

# CWSF 2015 - Fredericton, New Brunswick



## Piper Warhurst

### Youth, Vitamin D and Activity - What's The Connection?

**Challenge:** Health

**Category:** Junior

**Region:** Cariboo Mainline

**City:** Lillooet, BC

**School:**

**Abstract:** Vitamin D deficiency in youth has been documented for decades. Despite educational programs, this study demonstrates poor lifestyle choices with regards to risk factors for Vitamin D deficiency and the resultant Vitamin D levels demonstrates that 85% of youth were mild or moderately deficient. Better educational programs and opportunities for peer-led education and testing has potential to engage youth in health care.

#### Biography

My name is Piper Warhurst and I live in Lillooet B.C. In November I turn 13. I have two sisters and three brothers. My two sisters are 14 and identical twins, my two younger brothers are 3 and also identical twins. I also have a younger younger brother who is 9. In my spare time I like to read, write, hike, travel and spend time with my family. I first got interested in Vitamin D deficiency when a newspaper article was published in the Lillooet news newspaper talking about Rickets (a severe Vitamin D deficiency) and the growing problem of Vitamin D deficiency. I would like to continue my project next year to explore whether the information given to participants about Vitamin D and serologic Vitamin D level improves their compliance and ultimately their Vitamin D level. I would also like to include older patient and those with chronic disease. I would like to encourage youth to be ore involved with science. It is innovative ind interesting. Science Fair gives you the opportunity to learn deeply about a subject and really learn alot. When you are creative and work hard you accomplish a lot and can overcome many challenges.

#### Awards

#### Value

Excellence Award - Junior - Silver Medal Sponsor: Youth Science Canada	
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
Total	\$2 000