



Journal of Health Disparities Research and Practice
Volume 9, Special Edition 1, Summer 2016, pp. 139

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Addressing Diabetes Prevention at the American Indian Summer Medical Wellness Camp

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ABSTRACT

American Indian youth ages 10-19 are nine times more likely of being diagnosed with type 2 diabetes compared to non-Hispanic whites. A family history of diabetes, being overweight, and being inactive are the main risk factors for type 2 diabetes. The American Indian Summer Medical Wellness Camp is a six day camp for American Indian youth where they are taught about nutrition and fitness in an effort to prevent diabetes. What I looked at is if students who have attended the camp in previous years make different choices than the youth who have never attended camp. I hypothesize that if a child has attended the camp before then they will have healthier eating habits and will be involved in more physical activity than those who have not attended the camp previously.

The camp attendees (n=33) filled out a survey which was adapted from the Center for Disease Control and Prevention Youth Risk Behavior Survey. We are looking at the questions focused on their dietary habits and physical activity. Other information collected from the youth attending included age, gender, previous attendance to the camp, and their weight at the beginning and end of camp.

Statistical testing will be done in excel and an analysis of the data was performed by looking at the frequency distribution of each question based on whether or not the respondent had attended the camp before.

Keywords: Diabetes, American Indian Youth, Nutrition, Fitness

ACKNOWLEDGEMENTS

The STEP-UP HS program is supported by the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health, Grant number: 1R25DK098067-01.