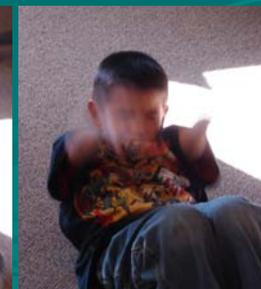
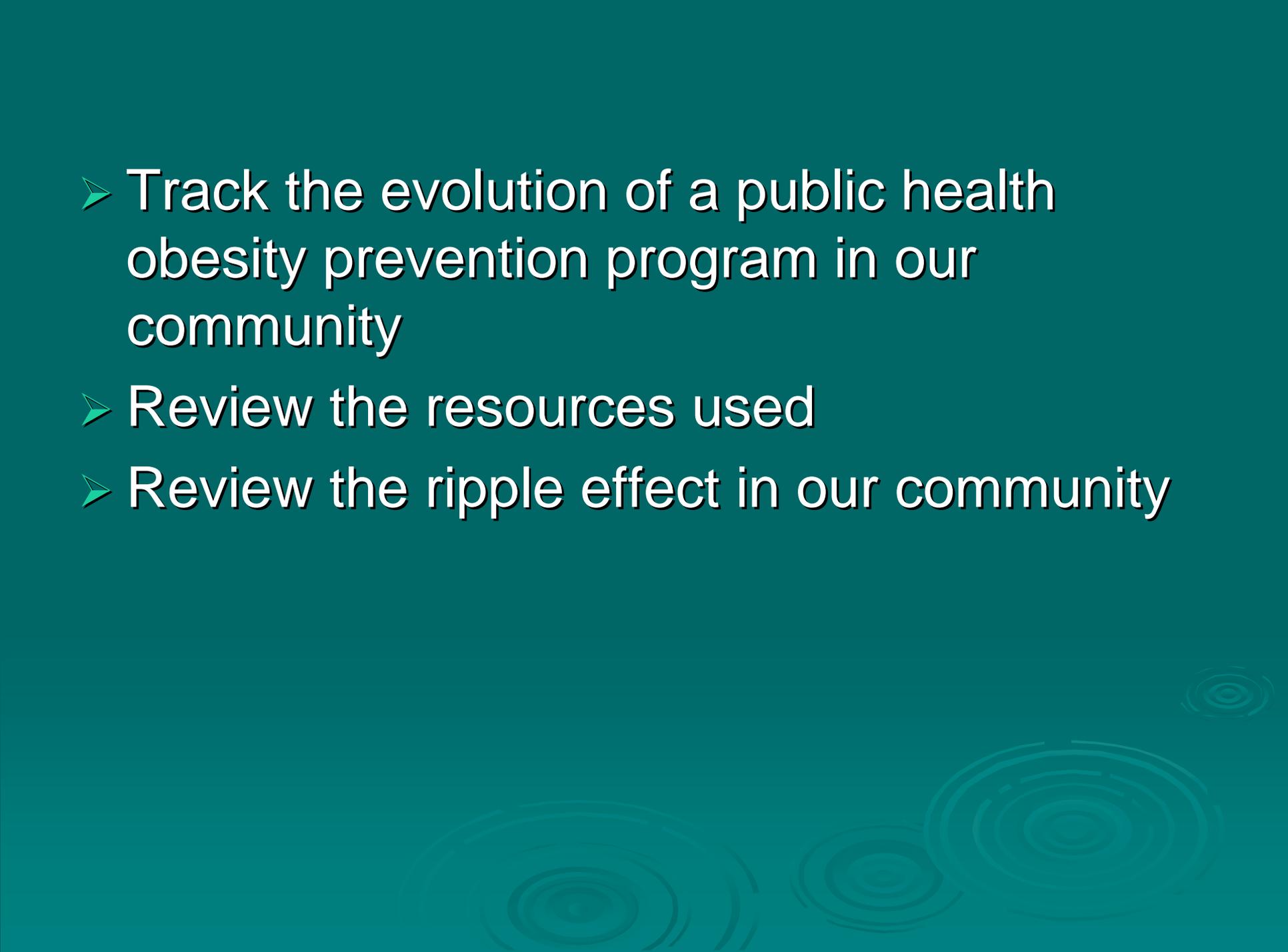


Round Valley Indian Health Center

PREVENTION

The Power
To Make A
Difference



- Track the evolution of a public health obesity prevention program in our community
 - Review the resources used
 - Review the ripple effect in our community
- 

Fit Kid / Fit Teen Program

A program about Fitness and Nutrition

- ❖ Enhance knowledge
- ❖ Address emotional issues
- ❖ Engage youth in farming & food prep
- ❖ Get youth moving!



Were We've Been

- 2004 Robert Wood Johnson Foundation Funding (Did not materialize!)
- Feather River Fit Kid program
- Round Valley Fit Kid/ Fit Teen Program one year later two pilot programs in the school setting for Teens and in the After School setting at New Horizons`
- Funding HPDP HHS

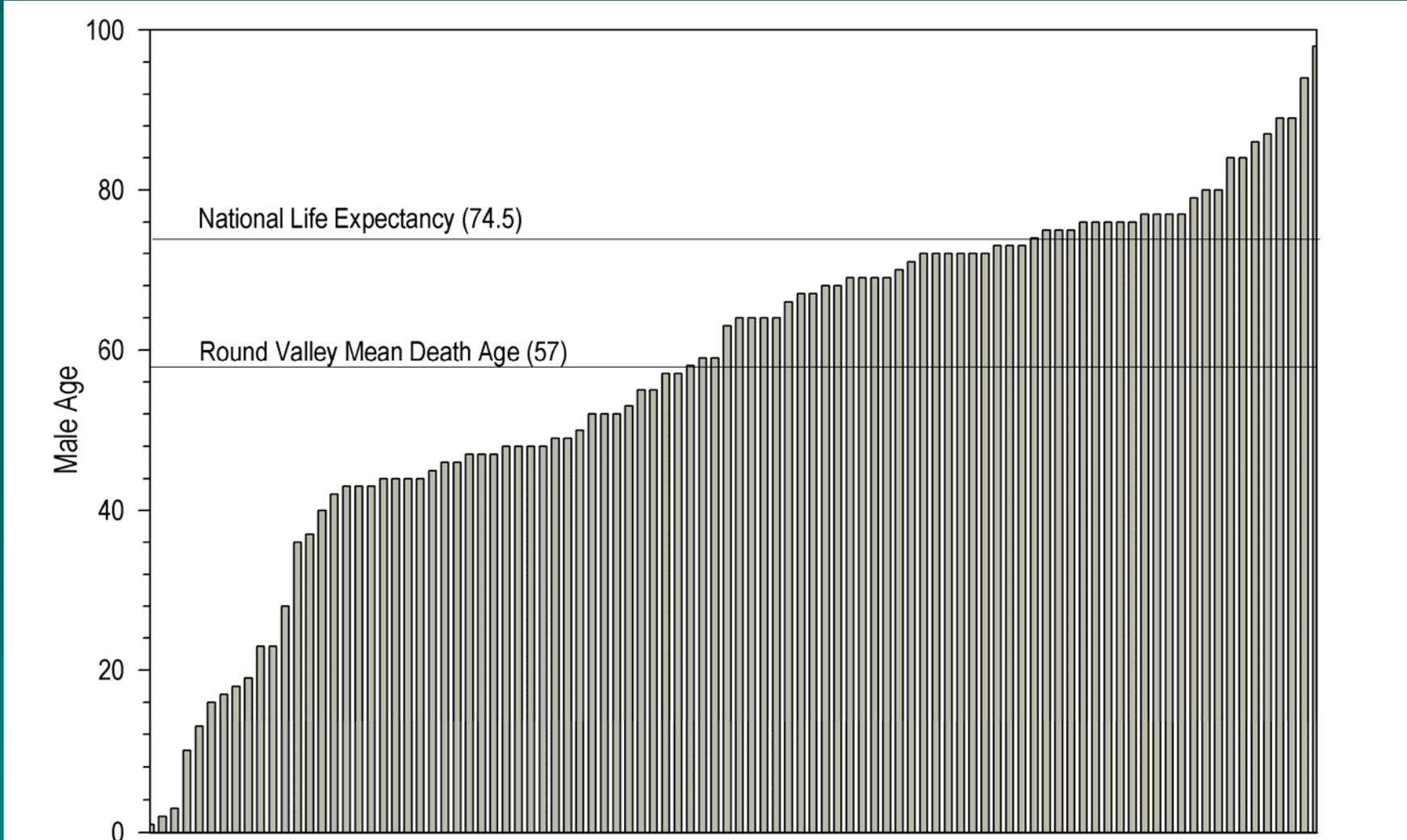
How Did We Get Here?

Data (Since 1997)

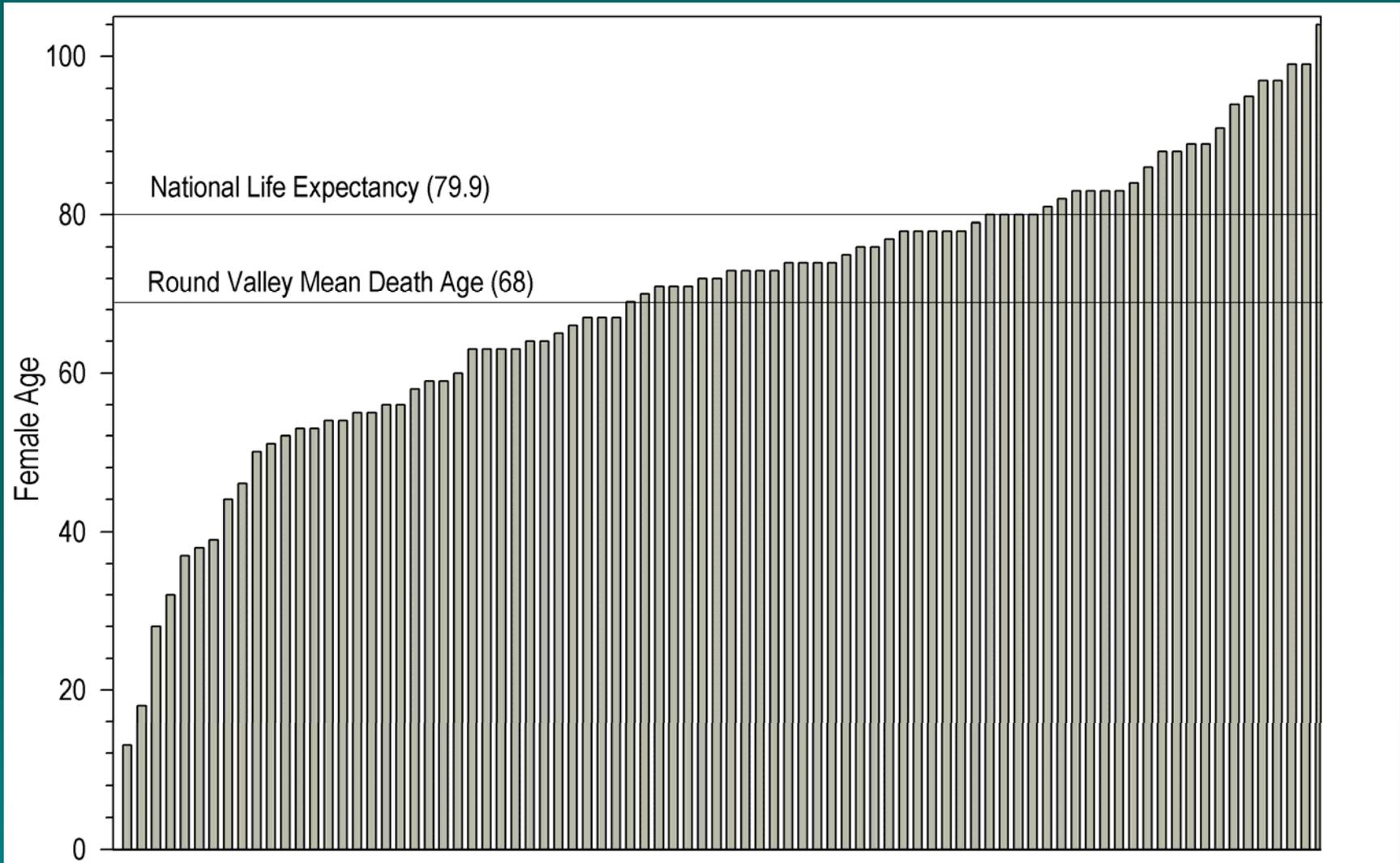
- Tracking our Diabetic Clients
- Basis of many Grants
- Local Obesity Rates
- Local Mortality Rates



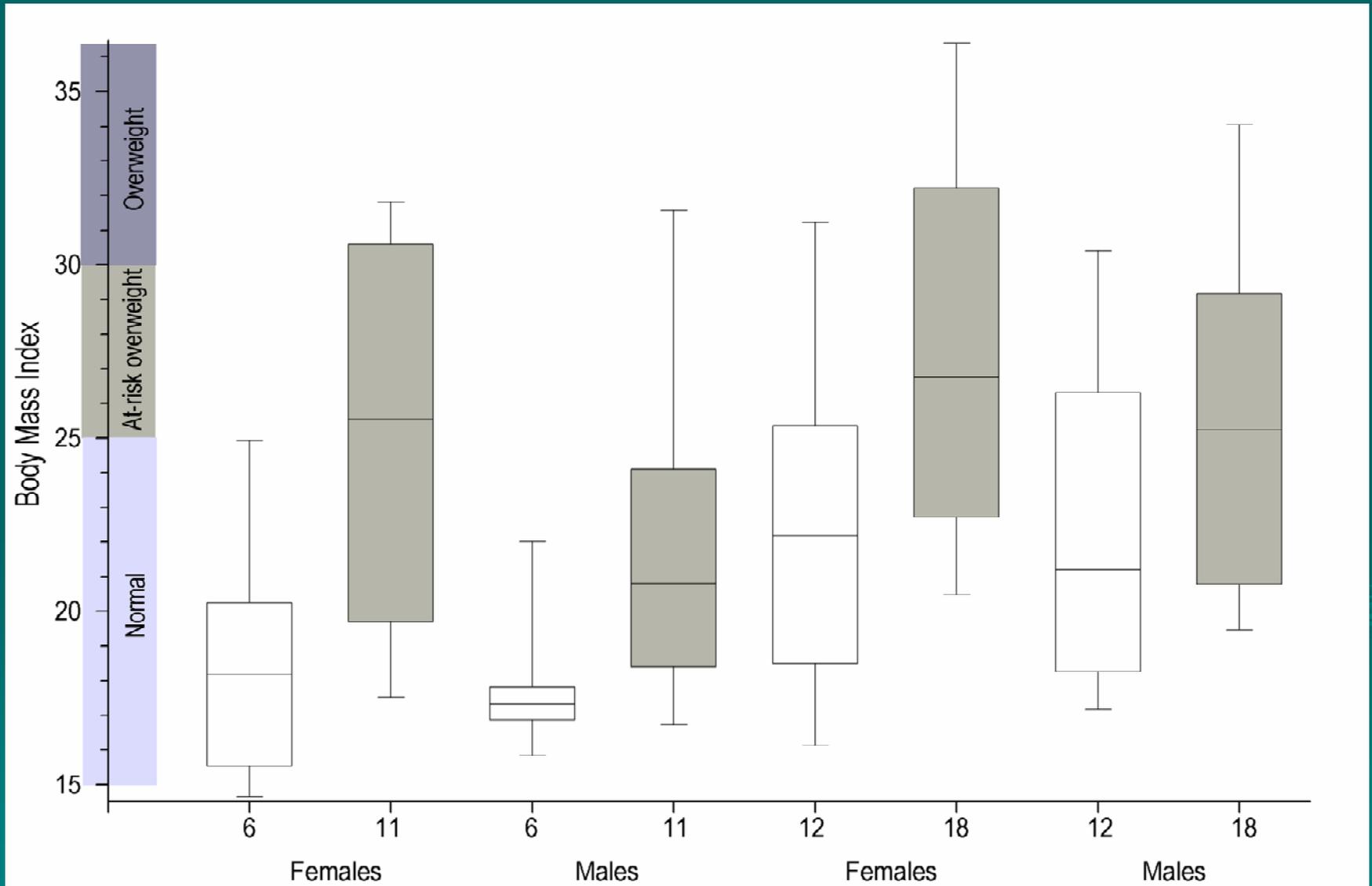
The Round Valley Mean age of death based on existing data in RPMS compared to the National life expectancy age by sex (Male)



The Round Valley Mean age of death based on existing data in RPMS compared to the National life expectancy age by sex (Female)



Standard Body Mass Index increases for Round Valley youths from ages 6 to 11, and 12 to 18 by sex



Leveraging Resources to Implement a Prevention Program

Round Valley Indian Health Center



Local Resources

Outside Resources

Local Resources

- ❖ Round Valley Unified School District
- ❖ Students
- ❖ Local talent
- ❖ Grant Writer
- ❖ Writer
- ❖ Tribal Council
- ❖ Round Valley Housing Authority- Building Horizons Program

Round Valley Indian Health Center

- ❖ Garden Enhanced Nutrition Educator
- ❖ Public Health Nurse, Nutrition Educator
- ❖ Exercise Therapist
- ❖ Licensed Clinical Social Worker
- ❖ Clinic Director
- ❖ Project Specialist

Outside Resources

- ❖ Indian Health Service
- ❖ UC Davis Medical Center
- ❖ Health & Human Services – Health Promotion Disease Prevention Grant
- ❖ Prevention Institute

Ripple Effect of the Fit Kid/Fit Teen Program

- Identify & Advertise Local Community Opportunities to “Move”
- Support Youth After School
- Support Youth During Summer
- Find Out What Youth Want
- What is Fit ?
- Gardens
- Synergy between RVIHC SDPI & Fit Teen Program