



# KAMP K'AANA

## Building Friendships, Getting Healthy

### WHY IT MATTERS

At the Y, we believe that every child deserves the best possible chance to live a long and healthy life. Across our communities, rates of obesity in youth are increasing; in Dallas County alone, 47% of youth between 3rd and 12th grade are overweight or obese. Children who struggle with their weight are more likely to be overweight in adulthood which can lead to a host of health problems including type 2 diabetes, heart disease, and hypertension.

**47%** OF 3RD-12TH GRADERS  
IN DALLAS COUNTY  
ARE OBESE OR OVERWEIGHT



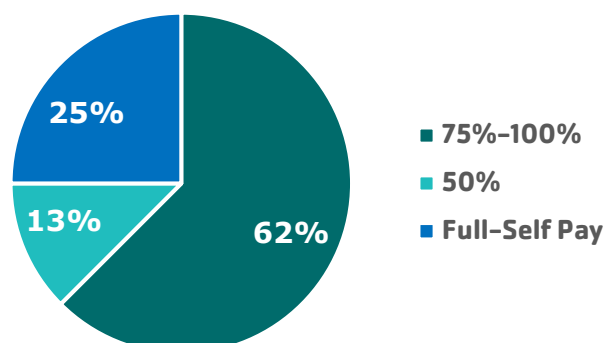
### WHAT WE DO

Kamp K'aana introduces children, ages 10-14, to the tools they need to learn and love a healthy lifestyle, while offering the fun of an overnight summer camp experience! Kamp K'aana is a two-week overnight camp for kids who struggle with weight. The camp program was developed with a team of pediatric physicians and dietitians over 10 years ago, and is offered at several YMCA camps around the country. In 2025, the YMCA of Metropolitan Dallas, in partnership with experts from Children's Health of Dallas, welcomed 16 campers to Camp Grady Spruce in the program's sixth year.



### SCHOLARSHIPS

In 2025, participants received scholarships totaling \$13,800. Since the start of the program, the Y has given out over \$100,000 in program scholarships for Kamp K'aana



# KAMP K'AANA TESTIMONIAL



I decided to become an intern for the Y because I wanted to learn about the community nutrition programs and see how I could use my knowledge about nutrition to better the pediatric community specifically. I decided to also be a counselor and teacher at Kamp K'aana because I knew that I could make a difference by helping kids learn healthy eating habits...

At Kamp I learned how to teach younger children about healthy habits and the importance of having patience, especially with kiddos that may need extra help. I loved getting to learn about their own home lives and habits and being able to teach them applicable skills to help them be confident in their food choices upon returning home. I loved watching them learn and grow in their emotional abilities, and being a part of that journey for them.

~Camp Counselor – Hailey

## SUMMER 2025 IMPACT

16

CAMP ATTENDEES

109.5

TOTAL POUNDS LOST

6.8lbs

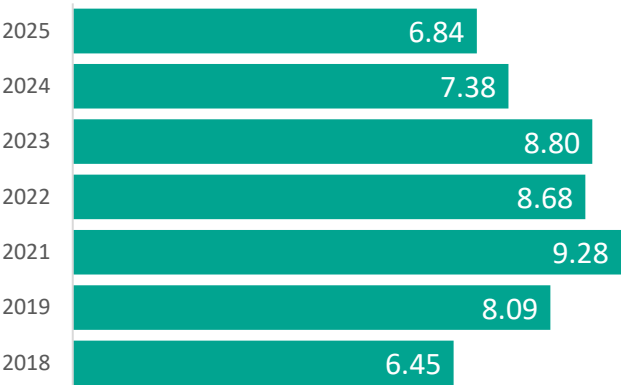
AVERAGE WEIGHT LOSS PER CAMPER

## IMPACT SINCE 2018

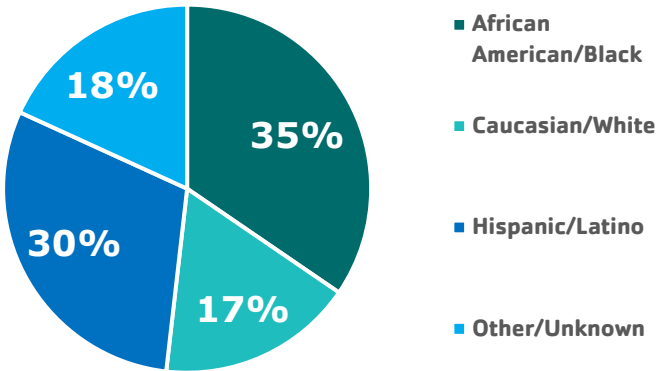
Kamp K'aana has been held five times since it began in 2018 and has helped a total of 116 youth develop healthier lifestyles. Across the program, we've seen an average cohort weight loss of between 6.45 and 9.28 pounds. **Combined, participants have lost more than 928 pounds!**

Participants have been 10 to 14 years old with an average age of 12 and from racially diverse backgrounds. They have been 50% female and 50% male. 95% came from the DFW area and 5% from Central, South, and East Texas and Arkansas.

### AVERAGE POUNDS LOST PER CAMP COHORT



### RACE/ETHNICITY SINCE 2018



For more information on Kamp K'aana please contact: Tracey Burns: [Tburns@ymcadallas.org](mailto:Tburns@ymcadallas.org) – (469) 276-8442