



PUBLIC HEALTH IS WHERE YOU ARE!



PUBLIC HEALTH WEEK

April 4 - 8, 2022

DAY 2: Developing our Future Public Health Leaders Today

Live Stream on DPH Social Media Channels

Tuesday, April 5, 2022, 5:00 pm - 6:00 pm

Positive Youth Development

Positive Youth Development (PYD) is an evidence-based approach that incorporates the development of youth skills, opportunities and authentic relationships into programs, practices and policies that seek to impact them. Valuing youth as resources, this approach places youth at the center of identifying solutions to issues they face, rather than as problems to be fixed or recipients of adult decisions. Research demonstrates, programs that incorporate PYD approaches nurture individual protective factors that both increase successful transition into adulthood and positive outcomes, while decreasing problem behaviors. Additionally, many national agencies and initiatives are promoting PYD as an effective public health strategy to improve outcomes for youth, such as the Centers for Disease Control and Prevention, the Association of Maternal and Child Health Programs, the American Academy of Pediatrics, and it is also a recommended strategy for Healthy People 2030.

Los Angeles County Youth Advisory Council

The Los Angeles County Department of Public Health Youth Advisory Council (DPH YAC) is comprised of passionate young leaders from Los Angeles County who are dedicated to improving the health of their communities. The Council is part of the Department's Positive Youth Development Initiative that aims to promote positive outcomes for young people by providing opportunities that build on strengths and empower next-generation change-makers to voice their perspectives and reach their full potential.

Youth Advisor's Working in Action

Youth Advisors are experts in their own communities and have an inside perspective of how to best address it. With the support of their SPA Supervisor, the youth develop their own "passion project", or a fully developed strategy to address a public health issue. Youth Advisors are connected with the appropriate resources, tools, methods, and platform to execute their project. Some examples of the work they have executed are workshops for youth on tobacco, vaping, and substance use prevention and treatment, with an emphasis on humility towards young people who are struggling with their mental health.

The pandemic and isolation restrictions in place have uprooted essential social connections for young people to develop emotionally, mentally, and physically. As a response to the mental health crisis among young people, two Youth Advisors spoke on behalf of their peers in February 2022 to the LA Board of Supervisors Youth Commission to highlight the needs for adequate and multi-intersectional services within schools and community organizations.

Below are two testimonials from two of our past Youth Advisors at the end of their terms:

"One project that I participated in that I will always remember is when I spoke in front of the Los Angeles County Board of Supervisors. I spoke on an ordinance that I was in favor of. That day sparked a political interest in me. Then at a YAC meeting, I met [the DPH Board liaison], she has a JD and MPH. It turns out that she wrote the ordinance. Meeting her taught me that I can merge my interests together which are medicine, public health, and politics. I will always remember this task I did because it was the first time that I was booed upon my advocacy work by people who were against the favor."

"I believe what has been the most helpful for me is the hands-on public health work that I have taken part of in my community. All the outreaches, meetings, conferences, projects, and speeches I have worked on have truly exposed me to what public health is. My supervisors, youth advisors, and the ones in charge of the program have been a great foundation of support as well."

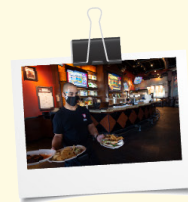
Recruitment Goals

As DPH YAC embarks on recruiting its 4th cohort in the 2022-23 year, the program remains committed to recruiting voices representative of the geographic and cultural diversity that defines Los Angeles County. With the challenges brought on by the COVID19 pandemic such as feelings of social isolation and a lack of physical and mental well-being, topics prioritized by the current YAC cohort include youth mental health, LGBTQ+ health issues, indigenous nutrition, reproductive health,





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substance abuse, vaping, and environmental justice. We are committed to:

1. Continuing to recruit a diverse group of Youth Advisors representative of LA County to serve on the 2022-23 Youth Advisory Council.
2. Identifying current Youth Advisors to serve as Senior Youth Advisors.
3. Continue to raise awareness of the Youth Advisory Council's work in order to serve as a resource for organizations seeking a youth perspective for the development of youth-friendly policies and services.

1. <https://www.cdc.gov/healthyouth/safe-supportive-environments/positive-youth-development.htm>
2. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health; Health Resources and Services Administration, Maternal and Child Health Bureau, Office of Adolescent Health; National Adolescent Health Information Center, University of California, San Francisco. Improving the Health of Adolescents & Young Adults: A Guide for States and Communities. Atlanta, GA: 2004.
3. <https://shop.aap.org/Reaching-Teens-2nd-Edition/>
4. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/adolescents>

