**THE SALSA PROJECT**

**STUDENTS AS LIFESTYLE ACTIVISTS**

Funded by the Commonwealth Department of Health and WentWest Medicare Local

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**THE SITUATION**

Non Communicable Diseases Cause...

- 60% deaths worldwide

Overweight & Obesity Costs Australia...

- $68.2 Billion annually

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**HIGH SCHOOL STUDENTS IN WESTERN SYDNEY**

1. **DAILY EAT 2 SERVES OF FRUIT**
   - 5/10

2. **EAT 5 SERVES OF VEGETABLES DAILY**
   - 1/10

3. **DO ≥ 1 HOUR OF PHYSICAL ACTIVITY DAILY**
   - 2/10

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**THERE IS HOPE....**

SALSA (STUDENTS AS LIFESTYLE ACTIVISTS) AIMS TO:

- Increase Fruit & Veg Intake
- Increase Physical Activity
- Eat Breakfast Daily
- Increase Water Intake
- Decrease Recreational Screen Time

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**HOW IT WORKS:**

- **SALSA educators train SALSA Peer Leaders**
- **SALSA Peer Leaders teach SALSA lessons to Year 8**
- **Year 8 develop a personal goal & school action plan**

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**SALSA Partnership**

Rooty Hill High School
Mt Druitt & Blacktown MP Assoc.
University of Sydney
Western Sydney Local Health District

Winner of 3 WSLHD Quality Awards 2014

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