

# Nutrition Youth Advisory Panel: 2020–2021

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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

2020-2021  
year end report

## WHAT'S OUR PURPOSE?

The Nutrition Youth Advisory Panel (NYAP) is an initiative led by AHS public health dietitians to connect with youths on projects that affect their health. Through NYAP, youth get the opportunity to educate, and encourage healthier lifestyles among their peers and **have their voices heard** on a provincial platform.

## WHO ARE WE?

7 High School Students

3 Registered Dietitians

4 Dietetic Interns

FROM ALL OVER ALBERTA

## WHAT DID WE DO?

We participated in various discussions on topics that were relevant to youth.

Provided insight to AHS about how to increase impact to youth e.g. social media.

Discussed the effects of COVID-19.

## HIGHLIGHTS

Over the course of the 2020-2021 school year, Alberta's Nutrition Youth Advisory Panel has:

- 1 Researched and discussed **Canada's Food Guide**
- 2 Discussed how **COVID-19** has impacted youth's nutrition
- 3 Learned about **facts and myths** about nutrition
- 4 Discussed ways to **target youth** regarding nutrition and eating habits
- 5 Brainstormed ways youth can **learn** about cooking and food related topics

## WHAT DID WE LEARN?

- The foundation to make healthy decisions for ourselves and act as role models for peers.
- Identified what was successful or challenging in the current programs for youth. We used insightful thinking to present reasonable, innovative and attractive ideas to support youth.
- The influence of the coronavirus pandemic on our daily lives and nutritional habits.
- Gained skills in public speaking, communication, and creativity, all contributing to an overall improved sense of confidence in a professional atmosphere.

## OUR EXPERIENCES

"The knowledge and experiences I have gained allowed me to change my own relationship with the topic of nutrition, as well as have a real impact on how nutrition is being promoted towards those in my age group."

"Being passionate about healthy diets, and intricate bodily balances, I am glad for the opportunity to be an NYAP member, understanding of challenges associated with advocating for health-related issues."

"I especially enjoyed when we were asked to give feedback on health initiatives such as the Canadian Food Guide. I felt that my voice was heard and my opinion was valued."

"The panel has given an opportunity for me to put my passion for health and youth into action, all while improving essential skills such as communication and research skills."

## RECOMMENDATIONS

Doing one collective project as a group, rather than separate ones, creating one big campaign.

More education on nutrition and the ways we can share them with our peers.

More opportunities to impact change by sharing our opinions and advice.

Opportunity to conduct hands-on activities within NYAP or in our community.