



Oklahoma City Area Indian Health Service

Northeastern Tribal Health System

108 Eight Tribes Miami, OK 74354 (918) 675-2044

Goals

- Increase physical activity, healthy eating, and tobacco prevention education in at least 2,150 Native American youth of the surrounding communities.
- Increase the number of smoking cessation participants in classes at NTHS.

Just For Kids Summer Program

Plans are underway for the 2010 Just For Kids “JFK” Summer Program! This prevention program, tentatively scheduled for June, recruits 6 – 12 year old youth to participate in interactive wellness education activities. NTHS expect to host approximately 200 participants!

JFK activities will include:

- Health screenings
- Diabetes, nutrition and dental hygiene education
- Commercial tobacco use prevention and cessation information
- Drug use awareness and suicide prevention
- Alcohol abuse prevention
- Various guest speakers
- FUN physically active challenges
- Games and more!

This spring NTHS has also been invited to several local elementary schools to provide diabetes and exercise education, commercial tobacco use prevention and cessation and drug abuse awareness and prevention. The strategy of NTHS is to attend the physical education classes at Washington Elementary on March 9th and Wilson Elementary on March 31st to increase awareness regarding health, physical activity and nutrition choices and how it affects personal wellness.

Experiential Learning techniques are another teaching method that will be used to provide interactive activities for two different schools during their “Field Day” events held toward the end of the school year.

Smoking cessation classes continue to be held each Tuesday morning at NTHS. In March, an additional evening smoking cessation class will be implemented. Also, tobacco prevention activities were held for children at the Miami First Assembly of God Church on January 21st with over 50 children in attendance.

Training Attended:

- CATCH - February 12, 2010 hosted by Indian Health Care Resource Center of Tulsa Staff
- Childhood Obesity Conference – February 26, 2010



NTHS Community Activities in 2010:

- Health Fair/Screening at the Miami Tribal Nutrition Center
January 22nd - 52 participants
- Health Fair/Screening at the Ottawa Tribal Nutrition Center
Feb 23rd - 50 participants
- Diabetes and Nutrition Classes held at the Diabetes and Wellness Center
Every Thursday in March 2010
- “Camp Cardio – Where Big Kids Come to Play” Planned – March 24th
- Blood Drive – March 26th at the Diabetes and Wellness Center