

Together we can prevent diabetes!



Eagle Adventure

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Eagle Adventure

A part of Chickasaw Nation Nutrition Services Get Fresh! Program, the Eagle Adventure was developed through a collaboration with the Oklahoma State University Department of Nutritional Sciences and is funded through the Supplemental Nutrition Assistance Program Education.

Using a multifaceted approach, the program strives to improve the health and nutrition of youth who are increasingly at risk of developing type 2 diabetes. Education was designed to provide youth and their families with a vision of hope that diabetes can be prevented through dietary and physical activity changes.

**More than
1,700
children have
participated
in the Eagle
Adventure
program.**



*An Innovative Strategy
for Improved Health and
Nutrition of Children in
Grades 1-3*



The Eagle Adventure Program was one of only four programs nationwide selected as a Wave 1 Demonstration Project by USDA Food and Nutrition Service.

Recognized for its effective, replicable and evaluable qualities, the Eagle Adventure Program aims to prevent type 2 diabetes among children by helping them develop a desire to eat more fruits and vegetables and be more physically active.

Students in grades 1-3 are introduced to the program through the Eagle Adventure play, which embraces traditions of Native American storytelling.

The play is followed by four in-class lessons, designed to engage children in discussion about their own health and nutrition habits.



Students also participate in hands-on activities and food experiences.

Children are encouraged to share the messages with their parents and family members through take-home activities, including Network (health homework), simple recipes and fun physical activities.

An Eagle Adventure medal is awarded to each student at the conclusion of the program for their participation.

Others have recognized Eagle Adventure's potential to improve health. The program has been presented at national conferences and agencies and tribes across the nation have requested program information as a means of education to prevent type 2 diabetes.

As demonstrated through evaluation, the Eagle Adventure Program has positive impact on student health and nutrition outcomes.

Results from evaluation indicate that the program has had a significant impact on physical activity and intent to choose healthy foods.

Following the program, children were more likely to indicate a preference for activities requiring movement than sedentary activities like playing video games or watching television. There was also a significant increase in the proportion of children who wanted to consume more fruits and vegetables and play outside more after participating in the Eagle Adventure.



The Eagle Adventure program was developed using the Eagle Books as a central theme.

Through this series of four books wise animal characters are brought to life. Mr. Eagle, Miss Rabbit, and a clever trickster, Coyote, engage Rain That Dances and his young friends in the joy of physical activity, eating healthy foods and learning from their elders about traditional ways of being healthy.

The books were developed by the CDC Division of Diabetes Translation's Native Diabetes Wellness Program, in collaboration with the Tribal Leaders Diabetes Committee and the Indian Health Service, in response to the burden of type 2 diabetes among Native Americans and the need for type 2 diabetes prevention materials for children.

