



Summercise 2020

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



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 Submission Start Date : January 13th, 2020

Due Date for Applications: February 24th, 2020

Phone Interviews: March 9th – 20th, 2020

Interns Arrive in Nome: May 23rd or 24th, 2020

Orientation, Training, and Planning: May 26th – June 5th, 2020

Summercise Dates: June 8th – July 24th, 2020

Session 1: June 8th - June 25th

Session 2: July 6th - July 23rd

Interns Leave Nome: July 31st, 2020

CAMP Contact for Summercise

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

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Other Questions - Contact:

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HEALTH CORPORATION**



Chronic Care Active Management & Prevention