



The Youth Alliance for a Healthier Alaska (YAHA) is a group of 10 diverse and energetic teens ages 14-19 from across Alaska. We are interested in health and enthusiastic about shaping how our state responds to youth issues. Since 2009, YAHA has advised the Adolescent Health Program and other community partners in Alaska. We also design and implement interventions aimed to improve the lives of adolescents in Alaska.

In 2018-2019 Session, YAHA supported students in Unalaska, Palmer, Chefnak, Ketchikan, Juneau and Anchorage in developing projects that address e-cigarette use among teens, substance abuse and mental health, healthy relationships, sexual health, and violence prevention. In addition to community action projects during the 2017-2018 Session, YAHA also worked with the following YSA's:

- Be [YOU] Campaign continuation feedback
- A Public Health Nurse elected to have YAHA members evaluate their phone-side manner
- Nemours Health Literacy Curriculum review, adaptation for Alaska
- Municipality of Anchorage's H.E.A.R.T. sexual health and healthy relationships curriculum
- The Youth Empowerment Party: provided feedback on the content, logo and event branding

A summary of the current community action project events that are in process are listed below:

Member and Project Name- Vera, Anchorage. E-cigs and your health

Target: HS teens

Project Idea: provide fact-based, medically accurate information to teens about vaping and resources to help them quit.

Community Organization: East High School

Member and Project Name - Karri, Ketchikan. Substance Abuse and Mental Health

Target: Community Wide

Project Idea: Promote a city wide event addressing mental health and substance abuse issues in conjunction with Red Recovery Month.

Community Organization: Ketchikan Wellness

Member and Project Name - Dina, Anchorage. Substance Abuse

Target: Homeroom HS students Project Idea: Discussion in classrooms Community Organization: TBD

Member and Project Name - Noon, Anchorage. Healthy Relationships.

Target: HS Students Project Idea: Classroom discussion Community Organization: TBD

We are currently recruiting for the 11th year of youth voice in Public Health. Please visit our website to download the 2019-2020 application or submit online at www.surveymonkey.com/r/apply4yaha. We have three returning members dedicated to improving the health of Alaskans. Representation will include youth from Anchorage, Juneau and Palmer. For more information and suggestions for future engagements, please contact:

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