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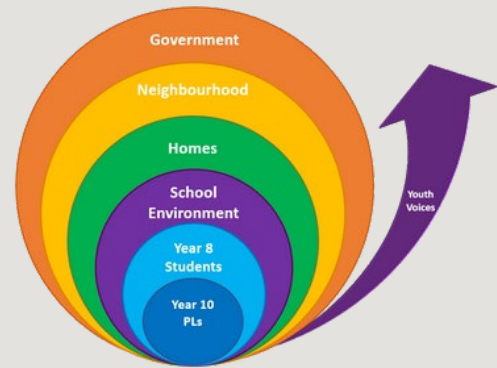
Introduction

Students As Life Style Activists (SALSA)



SALSA is a peer-led leadership program designed to motivate students to improve diet and increase physical activity.

SALSA Youth Voices (SYV)



SALSA Youth Voices (SYV) is an extension of the SALSA program in high schools. It offers the peer leaders another opportunity to further their leadership and advocacy skills. SYV engages and empowers peer leaders to create supportive school environments. Peer leaders have been instrumental in actions such as improving school canteens and equipping school gyms.

Project Aim

The aim of SYV is to build leadership and advocacy skills to empower students to design a school action plan that addresses healthy eating or increased physical activity in their school.

Methods

Leadership Workshop



Term 3

Activities, games, design a school action plan

Identify key issues in their school environment that limit their ability to eat healthy food, drink water and be physically active.

Action Day



Term 4

Platform to Present School Action Plan to an audience of Health and Education Leaders

Results

7 High Schools (n=5404 students)



SALSA Peer Leaders

Leadership Workshop (n=84)

Action Day (n=36)

Leadership Day Questionnaire (n = 51)

Action Day Questionnaire (n = 28)



61% of students indicated they participated in the Leadership Day workshop to develop or strengthen leadership skills

Challenges encountered by students when designing and implementing their action plan

36% communicating the activity to other students

29% lack of time

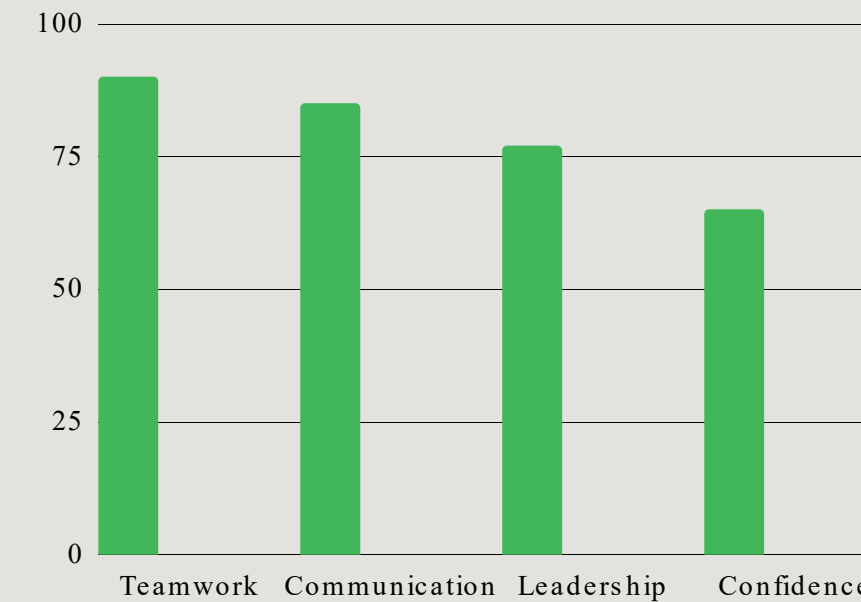


Fig 1. Skills gained by participants post- Leadership Workshop

School Action Plans



Healthy Snack Stall



Lunch Sports



School Gym



Water Refill Station

Summary & Conclusions

"The program provides me with confidence when it comes to advocating for our school action plan"

- SYV uses a strengths-based approach, drawing on and further developing the leadership and communication skills of adolescents
- The successful implementation of the School Action Plans by SALSA Peer Leaders emphasises the importance of involving students to drive positive change
- These student driven actions have the potential to impact on current & future students' level of physical activity and improve their diet

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