



FORT BERTHOLD DIABETES PROGRAM

**HEALTHY
FUTURES**

HEALTHY FUTURES DAY CAMP!

PROVIDED BY: FORT BERTHOLD DIABETES PROGRAM



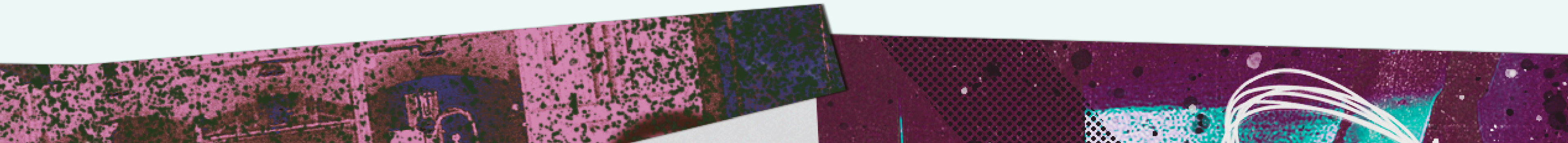
COMING THIS SUMMER!

JUNE 2027
DAY CAMP
10AM-4:30PM



WHY CAMP?

Healthy Futures Camp is a program aimed to educate children and their families about healthy lifestyles as well as to provide the support and tools needed to implement and sustain healthy lifestyle adaptations.





WHAT IS OUR GOAL?

THE GOAL OF THE HEALTHY FUTURES PROGRAM IS TO BUILD A
HEALTHY FUTURE FOR ALL OF OUR CHILDREN AND PREVENT THE
DEVELOPMENT OF DIABETES.

ADAPTING KNOWLEDGE AND SKILLS IN MAKING HEALTHIER
CHOICES.

CREATING LIFELONG FRIENDSHIPS AMONG OTHER CHILDREN ON
FORT BERTHOLD.

HAPPY CAMPERS!

- 90% Responded they would return to camp next year if offered.
- 95% Responded they were "Happy" about the camp.
- 89% would continue to participate in a Healthy Cooking Class offered by the Diabetes Program following their camp experience.

Campers Reported to have the gained the following education post camp:

- "Stay Healthy"
- "Cook healthy"
- "Eat healthier"
- "Drink no sugary drinks"
- "To stay active and drink more water"
- "Culture is important"





KEEPING HEALTHY STRONG AND HEALTHY!

LESSON 1

Learning how to keep our bodies healthy & strong, how to cook and how to be active.

LESSON 2

Interaction of foods/beverages within the body and nutrition basics.

LESSON 3

What should we eat to keep our bodies healthy and strong?

LESSON 4

Being physically active everyday & for life (+WHY) making activity FUN + screen time + adequate sleep + diabetes basics.



FUN ACTIVITIES!

Camp filled with fun activities like learning how to cook healthy meals and snacks! Fun group games like catch the flag, volleyball, swimming, basketball, fishing, horseback riding, archery and more!



12 STATION TEACHING KITCHEN

Campers will have the opportunity to learn how to prepare a healthy snack or meal. Skills include:

- Learning about food safety and handling, using proper hand washing and safety precautions.
- Following a healthy recipe
- Learning how to incorporate more fruits and vegetables in your daily meals.
- Learning the benefits of a nutritious meal that fuels your body to do more fun activities!



CULTURAL ACTIVITIES!

Cultural Activities such as native pouch making, beading, traditional hand games, meat drying, corn ball making, painting, planting, traditional food making and more!



SUMMER SCHOOL

- The Diabetes Program has school board approval to schedule Healthy Futures Camp during Summer School. If your child is in summer school at the New Town schools this summer, they can attend Healthy Futures Camp, and participation is accredited to their summer school attendance.

