



Our **Healthy Stars** program, new in 2011, combined the successful Barton Stars program introduced in 2006 with the Real Stars program first introduced at Camp Joslin in 2002.

The **Healthy Stars** initiative utilizes the latest research, designed to help children live better with diabetes. The heart of the initiative is for our campers to develop and maintain good habits for healthy living with diabetes. Our unified focus is on the critical items needed to **BALANCE** for a healthier and happier life.

Our goal with the **Healthy Stars** initiative is to provide a **FUN** way for campers to reinforce and learn good habits that they can retain and apply when they go home.

Our **Healthy Stars** camp-wide initiative takes advantage of teachable moments. Our camp counselors facilitate short-term goal setting and coach behaviors required to succeed. Our medical staff, dietitians, psychologists, and program staff take advantage of teachable moments during activities to enhance learning. Teaching, demonstrating, and evaluating new learning in real time, helps to reinforce retention. We want our campers to be able to understand the correlation between managing diabetes effectively and reaching their goals. Beyond a focused activity, the health care team will continue coaching choices with each interaction reinforcing the desired healthy behavior. By teaching diabetes management in real time rather than in a classroom structure, we are decreasing the intensity of learning while increasing the fun of learning new skills that can be applied immediately.

Having a simple, yet powerful concept and visual such as “Healthy Stars,” creates a strong foundation for both campers and staff across all facets of their camping experience. The Healthy Stars model is one that campers can retain and use throughout their lives.