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| **A youth empowerment approach to understanding and addressing health inequalities: Participate, engage, and be inspired** |
| **Objectives*** To learn about the framework of the Pasifika Prediabetes Youth Empowerment Programme (PPYEP), a programme designed to develop Pasifika youth as catalysts to mobilize their communities to address prediabetes.
* For attendees to experience and understand our unique and engaging style of empowerment programming
* To discuss how a youth empowerment approach could be used in addressing wider public health issues and for different population groups.

**Format****Part 1: Introduction of facilitators, the PPYEP programme, and outline for the workshop** **Part 2: Module: Root-cause analysis of prediabetes** * This module will allow the participants to explore, identify and discuss relevant social and environmental determinants of prediabetes, using a three-tiered analysis.
* Groups will brainstorm ideas as facilitators encourage groups to discuss their categorization and explore the root causes, systemic issues and other and environmental determinants of the disease. Through this process, the attendees will participate in small groups to unpack and understand the contributing factors of prediabetes.

**Part 3: Debrief: understanding the crux of this module** * The facilitators will ask a series of questions for participants to reflect on their experience of the module and what they have learnt. We will also discuss the potential uptake and application of the module and the empowerment programming across different contexts.

**Learning goals*** Key principles of youth empowerment programming within a health context
* Youth empowerment can be used as a programme for promoting health equity, by developing the capacity and capability of young people as catalysts in activating their communities for healthier living and to reduce health disparities.
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