

Youth Advocacy

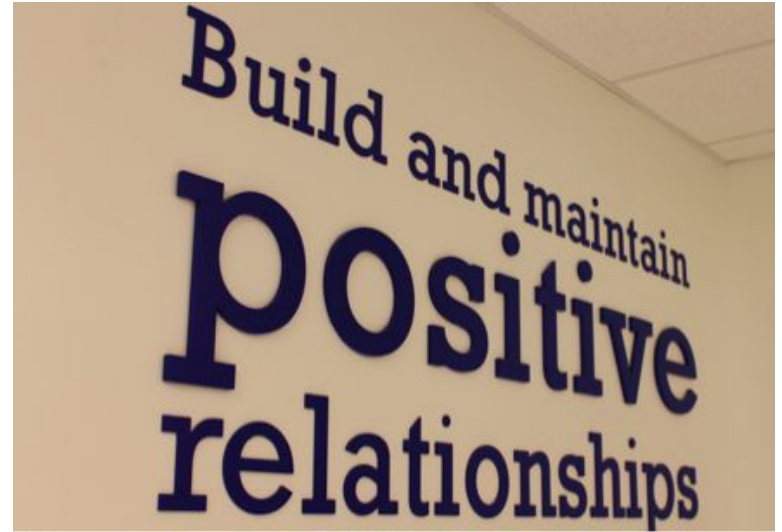
Joyce Chen

*Southern Obesity Summit
November 16, 2015*

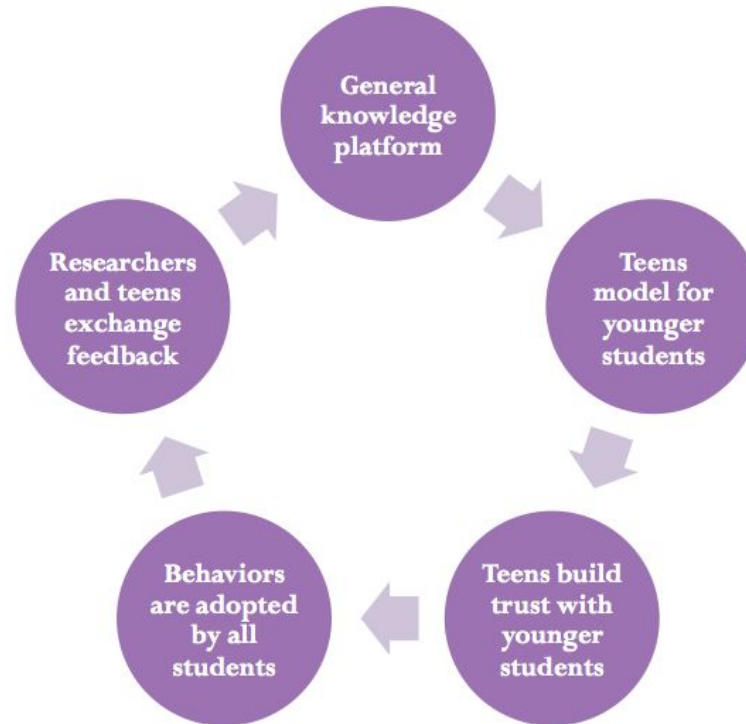


Benefits

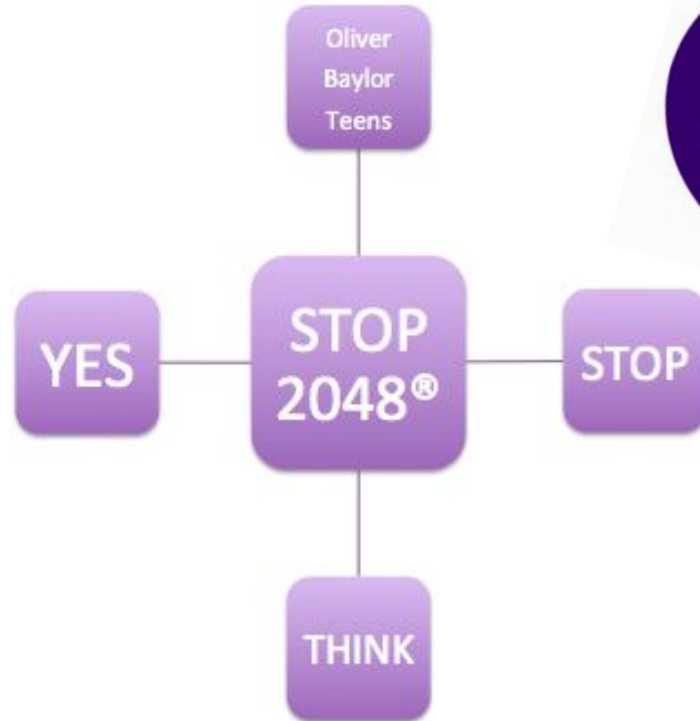
- Peers have been shown to impact health behaviors by providing social support, which may act as a buffer to social stress related to obesity (Vander Wal. *Econ Hum Biol.* 2012).
- Social support by peers has also been associated with improved quality of life for obese adolescents (Ingerski et al. *J Pediatr Psychol.* 2007).



Peer Mentoring



Trust and Feedback



Joyce's Story

YEAH![®]
YOUTH EXCITED ABOUT HEALTH



Questions?

