

Building Youth Assets to Prevent Diabetes



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

This project is led by Dr. Oman in order to develop and test an innovative approach to increasing physical activity levels and improving dietary behaviors of Choctaw Nation youth with the ultimate goal of preventing diabetes. The approach is based on the positive youth development model and is focused on increasing the number of assets possessed by Choctaw youth as well as strengthening existing assets. The foundation of the approach is built on more than 10 years of research conducted by Dr. Oman and colleagues which has shown that youth who possess more or stronger assets are more likely to engage in positive health behaviors as well as to avoid risk behaviors. Youth assets include aspirations for the future, responsible choices, peer role models, family communication, and school connectedness. The goal of the effort in years 2 to 4 will be to explore the feasibility and efficacy of the asset-building program as it is implemented in successive groups of Choctaw youth and their parents.

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*This project is expected to engage the
Choctaw community in ways that a more
typical intervention does not.*



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