

ESPC 2015 - Fredericton (Nouveau-Brunswick)



Piper Warhurst

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

Défi: Santé

Catégorie: Junior

Région: Cariboo Mainline

Ville: Lillooet, BC

École:

Sommaire: 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.

Biographie

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.

Prix

Valeur

Prix d'excellence - Junior - Médaille d'argent Commanditaire: Sciences jeunesse Canada	
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Total	2 000,00 \$