

Monthly Newsletter

February 2026



Here's what has happened in the last month and what's to come!

Welcome back to our 2025-2026 Youth Advisory Council (YAC) newsletter! We are happy to share what happened at our last meeting and what's to come in future meetings.

Firstly, we would like to apologize for not being able to meet in January. We would like to thank everyone for attending our monthly meeting on February 18, 2026. To those who were unable to attend, you were missed.

Sydney presented on the hallmarks of healthy relationships and Asma Warrich from CHA's PMQI team shared trends on STI's in Cabarrus County adolescents.

Our members continued their service-learning journey by dividing into subcommittees to plan our health fairs. Our members will also have the opportunity to share their service-learning work at this year's C4 Day. An additional planning meeting will also be held to move us along.

There are plenty of other updates included in this newsletter, so please read through it in its entirety.

Do not hesitate to reach out if you need anything. Enjoy this month's newsletter!

Sincerely, *your*
YAC team

In this newsletter
you can expect:

Welcome

Upcoming
Opportunities

Service-learning

Where we've
been

Where we're
going

Reminders

Upcoming Opportunities

Below are a few of the opportunities we mentioned during our meeting.

If you are interested or have questions, be sure to reach out to a YAC Staff Member.

Kid's Cooking Classes

Members will help with class flow and assist the Healthy Living Team in leading the class. If you would like, you could also take the lead on a recipe. Below are the remaining dates:

April 6th - Colorful Meals

May 4th - Let's Have A Picnic

All classes will take place from 6:00 pm to 7:30 pm. Set-up and clean up will also be required



<https://ncpha.com/t21/>

@NorthCarolinaT21

A Crisis We Can't Ignore

Every year, thousands of young people in North Carolina are lured into a lifelong struggle with nicotine & tobacco addiction. Ninety-five percent of nicotine & tobacco users start before they turn 21, and with almost thirty percent of high school students reporting tobacco use in our state, the rise of e-cigarettes is fueling an alarming epidemic. It's time for North Carolina to act.

Your Voice Matters

We have the power to protect our youth, save lives, and build a healthier future for North Carolina. Youth voices are essential to shaping effective legislative policy. We are seeking supporters who want to learn more about this, participate in the policymaking process, empower others through education about the harmful effects of nicotine and vaping, and take action to help pass Solly's Law.

How Youth Get Involved

[Apply](#) to join the NC T21 Youth Council

[Subscribe](#) to our mailing list to stay informed & join our youth educational virtual summits.

[Enter](#) our media contest & [click here](#) to learn more about Solly's Law

NCPHA Youth Coalition

Applications are due February 27th! If you are planning to apply, please be sure to reach out to Sydney!

(<https://ncpha.com/t21youth/>)

Service-learning

During our February meeting, we were able to further flesh out our service-learning project for the year

Subcommittees

Surveys
Lead: Caitlan

Ananya
Nailah
Janiya
Ariana
Laasya
Bella

responsible for creating the feedback survey that will be shared with participants

Marketing
Lead: Adaria

Genesis
Denisse
Maycee
Purvi
Hannah
LeNay

responsible for design of the materials shared (pamphlet, flyer)

Implementation
Lead: Sydney

Lorena
Claire
Manaswini
Camila
Heidi
Tanushree

responsible for day of logistics (scheduling, coordination, etc.)

Pamphlet
Lead: Jordan

Akhil
Ansh
Roselyn
Ashley
Minah
Diarra
Temple

responsible for organizing shared information on the pamphlet layout

Highlights

Who is our audience? High school students

What good health and wellbeing priorities will we focus on? 5 basic pillars of overall health

How will we share this information? pamphlets and surveys

What are our goals? will set a survey response goal and aim to hand out at least 50 pamphlets

Members will host a table at C4 Day and will act as representatives for the YAC by hosting tables at their schools to share the information they come up with

Additional information:

Some sort of incentive will be provided; have a game for participants to play; a script will be drafted

MEMBER SPOTLIGHTS

Thank you to Ariana and Rosely for helping out with the February Kids Cooking Camp!



WHERE WE'VE BEEN

YAC Team Lead Sydney spoke to members about cultivating healthy relationships before Asma Warrich, Program Manager for the Performance Management and Quality Improvement Team (PMQI) reported on the role her team plays in tracking transmissions as well as STI and teen pregnancy trends in adolescents in Cabarrus County.



Resources

- CHA - offers testing and treatment
- RAINN.org
- loveisrespect.org
- CVAN



WHERE WE'RE GOING

Next month we will hear from three speakers as they touch on different topics relevant to Public Health Policy

REMINDER

- Be on the lookout for an email about a virtual meeting tentatively scheduled for the first week of March to discuss service-learning needs
- An email was sent on 2/24 with a link to a survey for you to share your preferred size for sweatpants. Please have this completed by March 3rd

Birthday Shoutouts

Happy Birthday to our members with February Birthdays!

Denisse Gonzalez
Heidi Adamou



TOPIC	DATE
ORIENTATION	Aug. 20
TOBACCO PREVENTION	Sept. 17
FUTURE ORIENTATION	Oct. 15
ENVIRONMENTAL HEALTH	Nov. 19
ENRICHMENT ACTIVITY	Dec. 10

TOPIC	DATE
SOCIAL AND EMOTIONAL WELLBEING	Jan. 21
REPRODUCTIVE HEALTH + HEALTHY RELATIONSHIPS	Feb. 18
PUBLIC HEALTH POLICY	Mar. 18
HEALTHY LIVING + NUTRITION	Apr. 15
EOY CELEBRATION	May 16



AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
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Monthly Meeting
Backup/Potential Makeup Day



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