
News Release



FOR IMMEDIATE RELEASE:

June 21, 2006

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Camp Kaiser Kicks Off Summer for Kids with Type 2 Diabetes at Folsom Lake State Recreation Area

GRANITE BAY — California State Parks and Kaiser Permanente are hosting Camp Kaiser, a pilot camping program for young teens who are at risk for or who have type 2 diabetes.

On Friday at the Folsom Lake State Recreation Area, teens (ages 12-16) who are at risk or have type 2 diabetes will enjoy a day of structured recreational activities and nutritional meals. The program stresses the importance of recreation and healthy nutrition in preventing and managing diabetes.

The activities include kayaking, swimming, volleyball, and hiking. A nutritional and self-motivation component will further the goal of treatment and prevention.

Type 2 diabetes is often associated with obesity, which has reached crisis proportions in the United States. The concept of education with an outdoor camp is based on the importance of physical activity in preventing and managing type 2 diabetes. The Kaiser Permanente program is led by Dr. Sobha Kollipara, a pediatric endocrinologist at the Sacramento Medical Center, and a team of registered dietitians. Many organizations have camps for children with type 1 diabetes, but not for children with type 2 diabetes.

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**For energy efficient recreation –
California State Parks on the Internet: <<http://www.parks.ca.gov>>**

“To our knowledge this is the first camp for children with type 2 diabetes in the country. We are pleased to be joining with California State Parks in launching this pilot program,” said Dr. Kollipara.

Recognizing the young patients’ needs for activity and recreation, Dr. Kollipara first broached the subject with State Park Deputy Director Sedrick Mitchell during the 2005 California Childhood Obesity Conference.

“State Parks is a natural partner for bringing outdoor physical activity to Kaiser Permanente patients. Our parks are great natural health clubs,” said Mitchell.

The Camp Kaiser program for adolescents with type 2 diabetes is a pilot for other outdoor physical activity experiences. Dr. Kollipara also leads an annual camp for adolescents with type 1 diabetes, as well as an 8-week outpatient program known as High Five to Health, which is aimed at children who are at risk of developing type 2 diabetes.

The program is currently limited to Kaiser Permanente members. Parents and teens who are interested in learning more about the pilot program can contact Fran Spitale at Kaiser Permanente's Health Education Department at (916) 614-4961.

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Note to Editors: Attached is the activity rotation schedule. Enter the park from the Auburn-Folsom/Douglas Douglas Blvd. entrance.



Camp Kaiser

Day Camp for Pre Diabetes and Diabetes Kids Ages 12 - 16

Folsom Lake State Recreation Area

June 23, 2006

Wristband color	8:00	8:30	9:15 - 10:30	10:30 - 11:45	11:45 - 12:45	12:45 - 2:15	2:15 - 3:30	3:30 - 4:45	4:45 - 5:00
Green	Participant Arrival & Orientation	Welcome and Orientation	Hiking	Water Activities	Lunch	Diabetes Education	Team Building	Beach Activities	Wrapup and Departure 
Blue			Hiking	Water Activities			Team Building	Beach Activities	
Purple			Beach Activities	Team Building			Water Activities	Hiking	
Red			Beach Activities	Team Building			Water Activities	Hiking	

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