

HUGO CAMP PRIDE ~

Promoting Readiness In Diet and Exercise

In partnership with the Choctaw County Coalition

Project Goal/Objectives:

- Increase awareness of physical inactivity and the health implications of sedentary lifestyles.
- Youth will increase their knowledge and experience of healthy food preparation methods.
- Youth will gain knowledge of healthy food choices.

Target Audience:

100 ~ "Tweens"
(Students between ages 10-12) and their families, with special emphasis and priority given to tweens" who are members of a families currently enrolled in WIC.



Project Scope/Narrative:

It is the coalition's belief that although "school wellness policies" have been prioritized through the Child Nutrition and WIC Reauthorization Act of 2004, the schools by themselves cannot, and should not be expected to; address one of our most serious health and social problems. The Choctaw County Coalition members made up of families, health care workers, the media, religious organizations, and community organizations that serve youth and young people themselves also must be systematically involved. We believe that through this camp, we can begin working together to maintain the well being of young people in our community.

**THIS PROJECT WAS FUNDED BY
THE OSDH WIC/TURNING POINT GRANT**

Project Outcomes:

The Choctaw County Coalition hosted the first annual Camp PRIDE - Summer Fitness Camp. This four-day camp focused on health, nutrition, physical fitness and overall wellness through a collaborative effort among coalition partnerships who are specialized in each field.

The camp worked with identified youth in developing life-long behaviors that impact their health ~ physically, emotionally, mentally, and psychologically. Each day introduced a new wellness topic with components that included interactive experiences in physical activity to hands-on cooking application.

Specific activities were identified to encourage and teach active play to counteract sedentary lifestyles; many of which were low or no cost to the participant. Planned structured physical activities were dance, swimming, canoeing, obstacle course, rock climbing, hiking and a ropes course exhibit.

Presenters aided youth in experiencing healthy food preparation methods, such as stir-fry, steaming, and grilling through the participation of hands-on food labs.

Nutrition workshops emphasized the importance of consuming fruits and vegetables, reduced fat milk and dairy products, lean meats and whole grain foods and reading food labels. Youth compiled a recipe book to be used by each participant's family household. Recipes consisted of proper nutrition portions, healthy food options and the Dietary Guidelines for Americans messages. Each participant had the "optional" choice to identify his/her health status through weight, height and BMI. Camp PRIDE staff challenged each participant to maintain an active lifestyle, to incorporate the 5 A Day Challenge, and make healthy food choices.

Participating Partners:

OSU Extension Office
Hugo Public Schools
Choctaw County Health Department
Choctaw Nation Healthy Lifestyles
Choctaw Nation Youth Advisory Board
Choctaw Nation—I Died' Who's Next
Project S.P.I.T.
Project PROMISE
Community Volunteers

