



About the Yhunger program...



Train the trainer model to build youth services capacity in policies & practices for **food security, nutrition** and **physical activity**

Designed specifically for

1. **young people**, 12-25 years old, at risk/experiencing homelessness,
2. **youth workers** in homelessness services, drop in/youth centres, youth health , alternative education , OOHC, disability services, mental health

Yhunger kit & 1 day training workshop with **SWSLHD & Yfoundations**

Over the years, the program has been supported by various funding/grants

Small grants & support for workshop participants (SESLHD, NSLHD and SLHD)



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“You have to **eat to survive** and sometimes you have to **fight to survive**”

- 70% respondents food insecure; 40% very food insecure
- 88% of young people in independent living were food insecure
- 68% living in supported accommodation were food insecure
- These food insecurity rates are 10 x more than the Australian population (5.2%)

***“I think it’s good to be **independent**,
cause it gives you **confidence in life** to be able to **move on**.
To be able to face the world and **not be afraid** of it.
To go on and do what you want”***

Crawford et al (2014) *Health Promotion J Aust* <http://dx.doi.org/10.1071/HE13090>

Crawford et al (2015) *Aust NZ J Public Health*: 39(4): 350-354

Crawford et al (2012) *Youth Studies Australia*: 31 (4); 55-63



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Pizza box of fact sheets, activities, policy guides & easy recipes



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This game is
making me
yhungry



Training workshops (2015-2016)

- 12 one day workshops across Metro Sydney over 6 months, after piloting in Northern NSW
 - ⇒ The workshops reached **180 youth workers from 120 services**
 - ⇒ Potential reach of **10,000 marginalised young people**
- 98% of respondents would recommend the Yhunger training to colleagues



... *“Well done, an amazing program, well thought out and an incredible amount of knowledge shared”*

... *“Thank you so much, I have learnt a lot and sparked ideas on how I can work to improve program delivery”*



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