Promotion of Healthy Nutrition Knowledge Through a Girls' Health Camp

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Objectives and Background

Obesity is one of the significant health problems affecting the population of the United States including adolescents. Consequences of poor nutritional choices and practices include increased risk of type 2 diabetes, poor overall health and wellbeing, high blood pressure, high cholesterol, heart disease and stroke among many other conditions. These mostly preventable conditions will affect quality of life and life expectancy if not adequately addressed. To effectively promote the health of the younger generations and the future of the United States, it is essential to introduce the culture of health from a very early age and reinforce these discussions over a lifetime.

Methods

A simple descriptive study which employs a pre- and post-assessments approach to determine the impact of the HEALTH (Health Education and Leadership Training for a Hopeful future) camp intervention among young girls.


A convenience sample of 100 girls, ages 9-15 years mostly from low socio-economic and diverse racial backgrounds participated in a two-one week health promotion camp from June 19 to 30, 2017.

Results

Participants (n = 89); Mean age = 11.67 ± 1.93 (S.D.)

Nutrition Curriculums

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Week 1 (ages 9-12) and Week 2 (ages 12-15) Themes (Wk 1): Healthy Beverages and Colorful Fruits & Veggies Themes (Wk 2): Whole Grains & Better Fast Food Choices

Conclusion

Nutrition knowledge and attitudes can be improved by a one-week health camp.

Preventive actions to continue nutritional discussions that will promote healthy nutrition as an expected behavior include providing opportunities for comprehensive nutrition discussions/plans during annual physical examination visits to the clinic.

Nurses and all health professionals should have relevant educational materials available for girls that will provide lists of locally available fruits and vegetables, and how to prepare them.

References

