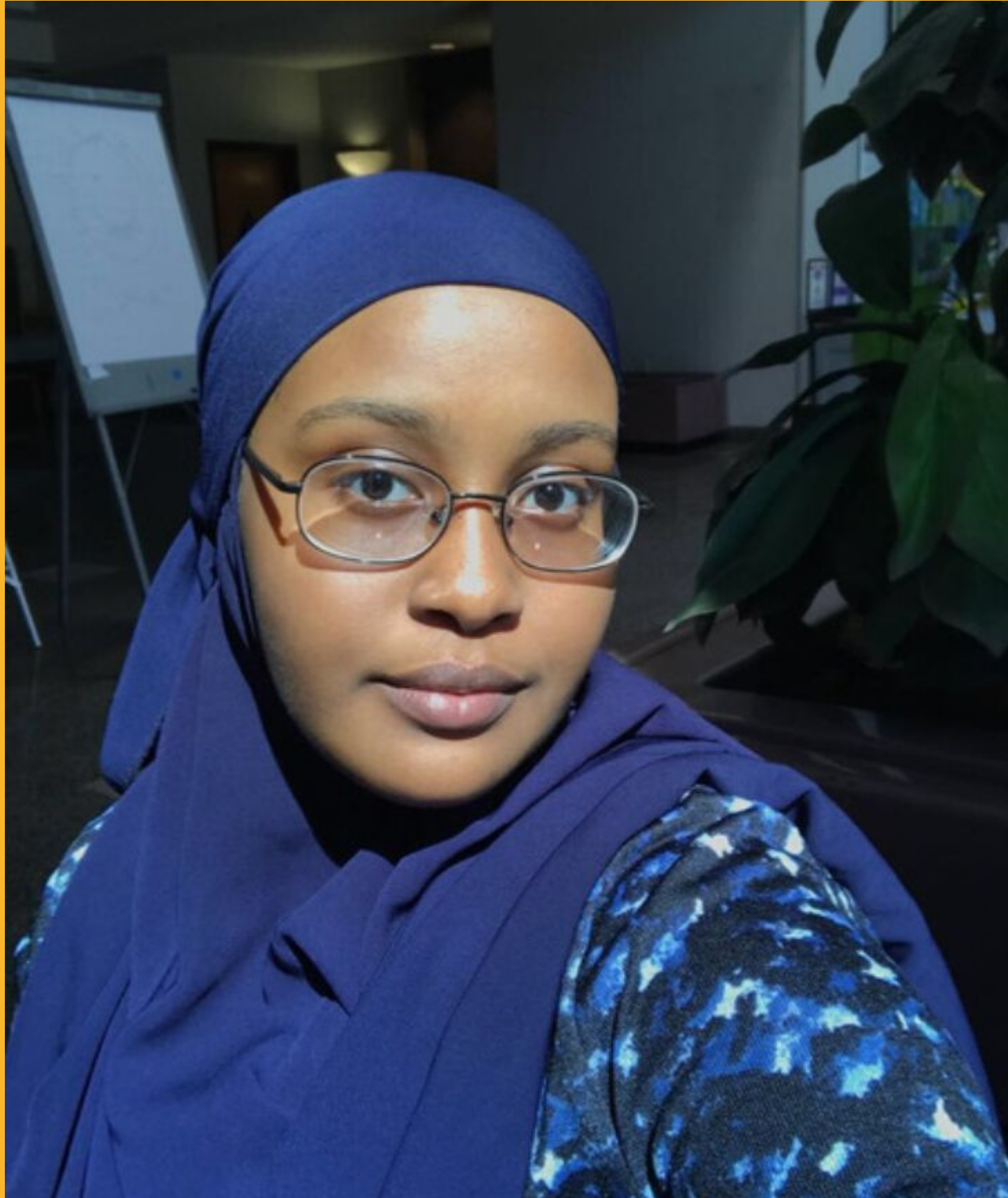


UCSD SCHOOL OF HEALTH AND MEDICINE

# YOUTH ADVISORY COUNCIL

The New Face of Advocacy

# FOWSIYO ADEN

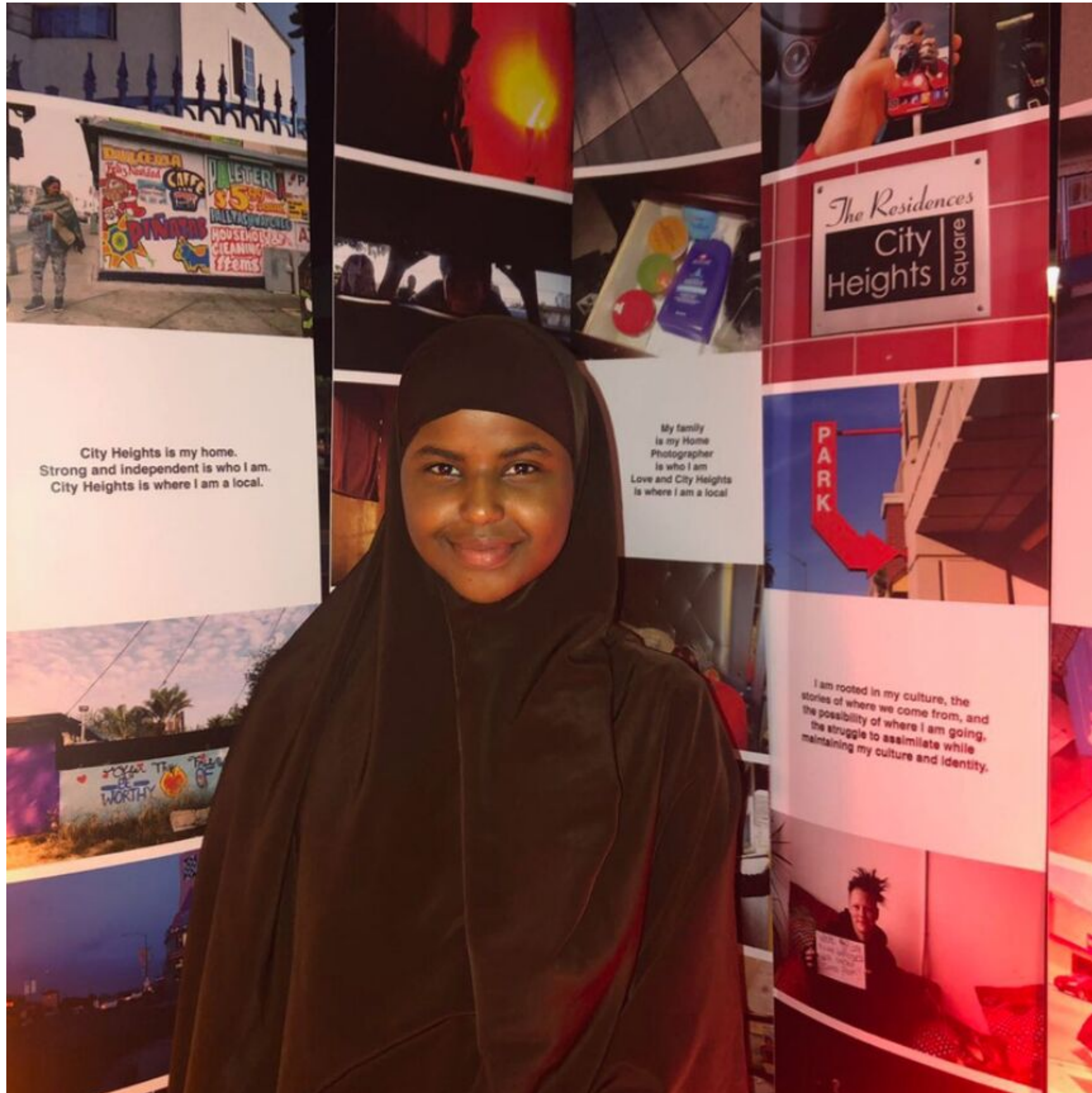


- UC San Diego Student
- UCSD YAC Member
- Activist
- Leader

"No amount of guilt can change the past and no amount of anxiety can change the future".



# SUAD ABDI



- HSHMC SENIOR
- UCSD YAC MEMBER
- POETRY
- PHOTOGRAPHY
- ACTIVIST

*"If you were born with  
the weakness to fall  
you were born with the  
strength to rise."*

*-Rupi Kaur*

# CITY HEIGHTS, SAN DIEGO



FROM A DIVERSE COMMUNITY, WHERE MANY PEOPLE COME FROM  
DIFFERENT BACKGROUNDS, WE SHARE SIMILAR STRUGGLES.



# UCSD YOUTH ADVISORY COUNCIL

## A PROGRAM FOR YOU, BY YOUTH

TO HELP BRING EQUITY & SOCIAL CHANGE IN NEIGHBORHOODS





# **ROOT CAUSES OF OBESITY IN OUR COMMUNITY**

# POVERTY



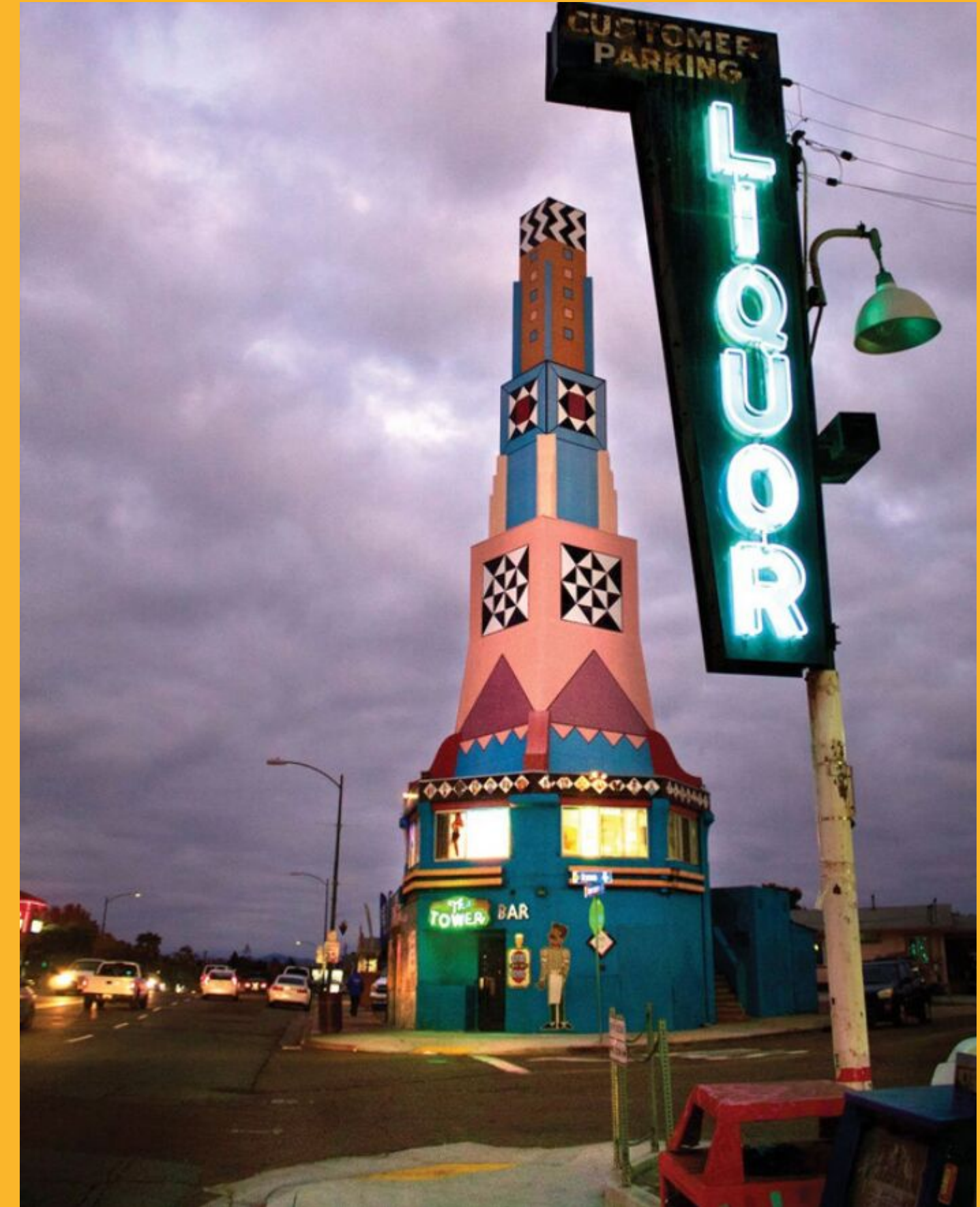
**poverty correlates to obesity.**



# ACCESSIBILITY



Quality healthy food is not available in every community





# MENTAL HEALTH



**your emotional health and physical health connect**



**WHAT DO THE YAC MEMBERS DO?**



**RESEARCH.**



# Youth-led Participatory Action Research

Using YPAR, YAC members worked on a project to conduct research on who utilizes the city heights farmers market. Through this project, youth have the opportunity to learn and use research methods to collect accurate data.







## YAC OBSERVES THE CITY HEIGHTS SATURDAY FARMERS MARKET TO COLLECT DATA ON PARTICIPATION





**ADVOCATE.**





## ENACT DAY 2019

UCSD YAC uproots its members to pursue what advocacy and social change means to them. To this group of passionate youth it meant flying out to Sacramento to advocate for their communities to CA Legislatures.





# AMERICAN PUBLIC HEALTH ASSOCIATION

RULE #1 OF ADVOCACY: DON'T FORGET TO EDUCATE, INFORM, AND PRESENT YOUR WORK AND IDEAS. NOT ONLY DO MEMBERS GROW FROM THIS BUT CAN ALSO DEVELOP NEW SKILLS FROM WHAT OTHER GROUPS HAVE TO SHARE



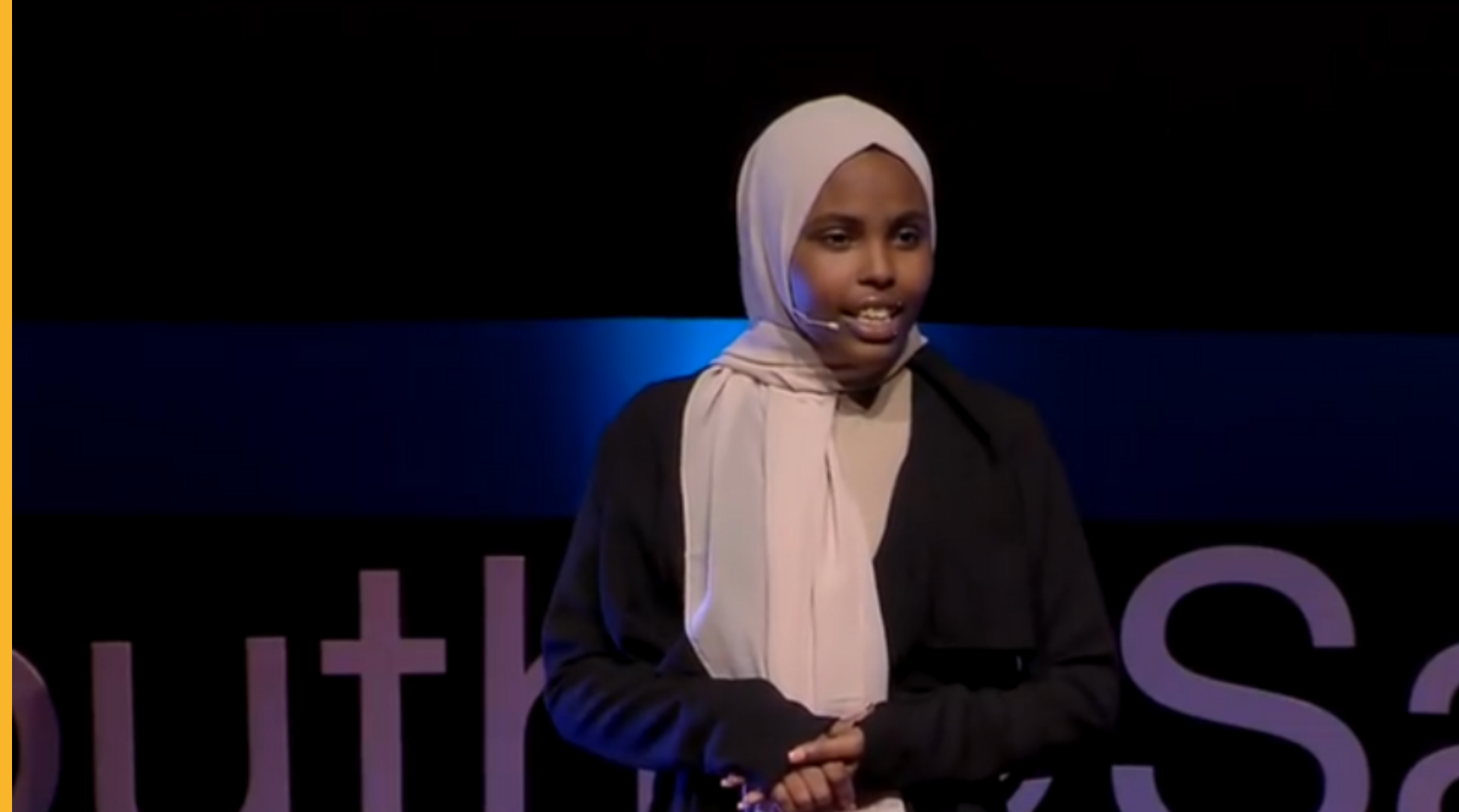
**OPPORTUNITY.**





## CHANGING AN IMMIGRANTS LIFE

Seham Nuur shares how a simple act of kindness may be nothing to us but to someone it can drastically change thier life. She uses her experiences as a Somali immigrant to shape her narrative and love for advocacy.



## TRIPLE THREAT: CHANGING OBSTACLES INTO DRIVE

Huda Ahmed discusses how her intersectionality as Black, Muslim, Woman in 21st century America has shaped her identity and voice.

# TEAM BUILDING ACTIVITIES

HOW THIS ANNUAL CHALLENGE COURSE REMINDS YOUTH OF THE SKILLS AND QUALITIES AN EFFECTIVE ADVOCACY CHAIN WORKS ON

## Respect

Whether it comes to sharing different perspectives or ideas a successful group respects it's members and their backgrounds



## Hard Work

Change is the result of endurance and hard work. Your desired outcome is only as good as the work put in to get there.



## Listen v.s Hearing

We all have different propoals and ways to work through something but listening to one another is what makes those solutions the most effective.





**WHAT CAN YOU  
DO?**

- **PROVIDE SPACES AND RESOURCES FOR PEOPLE TO LEARN ABOUT MENTAL HEALTH AND ITS CONNECTION TO OBESITY.**
- **ORGANIZE, IMPROVE, AND/OR SPEND MONEY AT FARMERS MARKETS/LOCAL BUSINESSES**



1. Make it Happen
2. Advocate for it
3. Support it



# **SUPPORT YOUTH-LED PROGRAMS**





Be part of  
the  
change.



The **real**  
change.

