
Promoting Nutrition through a Youth Summer Camp

Project Investigators: Lucia Kaiser, Connie Schneider, Concepcion Mendoza,
Anna Martin, Brenda Roche

Project Support Staff: Gretchen George, Tammy McMurdo

Purpose: To examine the role of youth summer nutrition and physical activity fitness camps, including a family-based nutrition education component, in slowing down unhealthy weight gain that might otherwise occur during unstructured vacation time.

- Evaluate nutrition outcomes, using a controlled intervention, of a youth summer camp
 - Determine how personalized nutrition education and the level of parent support contributes to better outcomes
 - Determine the contribution of the USDA Summer Food Service Program in helping youth meet the Dietary Guidelines
 - Identify a set of best practices to guide policy in developing local summer youth camps
-
- Develop a guide/kit to implement local summer camps, involving UC