




**SALSA**  
Students influencing Change:  
#StudentsAsLifeStyleActivists

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**Investment in Students' Health and Wellbeing:  
Benefits across the lifespan**

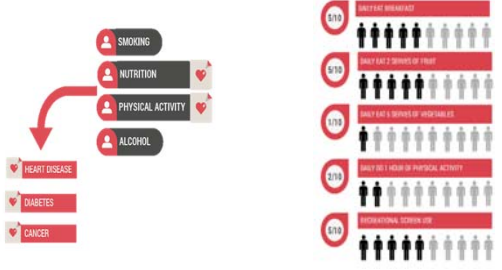


Conceptual framework for defining health needs and actions in adolescents and young adults  
Our Future, A Local Commission on Adolescent Health and Wellbeing, May 2016

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**Non Communicable Diseases and their associated risk factors**

Huge health, economic and social burden, contributing to more than 68% of deaths worldwide.




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**Aims of the SALSA Program**

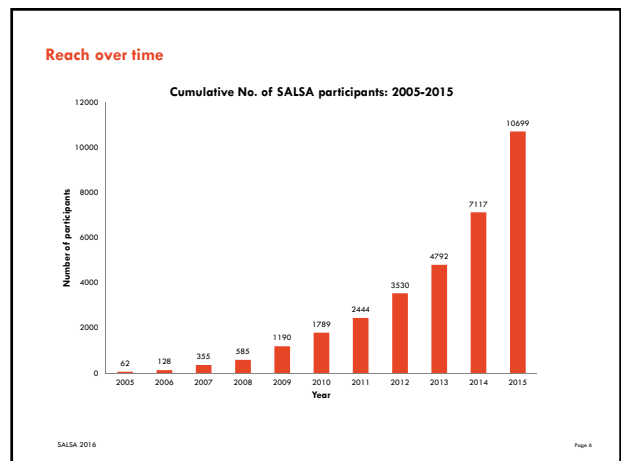
-  Increase fruit intake
-  Increase vegetable intake
-  Increase physical activity
-  Increase breakfast eating frequency
-  Reduce recreational screen time
-  Reduce sugar sweetened beverage intake

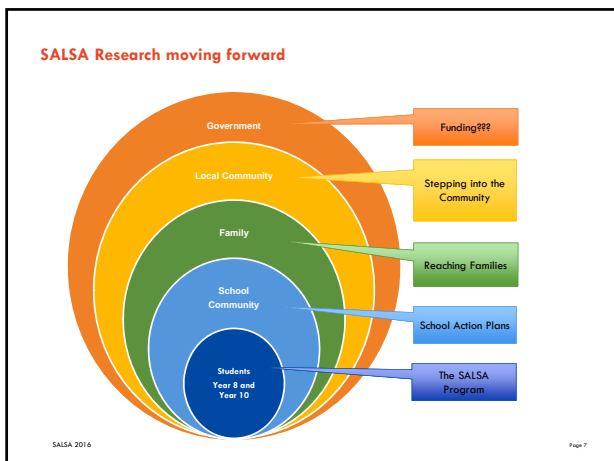
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**The SALSA Program**



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## Being the Student

There is more to being healthy than just eating good foods and exercising; it is about balance.

- ★ Try your best in everything you do no matter what it is!
- ★ Get involved in as much as you can!
- ★ Encourage others to get involved!
- ★ Everyone needs a little help!

## When the Student becomes the Teacher

- ★ Teaching is fun!
- ★ Teaching is rewarding!
- ★ Teaching someone else helps to teach yourself!
- ★ You never stop learning!

The SALSA program has made me more aware of the things I can do to make myself a happier, healthier me and if I can assist in making another person feel like a happier, healthier version of them self, then everybody else can too with the help of this program and the opportunities it creates.

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