

Ohio 4-H Health Heroes



Purpose

“I pledge...my health to better living” is a foundation of the 4-H pledge. To expand Ohio 4-H’s healthy living programs, teens are trained to serve as 4-H healthy living advocates. They help educate younger youth and peers about health issues in 4-H clubs and county fairs, camps, and after-school programs. They take part in multiple opportunities to develop action plans, address needs in economically diverse communities, and plan and lead a statewide health teen summit.

Impact

Teen participants drink more water, drink less soda, eat more fruits and vegetables, and eat less junk food because of their involvement. They increased their ability to help others and improved their ability to work as a team member and teach others.

Teens made healthy choices available at the Lodi Family Center by offering meals with fresh fruits and vegetables during their summer program. They decreased pop consumption by 600% over the previous year.

Ten teens attended the National Youth Summit on Healthy Living in Washington, DC. They received 3 mini-grants for their projects: (1) create a display about prescription medications, (2) offer the 4th H for Health Challenge, and (3) grow county-level 4-H healthy living programs.



Ohio State Colleges/Units Involved

OSU Extension
Ohio 4-H Youth Development
Family and Consumer Sciences
OSU Extension faculty and staff throughout Ohio

Community Partners Involved

Lodi Family Center
National 4-H Council
Walmart Foundation
Ohio 4-H Foundation
American Dairy Association Midwest
Robert Wood Johnson Foundation

<http://www.ohio4h.org/healthyliving>

How you can get involved:

- Funding to support teens’ attendance at the National Youth Summit on Healthy Living
- Gift cards for purchasing food for demonstrations at community events
- Partners and funding to support a statewide teen healthy living summit
- Partners for county healthy living programs

To get involved, contact:

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