



Alliance
for a
**Healthier
Generation**

Empowering Youth to Make a Difference in the Childhood Obesity Epidemic

Presenter: Tina Sharma, Youth Advisory Board Member



Youth Advisory Board

- 25 young leaders ages 8-17 from across the US
- Meet face-face 2x per year, monthly conference calls
- Leaders and advocates working in our schools and communities
- Inspire our peers and families to make healthy choices
- Start with smaller individual projects, move towards greater impact
- Plan and implement a service-learning program each spring
- Have fun!



Teaching Younger Kids with empowerME4Life

Tina Sharma, 17, Tennessee

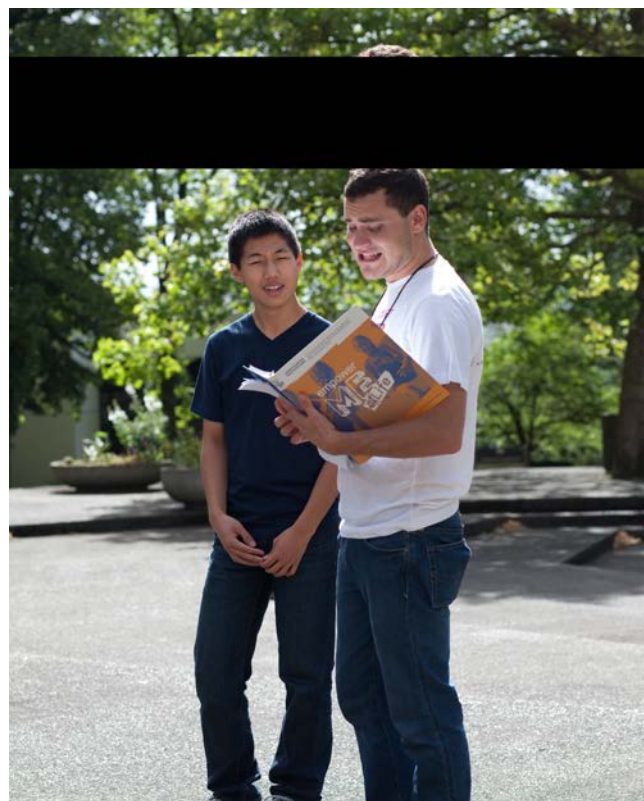
- “How to’s” and the importance of healthy living at an inner city school
- 25 elementary school students
- 15 min start up activity
- Giveaways
- Partners: Metro Health Department, American Heart Association and Metro Nashville Public schools

Success

- Showed improvement per post test
- Continued to play outside for 30 minutes each school day
- Gained skills and connections 4Life

Youth Role

- Wrote grant application
- Found community partners
- Trained volunteers to teach lessons



Engaging the Community with a Health Fair

Ashlyn Pinkins, 15, Louisiana



- To inform youth about the importance of their health
- Held at a local Boys & Girls Club
- 120 youth attended
- Taekwondo and yoga

Success

- Appreciation showed by youth
- Youth were engaged and extremely active during the fair

Youth Role

- Contacted multiple organizations
- A lot of organization, but it paid off in the end

Speaking Up with a Youth-Hosted Forum

Scotie Conner, 18, Oklahoma

- Five youth panelists
- Inspire the audience to rally behind this cause
- Panel discussion and questions from the audience

Success

- Had fun
- Large turnout
- Enjoyed the Zumba session
- Social event for the community
- All the hard work was made worthwhile

Youth Role

- Moderator of the panel discussion
- Formulate questions
- 20 youth volunteers



Inspiring Peers with the S.M.A.R.T. Garden

Madeline Cumbey, 10, Indiana



- 300 kids & families participated
- Groundbreaking on Global Youth Service Day
- Youth, college and senior citizen community volunteers
- Increase physical activity & consumption of fresh, organic fruits and vegetables
- Donated grounds at a local YMCA

Success

- Great turnout and even greater participation in year two

Youth Role

- Secured grant
- Partnered with YMCA and local schools
- Advertised
- SMART To Be Fit Club

Challenges

Youth-Hosted Forums

- Finding panel members
- Guiding volunteers
- Making sure everything was in place
- Making sure it was a worthy learning experience for the youth involved

empowerME4Life

- Finding volunteers who could commit
- Writing the grant
- Keeping the lesson under time limits



“Learned so much about leadership, organization and planning skills that will help us throughout our lives”

Next Steps

- **Service-Learning Program Follow Up or Expansion**
- **2011-2012 Youth Advisory Board (year 4)**
- **Alliance Youth Advisory Board Alumni**



For More Information

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