

# Nutrition Youth Advisory Panel

2021-2022 Report

## What's Our Purpose?

The Nutrition Youth Advisory Panel (NYAP) is an initiative set in motion by Alberta Health Services to give passionate youth the opportunity to make their voices heard on the subject of nutrition and healthy lifestyle for all youth in Alberta.

Youth from all over Alberta are encouraged to give their input and feedback on provincial resources meant to promote healthy eating and nutrition, as well as share their ideas for the future.

Through our diverse and unique viewpoints, NYAP is able to give guidance on ways to truly get through to youth about nutrition across the province.

## Who Are We?

12

High school students

3

Dietetic interns

2

Registered dietitians

## What Did We Do?

- ✓ Learned about sports nutrition. Reviewed and suggested changes to sports nutrition posters.
- ✓ Provided feedback on current nutrition education resources and methods for providing information such as posters.
- ✓ Discussed Canada's food guide and suggested methods for teaching nutrition to youth.

## Highlights

For the duration of the 2021-2022 panel we have:

- Participated in multiple education sessions instructed by the dietetic interns, including sport nutrition for optimal performance. This resulted in the panel gaining a better understanding of the dietetics program and the science behind food. It also allowed us to address myths against facts, invalidating common misconceptions, allowing us all to make healthier choices in our lives.
- Utilized our experiences to provide feedback on sports nutrition posters with the goal of developing them to be more appealing to teens in Alberta. Through this activity, we got an opportunity to indirectly impact nutrition for youth in Alberta and advocate for improvements.
- Discussed a variety of aspects of nutrition for youths, including school programs, accessibility, challenges, and proposed improvements. This allowed us to explore differences and similarities within our province.
- Met in a professional setting to enhance communication, planning, evaluating and decision making skills. These skills were refined while developing positive experiences within our team. The skills practiced and fine-tuned in this program will be invaluable for our future.

## What Did We Learn?

- ✓ Learned about basic nutrition information, common sense related to exercise, and healthy eating habits.
- ✓ Learned how to effectively communicate and promote information about nutrition education resources according to various age groups.
- ✓ Learned how to communicate and cooperate with each other in the given time and virtual space to produce the best results.

## Our Experiences

"I was able to improve my communication skills while learning more about the field I have been curious about pursuing as a career. Everyone was very supportive in the group especially when opinions were being given, this made it very comfortable to give my own thoughts."

"This group has expanded my knowledge and allowed me to provide input on how to best share the importance of nutrition with youth."

"Being a part of something impactful such as NYAP is extremely fulfilling and rewarding; I would recommend that other youth who have a passion for nutrition and who would like to contribute to improving youth nutrition in our province take part in NYAP in the future!"

## Recommendations

- Request more education for Athletes.
- Request to learn more about media, marketing, and the health industry.
- Request to learn more about the food guide, nutrition labels, and overall myths/facts regarding nutrition.
- Liked the Q & A style of discussion, felt this was a good learning experience. Felt that discussion made it possible for own opinions to be heard and answered.
- Want more explanation of what the youth input will be used for.