



Oregon National Guard
Youth Challenge Program
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Wellness and Nutrition Policy #225
Outcomes Report – Class 56
December 12, 2018

The assessment results for Class 56 follow below. All outcome goals were met. There is no change in these objectives planned for Class 57.

1. *All cadets shall participate in the approved nutrition curriculum and shall pass classroom work and testing at 80% or greater.*
 - All 139 Cadets participated in and passed the required classroom work averaging 96%.
2. *The cadets shall participate in a body fat testing/reduction model. The model shall compare body fat at the “in-processing” date and the exit date at or prior to graduation.*
 - The change from the July to December assessments for weight and percentage of body fat for all 139 Cadets was: Weight Loss of 292 pounds; and Decrease in Percentage of Body Fat of 5%.
3. *Cadets shall participate in a monthly weight monitoring system that evaluates their weight gain/loss/physical development.*
 - The monthly weigh-in results were posted on the bulletin boards in each platoon bay for all 139 Cadets.
4. *Cadets shall show progress on the mandatory Presidents Physical Fitness Test Standards as measured between intake and graduation. This shall consist of a point system measuring progress from beginning to end.*
 - The fitness tests include the one-mile run, sit-ups, and push-ups. Assessment scores began in August and continued monthly until the final scores calculated in November.
 - The average increase in fitness scores for all 139 Cadets was 24%. Females improved by 80% and Males improved by 15%.
5. *95% of the cadet corps shall pass food service curriculum and pass/earn the State of Oregon Food Handlers card.*
 - All 139 Cadets passed the required food service curriculum and earned the State of Oregon Food Handlers card in February.

The program mission is to provide opportunities for personal growth, self improvement and academic achievement among Oregon high school drop outs, teens no longer attending and those failing in school, through a highly structured non-traditional environment; integrating training, mentoring and diverse educational activities.