Youth Advisory Board

ARIZONA STATE UNIVERSITY Center for Health Promotion & Disease Prevention

Fall 2015 – Spring 2016
Community Engagement: YAB Report

Estela Barraza, Coordinator of Community Engagement
Tatiana Alvarado, Liaison of Community Engagement
Program Approach:

- The Youth Advisory Board was launched in January, 2016
- Members met biweekly to develop the necessary skills and training to serve as advisors to the Center for Health Promotion and Disease Prevention.

What is the YAB?

- The ASU Youth Advisory Board (YAB) is a scientific advisory, service-learning, and leadership development program where youth serve as advisors and ambassadors to the Center's faculty, mentees, and community partners. The mission of the YAB is to mobilize the next generation of scientist and community leaders.

YAB's Purpose:

- To develop a cadre of youth who can serve as advisors and ambassadors for the Center of Health Promotion and Disease Prevention and their community.

YAB Structure

- Internship Credentialing Volunteer Program
- 12 total sessions
  - Biweekly meetings
  - Length: 3 – 5 hours
- Each meeting has an Interactive educational topic, team building activities and health promotion development.
  - Educational topics range from: The scientific Method, Credible Sources and Ethics in Research to Leadership and Building Community Partnerships.
  - Faculty Professors and community partners serve as guest speakers for the educational lessons.
  - Team building activities include campus tours, community service at SVDP Community Garden and activities that promote communication and collaboration skills, problem solving, and bonding.
  - Main Task: The development of a health promotion project, provides youth with an opportunity to apply their knowledge gained from the interactive educational sessions and activities. Youth select a health topic of interest and design an “intervention” that will promote health in their community.
GET TO KNOW THE MEMBERS OF THE YAB:

Anjelica Miller  
Junior at Higley High School

I joined YAB because it gave me the experience to learn more about health and enhance my leadership skills. I joined because I wanted to learn about being healthy and making the right choices for our well being and being able to share my knowledge with others.

Other Extra Curricular Activities:
- Fashion Club, Secretary
- Yearbook Club, Vice-President & Copy-Editor
- International Club, Secretary
- Be A Leader Foundation
- Tennis, Varsity

She also spends time with the Chandler Center for The Arts as a Youth Advisory Council Alumni and likes to spend time with family watching movies.

Jared Balderas  
Freshman at North High School

I joined the center for health promotion and disease prevention Youth Advisory Board because I wanted to help the community by using science and to get an inside in the medicine field.

Other Extra Curricular Activities:
- Student Government
- Upward Bound

He also completed the ASU ELSC Lifestyle Intervention as a non enrolled participant (sibling of a participant) and enjoys playing sports and board games.

"Health Promotion: With the new knowledge we have learned as part of the YAB we can now share it and help others become more health conscious of their choices"  
- Anjelica Miller
Gabriella Cabrera  
**Junior at Westview High School**

I joined the youth advisory board because I wanted to better my community and I wanted to inspire change in the way they live their lives in regards to being healthy, both emotionally and physically. The idea that I could help my community through research really inspired me to join the board.

Other Extra Curricular Activities:
- National Honor Society, President
- Knight Marching Band, President & Brass Captain Vice
- Ladies Knight Golf Team, President
- AGUILA Youth Leadership Institute

She also likes to play the viola, keeping up with the political elections, and researching social issues.

Guadalupe Juan  
**Junior at Tempe High School**

I joined YAB because it would be a new experience for me. In a way it was involved with the medical field in where I want to take part of. To learn new things, to expand my social skills and to become a better leader. Also to help my community, to be involved more.

Other Extra Curricular Activities:
- Tempe St. Luke’s, Intern
- ASC Tutor, Tutored kids with Autism
- H.O.P.E Club, Vice President
- Chamber Orchestra
- ACE Program with Rio Salado College

She has also helped with Toy for Tots and likes to draw, sing, swim, hiking and rock climbing.

“Being in the YAB helped me become a better vice president for my club.”  
~ Guadalupe Juan
Jimmy Nuygen  
Junior at Dobson High School

I joined the YAB because it seemed like an outstanding opportunity to get experience outside of high school. This allowed me to get active in the community and develop original ideas to benefit Arizona.

Other Extra Curricular Activities:

- ACE Program with Rio Salado College
- Key Club, President
- NHS, President
- Tennis, Varsity

He also enjoys being involved in a variety of programs and is ranked first in his class.

Yessenia Rogelio  
8th Grade at Whittier Elementary School

I joined YAB I want to be something in the medical field and thought it would be fun because ASU is my dream school.

Other Extra Curricular Activities:

- Student Government
- Basketball and Volleyball

She has also volunteers in her school activities and enjoys spending time with her friends.

“The YAB impacted me by giving me the confidence in myself to be part of student government because it gave me the skills of leadership and also gave me an experience about ASU”

– Jared
Identifying members:

- In fall of 2015, an application process was established to recruit youth to the YAB. The recruitment process began in early October and ended in January. Application packages were sent out to college access programs, school administrators and teachers, and community partners.

- Applications were sent or delivered to the following:
  - AGUILA Youth Leadership Institute (Presentation was given to students)
  - Be a Leader Foundation (BALF) (Presentation was given to students and parents)
  - Achieve a College Education (ACE) Program in Maricopa County Community Colleges
    - STEM High School Programs
  - ASU Cesar Chavez Leadership Institute
  - 5 Local High Schools
  - School Career Day Fair at Whitener Middle School
  - Middle and high school administrators and teachers
  - ASU’s Nutrition Students who deliver programs for High school youth
  - St. Vincent De Paul Diabetes Clinic
  - ASU’s EOSS Programs
  - CHPDP Past Scientific Intervention: ASU ELSC past participants

- Applications Received: 11

- Youth, who had a completed application were given an opportunity for a follow up phone call interview

- From the youth interviewed 8 were selected to participate in the program.
  - Two students dropped after orientation day, due to schedule conflicts with work and school programs.
  - One additional student was recruited by a YAB member after the first meeting, however, due to low attendance and commitment, the recruited youth was dismissed from the program.

- A total of 6 youth who started the program, successfully completed the YAB Program on May, 24th 2016.
To evaluate the first year’s success of the YAB, it was measured by the following:

- **Attendance:**
  - Attendance was collected to measure participation and interest of the youth.
  - Reported reasons by youth for missing sessions:
    - School commitments, sports, school and community extra-curricular commitments.

- **Qualitative Data:**
  - Questionnaires after each session, mid-program survey and personal stories of growth and transformation at the end of the program.
  - Note: To gather greater qualitative data, a focus group post-program evaluation will be completed in July, 2016.

*The surveys were developed after session 4 to gain more qualitative measures for curriculum feasibility and youth’s enjoyment/experience in the program. A mid-program survey was assessed to evaluate past sessions.*

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<th>Session</th>
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**Program Average:** 79.4%
**SESSIONS 1-4** *(5 YOUTH)*

- **Rate level of participation in YAB:** (Scale 1-10)
  - 4, 5, 7, 7.5, 8
  - Average/mean: 6.3
  - Mean: 7
  - Range: 4

- If you selected 1-4 on the above level of participation would you like to participate more?
  - Yes (1)
  - N/A (4)

- What can we do to increase your level of participation on board?
  - More time with each other (4)
  - Have work outside of Saturday session (1)

- **Favorite session on program so far**
  - Leadership in Science and developing a hypothesis (3)
  - Reliable Sources Presentation and Identify Health topic (2)
  - Leadership (2 people as their second choice)

- **What did you enjoy most this session?**
  - Dr. Naney inspirational leadership speech (2)
  - Tours (2)
  - Interaction with each other (1)

- **Least favorite session and why**
  - Don’t have one (2)
  - Hypothesis was slow 1st session (1)
  - Scientific Method could have been read own time 1st session (1)
  - Reliable sources was already learned, 2nd session (1)

- **How can we improve on that session**
  - N/A (1)
  - More interaction (1)
  - Not to spend much time on hypothesis (1)
  - More activities and games 2nd session (1)
  - Review information that has not been presented in high school (1)

- **Is there a health topic you which to learn**
  - Cancer (2)
  - Obesity/diabetes (1)
  - Anything (1)
  - Drug addiction (1)
  - Asthma (1)
  - Gaining weight and muscle for ectomorphs (1)

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**SESSION 5** *(4 YOUTH)*

- **Ratings on this session**
  - 8,8,9,10
  - Mean/Average: 8.75
  - Median: 8.5
  - Range: 2

- **List 3 topics the YAB worked on Today (11 responses)**
  - Stress and sleep (4) “researching”
  - We are Connected (3)
  - Resume (1)
  - Choosing T-Shirts (1)
  - Taking Pictures (1)

- **What did you enjoy most this session**
  - Fun/silly but still able to work (1)
  - Shirts (1)
  - Pictures (2)
  - Activity (2)

- **What could we do to improve this session**
  - Good, don’t know (2)
  - More time with research (1)
  - More people (1)

- **How did you practice your leadership skills today**
  - Shared thoughts (4)
  - Democracy (1)

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“I enjoy being able to interact with different people within the program”
- YAB Member
### Sessions 6 (3 youth)

- **Ratings on this session**
  - 8, 10, 10
  - Mean/Average: 9.33
  - Median: 10
  - Range: 2

- **List three topics the YAB worked on today:**
  - Dr. Youngstedt’s presentation on sleep (3)
  - Determined final design for YAB shirts (2)
  - Worked on developing hypothesis (3)

- **What did you enjoy most from today’s session?**
  - Collaboration of ideas (hypothesis, schedule and shirts)
  - Presentation

- **What could we do to improve today’s session?**
  - Move outside of meeting room
  - Good meeting

- **How did you practice your leadership skills today?**
  - Communicating ideas or comments (3)

- **Additional comments**
  - Things to do for the YAB on weekdays.

### Sessions 7 (6 youth)

- **Ratings on this session**
  - 9, 10, 10, 10
  - Mean/Average: 9.75
  - Median: 10
  - Range: 1

- **List three topics the YAB worked on today:**
  - Volunteering
  - Respect for people
  - Justice
  - Responsible conduct of research
  - Hypothesis (3)
  - How to properly conduct research
  - Ethics in science research (2)
  - Rights that participants have
  - Questions on consent

- **What did you enjoy most from today’s session?**
  - Having conversation with Dr. Shaibi and Dr. Kim
  - Presentation (2)
  - Talking about the process of approving experiments and things scientists have to consider

- **What could we do to improve today’s session?**
  - Make it longer (4), extend the time to have conversation with presenters and for computer lab

- **How did you practice your leadership skills today?**
  - Asking questions (4)
  - Communicating ideas or comments (4)

- **Additional comments**
  - Chocolate Kind bars (4)
  - Longer sessions (2)
  - “like how you guys let us work on the experiment hypothesis, you guys didn’t take try to take over”
  - Awesome speaker
Rating’s for Session 8
- 10, 10, 10
- Mean: 10
- Median: 10
- Range: 0

Three topics the YAB worked on today
- Leadership
- 4 C’s/Community partners/internal communication (3)
- Importance and tips Cover letter and resume (3)

What did you enjoy most from today’s session
- Maria brought the point of how to be collaborative
- Loved Frank Garcia’s advice
- The 4 C’s and how to collaborate cover letters and resume

What could we do to improve the session
- Have a session on how to ask questions
- More time with presenters
- N/A thought it was great

How did you practice leadership skills
- Communicate and listen to others, sharing thoughts (2)
- By using crayons, helped us understand the importance of asking for help

Ratings for this session
- Average- 9.1
- Median- 9
- Range- 2

List three topics the YAB worked on today
- Volunteer Activities at St. Vincent de Paul community garden (4)
- Teamwork (2)
- Practiced leadership skills

What did you enjoy most from today’s session?
- Picking up trash
- Networking with people who ran the garden and how things worked (2)
- Looking at all the different plants
- Being able to help the community keep a clean garden (2).

What could we do to improve today’s session?
- Make directions clear for friends
- More time
- Better equipment
- Volunteer in the food bank

How did you practice your leadership skills today?
- Talking to the garden leaders to practice communication/networking
- Working together to achieve common goal (3)
- Following directions
- Volunteering/ helping the community

Additional Comments
- Enjoyed it, fun and new experience (3)
- Thanks for snacks
- We should volunteer more
SESSIONS 10 (6 YOUTH)

- Ratings for this session
  - Average: 9.8 - Median: 10 - Range: 1
- List 3 topics the YAB worked on today
  - Research (3) & Purpose/mission of YAB
  - Flyer (4) & Presentation (6)
  - Way to deliver information to the community
  - Information coming up (2)
- What did you enjoy most from today’s session?
  - Being able to work on the project
  - Working closely with other board members to reach a common goal
  - Making the flyer with my group because it was fun working in a smaller group
  - I liked how everything came together (PowerPoint and flyer) & Subway (3)
- What can we do to improve today’s session?
  - Make it more mandatory that people have their information done and shared on google drive & Nothing (4)
  - Have a rubric for presentation/flyer
  - How did you practice your leadership skills today?
  - By presenting and working on the elevator speech
  - We worked together and communicated to develop the elevator speech
  - Sharing my information, correcting my slides
- Additional comments
  - N/A (2) Yay!
  - Thank you for lunch, Getting lunch with the members was a great treat (3)

SESSION 11 (6 YOUTH)

- Ratings for this session
  - Average: 10 - Median: 10 - Range: 0
- List three topics the YAB worked on today
  - Practice presentation (3)
  - Elevator speech (3)
  - Flyer distribution (2)
- What did you enjoy most from today’s session?
  - Practicing and getting input for the presentation
  - Developing and how to improve on the elevator speech, how to prepare for individual slides
- What could we do to improve today’s session?
  - Nothing (2)
  - Have a layout of the PowerPoint
- How did you practice your leadership skills today?
  - By presenting and working on the elevator speech
  - We worked together and communicated to develop the elevator speech
  - Sharing my information, correcting my slides
- Additional comments
  - Comment on the email where the session will be held at
• Introduce youth to the Center’s mission, faculty and YAB’s Purpose and mission.

• Youth will be able to meet and connect with each other by participating in an introductory icebreaker activity.

• Youth will learn what the scientific method is and how to apply it when creating solutions for health promotion and disease prevention problems.

• Youth will be able to experience the scientific laboratory environment by participating in a lab tour.

Youth will learn how to implement the scientific method in a health topic of their choice.

The youth will be able to distinguish between credible sources and not so good sources to use when gathering information.

The youth will identify a health topic to apply the steps of the scientific method.
Youth will be able to reflect on the six characteristics of personal leadership practices and recognize their impact and influence in their family and community.

Youth will develop methods and frameworks for building leadership and goal setting skills.

Youth will learn about each others leadership strengths and weaknesses to effectively work as a group to accomplish a common goal.

Youth will identify the steps to implement leadership skills into a research project by performing literature searches.

Youth will utilize and put into practice each team members talents and skills to advance collaborative projects.

Youth will develop strategies for self-assessment and team evaluation by participating in interactive team building activities.

Youth will be able to solve problems and move on from disagreements by participating in conceptual mapping activities.

Youth will learn about sleep research by engaging in an interactive presentation with sleep researcher.

Youth will be able to assess their sleep patterns by completing a sleep survey.

Youth will be able to determine a hypothesis by engaging as a group in a conceptual mapping activity.

Youth will be able to perform literature searches for their project.

Guest Speakers:
- Dr. Jose Nanez, President’s Professor & EOSS Director
- CHPDP Staff
- Dr. Youngstedt, ASU Faculty

The 6 Traits of Leadership

Literature Search and Leadership Building Activities

The impact of sleep on the health of youth.

Guest Speakers:
Introduce youth to responsible conduct in research.

Youth will learn how to follow the key principles of the Belmont report for ethical research in human participant.

Youth will have the opportunity to put into practice their leadership skills and YAB knowledge to provide advise to faculty during a case study activity.

Youth will learn how to follow the steps to get IRB approval to conduct human subjects research.

Youth will learn about the create a resume by developing their own during the session.

Youth will learn how to evaluate career options, acquiring internships and building relationships with peers.

Youth will identify leadership and personal qualities in their friends who could provide opportunities for collaboration.

Youth will learn when and how it is appropriate to ask for help from friends.

Youth will develop leadership skills by actively participating in a community service activity.

Youth will develop community connections by networking with community garden staff and volunteers.

Youth will put into practice their health promotion education by cleaning the community garden.

Guest Speakers:
- Dr. Kimberly Arcoleo
  The Ohio State University
- Dr. Shaibi

Guest Speakers:
- Maria Silva, SVDP
- Frank Gracia, ASU
- Students, ASU

Guest Speakers:
- CHPDP Staff
- Youth’s friends
Final Project Presentation and Certificates of Completion

Retreat Day: Final Project presentation design and development

Guest Speakers:
• CHPDP Staff

Final Project Presentation Practice

Guest Speakers:
• CHPDP Staff

Audience:
• ASU Faculty
• Student’s Family
• CHPDP Staff
Youth Advisory Board Guides ASU Research Center to Promote Health

Six youth from around the Valley have been selected to serve on the Center for Health Promotion and Disease Prevention (CHPDP) Youth Advisory Board (YAB). As a scientific advisory, service-learning, and leadership-development program, the YAB members serve as advisors and ambassadors to the

*The YAB was featured in the Center’s webpage.*
HEALTH PROMOTION PROJECT FLYER:

Did you Know?

Did you Know? Youth who get the recommended amount of sleep at night cope with stress better and are physically and emotionally healthier.

4 areas of your health that sleep & stress can impact:

Academic Performance: Lack of Sleep = Lack of Performance!
- Losing sleep can decrease motivation & focus on tasks that require attention like reading or studying.
- Not enough sleep decreases the activation of the front part of the brain that is responsible for setting goals and being able to accomplish them.
- Need an A’? ... Get 8-10 hours of sleep per night!

Physical Activity: A Good Workout = More Sleep & a Positive Mindset!
- Reduces fatigue and improves alertness and concentration.
- Getting at least 160 minutes of exercise/physical activity (walking to school or playing sports) a week significantly improves sleep quality.
- Youth who are more active report better mental health than those who are less active.

Nutrition: Eat Lightly Before Bed!
- Make sleep quality better: Eat vegetables that contain magnesium like dark leafy greens and avocados.
- Foods like turkey or pumpkin seeds promote a protein component that promotes sleep by increasing serotonin and melatonin (chemicals that promote sleep).
- Going to sleep and waking late can lead to weight gain and obesity, especially if eating after 8 p.m.

Self-Esteem/Emotional Wellbeing: Keep Calm & Catch Zzzz’s
- Negative emotions, depression, or anxiety can make it harder to sleep.
- Not enough sleep negatively impacts overall well-being.
- Lack of sleep can lower your ability to control your emotional responses.
- Be Happy! You’ll Sleep Better ... You’ll Feel Better!

Created by: The Youth Advisory Board to The Center for Health Promotion and Disease Prevention at the ASU College of Nursing and Health Innovation.

Interested in learning more? Visit: chdpd.asu.edu
EXPENSE REPORT:

EXPENSES: $694.79

- Meeting Meals 17%
- Shirts 38%
- Incentives + Celebration Dinner 44%
- Transportation 1%
TOP ACHIEVEMENTS OF THE YAB!!!

- Established a YAB Program Curriculum
- Maintained a feasible program attendance percentage (79.4%)
- Collaborated with community organizations, ASU Faculty and ASU departments.
  - ASU: CONHI, EOSS and SDFC Downtown
  - Community/Business: SVDP & KIND Snacks
  - Faculty:
    - ASU: Dr. Shawn Youngstedt, Dr. Jose Nanez, and Dr. Castro
    - The Ohio State University: Dr. Arcoleo
- Youth successfully developed and distributed a health promotion flyer to youth. (final Project)
  - Title: 4 areas of youth health that sleep and stress can impact
  - Distributed: Youth’s school (2), & ASU SIRC Science in the City Summer Program
- Youth successfully developed and presented a health promotion presentation (final Project)
  - Attendees: CHPDP Director, CHPDP Staff, ASU’s faculty, and youth’s family.
- Successfully met the YAB’s mission and achieved the YAB’s purpose statement assessed by the testimonials of the youth.
May 26, 2016

Dr. Gabriel Shaibi, Director  
Estela Barraza, Coordinator of Community Engagement  
Tatianna Alvarado, Research Center Community Liaison  
ASU Center for Health Promotion & Disease Prevention

Dear Dr. Shaibi, Estela, and Tatianna,

I am writing to you to express my appreciation for the opportunity to be part of the first ASU Youth Advisory Board.

The positive impact of being on the ASU YAB was a valuable experience. I am most grateful because many high school students do not get this opportunity.

Being on the campus, the tour, interacting with Estela and Tatianna while watching and learning under their leadership was a lesson in itself. There were challenges and success while their guidance kept us on track and helped us unite as a team. I picked up skills in leadership by observing what they did and how they did it.

This program and their leadership was a firsthand experience with being involved in a professional setting at a higher level than we experience in high school.

I understand more about the power and influence ASU has as a university, such as having access to well-known speakers and other resources you made available to us. It was impressive and eye opening as I thought about it.

Can a flyer make a difference? Yes, the flyer used in our community outreach caught the attention of my high school administration, staff, and students. It was finals week so the timing was perfect! It created conversations and some joking—about not getting sleep, also awareness about The Center at ASU.

Feedback 1—would be perhaps a short video about The Center, what is does, and why high school students may want to be involved. Give this to the schools to play with morning announcements.

Feedback 2—many high schools have welcome back to school, our school has local community colleges present, I suggest a table with ASU HPDP School of Nursing etc. attend these to help students be more aware of all you offer, and to promote the YAB.

As you build on the foundation of the Youth Advisory Board please know it was a highly positive experience for me, and I want to say "Thank You" for the opportunity.

May it grow into lasting value to ASU, the students, and community!

Sincerely,

Anjelica Miller
PLANS FOR SUSTAINABILITY & FUTURE GOALS:

YAB Program Structure:
- Establish YAB Advising to Faculty - structure and guidelines.
- Establish YAB’s structure
  - Follow up Program Training structure and guidelines.
- Increase the amount of participants to 10-15 youth
- Increase the Faculty participation and interaction/mentorship with youth.
- Decrease the number of YAB sessions and extend time
  - (Every 3-4 weeks for 5-6 hours)
- Current YAB members become mentors to future YAB members
  - YAB members who have completed the program training attend Center’s faculty meetings.
- Increase Youth’s Exposure to ASU events and presentations

YAB Members
- YAB members Work with the YAB coordinator
  - Advise faculty
  - Facilitate meetings
  - Coordinate events and health promotion projects
- Youth Board Committees
  - Youth choose a subcommittee and carry out designated activities
  - YAB members who completed the program training become the committee directors.
    - Lead decision-making in regards to project content and project implementation
  - Identify a community project and carry out the tasks needed to complete it

Recruitment and Visibility:
- Recruit new members to join by partnering with school teachers and staff.
  - Current YAB members assist with recruitment and selection of new members.
- Establish Social Media presence
  - Launch health promotion campaigns for youth

Evaluation
- Establish a qualitative evaluation plan for the program
- Revise curriculum
- Revise qualitative evaluation tools/surveys
  - Develop focus group structure