

# Nutrition Youth Advisory Panel Year End Report

2023-2024

## Purpose

The Nutrition Youth Advisory Panel (NYAP) is an initiative led by AHS public health dietitians.

It is a way for AHS public health dietitians to connect with youth on projects that affect their health.

NYAP members work with and advise AHS dietitians on the development of messages, tools, and resources that promote healthy eating for youth in Alberta.

## Who we are

**12** High School Students

**3** Dietetic Interns

**3** Registered Dietitians

From all over Alberta

## What we did



Engaged in meaningful discussions about healthy eating with registered dietitians, dietetic interns, and each other.



Analyzed, provided feedback, and improved numerous nutrition resources targeted towards youth in Alberta.



Learned more about Canada's food guide, food preparation, reading food labels, and more!

Date: June 2024

Created by: Nutrition Youth Advisory Panel

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## Results

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

## Highlights

**Explored the viability of short meal preparation videos**

**Discussed the limitations of health claims on food labels and learned about their approval process**

**Provided feedback on using gamification to improve youth engagement in nutrition learning**

## What we learned

- NYAP has taught us more than just how to contribute to a conversation larger than ourselves; it has empowered us with a profound understanding of the significance of nutrition in our day-to-day lives.
- Through collaborative discussions, we identified gaps in youth's nutrition knowledge, revealing common misconceptions and limited awareness regarding nutrition.
- This process allowed us to curate materials by fostering teamwork, effective communication, and the expression of our unique perspectives.
- We learned the importance of adaptability and flexibility in creating nutrition resources to address the evolving needs and preferences of Albertan youth. It has taught us the value of continuously seeking feedback and refining our approach to ensure that the learning materials remain relevant and impactful.

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## Our experiences

“Working alongside professionals in the field has not only **expanded my knowledge** but also instilled in me a sense of **responsibility**. I’ve learned the importance of truly understanding others’ opinions, and ensuring that educational materials resonate with the youth of Alberta.”

“Not only has the NYAP allowed me to translate my **passion for promoting healthy eating** into action, but being a member of this panel has also been an **incredibly educational experience**.”

“The program initially brought me out of my comfort zone since it was my first time volunteering on a committee, which brought forth a wonderful opportunity to **connect with other like minded individuals** around the province that shared similar interests about nutrition.”

## Recommendations

- 1 Provide **more nutrition education** for members. For example, to learn about the adverse effects of chemicals or additives that may be present in food products.
- 2 Allocate **more time for discussions** and active participation in group conversations during meetings to further enhance communication.
- 3 Have a strict **attendance policy** and send **more reminders** to encourage meeting attendance.
- 4 Hold an **in-person meeting** with members if possible.
- 5 Be **more active in the community** to promote healthy eating or do needs assessments to identify issues.

