

The Title of our Grant is ‘Looking to the future in Health, Wellness and Sport to overcome Obesity in Native Youth’

Our vision is to touch the next Native Generation in the three areas of fitness so they will adopt a healthy lifestyle.

We are trying to accomplish this vision with goals that move in the directions of *Education and Participation*.

Education-We are putting the idea that working out can be fun and it not always grind and hurt . The youth today have so many other choices that do not involve moving, such as computer games and television options. They have foods available to them that are not good for them as advertised such as snack bars, and energy drinks. We are putting good fast foods in front of them and educating them about the truth of granola bars and gatorade. We are educating the youth about different activities they can be involved in that they would want to do that does not consist of just running, which scares a lot of youth away from moving, toward moving.

Participation-We have started a program to get out and recruit the youth as well as their families to get involved in being active. We are bringing the youth from area native communities to our campus, partnering with other programs that have groups of youth on campus and going to reservations and either starting a program or enhancing an existing program.

Some of the major projects covered this last summer were:

- Campus activities included:
 1. Upward bound partner- daily component for overall program (6 weeks)
 2. PBP Boys & Girls Club - Youth weekly program for activity and Healthy Lunch (7 weeks)
 3. Jim Thorpe fitness center- on campus students and local community participants
 4. Red Dog Days – A Lawrence community activity – 6:00am/6:00pm from just a few 9 or 10 to many about 50 native participants (approx 700 total)
 5. PBP evening participants – those youth/young adults living in at risk homes (not their own)
 6. We sent an Intern to Plummer, Idaho this year and he worked with the Tribal Recreation Program. He helped work with the young athletes in two areas, 1) recruiting inactive youth to participate and 2)helped in the Bigger, Stronger, Faster Program to develop physical levels of the youth trying out for the Public School Programs

Barriers

Teaching the consumption of different kinds of food/drink thought to be good for us that could work against our goal of having a healthy lifestyle.

Justifying the lessons that cultural foods are not as healthy as we would think, or what our Elders have been feeding us since birth. (comparing the lifestyles we lead today)

Understanding that the more expensive foods that are healthy for us really is affordable if we limit our portions to a nutritious amount. (We need to buy less)

Conclusion

We must start with one and continue to grow, do a good job and let the results show others and help the cycle move along. We all need to keep updated on the new research that deals with nutrition and other consumption items.

We have started and we will continue to add to our program and expand the things we have to offer

The youth will teach what they know and learn, we must teach them what we want them to know about Health, Wellness and Sports.

Native Youth and Young Adults That participated in summer programs:

On Campus Participants	35
Lawrence Community Participants	40*
Local Reservation Participants	40**
Plummer Idaho Participants	55***
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Total Participants	170

* included some Adult Family Members

** Partnered with the Prairie Band Potawatomie Tribe

*** Included some Non Native youth