Livin' Right! Morning, Noon, and Night: A Multi-Disciplinary Wellness Camp [for] Children with Obesity Issues

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Abstract
The prevalence of childhood obesity is rapidly increasing in the United States and the percentage of overweight or obese children in South Dakota exceeds the objective set by the U.S. Department of Health and Human Services (2000). An extensive review of literature was completed on the prevalence and characteristics of obesity in children as well as interventions such as a multi-disciplinary team approach and family involvement. A review of the use of measurement tools both for screening and outcome measures was also conducted. There are significant health and societal impacts that accompany the increasing prevalence of obesity in our communities. One of the challenges in addressing obesity is developing approaches that will aid the child and their family in implementing a lifestyle change in their daily lives. A summer camp based in the child's community provides a fun and accessible avenue to explore healthy food choices and choose active leisure options. A multi-disciplinary team comprised of pediatric allied health professionals offers knowledge and experience with assessing the needs of the child and family, applying technical knowledge of nutrition and fitness, and creating an environment for change. Many of the decisions surrounding a child's food and fitness choices are strongly impacted and limited by their environment. Shaping a camp environment that represents the camper's daily lives will give them an opportunity to adapt to the challenges presented as they apply healthy living in their homes, schools, and communities. The product developed for this project is a handbook that serves as a comprehensive resource for implementing a wellness camp for children with obesity. The handbook was designed to be an easy to use resource for multi-disciplinary teams of healthcare professionals to use in their communities. The multi-faceted curriculum included in the handbook takes a fun, community based approach to making
healthy food choices and choosing active leisure options. The handbook provides detailed descriptions of the structure of the camp, staff roles, goals of the camp, and adaptations for different populations. The handbook is divided into six sections. Each section contains all the information and forms needed to run each one of the four hour camp sessions. At the back of the handbook there are survey forms designed to be completed by campers and parents at the conclusion of the camp.

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Here are some camps you could attend. See more ideas about Helping kids, Camping, Mental disability. summitcamp.com - Summit Camp & Travel - Special needs Camp for children with ADD, ADHD, Aspergers, Tourette's, OCD, Learning Disabilities & Social Difficulties. Bragg Creek Easter Seals Camping Crafts Camping With Kids Special Needs Good Thoughts Get Outside Rocky Mountains The Outsiders. Easter Seals Camp Horizon. Easter Seals Camp Horizon is a one-of-a-kind camp for kids and adults with disabilities or special needs. AND singer/songwriter Robert Bruey on Sessions at the Cafe 9-Noon RadioACTIVE....www.883wppb.org for live podcast! #883wppb. My Future Career My Resume Camps Physics Learning Campsis Physics Humor Teaching Studying. Leann Rimes shares the routines that help her stay healthy and feeling good in the latest episode of Women's Health's "Morning, Noon & Night. Leann Rimes shares the routines that help her stay healthy and feeling good in the latest episode of Women's Health's "Morning, Noon & Night," Latest Stories. In the Know. Cat begs her owner for a late-night walk in the most adorable way. Arya's meow of disappointment might be able to melt the coldest of hearts. In The Know. Beginning with the basic daytime schedule of morning, afternoon, and night, your child will be able to create with a triptych an imaginative pictorial story that builds aesthetic awareness and artistic development. The triptych activity will also help your child learn about important art and design basics such as color, pattern, shape, and line. Download free activity. Grade. What's a night monkey, you ask? Night monkeys are the only nocturnal kind of monkey, most active at night. Kindergarten. Many children have benefited from the holistic approach taken to fitness and weight loss espoused by a summer camp focusing on those exact issues. Engage your child with one of these camps for only one summer, and the benefits may last a lifetime. Weight loss camp can teach children the essentials of fitness, weight management and healthy eating habits in an environment that is conducive to learning and will not make them feel judged. In an environment of peers facing similar problems with weight, your child will feel accepted, open to sharing with others and encouraged to face challenges from For children whose level of language knowledge is not particularly high, or for those who don't have the confidence to speak in an unfamiliar environment, we can recommend classes in Russian schools. The teachers here are also native speakers, but the child can use the Russian language where necessary. Note, for example, short-term English language programmes or sports camps if you're thinking about a holiday in Cyprus with children. If you are unable to go yourself but want to give your child a holiday by the sea, then take a look at the long-term programmes for camps for children, where they will be well supervised. And the memories they get from this holiday will last a lifetime. Back to the list of articles Previous article Next article.