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"Take Off 4-Health" : Innovative Strategies to Improve Wellness in Adolescents

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Abstract:

Summer camps for weight loss are popular childhood obesity interventions. We present the nutrition curriculum developed for a 3-week residential camp for adolescents with health risks related to obesity or type 2 diabetes. The curriculum in 2008 included "camper meal cards"—a personalized nutrition prescription for family style meals; six lessons based on strategies associated with healthy weight in youth, and a take home packet for families. 26 girls and 8 boys (70% African American) with a mean age of 14 years and mean BMI of 41.9 participated and lost a mean 6.7 pounds. In 2009, the curriculum was enhanced with a dietetic professional to providing meal time tips and monitoring meal preparation; and lifestyle coaches assisting campers in self-monitoring and setting weekly nutritional goals. 22 girls and 8 boys (57% African American) with a mean BMI of 41.3 age of 14 years lost a mean of 7.1 pounds. To help campers sustain lifestyle changes post camp case management is offered. The behavior curriculum is based on a "Small Changes Approach". A team with members from XXX School of Medicine, Department s of Nutrition and Dietetics, Physical Therapy, Clinical Psychology, Medical Family Therapy, and the XX Cooperative Extension Family and Consumer Sciences and 4-H Programs combine their expertise to provide affordable assessment, education, counseling and family engagement services during camp and throughout the year. Nutrition education materials, branded with partner logos) will be presented (also available at *web address*). Formative evaluation of the curriculum was completed.

Learning Needs Codes (Complete): 4010 Community intervention, monitoring, and evaluation ; 4160 Adolescence (stages of life cycle) ; 6040 Education theories and techniques for children and adolescents

Presentation Preference (Complete): Poster Only

Additional Information (Complete):

Learning Outcome : Describe a nutrition education curriculum appropriate for camp experience

***Research and Practice Innovation Topic Choice:** (1) Strategies for Lifestyle Changes

Funding Source : Pitt Memorial Hospital Foundation (support for camper scholarships)

Status: Complete

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