

Nutrition Youth Advisory Panel Year End Report

2024-2025

Purpose

The Nutrition Youth Advisory Panel (NYAP) is a volunteer opportunity offered by AHS to Alberta high school students. Public health dietitians connect with Albertan youth on issues that concern them.

NYAP members provide feedback on nutrition messaging and resources offered to youth, particularly resources offered by schools.

NYAP members connect with other high school students to engage in discussions about a variety of nutrition topics.

Who We Are

11 High School Students

1 Dietetic Intern

3 Registered Dietitians

From All Over Alberta

What We Did



- Reviewed and offered feedback on nutrition tools and resources designed to promote healthy eating habits among youth in Alberta
- Suggested new strategies to enhance how nutritional information is communicated to youth
- Engaged in meaningful conversations with peers, registered dietitians, and dietetic interns to spark innovative ideas about nutrition education
- Contributed to the development and review of youth-focused nutrition materials through collaborative meetings and themed discussions

Date: May 2025

Created by: Nutrition Youth Advisory Panel

Results

Our dietitians gathered feedback from monthly meetings to enhance AHS nutrition resources and programs that target youth. We collaborated to share knowledge and network, to improve nutrition awareness in the province, and to benefit youth in Alberta.

Highlights

- Continued gamification of nutrition learning to improve engagement.
- Provided feedback on the general design and overall look of education resources for youth.
- Learned valuable nutrition information to help inform our peers.

What We Learned

With the help of dietitians and a dietetic intern, the NYAP team was guided through a wide and diverse range of nutrition topics from macronutrients to the impact of energy drinks, demonstrating how nutrition factors into our everyday lives.

NYAP allowed us to learn about working as a group towards a common goal. The panel encouraged collaboration, discussion, and debate in order to enrich our understanding and opinions on nutrition education.

Our Experiences

“I **deepened my understanding of nutrition**, learning about the effects of habits, food choices, culture, and media. NYAP not only contributes to Alberta’s healthcare by improving and reviewing nutrition education, but also **provides young people like me with a meaningful way to serve our communities, express our ideas, and engage in real change.**”

“The work that we have completed has been something that not only brings me the **feeling of accomplishment**, but also has been **highly educational**...These experiences have truly been a **highlight of my high school career** thus far, with the **opportunity to learn while meeting new people**, while having the **privilege to help** the program, being **like no other opportunity** that I have been able to participate in.”

“The **atmosphere** of the panel is very **welcoming** and encourages a wide range of topics involving nutrition to be discussed alongside with a **wide range of backgrounds and opinions to be expressed**, truly **reflecting the diverse opinions and backgrounds of Alberta’s student population.**”

“Beyond deepening my understanding of nutrition... it has **improved my ability to communicate effectively and advocate for change** in an industry that is of interest to me... each moment has been **enriching**. I would **definitely recommend NYAP** to anyone **passionate about advocacy and nutritional health**, and in effecting **positive change** in the field of nutrition.”

“The **skills and insights** I’ve gained will **stay with me long after this panel**, particularly **shaping the way I contribute to my community**. I’m truly **grateful** for the chance to be part of this experience and **I encourage anyone who is curious about food, nutrition, health, and education to enquire!**”

Recommendations

More **reminders** of the monthly meetings to ensure participation with members.

Provide **more resources** for youth to **learn about nutrition**.

Group projects throughout the year **in addition** to the final year end report.

Request to **hold an in-person meeting if possible** to **enhance connections** with members.