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your Western Sydney health news

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News Top 4 WSLHD

Multicultural Health Week 2025: How youth ambassadors are inspiring intergenerational health in Western Sydney

05 Sep, 2025, 11:06 am

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To celebrate Multicultural Health Week 2025, the Prevention Education and Research Unit (PERU) at Western Sydney Local Health District partnered with the Multicultural Health and Communication Service to amplify the voices of young people in promoting healthy ageing across culturally diverse communities.

This initiative aligns with PERU's ongoing commitment to empowering young people to make informed health choices,

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Podcast

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preventing chronic disease and encouraging lifelong health and wellbeing.

Seven Year 10 students from Rooty Hill High School, trained as SALSA (Students As LifeStyle Activists) Peer Leaders, were selected as Youth Ambassadors to share their health and wellbeing messages.

Their goal: to inspire peers to engage with grandparents and older community members, bridging generations through health.

"I joined this program to encourage and motivate the older generation and communities to live healthier," Amelia, a Youth Ambassador said.

“

I became a Youth Ambassador to celebrate and support the older generation in making better eating choices and being physically active.

Rayan, Youth Ambassador

Now in its 21st year, the SALSA program equips high school students with the skills and confidence to be health leaders.



By training Year 10 students to deliver health messages to younger peers, SALSA builds agency, work-ready skills, and community connection.

The Youth Ambassadors proudly represented their school and the SALSA program at the Multicultural Health Week Launch Event at NSW Parliament.

Alongside Professor Smita Shah OAM and the PERU team, the students connected with policymakers, health leaders, and advocates working to strengthen multicultural communities.

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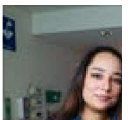
39 minutes ago

Auburn Hospital's Midwifery Group Practice (MGP) has been featured on page 2 in the Sydney Morning Herald. Thank you to journalist Kate Aubusson for sharing this story.

Congratulations to everyone at the MGP for what you do day in and day out.

#WSLHD #AuburnHospital

With Amar by her side, Hamna had a safe place to have her baby



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Featured Video

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This year's theme, *"Healthy Ageing: Older People Are the Heart of the Family and Community,"* resonated strongly with the group, who recognised the vital role of older family members in shaping community life.

"The opportunity to be a Youth Ambassador taught me how everyone is impacted by healthy ageing," Rouba, Youth Ambassador, said.

At the launch, Master of Ceremonies Janice Petersen praised the initiative.

“

The older members of the community who we admire and value so much also need the support of younger generations. It is heartwarming to see such enthusiastic and bright youth ambassadors being part of this year's Multicultural Health Week.

Janice Petersen

The Youth Ambassadors credit SALSA with sparking their passion for lifelong health.

"The SALSA program enables young people to start living a healthy lifestyle by teaching them healthy habits they can maintain for the rest of their life," another Youth Ambassador, Jacob said.

Through initiatives like SALSA and the Youth Ambassador program, PERU is creating a ripple effect: young leaders encouraging healthy choices across all ages, cultures, and communities, and proving that the future of healthy ageing starts now.

Want more information about healthy ageing? You can find more information on the NSW Health website.

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