Youth Can! Improve their Communities

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Promoting Healthy Weight Colloquium 2.0
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Objectives

Describe the goals and objectives of YCIC

Outline the activities completed in YCIC

Discuss successes of YCIC and suggestions for future programming
Does participation in a nutrition education and advocacy program, with positive youth development and peer leadership components, increase knowledge of nutrition, community engagement, and self-efficacy among participants?
Collaboration
Participants of YCIC

18 youth

Rising 5th to rising 9th graders

Most from Knoxville community
ACTIVITIES IN YCIC
Curriculums Used in YCIC

Youth Can!

Michigan Model for Health

Mikva Challenge
Leadership

Good Plants

Fruit

Veggies

Protein

Fruit is fun!

Shop

Local

Ymca

Nutrition

Learn

Grow

Organic

Farmer's

Market

Next Exit

Youth can! Improve their communities
Mikva Challenge

Project Soapbox

- Introduction to Project Soapbox
- Structuring a Speech
- Spicing Up a Speech
- Delivering a Great Speech
Michigan Model for Health

- Figuring Out the Nutrition and Physical Activity Rumor Mill
- Learning More From MyPlate
- Power Calories
- Packages Can Trick Us
- Can Fast Food Be Healthy?
- Persuasion and Refusal
SUCCESSES & SUGGESTIONS
Feedback from the Youth

**Favorites**
- Snacks
- Leaders/leadership
- Meeting peers
- Meeting new people
- Speeches
- Technology

**Room for Improvement**
- Sitting still
- Reading
- Allotted time
Lessons Learned

- All youth of same age group
- More active, hands-on sessions
- More time at each session
Successes of YCIC

- New partnership
- Experience for graduate students
- Engaging opportunity for youth
Preliminary Results

Director was proud of youth growth

Parents were very appreciative

Youth displayed knowledge of the concepts
References


