

Youth High-Risk Behavior

The Media, Critical Thinking, and Wellness

Peter Komendowski, President and Executive Director, Partnership for a Healthy Iowa



Peter Komendowski is one of Iowa's leading advocates for healthy, drug-free communities. In the face of the opioid epidemic, a resurgence of meth use, and a marijuana industry targeting Iowa youth he is a sought-after speaker as an expert in substance abuse prevention.

Peter serves as president of The Partnership for a Healthy Iowa, and co-director of the Iowa Digital Literacy Project. He succeeded Senator Grassley as Chair of Face It Together Coalition's healthy communities' initiative, which still stands to this day as the oldest statewide coalition of substance abuse prevention resources in Iowa.

Peter studies the habits of American youth to develop an understanding of what motivates human behavior, and develops educational programs to help in healthier decision-making. Working with Dr. Douglas Gentile of Iowa State University, he developed Digital Literacy, Wellness, and Critical Thinking skills curricula and training programs.

He was invited by Mediacom to host the TV series, *Children & Drugs: Secrets for Parents*, which aired eight episodes in 2013. Building on that success he was invited back to host the TV show, *Surviving Bad*, now in its 6th year on the air.

He also speaks to children and adults, on topics ranging from "A Mindful Approach to the Media - Knowing the Tricks & Traps," to "Rebuilding America from the Inside Out." He has enjoyed a healthy dose of media exposure, has been a TEDx speaker, and is often aired on Iowa radio and TV stations as a subject matter expert on substance abuse, prevention and youth high risk behaviors.

Peter can be reached at partnership@ahhealthyiowa.org.