



Health Disparities Grant Program Grantee Description

Bent County Nursing Service

Living & Learning to be Healthy!

About the Program

As a nurse practitioner in this small community, I see younger Latino/Hispanic and African American children who are developing diabetes. This project will identify children enrolled in the Las Animas and McClave school districts who are obese to reduce the risk of diabetes and cardiovascular diseases through education about healthy lifestyle and nutrition. The purpose is to teach the students how to make healthy food choices and increase their exercise levels to reduce their BMI levels.

Approximately 56% of all children in the schools are obese. Challenges influencing this health disparity are low socioeconomic status, cultural food choices, access to health care and access to health education.

Students in all schools in Las Animas and McClave will be measured for weight at the beginning of the school year. Children identified as overweight or obese will be placed in special educational sessions and physical activities sessions. Parents will be made aware of the situation and will be asked to show their commitment by signing a written contract to have their child be involved in the program.

Project components will include:

- 1) Educational sessions to teach the food pyramid, portions control and healthy food choices in food selection using foods that are culturally preferred.
- 2) Physical activities that include a regular routine that lasts 30 minutes and can be done on a daily basis. These activities will include after-school activities.

Project Personnel

Karen Donkle, APRN, MSN, BC
Las Animas School Nurse and Project Manager
Janette Garber, RN, McClave School Nurse
Mary Troyer, Public Health Nurse
Elaine Martinez, Clinic Manager
Beth Spady, Financial Administrator

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Activities at the Family Fun Night
Las Animas Elementary
April 2009



Karen Donkle, Project Manager (front row, right) is pictured with elementary school participants of the April 2009 Family Fun Night event.