



**FORT BERTHOLD DIABETES PROGRAM**

# **HEALTHY FUTURES**

**Camp - Education**





# Traditional Time Activities

# Drum Singing



# Horse Mask Painting



# Cornball Making



# Teepee Demonstration



# Earthlodge Building





# Ribbon Skirt Making



# Clanship



# ROADMAP TO A HEALTHY FUTURE

Throughout the year as you attend Healthy Futures activities, you will earn incentives (gift cards, games, sport equipment, cooking supplies, etc.). If you attend all major activities, at the end of the year you will receive a grand prize incentive. This roadmap will be used to keep track as you move through the program.





# Fort Berthold Diabetes Program



# 5K/10K

## 7TH ANNUAL RUN

### September 28th @ 11AM

4Bears Park



New Town, ND

**ONLINE REGISTRATION NOW AVAILABLE! FREE!**

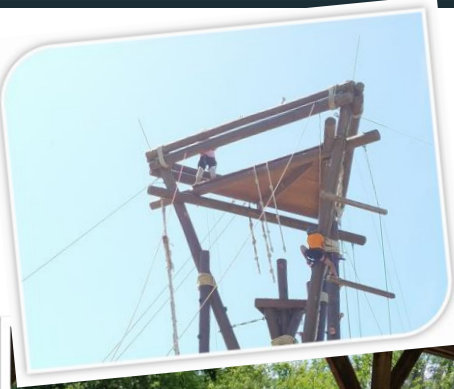
<https://runsignup.com/Race/ND/NewTown/FortBertholdDiabetes7thAnnual5KRun>

FOR MORE INFO CALL 701-627-7931



# Camp Activities

- Swimming
- Archery
- Horseback Riding
- Tower Climbing
- Games
- Capture the Flag
- Campfires





# Health & Lifestyle Education

# Healthy Eating & Plate Method

*By Komiko Garcia, Health Education Technician*





# Planting Herbs & Sugary Beverages

*By Celeste Hart, Registered Dietitian & Diabetes Educator*



# Knife Skills

*By Shelby Stein, Registered Dietitian*



# Grilling Techniques

*By Jared Eagle, Diabetes Program Director*



# Emotional Eating

*By Aubrey Mowery, Pediatric Nurse Practitioner*



# Self-Esteem

*By Amber Kirk, Health Education Technician*



# Relaxation Techniques

*By Kelly McGrady & Cianna Rabbithead, Elbowoods Behavioral Health Department*



# Physical Activity Education

*By Pearl Mandan, Health Education Technician*



# “Write Your Own Story” & Journaling

*By Dr. Anita Martin, Pediatrician*





# Life Skills - Tire Changing

*By Jared Eagle, Justice Rabbithead, & RJ Rabbithead*





# Nutrition Education

# ↓ Sugary Drinks & ↑ Water



- *Pop*
- *Juice*
- *Sports Drinks*
- *Energy Drinks*
- *Slushies*
- *Sweet Tea*
- *Sweet Coffee Drinks*



- ***WATER***
- *Unsweetened Tea*
- *Fruit Infused Water*
- *Crystal Light*
- *Diet Pop*
- *Low-Calorie Sports Drinks*

# ↓ Sugary Drinks & ↑ Water



## SUGARY DRINKS

- Contain large quantities of sugar, which is damaging to heart & teeth
- Contains excess calories
  - unhealthy body weight
  - increases risk for health problems, like diabetes



## WATER

- Important for every system in body
- Carries nutrients to cells
- Protects organs
- Calorie free

## Nutrition Concepts Discussed @ Camp

- ★ *Try at least 1 bite of foods you've never tried before*
- ★ *Wait 15-20 minutes before getting a second portion*
- ★ *Fill 1/2 of your plate with vegetables and fruits*

# MY NATIVE PLATE

Fruit



Water



Grain/  
Starch



Vegetables

Protein

Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

**Pictured here:**

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Produced by:

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Diabetes Treatment and Prevention.  
07/2018



**Remember:**



Stay active



Drink water



Use a 9-inch plate

**Notes:**

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# Hunger Rating Scale

1	2	3	4	5
<p>Starving!</p> 	<p>My stomach feels empty.</p>	<p>I feel just right—not too full or too hungry.</p>	<p>I'm feeling too full.</p>	<p>I ate way too much! I don't feel so well.</p> 

## Other Concepts Discussed @ Camp

- ★ Aim for 2 hours or less of screen time each day
  - TV, Computer, Cell Phone, Tablet, etc.
  
- ★ Spend at least 1 hour each day being physically active doing something you enjoy



