



OLHA COMMUNITY LEADERSHIP

Youth Action Network

Young voices. Health equity. Leadership.

What is the Youth Action Network?

The Youth Action Network (YAN) is a network designed to engage and empower Hispanic/Latino young adults ages 18-24 who are interested in health, advocacy, and leadership. YAN creates opportunities for young people to connect, learn, build leadership skills, and help advance health equity in their communities.

Why youth voice matters

Young people should have a voice in the conversations and decisions that affect their communities. Engaging Latino youth today means investing in the next generation of health advocates, leaders, and changemakers.

Why Focus on Young Latino Adults?

Young Latino adults are a significant and growing part of the U.S. population. In 2024, approximately 7.9 million Hispanic/Latino young adults ages 18-24 lived in the United States, representing roughly one-quarter of all Americans in this age group.

The Latino population is also younger than other major racial and ethnic groups, with a median age of 31.2 years compared with 36.2 among Black Americans, 39.0 among Asian Americans, and 43.2 among White Americans.

7.9M

Hispanic/Latino young adults ages 18-24 in the U.S. in 2024

31.2

Median age of the U.S. Latino population

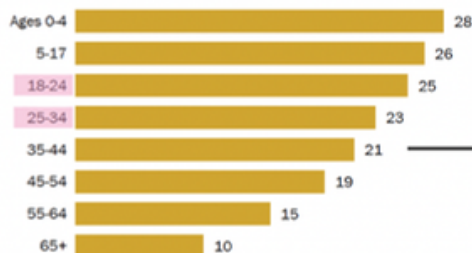
Engaging Latino youth today means investing in the next generation of health advocates, leaders, and changemakers.

POPULATION SNAPSHOT

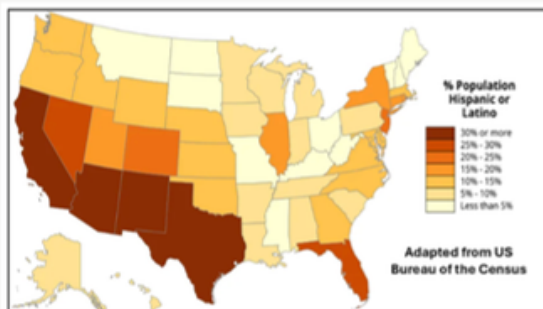
Latinos are younger than other racial and ethnic groups

Younger Hispanics make up larger shares of the U.S. population than those in older age groups

% of the U.S. population that is Hispanic, by age group



In 2024, the median age among Hispanics in the U.S. was 31.2. By comparison, the median age was 36.2 among Black Americans, 39.0 among Asian Americans and 43.2 among White Americans.



PEW Research Center, May 202

This graph highlights the younger age profile of the U.S. Hispanic/Latino population and the geographic presence of Latino communities across the country.

Key Talking Points

Youth are leaders today.

01

Young Latino adults bring valuable perspectives, lived experiences, and ideas to conversations about health and health equity. Their voices can help identify community needs and contribute to meaningful solutions.

Representation matters.

02

Including Latino youth voices in health advocacy helps ensure the experiences and priorities of Latino communities are represented.

YAN builds the next generation of advocates.

03

YAN helps young adults develop the knowledge, skills, and connections needed to become engaged advocates and community leaders.

Latino communities are diverse.

04

Latino communities represent diverse cultures, backgrounds, and experiences across the United States.

Frequently Asked Questions

Who is YAN for?

YAN is designed for Hispanic/Latino young adults ages 18-24 who are interested in health, advocacy, leadership, and making a difference in their communities.

Do I need advocacy or health policy experience?

No. YAN welcomes young adults at different stages of their leadership and advocacy journeys. Participants can build their knowledge and skills through engagement with the network.

What does YAN offer?

YAN provides opportunities to build leadership and advocacy skills, learn about health equity, connect with peers and professionals, and engage in their communities.

**SCAN TO JOIN THE YOUTH
ACTION NETWORK TODAY**



latinohealthadvocacy.org

THE BOTTOM LINE

Young people are not just the future of health equity; they are part of its future today.