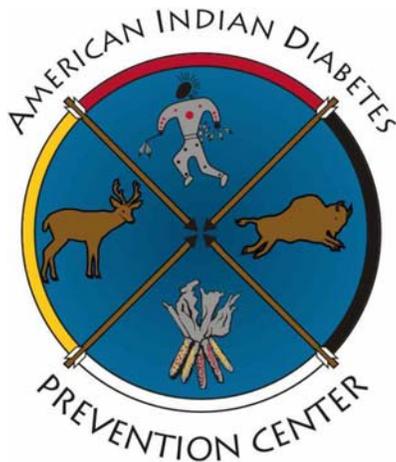


Incentivizing Behavior: Promoting More Physical Activity in American Indian Youth



Reducing health disparities
by preventing or delaying
diabetes in American Indians
and Alaskan Natives.

This study emphasizes exercise as the principal lifestyle change used to reduce the risk of diabetes among American Indian youth. Exercise lowers the risk of diabetes, but it is difficult to modify behavior so that routine exercise is established and maintained. This study will demonstrate whether monetary incentives encourage Choctaw youth to exercise more often and longer when transportation and access barriers are reduced. The Choctaw Nation of Oklahoma has several excellent exercise facilities in their Health Services Area in the SE region of the state that will be used for this project. There are many obese, insulin-resistant Choctaw youth with low levels of habitual physical activity in this rural, lower-income region. In partnership with the Choctaw Wellness centers and clinics we will determine how to promote exercise among youth at high risk for diseases such as diabetes and heart disease. We will also determine how changes in diabetes risk factors vary with changes in the amount and intensity of exercise. The results will be of value to healthcare providers to American Indians, and to all youth, as well as to public policy makers.

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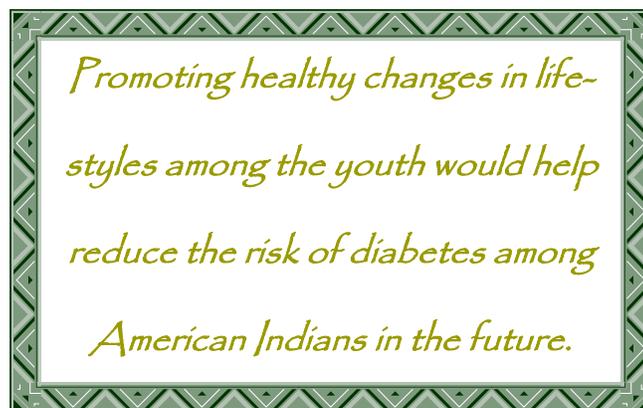
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