



Summercise 2018

NORTON SOUND HEALTH CORPORATION

CAMP DEPARTMENT

CHRONIC CARE. ACTIVE. MANAGEMENT. PREVENTION

CAMP Contacts for Summercise

**Summercise Applications, Reference Letters,
Questions or Concerns?**

Email: Summercise@nshcorp.org

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Contacts:

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What is Summercise?

- Summer program for the youth of Nome, Alaska
- Program is designed to prevent diabetes in Nome's youth
- Group leaders teach healthy nutrition & exercise



Where is Nome, Alaska?

- Nome is a secluded arctic town located in Northwest Alaska on the Seward Peninsula on the Bering Sea
- 539 air miles from Anchorage and ~1,000 dog sled miles (or by land)
- Nome is off the road system so you must fly to get there
- For more information: www.nomealaska.org

Nome, Alaska

Nome has roughly 3500 permanent residents, but in the summer the population increases to 5,000.



Mileage from the Lower 48:

- Chicago: 3,308 miles
- New York: 3,763 miles
- Los Angeles: 2,872 miles
- Orlando: 4,276 miles
- Austin, 3,687 miles
- Denver: 2,916
- Seattle: 1,970 miles

Summertime Goals

- Increase Physical Fitness in Youth:
 - Increase number of youth who engage in the recommended amounts of physical activity per week
 - Increase knowledge and skill level of physical activity
- Increase Healthy Eating Behavior in Youth:
 - Increase knowledge and skill level of healthy eating
 - Increase level of healthy eating
 - Increase attitude towards healthy eating



Program Staff

- CAMP Staff
- College Interns who specialize in Nutrition/Fitness
- High School Students
- Parents/community volunteers



CAMP Staff 2017

Program Description

- Summercise interns plan, teach, and inspire kids in various nutrition and exercise classes
- Two 3-week sessions for kids to pick nutrition & exercise classes to attend
- Summercise Monday-Thursday from 1 pm to 5pm
- Kids grouped by 5-6 year old & 7 and up
- Interns will also have other nutrition opportunities throughout the experience

What do we do when Summercise is not in session?

Mornings and Fridays are reserved for the following:

- Assigned rotation, examples:
 - WIC
 - Maternal and Child Health
 - Counseling: Outpatient, Inpatient, Long Term Care
 - Community
 - Summer Lunch program
- Planning/Preparing for Summercise including:
 - Shopping
 - Lesson Plans
 - Evaluating
- Other Team Assignments or Projects as assigned

2018 Timeline

Summercise Applications Due:

- February 2nd, 2018

Interns Arrive in Nome:

- May 27th or 28th, 2018 (Memorial Day Weekend)

Orientation, Training, and Planning:

- May 29th – June 8th, 2018

Summercise Dates:

- June 11th-July 26th, 2018
 - Session 1: June 11th -June 28th
 - Session 2: July 19th -July 26th

Interns Leave Nome:

- August 2nd, 2018



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HEALTH CORPORATION**



Chronic Care Active Management & Prevention