

4-H Healthy Living Update

August 24, 2012

We are Commemorating August as Back to School Month

Programs of Distinction

4-H Bloco Drum & Dance-An Afterschool Program for Teens

4-H Bloco Drum and Dance is an after school program in the Brazilian Carnival tradition that enlivens the community through music, dance, and nutrition education. The program helps youth raise academic standards and make better food choices, reduces high school dropout rates, discourages gang participation, and builds a sense of cultural pride. Middle and high school students in the Windsor School District come together to share their love of music and dance in a safe after-school environment, where older high school students serve as mentors to the younger students. The program also has a nutrition component that includes healthy snacks and regular food demonstrations. Participants perform at local, state, and national events.

4-H Eco-Stewardship Program

The 4-H Eco-Stewardship Program is a unique educational program for students in Chelan County, WA. The program features collaborations between schools and natural resource management agencies to develop life skills and engage local youth in "outdoor classrooms" where they learn about the environment and natural resources. Students develop a deeper understanding of the relationship between healthy forests and healthy communities. This nationally recognized program provides young people the skills they need to become self-directing, positive, contributing members of society.

4-H Fish and Forest Stewards

The 4-H Fish and Forest Stewards Program works with diverse schools within Snohomish County, WA, Tulalip tribal youth, and rural communities affected by poverty and job loss. The program focuses on environmental stewardship, which includes watersheds, water quality, native plants, salmon habitat/stewardship, forests and wildlife, climate change, and local history. Students learn both in the classroom and in the field through field trips. The program also incorporates team-building activities that teach life-skills such as problem solving, teamwork, communication, and reflection. This fusion of team-building, challenge activities, and environmental stewardship engages students, teachers, parents, and our partners.

4-H Kids Club

Michigan State University Extension in Leelanau County, MI, has initiated four sustained community-based after-school programs since 1993: Suttons Bay 4-H Kids Club, Leland 4-H Kids Club, Glen Lake 4-H Kids Club, and Northport 4-H Kids Club. All licensed programs serve youth in grades K-6 and all are enrolled as Leelanau County 4-H members.

4-H Health Jam

The 4-H Health Jam is a 9-week program, where youth participate in a 2-day overnight camp and an 8-week follow-up. Youth complete the "Walk across Illinois" to achieve 30 minutes of daily physical activity. At the end of 8 weeks, each team has "walked" 448 miles. Participants keep a daily log of exercise, meet weekly to chart progress, and participate in Get Up and Move activities. Research shows that learning and memory are increased and improved through physically and mentally engaging activities that stimulate attention and emotions. Through Health Jam, youth engage in physical activities that appeal to their personal preferences, which helps them develop confidence in their ability to perform and enjoy exercise.

4-H Tech Wizards

4-H Tech Wizards is a bilingual, family-supported, after school program capitalizing on youth interest in technology. The program helps low-income Latino youth learn basic life and workforce skills and promotes post-secondary education, productive jobs and careers, and community engagement. High-tech professionals who specialize in emerging technologies connect with youth in a group mentoring setting. The curriculum has three skill levels delivered over 3 years, where youth develop skills in website development, video and podcast production, GIS/GPS technologies, Lego robotics, and newer technologies. In addition to home visits and other culturally-appropriate learning methods, youth volunteer 15 hours annually in technology-related service that benefits the larger community. Major program collaborators include Extension 4-H, local schools, a local Latino community center, and Intel Corporation. In the program's 8 years of delivery, about 95 percent of participating youth have completed the program, 95 percent have demonstrated mastery of all skill level competencies, 85 percent have annually completed 15 hours of service learning, 95 percent have graduated, and 70 percent have pursued post-secondary education.

[4-H Wildlife Stewards](#)

This new 4-H model project has improved the quantity and quality of science education through the use of trained Master Volunteer 4-H Wildlife Stewards and is in line with emerging research on school and community connections. The program trains and supports both families and educators to ensure that all youth have access to diverse developmental opportunities in their homes, neighborhoods, and schools by helping parents overcome barriers and get involved in schools. 4-H Wildlife Stewards are trained volunteers who support culturally diverse community-based programs in both urban and rural communities.

[Adventure Central Afterschool Program](#)

A recent study found that in these challenging economic times afterschool programs are needed more than ever; demand is up, funding is down, and while overall afterschool programs are struggling, this need is even more pronounced in African-American communities. Adventure Central in Dayton, OH, is a program that fills this gap by serving at-risk, African-American children and their families by providing non-formal educational programs outside of school hours. Adventure Central is a partnership of 4-H, Ohio State University Extension, and Five Rivers MetroParks. The afterschool program is the primary programmatic effort for this dynamic youth education center. Adventure Central integrates high touch with opportunities to connect with nature. The result: participants gain strengthened values, lasting life skills, and eagerness and confidence to explore life's possibilities and the natural world.

[California Focus](#)

Through California Focus, 4-H high school students and leaders participate in a civic engagement program that focuses on California government and history. This experiential program increases understanding of the three branches of government and individual citizenship rights and responsibilities. The goal is to enthuse, enable, and empower teens to be active, positive contributors to their communities. Participants observe units of government in action; learn about and simulate the legislative, executive, and judicial branches; study geography, history, and culture; meet government decision makers; and learn that each person can make a positive impact. Participants also carry out a service project to meet a need in their community.

[Eco-Ventures at the Earth Center](#)

The Eco-Ventures at the Earth Center summer program gives 5th through 7th graders the chance to participate in outdoor learning that focuses on ecology and the environment. This summer experience included hands-on learning through exploration, experimentation, debate, and discussion. Youth participated in discussions concerning environmental awareness and stewardship, wrote and filmed public service announcements that were distributed to various media outlets, and developed personal environmental plans of action. A 3-month follow-up survey showed that youth had reached their goals, were successful in making personal changes in their environmental impact, and had influenced the decisions of their families, friends, and schools.

[Great Lakes Education Program](#)

The Great Lakes Education Program (GLEP) integrates classroom and outdoor hands-on learning to introduce Michigan elementary students to the Great Lakes. GLEP collaborates with Michigan 4-H Youth Development, Sea Grant, the Michigan Department of Natural Resources and Environment, and Michigan State University Extension. The program is divided into classroom introduction, a shipboard field trip, and classroom and home activities and discussion. More than 80,000 students and adults from 26 communities have participated since the program's inception in 1991. GLEP serves approximately 4,000 students from 160 classrooms in 20 school districts and 6 counties each year, with about 32 percent coming from traditionally underrepresented populations.

[On The Move to Better Health](#)

On the Move to Better Health promotes healthy lifestyle behaviors among children in grades 4 to 6. The 5-week program uses classroom instruction, skill-building hands-on activities, promotional activities in the cafeteria, posters on bulletin boards in classrooms and in libraries, and individual and family goal setting in homes.

[Project Money](#)

Counties in the southwest district in Georgia are among the poorest in the nation, with 39 of 41 classified as persistently poor; Randolph County ranks near the bottom. In addition, Georgia has one of the top bankruptcy rates in the nation, with higher rates among young adults. Project MONEY (Multi-county Outreach Network Educating Youth) breaks the continuous cycle of generational poverty by providing financial literacy education to help youth make sound life-long financial choices. Project Money is a two-part process that features an educational conference and a community educational program. The post-event survey revealed 92 percent of attendees increased their money management knowledge, while 83 percent chose to become a Georgia 4-H Youth Saver.

[TerraPod -- Teaching Science and Technological Literacy Through Film-Making](#)

Terrapod is an art- and science-based program that helps pre-teens and teens explore science, engineering, and technology content through the art of film-making. TerraPod creates a web-based social networking community using digital media to teach youth about science topics through their desire to make their own films. TerraPod uses a hands-on approach to help youth improve their awareness of science and technology while also having fun learning how to plan, produce, edit, and upload an original 3-5 minute movie on a science or nature topic. At the same time, youth can chat with one another on a secure website, chat with film-makers, and probe the minds and expertise of scientists. The web-based curriculum also includes video-making tips and short subject matter films produced by Montana State University graduate film students.

[The Ohio 4-H Cloverbud Program](#)

The Ohio 4-H Cloverbud program serves over 40,000 5- to 8-year-old children – before the usual 4-H starting age of 8 or 9. The program advances the life skills of self-confidence, social and physical skills, decision-making abilities, and subject matter knowledge. Results of formative and summative evaluations indicate positive experiences by participants. The program has long-term implications for helping children navigate successfully through adolescence into young adulthood.

[Using the Child Care and Development Fund \(CCDF\) to Support a System of Quality Improvement for School-Age Programs](#)

This PDF is a top down analysis of how administrators can utilize the CCDF to establish criteria and build quality into their afterschool programs to benefit school-age youth.

[Youth Wetlands Education and Outreach Program](#)

Louisiana contains approximately 40 percent of wetlands in the contiguous United States, but accounts for over 80 percent of the total national wetland loss. The Youth Wetlands Education and Outreach Program is a statewide environmental education effort that provides hands-on activities to heighten the awareness of Louisiana's youth to the unprecedented problem of wetland loss. Students are encouraged to attend summer camps and participate in wetland restoration efforts. The program promotes awareness, ownership, and empowerment in youth by immersing them in a concentrated curriculum. The program provides youth with direct experience and knowledge so they can make a meaningful contribution to preserving, conserving, and restoring Louisiana's wetlands.

Professional Development & Training Resources

National 4-H Healthy Living Curriculum Products

- ❖ Afterschool Agriculture

[Buy Online](#)

Preventing Childhood Obesity: Online Course from Cornell University

Learn how to use an ecological approach to preventing childhood obesity in your community. In this 6-week long facilitated course, you create an action plan for community intervention. Work at your own pace and on your own time within specific deadlines. Estimated time is 2-3 hours per week for a total of 12-18 hours. The course provides 15 continuing education units. Take the course as a team with an Extension nutrition educator and a community partner and get it for half price at \$75 per person. The next session is October 17 – November 27, 2012. For more details, go to <https://secure.ecornell.com/partner/> or email Cornell University for [more information](#).

Interesting Links

New LGBT Youth Topic Page on FindYouthInfo

FindYouthInfo.gov has developed a new youth topic on LGBT youth that focuses on the unique assets of and challenges facing this population, specifically those related to school, homelessness, juvenile justice, families, mental health, and transitioning to adulthood. [Learn more](#).

Almost One-Fourth of College Women Try Hookah Smoking

Almost one-quarter of college women try hookah smoking during their freshman year, a new study finds. Researchers found the more alcohol the women drank, the more likely they were to try hookah smoking. Those who used marijuana engaged in hookah smoking more often than those who didn't, according to [Science Daily](#). The findings are published in the journal [Psychology of Addictive Behaviors](#).

Source: JT Daily News: The Partnership at DrugFree.org

September is National Campus Safety Awareness Month

This September, join non-profits Clery Center for Security On Campus and Promoting Awareness, Victim Empowerment (PAVE) for Safe Campus, Strong Voices, a national initiative focused on bystander intervention and victim empowerment. Please click [here](#) for more information. **Don't Forget About Vaccines for Teens**

As the new school year approaches, adolescents may see their doctor or nurse for a physical. Any medical visit is the perfect time to check that pre-teens' and teens' immunizations are up-to-date. Although most vaccines are delivered during early childhood, several immunizations are recommended for adolescents. At the age of 11 or 12, all adolescents should receive three important vaccines and an annual flu vaccine. Adolescents may need to catch-up on vaccines missed when they were younger or receive boosters. To learn more about the vaccines recommended for adolescents, check out this [easy-to-use chart](#) from Vaccines.gov, which lists the immunizations recommended by the Advisory Committee on Immunization Practices (ACIP) for children and youth ages seven through 18. The U.S. Preventive Services Task Force and all major medical groups adopt the ACIP recommendations. Read more about vaccines for teens [here](#).