**Students As Lifestyle Activists 2014**

**SALSA** (Students As Lifestyle Activists) is unique peer educational program for high school students to increase physical activity and improve nutritional intake\(^1\). **SALSA** is a partnership project with Rooty Hill High School, the Mt Druitt Medical Practitioner’s Association, Sydney University and Western Sydney Local Health District.

The SALSA program:
- Improves diet by increasing fruit and vegetable intake
- Increases physical activity
- Decreases time spent in sedentary behaviours e.g. screen viewing

**Step 1**: SALSA Educators (university students) train volunteer Year 10 students to be SALSA Peer Leaders for the program, during a one-day workshop. The peer leaders learn about nutrition and physical activity and acquire skills in group facilitation and leadership.

**Step 2**: Peer leaders deliver four lessons to Year 8 students using the peer leader’s manual as a guide. Students learn about nutrition and physical activity through videos, games and activities and are guided by the Peer Leaders to critically analyse the barriers to living a healthy lifestyle.

**Step 3**: Wider dissemination of healthy lifestyle information occurs when students from the Year 8 classes develop a personal goal and a community action plan.

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**References**


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For further information please contact Clinical A/Prof Smita Shah on 02 9845 6505 or smita.shah@health.nsw.gov.au
Facebook: [www.facebook.com/StudentsAsLifestyleActivists](http://www.facebook.com/StudentsAsLifestyleActivists)
Instagram: @studentsaslifestyleactivists