

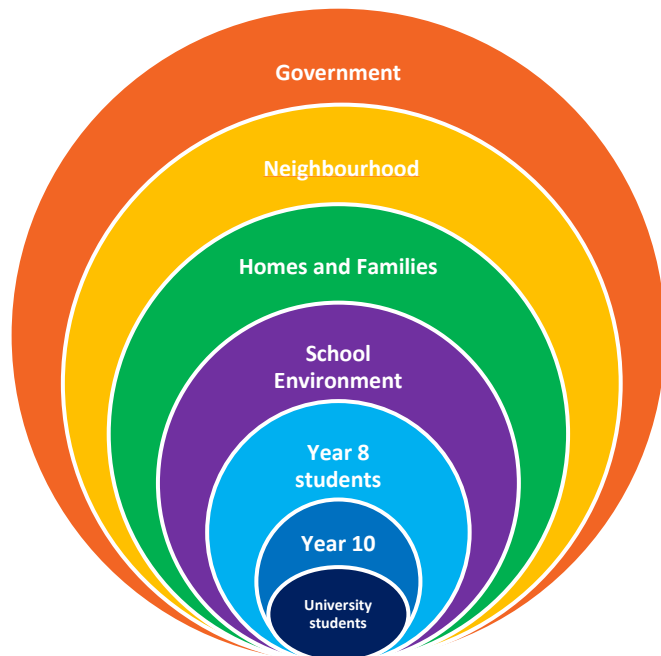


SALSA
Students As LifeStyle Activists

2018-2020

Research Priorities

Engage. Empower. Excite.



Adapted from Blum et al. (2012)
"Adolescent Health in the 21st Century"

School Environment

Aim: To identify perceived enablers and barriers to physical activity and healthy food consumption in schools

Who: Secondary school executive, staff and students

How:

- Partner with the Department of Education and schools
- SPANS: High School Environment Questionnaire
- Follow-up session

Outcome:

School Wellbeing Action Plan

Reaching Homes and Families

Aim: To assess if a web-based intervention can encourage students to influence their family to make healthier food choices and increase physical activity.

Who: Year 10 SALSA Peer Leaders and families

How:

- SALSA Homes website activities
- Online pre- and post-behaviour questionnaire
- Focus group

Outcome:

Improve health-related behaviours of the students and their families

Youth Voices in the Community

Aim: To build capacity in students to advocate for change in their neighbourhoods

Who: Year 10 SALSA Peer Leaders

How:

- Leadership Day with GWS Giants
- Pitch Forum with community stakeholders
- Feedback from participants

Outcome:

- Neighbourhood improvements