Contacts

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Donations
Make checks payable to:
UAF/Diabetes Youth Camp
PO Box 245052
Tucson, AZ  85719

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Whispering Pines
Located in the majestic pines of Arizona’s Prescott National Forest
“Memories are made at Whispering Pines”
www.azwhisperingpines.org
Behavioral Risks

- American Indians suffer from disparate health problems in the United States.
- Risk factors for lifestyle behaviors include food and drink choices (including soft drinks and alcohol), larger portions of food, inactivity, extended television viewing, extended video game playing, extended computer use, and tobacco and drug use.
- The complex problem of obesity is an example of an epidemic due largely to lifestyle behaviors and the built environment.
- The prevalence of obesity among children and adolescents has increased so much the World Health Organization has considered obesity a worldwide epidemic.
- There is a need for culturally appropriate health promotion programs to include education on diet and physical activity.

The Youth Wellness Camp

- A collaboration with tribes to involve American Indian youth and children in the prevention of obesity through diet interventions and physical activity over a week long summer camp.
- The long term goal of our project is to decrease obesity and other diabetes risk factors.
- Education sessions involve interactive exercises designed to establish personal behavioral goals following the SMART technique (Specific, Measurable, Attainable, Relevant, Timely).
- The Camp program includes a daily run, diet and diabetes education, aerobic exercises including traditional games, cultural activities including arts and crafts, singing, and daily group meditation following a tribal presentation.
- All education sessions are structured so that learned skills and knowledge can be easily incorporated into daily life.
- All activities are formed so they are fun for the kids.

Make a Difference!

Donate resources needed for American Indian youth aged 10-15 years old to participate in camp:

- $15 provides a youth with a basketball
- $100 provides youth with art supplies
- $250 sponsors camp fees for a youth
- $500 secures a tribal instructor and mentor
- $1,000 buys a laptop computer for use in completing 24 hour dietary recalls
- $1,500 provides a student with an opportunity to serve as a Counselor and learn leadership skills
- $1,600 buys equipment necessary to perform field-based measures of glucose and cholesterol
- $3,000 buys a body composition analyzer

Culture is integrated into all lessons and activities.

Youth learn about nutrition food labels.

Youth participate in physical activity.