

Evangelina Quihuis

From: Andres Cano
Sent: Monday, May 19, 2014 4:06 PM
To: Evangelina Quihuis
Subject: FW: NARTC Summer Medical Wellness Camp
Attachments: image001.gif

From: Andres Cano <richard.elias@pima.gov>
Date: Thursday, May 15, 2014 at 7:40 PM
To: Andres Cano <andres.cano@pima.gov>
Subject: Fwd: NARTC Summer Medical Wellness Camp

FYI

Sent from my iPhone

Begin forwarded message:

From: "Gachupin, Francine C - (fcgachupin)" <fcgachupin@email.arizona.edu>
Date: May 15, 2014 at 5:12:04 PM MST
To: "richard.elias@pima.gov" <richard.elias@pima.gov>
Cc: "Gachupin, Francine C - (fcgachupin)" <fcgachupin@email.arizona.edu>, "Gallego, Claudia J - (cgallego)" <cgallego@email.arizona.edu>, "Flood, Amy ([Amy Flood@uaifoundation.org](mailto:Amy.Flood@uaifoundation.org))" <Amy.Flood@uaifoundation.org>
Subject: NARTC Summer Medical Wellness Camp



Richard Elias
Pima County
130 West Congress Street
Tucson, AZ 85701

Mr. Richard Elias:

This is an e-mail request for support of our Native American Research and Training Center (NARTC) Summer Medical Wellness Camp. The camp works with American Indian youth, aged 10-15 years, from several different American Indian tribes at high risk for chronic disease due to unhealthy lifestyle behaviors. At camp, we work with youth on physical activity and diet education to change behaviors. The participating tribes for 2014 will be: Pascua Yaqui, Salt River Maricopa Indian Community, Hopi, Colorado River Indian Tribes, Yavapai-Prescott and Jemez Pueblo.

For the first time, we are implementing an assessment of anthropometric and biometric measures to ascertain the effectiveness of camp activities. This summer, we will follow a field-based protocol to implement at camp; the primary outcomes will be change in physical activity as measured by the accelerometer and waist circumference. Our secondary outcome will be BMI-for-age percentile. The regular daily program will include a morning prayer, a 50 minute daily walk, breakfast, and two morning break-out sessions with one group in class while another

group is exercising. The classes will include a pre- and post-test and be composed of education on different topics during each break-out session: heart health, physical activity, reading of nutrition labels, food groups, and data on American Indian health with focus on youth. Exercise sessions will include activities such as Tabata, Zumba, line dancing, and Yoga. All sessions will be led by tribal health personnel including physicians, nurses, dieticians, and certified fitness instructors and will be 50 minutes in duration. After lunch, all youth will participate in an arts and crafts session followed by a group physical activity session such as volleyball, basketball, Lacrosse, baseball, soccer, and traditional games. In the afternoon, additional break-out sessions will occur. All physical activity and education sessions will be structured so that learned skills and knowledge can be incorporated easily into daily life and are fun. Meals will follow an established menu prepared by the camp staff members that has been designed by the tribal dietetics team. In the evening, a group activity will conclude the day and will involve singing, storytelling, and games such as a scavenger hunt. During one of the evening sessions, opportunities for use of technology will be explored with the youth so that the feasibility of incorporating applications such as bar code readers, physical activity and diet tracking and texting of motivational messages or fun facts might be incorporated. At the conclusion of camp we will administer an overall evaluation.

A field-based protocol will allow collection of information to assess change in physical activity levels (as measured by the accelerometer) and waist circumference pre- and post- camp, our primary outcome measures. We will collect information on physical activity, anthropometric and biometric measures, 24 hour dietary recall, demographics, and behavioral risks as self-reported on a survey. The physical activity measures will include: amount of time spent in moderate- and vigorous-intensity physical activity, daily steps, and activity counts using a waterproof Polar Loop accelerometer. The accelerometers will be assigned to youth and collected upon completion of the monitoring. The accelerometers can be worn during sleep and bathing. The anthropometric measures will include: BMI (kg/m², z score and percentile), body fat (%), blood pressure (mmHg and percentile), and waist circumference (cm and percentile). These measures will be collected using a Tanita SC-331S Body Composition Analyzer (foot-to-foot) and a Gulick II Plus tape measure. The biometric measures will include: random glucose (mg/dl), HbA_{1c}, and cholesterol (mg/dl). All biometric measures will be collected on site using portable equipment such as the Accutrend Plus System (glucose, HbA_{1c}, and cholesterol). All anthropometric and biometric measures will be shared with the tribal health program and a copy of the results will be placed in the medical record of each youth. Measures out of range will be highlighted and communicated to parents and medical personnel for follow-up. The diet measures will include the completion of the ASA24 Automated Self-administered 24 hour dietary recall designed for use with children by the National Cancer Institute and Westat (the research firm that developed and maintains the ASA24). The demographic information will include: name, age, sex, mailing address, home phone number, cell phone number, name of parent or guardian, tribe, school, and grade. At baseline, a behavioral risk factor survey will be completed by youth and will include questions on physical activity, nutrition, hours of television watched, tobacco use, alcohol use, drug use, bullying, sexual behaviors, and behaviors that contribute to unintentional injuries and violence. The survey will be modeled after the Centers for Disease Control and Prevention Youth Risk Behavior Surveillance System survey.

We are measuring the impact of our camp for the very first time and so our request of \$1,000 would be spent on equipment costs.

For any donations received on behalf of the Camp, the UA Foundation is the recipient and donations should be payable to "UA Fdn for the benefit of Wellness Camp" and sent to PO Box 245052, Tucson, Arizona 85719.

I have included Ms. Amy Flood on this correspondence as she is the NARTC Camp contact at the UA Foundation. I've also included Ms. Claudia Gallego, UA Department of Family and Community Medicine business office on this e-mail so they are aware of our communications.

Thank you for your consideration and time. Please let me know if you have any questions.
--Francine

Francine C. Gachupin, PhD, MPH, CIP
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