BACKGROUND

- Obesity in children has more than doubled and in adolescence has quadrupled in the past 30 years.
- More than 1/3 of children and adolescence are overweight or obese.
- Over-weight and obese children are at an increased risk for high blood pressure, high cholesterol, type 2 diabetes, stroke, cancer and osteoarthritis.


OVERVIEW

When interning for the Y.E.A.H Program, I had many wonderful learning opportunities. My main duty as the intern involved helping Stacy with the nutrition aspect of the program. I help prepare course curriculum for one of the younger kids. I assisted Stacy with the nutrition classes by preparing recipes in class, cleanup and bringing in recipes of my own for the group to try. As a project for the program, I put on a bake sale to raise funds for the kids to run the St. Patty’s Day Kids 1 Mile Run and earned nearly $200. The bake sale included healthy treat recipes that kids made to promote health in our community. As part of that project I rallied sponsors to help with the remaining funds. I also observed clinical visits with parents and their child.

With this internship I made it a goal to volunteer for every opportunity I could. This goal brought on many wonderful learning opportunities for me and I was able to meet many great people in the field. These opportunities included: data entry for the St. Luke’s Weight Loss Challenge, assisted with Healthy U Screenings, assisted with the Creating Healthy Communities Summit, and I am about to assist with the Family Camp Committee.

AGENCY

The Y.E.A.H Program, Youth Engaged in Activities for Health, is program for children of an unhealthy weight to learn healthy lifestyle habits. The program is designed for children ages 5-16 years old and their families. They learn many necessary tools to implement healthy lifestyle changes and improve physical, mental, behavioral, and social heath. The Y.E.A.H. Program consists of fun and educational nutrition, fitness, and behavior modification classes for both parent and child. It also includes clinical visits with a child psychologist, a dietician, a nurse, a pediatrician, a physical therapist and a exercise physiologist to promote health and establish goals on a one-on-one basis.

ADVICE

For the next intern taking on this internship, take this one seriously and do everything you can to learn from those working in this program. They all have so much to teach you, if you are willing to learn. Volunteer for every opportunity that comes your way, because you will benefit from doing so. If you are passionate about all of the wonderful things with program does for these children and their families, you will absolutely love this internship. Not only will you be excited for every day spent with them, you will learn so much. The kids in this program are smart and excited to learn, so be excited to teach them and listen to what they have to say. I guarantee you have something to learn from them too.