

Co-Create Youth Task Force



Item title: Youth Task Force Open Letter

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To researchers, policymakers and other stakeholders.

Youth must play an active role in shaping policies and contributing to research that impacts our lives. While we are uniquely positioned to understand the challenges faced by young people, we often lack the space to participate in decision-making processes.

Youth offer distinct perspectives and insights that add value to creating sustainable change. Young people's involvement in the CO-CREATE-project shed light on the critical link between mental health and physical well-being, a perspective frequently overlooked in research and policymaking. This demonstrates that co-creating policies with youth benefit the research, the policies they inform and the target population.

We urge researchers, policymakers and stakeholders to address youth's concerns and involve us in finding solutions. Society must provide spaces for our voices to be heard and take our challenges seriously. Our participation in projects and decision-making processes ensures that youth perspectives receive the attention they deserve, preventing our issues from being relegated to lower priorities, neglected or forgotten.

Sincerely

The Youth Task Force of the CO-CREATE-project

Co-signed by:

Norwegian Institute of Public Health

Norwegian Cancer
Society

EAT Foundation

Centro de Estudos e Investigação em
Dinâmicas Sociais e Saúde (CEIDSS)

Movendi International

Press - Save the Children
Youth Norway

World Cancer Research Fund
International

Portuguese Nutrition
Students' Association

Faculty of Social and
Behavioural Sciences,
University of Amsterdam



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More information about the CO-CREATE Youth Task Force

The CO-CREATE Youth Alliances convened during the project led some members to take their engagement a step further and form a Youth Taskforce, composed of eight youth representatives from Portugal, Poland, the Netherlands and Norway. They undertook the task of drafting a Youth Alliance Declaration. The Taskforce engaged in regular meetings, and to reach a mutual consensus on key issues that the declaration should highlight. The Declaration highlights the perceived priorities of the Taskforce, and makes four key demands:

- Ban marketing of unhealthy foods to children under the age of 18 years old
- Secure all children high-quality, practical based food and nutrition education in school and a healthy school cafeteria
- Implement a sugar-sweetened beverage tax to make unhealthy foods more expensive
- Offer all children and adolescents free, organised physical activities at least once a week

