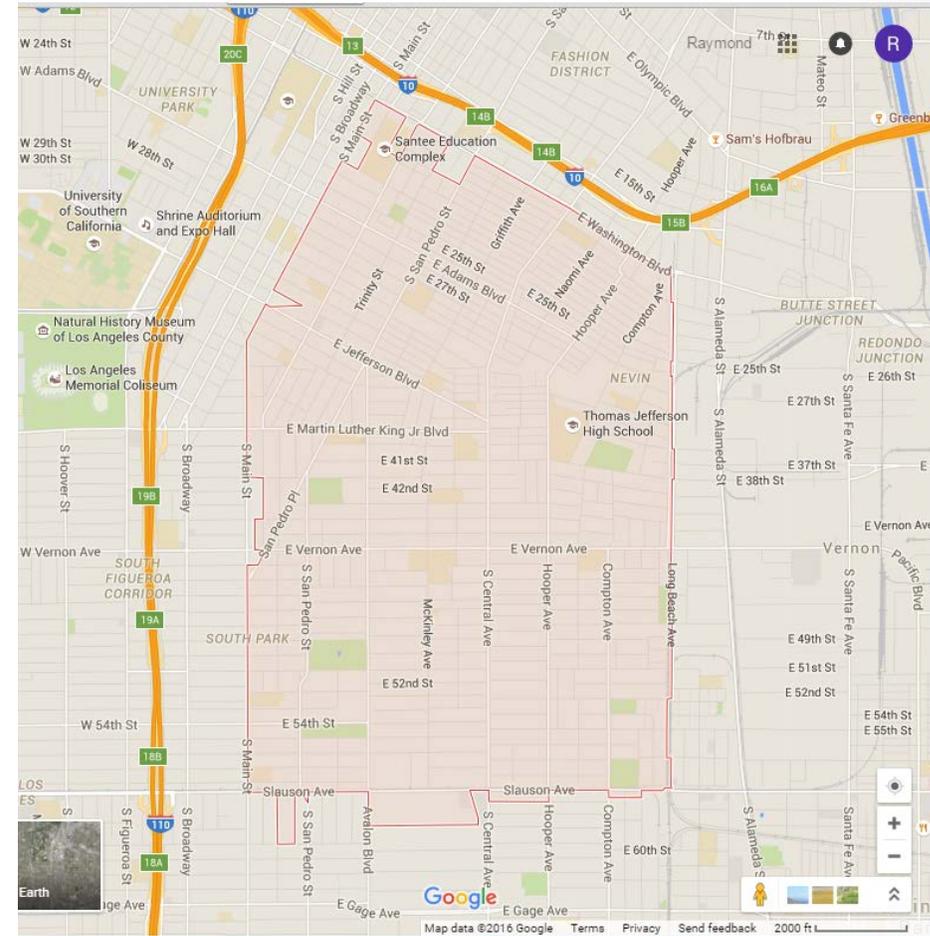


Engaging Youth as Catalysts for Change



Snapshot of South Los Angeles

- 17% of children are obese, with another 20% at risk of being overweight (one of the highest percentages in LAC).
- 82% of children who eat fast food at least once a week (one of the highest percentages in LAC).
- 11% of children consume 5 or more servings of fruits and vegetables a day (lowest percentage in LAC).



"UCLA Center for Health Policy Research." California Health Interview Survey. 2012. Web. 4 Jan. 2016.

Thomas Jefferson High School Health Data

- Population: 1,600 Students (3 schools)¹
- 87% eligible for Free or Reduced Meals¹
- 40% of students participate in the breakfast program.²
- 45% of students participate in the lunch program.²
- 43% of students report an average wait time of at least 10 mins to grab lunch.³

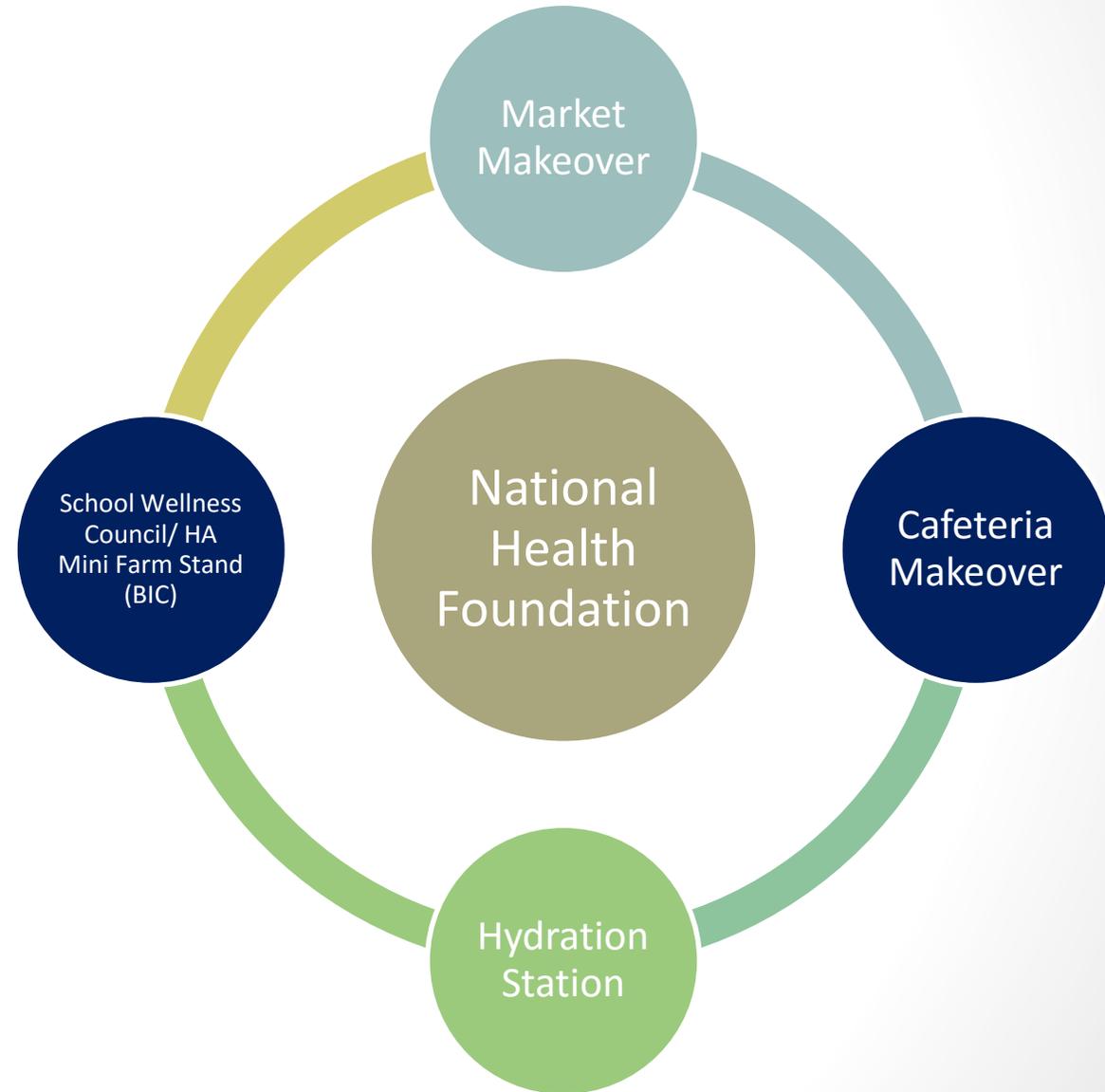


1. "GIS Viewer 2.0." GIS Viewer 2.0. California Department of Public Health. Web. 5 Jan. 2016.
2. Cafeteria Manager meeting with Health Academy. 2014
3. Health Academy: Legion of Health "Eating Habits Survey" 2014

Health Academy Projects

Youth Participatory Action Research

- Assess the environment
- Develop action plan
- Engage the community
- Gain stakeholder support
- Document public health outcomes



Veggies Over Everything

- Project: Cafeteria Makeover
 - Work with Cafeteria Manager to increase participation in the school lunch program.
- Tools used:
 - Smarter Lunchroom Movement
 - Peer-to-Peer Surveys
 - Participation Data
 - Inspiring Youth, Growing Change
- Partnerships
 - Cafeteria Manager
 - School Administration
 - Urban and Environmental Policy Institute





QUIT DRAKING

ABOUT CAFETERIA FOOD

CHOOSE YOUR MENU

MAY 29th	JUNE 1st	JUNE 2nd
FRIDAY	MONDAY	TUESDAY
INSIDE AND OUTSIDE THE CAFETERIA		
TELL LAUSD WHAT YOU WANT AND DON'T WANT FOR LUNCH		



Legion of Health

- Project: Mini Farm Stand
 - Work with LAUSD to increase breakfast participation and decrease food waste.
- Tools used:
 - Playing the Policy Game
 - Peer-to-Peer Surveys
 - Participation Data
- Partnerships
 - Cafeteria Manager
 - School Administration
 - Public Health Institute





Challenges and Future Plans

Challenges

- Instability with school administration
 - 4 principals in 3 years
- Youth Retention
 - Accommodating school schedules
- Navigating through the LAUSD landscape
 - Community and LAUSD meetings occur during school hours
- Travel
- Recognizing and respecting the challenges youth face by living in an under-resourced community

Future Plans

- **Veggies Over Everything**
 - Goal is reach 100% school lunch participation at JHS
 - Create a toolkit to duplicate the projects at more schools
 - Bring awareness on how competitive junk food sales negatively affect school lunch participation
- **Legion of Health**
 - Expand the Mini Farm Stand program to more schools
 - Present at LAUSD Board of Education of district-wide adoption

Thank You

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