., 2023)

Culturally-Relevant Physical Activity over the Lifecourse and Association with Chronic Disease

Lifetime engagement in culturally relevant physical activity in Hawai'i was associated with lower likelihood of chronic disease.

(Sentell et al., 2023)

Policy Brief

Outrigger Canoe Paddling in Maui

Outrigger canoe paddling is an effective, evidence based strategy for promoting physical activity, health, and wellbeing.

(Sentell et al., 2024)

Connecting Together

Public Health Resonance Knowledge Exchange

Collaborators have gathered in various ways around the world (in person and virtually), including at Papahana Kuaola, O'ahu in February 2025.



More Information

Learn about the inspiration for this project - Mele Look's work on hula and health at hulaandhealth.com



Learn more about the Public Health Resonance Project and team at phresonance.com



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