

# Nutrition Youth Advisory Panel

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This infographic was created by the youth members of the Nutrition Youth Advisory Panel. It is a summary, using their words, ideas, and visuals, of what they experienced and learned during their year on the panel. Nutrition Services would like to thank the youth on the panel for their participation and for sharing this overview of their projects and learnings.

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# Nutrition Youth Advisory Panel



## Our Purpose



To develop key messages, tools, and resources that promote and support healthy eating for Alberta youth



To embrace youth perspectives in nutrition resources targeting youth



To maximize youth engagement when it comes to learning about nutrition

## Who We Are

12 High School Students

3 Registered Dietitians

1 Dietetic Intern

FROM ALL OVER ALBERTA

## What We Did



Analyzed and provided feedback on a selection of multimedia resources regarding nutrition



Provided insight to AHS dietitians as to potential barriers limiting healthy eating in school environments and worked to develop solutions



Provided insight into the growing consumption of energy drinks among youth and learned of its adverse effects



Proposed new ideas for increasing the impact on youth of nutrition resources and raising awareness

## Highlights

"NYAP has been a fantastic opportunity for me to collaborate with like-minded individuals from different parts of Alberta. It has been amazing to see how our collective efforts have made a positive impact on the lives of youth in our province."

"Being a part of NYAP has been an incredible journey. It has given me the platform to express my views and work towards promoting youth nutrition in my community."

"As a member of NYAP, I have gained valuable skills such as communication and research, which have helped me in my personal and professional life. I am grateful for the experience and the chance to be a part of such a supportive and encouraging team."

## What We Learned

- Learned that interactive infographics, social media, and other digital platforms are engaging formats for students to learn about nutrition.
- Discovered the importance of teaching students how to read food labels and understand their implications on our health.
- Learned about drinks and snacks that can help us maintain consistent energy levels and focus.
- Explored creative ideas for nutrition month, including *Try it Tuesday* and *Swap it Saturday*.
- Realized the value of infographics in supporting young adults in developing healthy eating habits and budgeting skills.
- Identified the need for improvements and changes in school nutrition programs.
- Recognized the limitations of school-provided food options and the responsibility of students to pack healthy lunches and snacks.
- Explored potential solutions such as partnering with local grocery stores or restaurants, stocking vending machines with healthier alternatives, and ensuring adequate eating time before classes.

## Recommendations

- 1 See how **our input** has **impacted** new resources!
- 2 Even more opportunities to **learn** about nutrition!
- 3 Opportunity to develop and conduct a **youth survey!**