



# Summercise 2019

NORTON SOUND HEALTH CORPORATION

CAMP DEPARTMENT

CHRONIC CARE. ACTIVE. MANAGEMENT. PREVENTION

# What is Summercise?

- Summer program for the youth of Nome, Alaska
- Program is designed to prevent diabetes in Nome's youth
- Summercise Interns teach healthy nutrition & exercise classes throughout the summer
- **Summercise**
  - Monday - Thursday from 1 pm to 5pm
  - Two 3-week sessions in June and July
  - Kids grouped by 5-6-year-old & 7 and Up
  - Kids pick between the variety of nutrition & exercise classes offered



# 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



# Summercise Intern Responsibilities

- Interns plan, teach, and inspire kids in various nutrition and exercise classes
- Interns will be the leaders for each class and will be responsible for all planning and executing classes. Each class generally have 1-2 high school assistant to assist as needed
- Other duties:
  - Class Preparation such as shopping, prepping equipment or food
  - Completing Lesson Plans
  - Evaluating Classes
  - Mentoring Youth and High School Students
  - ...and more

# When Summercise is not in Session

Although Summercise is the first priority, Mornings, Fridays and some weekends are reserved for the following:

- Assigned rotations, examples:
  - MNT: Outpatient, Inpatient, Long Term Care
  - Community Nutrition Outreach
  - Community Walks/Runs
  - Summer Lunch Program
  - WIC
  - Maternal and Child Health
- Other Team Assignments or Projects as assigned

# 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
- Nome is considered “Bush Alaska” and is surrounded by tundra and contains very little trees
- For more information: [www.nomealaska.org](http://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

# CAMP and Summercise Staff

- CAMP Staff
  - We are a group of health educators focusing on Nutrition, Tobacco Cessation, Lactation and Injury Prevention
  - We currently have dietitians, certified lactation counselors and tobacco quit coaches
- Summercise Staff
  - College Interns who specialize in Nutrition/Fitness
  - High School Students
  - Parents & Community Volunteers
  - CAMP Staff



CAMP Staff 2017



# Tentative 2019 Timeline

\*All dates subject to change

Summercise Applications Due: February 8<sup>th</sup>, 2019

Phone Interviews: March 18<sup>th</sup> – 22<sup>nd</sup>, 2019

Interns Arrive in Nome: May 26<sup>th</sup> or 27<sup>th</sup>, 2019

Orientation, Training, and Planning: May 28<sup>th</sup> – June 7<sup>th</sup>, 2019

Summercise Dates: June 10<sup>th</sup> – July 25<sup>th</sup>, 2019

Session 1: June 10<sup>th</sup> - June 27<sup>th</sup>

Session 2: July 8<sup>th</sup> - July 25<sup>th</sup>

Interns Leave Nome: August 2<sup>nd</sup>, 2019

# CAMP Contact for Summercise

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

[summercise@nshcorp.org](mailto:summercise@nshcorp.org)

907-443-3365

**Other Questions - Contact:**

Stephanie Stang, MS, RD

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907-443-8903



**NORTON SOUND  
HEALTH CORPORATION**



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**Chronic Care Active Management & Prevention**