

Youth Healthy Living Advocacy

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Nov 4, 2024

3 min read

Updated:

Dec 3, 2024

Since Summer 2022, AYLUS Pearland's sponsor, the Light and Salt Association (LSA), has been conducting a week-long summer program to educate youth on critical health topics, including cancer, hepatitis, nutrition, and youth advocacy for healthy living. This initiative provides youth with essential knowledge on cancer types and prevention strategies, hepatitis awareness and testing, the NIH All of Us research program, nutrition, and ways for youth to promote healthy lifestyles, with an emphasis on inclusive engagement with individuals with special needs.

Through a blend of comprehensive training and hands-on practice, the program allows participants to gain real-world experience at LSA's charity clinic and special needs care center. Over the past three summers, more than 30 AYLUS Pearland members have taken part, acquiring valuable knowledge in healthy living, disease prevention, and testing, alongside practical skills. These trained volunteers have actively supported LSA's health fairs, working alongside healthcare professionals to conduct screenings, educate the public, and advocate for healthier lifestyle choices.

In 2023, building on these experiences, AYLUS Pearland officer Aila Jiang

introduced a pilot event, the "Healthy Living Fest," at Ed White Elementary School, where AYLUS Pearland also conducts tutoring. Located in a predominantly Hispanic, low-income community, Ed White Elementary served as an ideal venue to engage families in health education and screenings. To enhance their outreach, youth volunteers prepared by learning and practicing Spanish medical terms, enabling them to communicate effectively with attendees.

The Healthy Living Fest was structured as a family-centered event. LSA provided parents with health screenings—including blood pressure, blood sugar, hepatitis B/C, FIT testing, and information on the All of Us program—with the support of youth volunteers. Meanwhile, hundreds of children participated in interactive educational stations, where volunteers led sessions on MyPlate, diabetes awareness, dental hygiene, and emotional health. The event also featured physical activities such as Chinese yo-yo and Kung Fu demonstrations, as well as fun

activities like balloon twisting, face painting, and temporary tattoos. Volunteers dressed up as fruits and vegetables to add a playful element to the event. As they exited, participants received cotton candy, plants, and school supplies.

Since April 2023, AYLUS Pearland, in partnership with Ed White Elementary, LSA, local pediatricians, dentists, and other youth organizations, has hosted five Healthy Living Fests, benefiting hundreds of children and parents.

This program is crafted for youth passionate about healthcare and health equity advocacy, equipping them with valuable training and hands-on experience in health education, patient interaction, and community outreach.

LSA Summer Program –

Thomas Liang

and

William Sun

Practicing Blood Draw Techniques for Hepatitis Testing

LSA Summer Program –

Bella Mao

,

Jerry Mao

, and

Yushan Qiu

Creating Nutrition Awareness Posters

LSA Community Health Fair –

Edwin Gao

Assisting Visitors with Form Completion

LSA Community Health Fair –

Alexander Sun

and

William Sun

Promoting the

All of Us

Research Program

Healthy Living Fest – LSA's Health Screening Station

Healthy Living Fest –

Jiaqi Ren

Teaching Nutrition to Elementary School Students

Healthy Living Fest –

Aila Jiang

Promoting Healthy Eating with MyPlate

Healthy Living Fest –

Zoey Dou

and

Yanqiao Huang

Raising Emotional Health Awareness Among School Kids

Healthy Living Fest – DeBaKey High School Volunteers Teaching Dental Hygiene

Healthy Living Fest – Encouraging Physical Fitness

Healthy Living Fest – Fun Activities at the Festival

Healthy Living Fest – The Cotton Candy Team:

Brendon Jiang

,

Allen Gu

,

Jerry Mao

, and

Ian Chiang

Healthy Living Fest - Balloon Twisting Station

Successful Teamwork - AYLUS, Hummingbird Community Outreach, LSA, Agape Dental, and DeBaKey High School Joining Forces

Tags:

Health Future

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