

CHOCTAW NATION YOUTH ADVISORY BOARD

In partnership with

Living In Latimer Community Coalition

Project Goal/Objectives:

1. Host a Health and Wellness Leadership training for the Choctaw Nation Youth Advisory Board (YAB), to prepare them as educational leaders of tomorrow in the area of health promotion. The training will provide youth with the tools necessary to promote physical fitness and nutrition to children ages 3-6 and to families throughout SE Oklahoma.
2. Implement a minimum of 15 classroom educational lessons and 20 educational workshops targeting youth and families on the promotion of physical activity and proper nutrition. The lessons will be designed to get children and families moving while teaching life skills.

Project Scope/Narrative:

The Choctaw Nation Healthy Lifestyles Program will coordinate the Health and Wellness Youth Leadership Camp. Participants will be identified from the Youth Advisory Board (YAB) membership. The training module will include and provide certification training and implementation skills to all participants in the following areas:

- MyPyramid – educational framework & basic messages
- REACH 2010 objectives
- Interventions and educational lessons to support physical activity and nutrition education for families and youth
- Dietary Guidelines for Americans 2005 messages
- Active play lesson plans for 3 – 6 year olds
- Utilization of active play toys and equipment for youth and families
- Star Power for Preschoolers
- Facilitation and leadership skills, classroom etiquette, healthy lifestyles and team building

Trained Youth Advisory Board members will facilitate and implement nutrition & physical fitness lessons throughout the Choctaw Nation service area. Trained leaders will use the following nutrition and physical activity resources:

- MyPyramid
- Active play toys, equipment and music CD's
- Dietary Guidelines for Americans 2005 Messages
- Choctaw Nation Salad Sisters Curriculum
- SPROUTS Video – promoting exercise and nutrition
- Items that support increased consumption of fruit and vegetables, whole grains, and fat-free, low-fat, or reduced-fat milk

Testimonial:

The Choctaw Nation of Oklahoma, Youth Advisory Board is comprised of students in 8th - 12th grade and covers 10 1/2 counties in Southeast Oklahoma. This volunteer group is very active in their communities but are also involved in efforts to fight underage drinking, smoking, meth, and domestic violence and even developed a Sprouts video which teach 3-5 year olds the importance of healthy eating and being active. The **WIC Mini Grant** will allow them to improve children's self esteem, increase physical fitness, and encourage proper nutrition. This will not only be promoted in Latimer county but will also be implemented throughout the 10 1/2 counties service area of the Choctaw Nation. The Y.A.B. is extremely excited about this project and has learned through past experiences that the younger children see themselves as leaders the sooner they will become leaders. **Thank You WIC** so much for allowing the Youth Advisory Board to be involved in the promotion of healthy living in the State of Oklahoma.

Again, Thank You! ~ Joyce Wells



Project Outcomes:

Choctaw Nation Youth Advisory Board held a training July 23, 24, 25 at Jones Academy and Robber's Cave in Wilburton. Students were trained on the following: stress management/stress related eating habits, resistance/strength training, meal planning/label reading, Hip Hop Dance, Choctaw Dancing & stickball. They were introduced to Star Power, physical fitness interactive games, and much more.

YAB has been trained on life skills curriculum. On Applebee Pond sessions have and will continue to be taught at festivals and fairs, camps etc., throughout the Choctaw Nation. The program is being taught to: 1) 3rd graders in Wright City, Soper, and Howe, 2) CN Youth Center in Talihina, and 3) students in Hugo's after-school program.

Over 60 YAB students were trained at Retreat. Nutrition and physical fitness sessions have been introduced to more than 300 students thus far. On Applebee Pond is presented monthly to more than 180 2nd grade students and implemented twice monthly to some. Cookbooks & Sprouts videos have been distributed to more than 500 individuals at fairs, meetings, and presentations. All active play products have been utilized at trainings which include: FCCLA Officers Induction (120 students), REACH 2010 training, Choctaw Co. Boys & Girls Club, Choctaw Nation Youth Center, and numerous Fall Festivals.

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