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
Summercise 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 Submission Start Date: January 13\textsuperscript{th}, 2020

Due Date for Applications: February 24\textsuperscript{th}, 2020

Phone Interviews: March 9\textsuperscript{th} – 20\textsuperscript{th}, 2020

Interns Arrive in Nome: May 23\textsuperscript{rd} or 24\textsuperscript{th}, 2020

Orientation, Training, and Planning: May 26\textsuperscript{th} – June 5\textsuperscript{th}, 2020

Summercise Dates: June 8\textsuperscript{th} – July 24\textsuperscript{th}, 2020

  Session 1: June 8\textsuperscript{th} - June 25\textsuperscript{th}
  Session 2: July 6\textsuperscript{th} - July 23\textsuperscript{rd}

Interns Leave Nome: July 31\textsuperscript{st}, 2020
CAMP Contact for Summercise

Summercise Applications, Reference Letters, Questions or Concerns?

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907-443-3365

Other Questions - Contact:
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