Establishing healthy eating and exercise habits early in life can lead to long-term healthy behavior in adulthood. Healthy eating and consistent physical activity help to prevent chronic illnesses that appear in adulthood associated with obesity, e.g., heart disease, diabetes, high blood pressure, and several forms of cancer. The health risks associated with obesity are numerous and are largely established during youth.

In 2014, the CHDI will co-sponsor the Native American Research and Training Center (NARTC) annual summer wellness camp for American Indian youth at Whispering Pines, near Prescott, Arizona. The wellness camp was established in 1991.

The week-long camp emphasizes health education, physical activity, and nutrition within a context that is sensitive to contemporary Indian culture and customs. All physical activity and education sessions are structured so that learned skills and knowledge can be easily incorporated into daily life.

The Salt River, Colorado River Indian Tribes, Pascua Yaqui, Jemez Pueblo, and Hopi tribal communities will participate in this year's camp. These communities provide volunteers and transportation for the youth. The NARTC staff and faculty coordinate the camp and help organize volunteers who provide medical coverage, teach classes, and assist with fundraising.

Cancer Health Disparities Quarterly Meeting

DATE: May 15th, 2014, The University of Arizona Cancer Center/CHDI BCA Quarterly Meeting

Tucson Location: The University of Arizona Cancer Center, Room 1929
Phoenix Location: University of Arizona Phoenix Campus, Health Sciences Education Building, Room B555

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