

American Indian Youth Summer Medical Wellness Camp

Tuesday, October 11, 2016 ~ 12:00pm PDT

Obesity has become a major health problem among American Indians. Lifestyle risk behaviors include nutrient-poor food and drink choices, larger food portions, and physical inactivity. This program will describe an American Indian Youth Summer Medical Wellness Camp that addresses the growing number of Arizona's Indian youth who are at risk for or who have been diagnosed with type 2 diabetes. Components of the Camp that will be explained include an intensive week-long experience focused on healthy eating, exercise, nutrition education and fun! All camp activities take place in an American Indian context, deeply rooted in culture. Participants also receive in-depth physical assessments to track progress and personalize pathways to health. In June 2016, 60 youth from Hopi, Jemez Pueblo, Pascua Yaqui, Salt River, Gila River, and Yavapai Apache participated in the week-long intensive camp in Prescott, Arizona. Outcome measures from the camp will be provided including cumulative results from the 2011-2016 camps that show 86.8% of participants, youth aged 10-15 years, were overweight or obese. A description of important after camp activities will also be explained including how we follow up with personal check-ins and support of both participants and their parents after the safety net of camp is gone.

Learning Objectives:

- 1) Identify key components for developing a University-tribal partnership to address nutritional risk behaviors for children.
- 2) Describe the major components and activities of a week-long health promotion curriculum.
- 3) Explain the importance of providing interventions within a cultural context for American Indian youth.



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THE UNIVERSITY OF ARIZONA
College of Nursing

**Continuing Nursing Education Information:
1.0 Contact Hours**

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1.0 CECH for CHES

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1.0 CPEU for RDs

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For more information and registration instructions go to

<https://aztelemedicine.zoom.us/webinar/register/a126bc878652177d66858a512be5123a>

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