

Our Vision

Every Youth a Health Advocate

The engagement of youths in the design, organisation and implementation of health promotion approaches is recognised as a strategic move¹ in the realm of health promotion as it is believed that youth advocacy interventions allow them to play an active role in addressing concerns unique to themselves².

Introduction to YAH

The Youth Advolition for Health (YAH) Programme was thus launched in September 2005. The word “advolition” is coined from the words “advocate” and “revolution”. Through this programme, youths are encouraged to take on an active role in promoting health among the young. They will be given the opportunity to assume the role of health “**advocates**” and to develop “**revolutionary**” and creative ideas in promoting health.

This programme is similar to peer advocacy programmes in countries such as USA, Taiwan, Thailand and Malaysia. It will be fully driven by youths and it seeks to leverage on the influence of peer-led projects to bring about positive changes in the health behaviours of the young.

Topics for YAH Projects

Youths can promote various aspects of health which include:

(1) Leading a smoke-free lifestyle

(2) Alcohol education

- awareness on the harmful effects of binge drinking

(3) Mental wellness

- stress management
- confidence & self esteem & resilience
- cyber wellness

(4) STIs/HIV

- awareness and prevention
- reduce stigma and discrimination

(5) Healthy eating

- 2 servings of fruits + 2 servings of vegetables daily
- Less salt, less sugar, less fat

¹ Dunn, C.L., Pirie, P.L., Oakes, M. (2004) 'Outcomes of a Statewide Anti-Tobacco Industry Youth Organising Movement' *The Science of Health Promotion*. vol. 19(1): 3-11

² Winkleby, M.A., Feighery, E., Dunn, M., Kole, S., Ahn, D., Killen, J.D. (2004) 'Effects of an Advocacy Intervention to Reduce Smoking Among Teenagers,' *Archives of Pediatric Adolescence Medicine*. vol. 158: 269-275

(6) Regular physical activity (with specific focus on people with sedentary lifestyle)

- Guideline for youth aged 18 and below:
 - “Exercise 60 mins at least 5 days a week”
- Guideline for youth aged 18 and above:
 - “Exercise 30 mins at least 5 days a week”

Application Procedures

Youths interested in organising health advocacy initiatives are to submit their proposals to HPB. Proposals are accepted throughout the year. These projects can either be school- or community-based projects. The proposals should include the following information:

- (1) Title of Project
- (2) Summary Description of the Project and Target Audience
- (3) Evidence of need/motivation for the Project
- (4) Project Objectives
- (5) How the Project will be Developed/Implemented
- (6) Timeline for the Project
- (7) Expected Budget
- (8) Evaluation Plan
- (9) Contact Details of all Team Members (e.g. name, contact number(s) and email addresses)

Terms and Conditions

Projects submitted for funding requests must

- (1) display its ability to empower, enrich or equip the target audience with knowledge of, skills and strategies to adopt a healthy lifestyle.
- (2) have clear objectives and be evaluated
- (3) meet the needs of your fellow youths
- (4) Be creative, fun and unique
- (5) Be presented by the group at the annual Youth Symposium or other YAH/HPB events if shortlisted.

Grant applicants must ensure the safety of all involved during the implementation of their programme. HPB will not be held responsible for any loss, expense, costs, damage, accidents or deaths that may be suffered, incurred or sustained by the grant applicants during the course of this programme.

Funding and Other Resources

- (1) Upon acceptance of proposal, funding will be awarded on an 'in-principle' basis.
- (2) Each approved project may be funded up to S\$ 1,000. Other sources of funding may be obtained upon approval from HPB if the project budget exceeds S\$ 1,000.
- (3) Project funding covers logistical requirements (such as printing of banner, posters, flyers, and stationery), prizes (such as vouchers from bookstores, sports stores, Healthier Dining restaurants, movie tickets – capped at 30% of total approved budget) and any other items as approved by HPB.

Note: Project funding does not cover cash prizes.

- (4) Food items must carry the Healthier Choice Symbol (HCS) and caterers should be those under HPB's Healthier Catering Programme. Project funding will not cover those food items or catering that have not been endorsed by HPB.
- (5) Actual funds will be disbursed at the end of the project, based on actual expenses and satisfactory completion of project.
- (6) HPB will support the group with a facilitator for consultation and to assist with other project requirements such as print materials, AV resources or exhibition panels. Requests should be voiced to the facilitator at least 2 weeks before the actual event for processing.
- (7) All claims have to be filed at the HPB office within one month after the conclusion of the project. Receipts received after one month will not be processed for reimbursement.
- (8) Applicants are not eligible to apply for YAH funding if they have secured:
 - Alternative HPB funding source; or
 - Funding source that conflicts with HPB's interest.

Upon Approval

- (1) All publicity materials must be approved by HPB prior to printing.
- (2) YAH may decide on the incorporation of its logo in the publicity materials.
- (3) The copyright of all materials produced for the project will belong to HPB.

Upon Completion of Project

(1) Post Project Evaluation

Project teams should provide a detailed report to HPB after the project to share about the effectiveness of the project and the learning points from conducting the project. The report should include the following components:

- a. Title of Project
- b. School (if applicable)
- c. Names and email addresses of team leader, all project members and teacher mentor (if applicable)
- d. Summary of project
- e. Objectives of project
- f. Project implementation
- g. Evaluation of project
 - Were the objectives met? Provide statistical data from feedback/survey conducted
 - Was the project successful? Why?
 - What are some areas for improvement?
 - What were some of the lessons learnt while developing and implementing the project?
- h. Photographs of the project (both hard and soft copies)
- j. Original receipts or invoices
(pasted on A4 paper and items clearly indicated)
- k. Statement of accounts (i.e. record of expenses and income)

(2) Blog entry on YAH.sg website

One member of the team (preferably the team leader), will be required to sign up as a member on the YAH website (www.yah.sg) and post a blog entry about his/her personal account of the project/event. The soft copy of the blog entry to be submitted to projects@exco.yah.sg within 2 weeks after the project is completed.

Any excess items (such as poster, flyers, other printed materials, tokens, etc) have to be returned to HPB at the end of the project.

Contact details

Proposals for funding evaluation and queries should be forwarded to:
projects@exco.yah.sg

General enquiries can be forwarded to info@yah.sg or call 6435 3254