



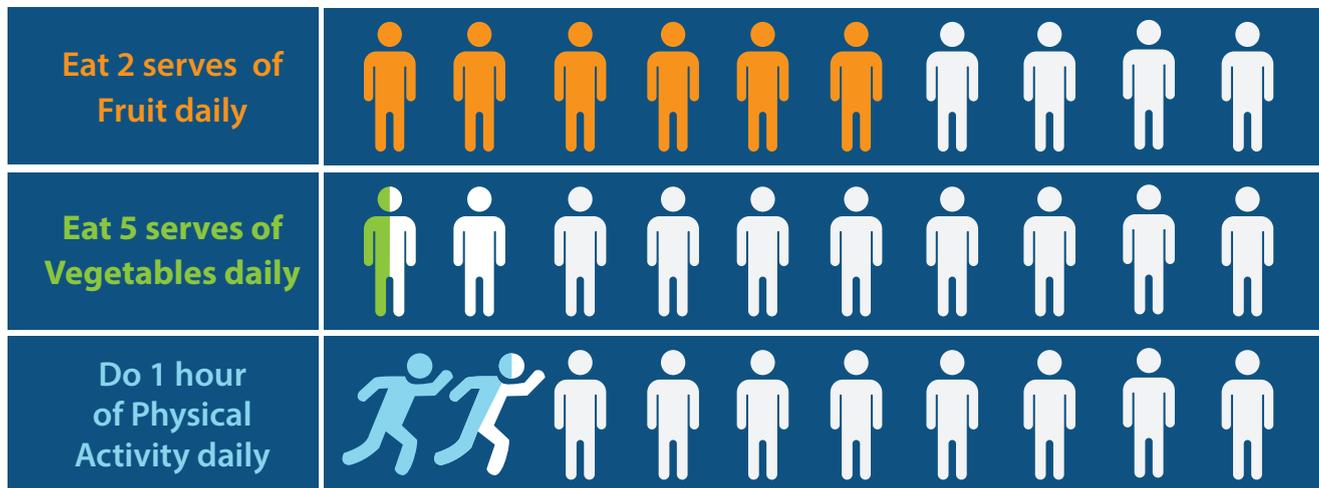
SALSA

Students As LifeStyle Activists

A peer-led leadership program that motivates students to increase physical activity and improve diet.

THE NEED FOR SALSA

NSW Adolescent Health Behaviours*



* Australian Bureau of Statistics National Health Survey, 2017-18, NSW

THE PROGRAM



PEER LEADERS

Build Skills & Improve



LEADERSHIP



COMMUNICATION



TEAMWORK



DIET



PHYSICAL ACTIVITY



SALSA

Students As LifeStyle Activists

REACH: 2005-2022



526
University Students



3,734
Year 10 Peer Leaders



International: China, Jordan & Vietnam



20,494
Year 8 Students

PARTNERS

"The SALSA Program has demonstrated the capacity to not only influence behaviour within the school, but also with their friends and families"
Dr Kean-Seng Lim, Mt Druitt GP and NSW AMA President



"For teachers and principals, the availability of a well-researched, evidence based and comprehensively resourced program really sets SALSA apart". *Christine Cawsey AM, Principal Rooty Hill HS*

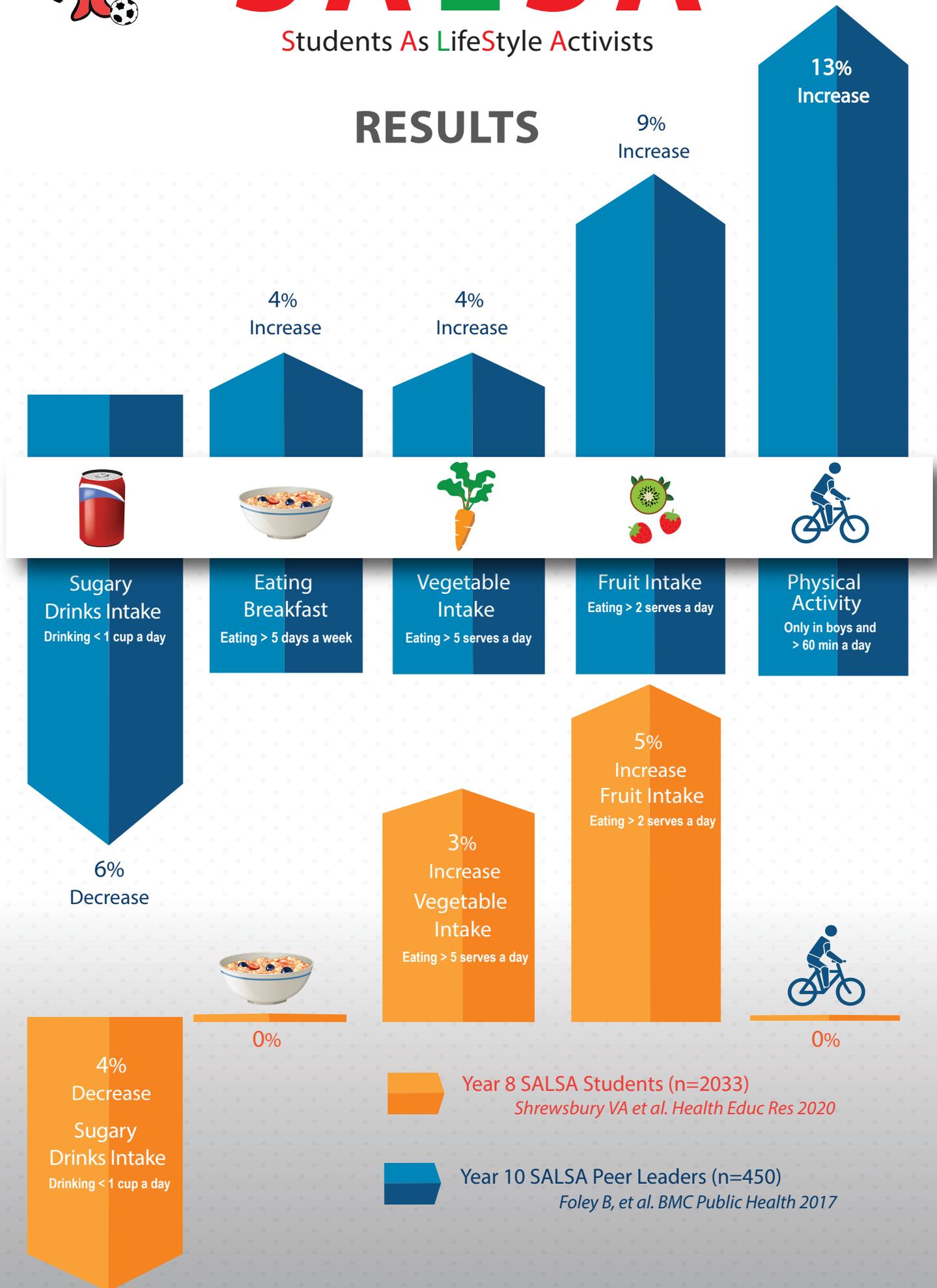
We thank our current benefactors for their support: Western Sydney Primary Health Network, Mrs. Patricia McAlary and family.



SALSA

Students As LifeStyle Activists

RESULTS



Year 8 SALSA Students (n=2033)
Shrewsbury VA et al. Health Educ Res 2020



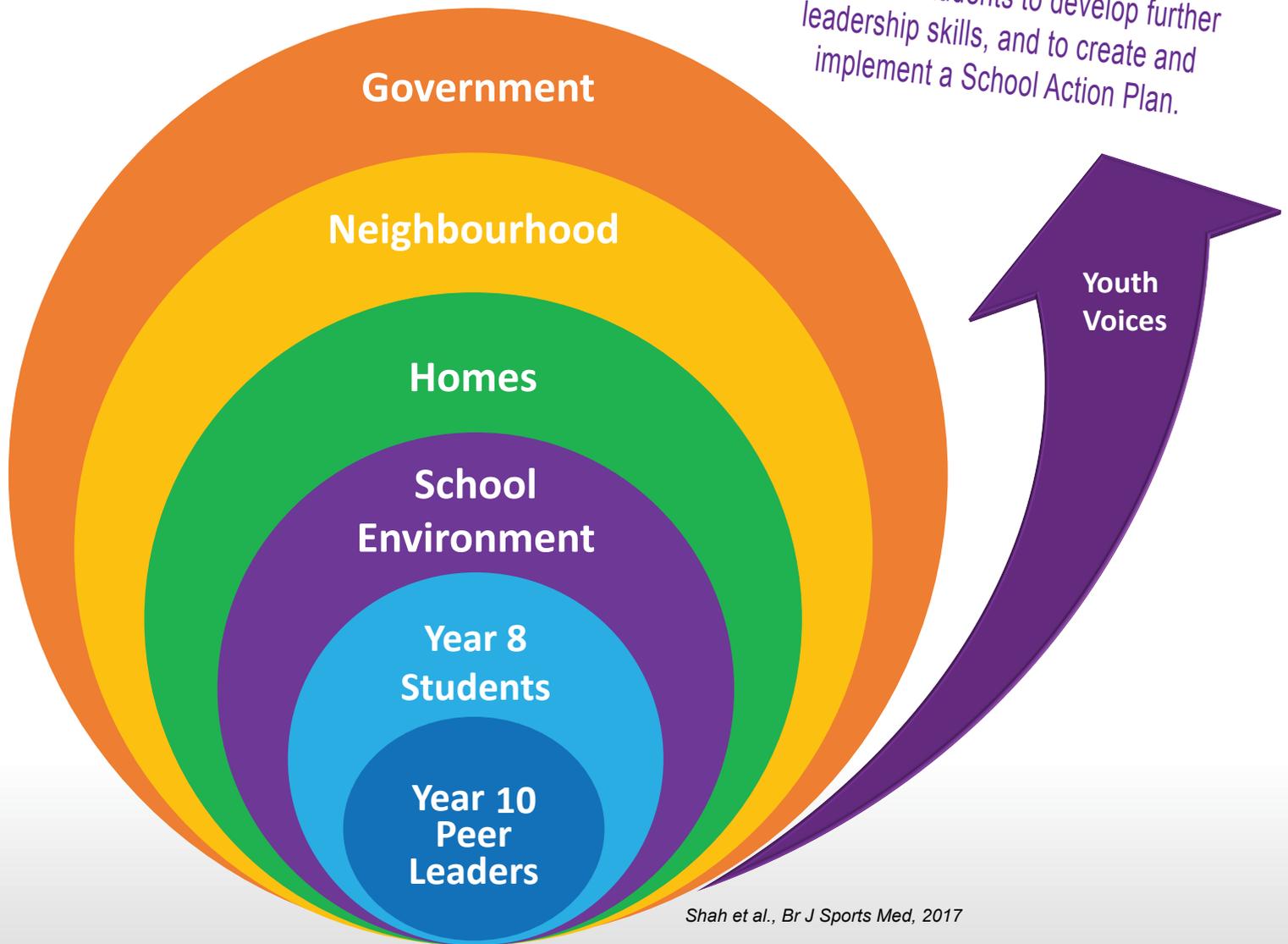
Year 10 SALSA Peer Leaders (n=450)
Foley B, et al. BMC Public Health 2017



SALSA

Students As LifeStyle Activists

THE SALSA PROGRAM MODEL



Prevention Education & Research Unit (PERU) Ph: (02) 8890-6505

Email: WSLHD-Westmead-PERU@health.nsw.gov.au

<https://peru-programs.sydney.edu.au>

