



Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative:	Healthier Living
Project Name:	"Camp for Life" Childhood Obesity Program
Funding Period:	November 1, 2011 – October 31, 2011
Project Coordinator:	Caleb Seney, Executive Director
Project Administration:	Med Camps of Louisiana, Inc.
Total Funding Approved:	\$88,000.00 (Matching Funds)

Program Summary

Camp for Life is a multi-session program conducted over a thirteen month period that combines the unique environment of residential camping programs with effective evidence based physical and nutritional education programs to lay a solid foundation upon which a healthy life can be built.

Proposal Overview

Med Camps of Louisiana, Inc. is proposing a new program, "Camp for Life", designed to target the growing problem of childhood obesity in Lincoln Parish. Camp for Life is a multi-session program conducted over a thirteen month period that combines the unique environment of residential camping programs with effective evidence based physical and nutritional education programs to lay a solid foundation upon which a healthy life can be built. Camp for Life begins in June each year with two intensive five day residential camping sessions separated by eight days of 'homework' (conducted over a 3 week period) designed for children entering the 4th grade (ages 9 or 10) who are or may be at risk of becoming obese.

These 10 total days at camp are filled with fun interactive nutritional education programs and exciting group and individual fitness activities and games. Each five day session is anchored with parent/guardian exercise and nutrition education classes in which the camper's parents will be introduced to the program materials their children are digesting. During these sessions parents are given useful tools and helpful tips on how to support their child's healthy lifestyle changes.