

# ABOUT HEALTHY YOUNG PEOPLE EMPOWERMENT

Healthy Young People Empowerment (HYPE) is a youth leadership program that trains youth to be advocates for health in their community.



## WHAT DOES HYPE DO?

HYPE focuses on improving physical activity and healthy eating through policy, systems, and environmental (PSE) change projects. Youth are encouraged to use the skills they learn to become lifelong advocates for their community.

## FOCUS AREAS

- Leadership development
- Health advocacy
- Obesity prevention
- Community stewardship
- Youth-adult partnerships
- Youth voice
- Health equity
- PSE change

## ACTIVITIES INCLUDE

- Assessing community needs
- Advocating for change
- Communicating with local leaders
- Organizing community cleanups
- Hosting Play Streets events
- Improving the local food system
- Conducting park audits and walk audits
- Building leadership skills
- Finding creative solutions to address barriers to health in their communities



Photo by D. Jones Visuals



**FOR MORE INFORMATION**  
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