

# Youth-Led Participatory Action Research



## What is YPAR?

Youth-led Participatory Action Research (YPAR) is an innovative approach to positive youth and community development based in social justice principles in which young people are trained to conduct assessments, research their communities, and advocate for changes to improve their lives.

Engaging youth using the YPAR framework is a public health approach to address nutrition, obesity related illnesses and other public health issues. YPAR projects seek to strengthen youth voice, build relationships between peers, adults, and community stakeholders, as well as increase youth participation in affecting community change. Successful YPAR projects are flexible and adaptable to the needs of young people; recruit youth with diverse life experience and cultural backgrounds. YPAR projects have documented changes in knowledge, attitudes, and skills of youth participants, as well as healthy changes in schools, community-based organizations, and built environments.

The YPAR framework leads a group of young people through the following steps:

1. Identify an issue of greatest interest and relevance to the youth team.
2. Define what is known about the issue.
3. Identify what additional information and research is needed to understand the issue.
4. Determine the methods and approach the youth team will utilize to collect information.
5. Use the information for education, strategic action, and community change.



## Supporting YPAR

The Center for Wellness and Nutrition (CWN) trains and provides technical assistance to organizations to work with youth and conduct YPAR projects. These projects increase youth leadership skills around, critical thinking, problem-solving, service learning, and strategic-thinking. These young people engage in health equity issues that affect their communities, ultimately resulting in tangible community change.

Look for the “Inspiring Youth” report series of successes and lessons learned. These resources highlight YPAR projects supporting youth voice for healthy community change in California Since 2006. Access these reports online at:

<http://centerforwellnessandnutrition.org/YPAR>

## Lets Work Together

We work closely with health departments, community organizations and private industry to change communities where poor diet, physical inactivity and obesity are the norm due to limited access to healthy foods and safe places to be active.

We can help you develop and deliver effective, innovative programs that improve people’s lives through healthy eating and physical activity. We have extensive experience working with low resource populations and our staff are leaders in the field of SNAP-Ed evaluation.

Call or e-mail us to learn more about how the Center for Wellness and Nutrition can help you make health accessible to all.

Center for  
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