

4-H Healthy Living Update

June 18, 2012

June is Great Outdoors Month

Since 2004, Presidential proclamation of [Great Outdoors Month](#) has come annually, celebrating a variety of important events and actions that occur during the month.

A full calendar of 2012 political and recreational events can be found [here](#).

Programs of Distinction

[4-H Bootstraps](#)

4-H Bootstraps is a 12-week program designed for rural youth, ages 18-21, who are not working and not in school. The program goal is for participants to develop skills and motivation to find meaningful work, which is accomplished through a combination of classroom learning and practical fieldwork. The environmental fieldwork on public lands, funded by the Bureau of Land Management, provides the venue for these disenfranchised youth to change their attitudes and values about work. Program results highlight the participants' developing self-awareness in light of program goals. Over the 3 months of the program, participants receive 40 hours of life skills training in areas such as communication, decision making and conflict resolution, as well as topics related to the job market like resume writing, interview preparation, and applying for a job. The classroom training is combined with approximately 440 hours working on sage grouse habitat improvement and acquiring practical hands on skills that will be helpful in the job market.

[4-H Eco-Stewardship Program](#)

The 4-H Eco-Stewardship Program is an educational program offered to students residing in Chelan County, Washington State. The unique quality of the program is the nature of the collaborations with schools and natural resource management agencies. The primary purpose is to develop life skills and engage local youth in "Outdoor Classrooms" where they are presented with learning opportunities related to the environment and natural resources surrounding their communities. Through this program, students develop a deeper understanding of the relationship between healthy forests and healthy communities. The experiential education model (4-H Challenge) is infused throughout all activities to focus on the development of critical life skills. This nationally recognized 4-H Eco Stewardship Program successfully 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 teaches 4-H Essential Elements in a School Enrichment and After-School format. This program works with diverse schools within Snohomish County, Washington. We have worked with Tulalip Tribal youth as well as rural communities affected by poverty and job losses. Our program is generally taught throughout the entire school year with visits once or twice a month. We focus our curriculum on Environmental Stewardship which includes sessions on watersheds, water quality, native plants, salmon habitat/stewardship, forests and wildlife, climate change and local history. Our program focuses on learning about the environment both in the classroom and out in the field through experiential field trips where youth experience recreation, service and learning in an afternoon or for the whole day. The 4-H Fish and Forest Stewards Program also incorporates team-building activities that teach students life-skills such as problem solving, teamwork, communication and reflection. These activities are based on the 4-H philosophy of Do-Reflect-Apply. This fusion of team-building and challenge activities in conjunction with environmental stewardship makes this program effective at engaging students, teachers and parents along with our partners. Our strategy also offers opportunities for engaging students in life-long learning and skill-building.

[4-H Great Lakes and Natural Resources Camp](#)

Although 4-H camps abound, Michigan has uniquely developed, sustained, and intensively evaluated the impacts of its statewide teen leadership and environmental stewardship program, 4-H Great Lakes and Natural Resources Camp. This program is designed for youth aged 13 to 15. Learning is focused on unique aspects of the Lake Huron site, and provides pre-college instruction in coastal ecology, fisheries management, limnology, wildlife, forestry, and wetlands. Experiential learning also takes place through natural resource-based recreation and research-oriented field trips. Teen leadership is fostered through formal evening programs and natural resource-themed group morale-building games. Structured campfire programs focus on Great Lakes and aquatic heritage and provide valuable reflective time to process youth learning. Campers make new friends, are mentored by content and youth development experts and older teen/college-age counselors, and have fun in a unique, biologically diverse outdoor setting. Quantitative pre- and post-camp evaluations conducted since 1999 with more than 475 youth document that the program achieves its objective of increasing Great Lakes/natural resources ecological knowledge. Other impacts include increase in Great Lakes place attachment, positive changes in peer associations that support youths' interest in nature, positive post-camp resource stewardship intentions, and impacts on critical reflection regarding fisheries and wildlife-related careers.

4-H Health Jam

The 4-H Health Jam engages elementary-age youth in exploration of health careers, daily physical activity, and experiential study of body systems. During the 9-week program, 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. The 4-H Health Jam uses an experiential approach to learning. Research has shown that learning and memory are increased and improved through physically and mentally engaging activities that stimulate attention and emotions. The 4-H Health Jam looks to the Surgeon General's reports (1996, 2000) for guidance on motivating youth to participate in and sustain daily physical activity. Through Health Jam, youth engage in physical activity and identify exercise that appeals to their personal preferences. Youth develop confidence in their ability to perform and enjoyment of the exercise. Youth eliminate perceived barriers to being physically active. The 8-week "Walk across Illinois" program provides on-going support from peers and caring adults to complete the walk and sustain daily exercise.

4-H Mentoring: Youth and Families with Promise

4-H Mentoring: Youth and Families with Promise (YFP) is a program which provides 4-H activities to enhance social competencies through leadership opportunities and group projects, and Family Night Out activities are designed to foster family bonds through experiential learning activities. Once oriented and paired with a mentee, mentors are monitored and supported by receiving personal contact with their respective site coordinator at least twice each month to assure that one-on-one visits are taking place and to resolve any concerns or obstacles the mentors they may be experiencing.

4-H On the Wild Side

4-H On the Wild Side aims to enthuse and educate elementary school children about nature and the outdoors, and encourage community involvement and activism leadership skills in teenagers. It is both a service learning experience for teens who plan and lead the program, and an environmental education experience for elementary school-age participants. Over several months, teen staff work in partnership with adult volunteers to orchestrate and deliver weekend camp programs to 4th, 5th, and 6th grade students attending schools in low-income neighborhoods. Teens receive training in environmental curricula and in teaching inquiry-based science, then design and deliver two weekend programs. Up to 80 children attend each session, rotating through the teen-led activities to learn about ecosystems, migration, habitat and other environmental lessons. Since 2000, over 1,500 youth have participated. Annual evaluations reveal consistent outcomes for the program including significant knowledge gain for participants, growth in leadership skills for teen presenters, and a sense of community contribution.

4-H Science Enrichment Education for Kids (SEEK) and NatureMapping Program

SEEK is a 12-week experiential science-based program for home-schooled students. NatureMapping is a data collection and monitoring program for schools and the public to keep track of nature by mapping what they observe. The SEEK/NatureMapping program integrates critical thinking, problem solving, decision-making, goal setting, and teamwork skills as well as teaching multi-disciplinary academic classes utilizing the outdoors as a learning lab. SEEK/NatureMapping students are home schooled students living in the Central Arkansas area. Professionals and specialists from our extensive Partnerships and Collaborators list are invited each year as guest instructors to many of the classes. SEEK, like the Cooperative Extension Service, engages in the mission of bringing research-based information to its audience.

4-H Summer Science Camp at Oregon State University

The Oregon State University Department of 4-H Youth Development partnered with the Science Math Investigative Learning Experiences (SMILE) program, and the Colleges of Engineering and Science to deliver a 2-week resident science, technology, engineering and mathematics (STEM) camp on the OSU campus. Sixty middle school campers, entering grades 6-8, from diverse ethnic and geographic backgrounds were selected from 500 applicants. An \$80,000 grant from the ExxonMobil Bernard Harris Foundation provided full scholarships to the campers. The camp included 30 hours of classroom and field activities with pre-service teachers, 10 hours of mechanical and chemical engineering, and field trips to science centers, the beach, a research forest and the local watershed. With guidance from their teacher/mentors, campers worked in teams to select a research question, carry out a scientific investigation and analyze the results. Each camper produced a poster on their contribution to the team. Each team provided an oral summary of their research accompanied by PowerPoint slides to over 200 parents, faculty and guests at the closing program. Through participation in the Summer Science Camp- 4-H Mission 2007, campers increased their abilities to use science process skills and their connection domain on a positive youth development scale.

4-H Urban-Rural Exchange for a Sustainable Future

As the effects of urbanization accelerate in many parts of the world, relationships between urban and rural communities are also changing. The results of these rapidly changing relationships impact mankind's desire to create a more sustainable world. It is increasingly clear that sustainability is complex and entails an array of interacting

socioeconomic and ecological factors. As the building blocks of society, communities play an essential role in addressing the challenge of sustainability. Yet communities are complex and diverse systems with multiple stakeholders, and there are often many interpretations of sustainability and very different ideas about how best to achieve it. Oregon is no exception. Oregon is a state of great economic, social and geographic diversity. While this diversity brings strength, it also challenges Oregonians to meet the needs of all communities. Nowhere is this divide more deeply felt than in the area of natural resource management. The divide is especially pronounced in regards to how Oregonians feel their natural resources should be managed. The 4-H Urban-Rural Exchange program is bridging this divide. Outcome evaluations indicated significant changes in urban and rural participants' attitude, knowledge and understanding of lifestyles and environmental management practices from both sides of the divide.

4-H Wildlife Habitat Education Program

The Wildlife Habitat Education Program (WHEP) is a hands-on 4-H natural resource program dedicated to teaching wildlife and fisheries habitat management to youth ages 8-19 throughout the United States. Studying a scientifically-based manual, over 10,000 participants have learned about wildlife terms, concepts, species and species management, and habitat management. WHEP also provides participants an opportunity to test their wildlife knowledge in a friendly competition, as states supporting WHEP conduct state contests. The winning senior (14-19 years of age) WHEP team from each state earns the right to attend the annual National WHEP Contest. The national contest moves to a different state (and thus different habitat type) each year. Beyond the wildlife knowledge and management skills learned, WHEP provides a great many other benefits, including learning teamwork and critical thinking skills, improving written and oral communication skills and self-confidence, and learning about natural resource career options. Survey results from 6 years and over 200 4-H participants reveals that WHEP is increasing knowledge in natural resources and is contributing to 4-H life skills.

Adventure Central Afterschool Program

A recent study conducted by the Afterschool Alliance found that in these challenging economic times afterschool programs are needed more than ever. Demand for programs 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, Ohio is a program that is filling 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 positive youth development partnership of 4-H, Ohio State University Extension, and Five Rivers MetroParks. Using nature, staff nurtures families in life-changing activities that strengthen values, build lasting life skills, and empower youth to explore life's possibilities. The afterschool program is the primary programmatic effort for this dynamic youth education center. Evaluations with parents and long term youth participants indicate that the program is delivering educational and social benefits as well as opportunities to do new things in a safe and supportive environment. Adventure Central integrates high touch with opportunities to connect with nature. The result: participants gain strengthened values, lasting life skills, and both an eagerness and confidence to explore life's possibilities and the natural world.

Diverse Youth-Adult Partnerships in Rural Nebraska

Communities involved in "Diverse Youth-Adult Partnerships in Rural Nebraska" receive support to train a core team of youth and adults, conduct community meetings to identify issues, develop action plans, and implement activities that produce results. This project targets rural youth and youth at risk, developing leadership and life skills, teaching about culture and governance, and helping youth to work in partnership with adults to improve their own lives and the communities in which they live. The project has served 15 Tribal, Hispanic and other rural Nebraska communities. Project outcomes activities include: 1) a "Register, Get Out and Vote" project targeting Hispanic community members; 2) activities targeting youth suicide prevention in Tribal communities; 3) community beautification project targeting the elimination of graffiti in a Hispanic community; 4) a "Leaf Your Litter Here" campaign targeting community beautification and litter prevention; and 5) identification of safety as an issue and the improvement of a walking trail for school children.

Eagle's Nest/Owl's Roost Environmental Discovery Day Camp

Eagle's Nest/Owl's Roost (ENOR) is an environmental day camp located in Jefferson County Colorado for students entering the 4th and 5th grades. A paid staff consisting of a director, two supervisors and eight camp educators leads the camp. Campers attending ENOR participate in a number of environmental enrichment activities such as wildlife identification, renewable energy topics, water conservation, Colorado history, and ecology; as well as development of social themes such as teamwork, cooperation, friendship, respect for each other and the environment. ENOR has been a part of Jefferson County 4-H since 1974 and has educated nearly 15,000 youth. The program is aligned with the program standards of the Colorado Department of Education. These standards are intended to facilitate the cultivation of knowledgeable, responsible and critical-thinking participants in the local and global community. Real-world situations are used when appropriate and the curriculum is updated as needed in order to offer campers the most relevant and practical information possible. The goal of ENOR is to then have campers become environmental ambassadors who will pass this information on to their families, friends and neighbors.

Eco-Ventures at the Earth Center

Youth need not only to be connected to learning in the natural world, but should be engaged in topics relating to nature and the environment. Young people do have the right and the responsibility to participate in decisions affecting their environment, and are capable of making valuable contributions to their communities and society. The Eco-Ventures at the Earth Center summer program provided an opportunity for youth in grades 5 through 7 to participate in outdoor, experiential learning with a focus on ecology and the environment. This summer experience for youth included hands-on learning through exploration, experimentation, debate and discussion. Throughout the program, youth participated in educational activities and discussions concerning environmental awareness and stewardship. Youth wrote and filmed public service announcements which were distributed to various media outlets. Youth developed personal environmental plans of action. Pre-post tests results indicated an increase in knowledge on topics addressed and a statistically significant increase in overall test scores. End-of-program observational evaluations indicated that youth developed teamwork, communication and decision-making skills. 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 (GLEP)

The Great Lakes Education Program (GLEP) is part of a multidisciplinary, conservation education and science curriculum integrating classroom and outdoor hands-on learning to introduce Michigan elementary students to the Great Lakes. GLEP features sustained collaboration between Michigan 4-H Youth Development, Sea Grant, the Michigan Department of Natural Resources and Environment, and Michigan State University (MSU) Extension. It is divided into: 1) classroom introduction, 2) an experiential, shipboard field trip and 3) classroom and home activities, and discussion. Since GLEP's inception in 1991, more than 80,000 students and adults from 26 communities have participated. GLEP annually serves approximately 4,000 students from 160 classrooms in 20 school districts and 6 counties, including urban, suburban and rural areas. 32% of GLEP's students are from traditionally underrepresented populations. Impact evaluations have shown GLEP is a highly successful conservation education program. Great Lakes and natural resources knowledge changes significantly due to GLEP participation. Students' attitudes toward the Great Lakes become more positive, and stewardship intentions are strengthened. Students without outdoor exposure (through boating, fishing on the Great Lakes) experience the greatest gains in stewardship attitudes and intentions. GLEP's partners, teachers and volunteers are highly satisfied with the program, which has been recognized regionally and nationally.

Participatory Evaluation with Youth: Building Skills

The Participatory Evaluation with Youth: Building Skills for Community Action (CYA) program trains youth and their adult partners to plan and host community forums in order to identify and address community needs. The program begins by preparing youth and adult teams to form effective partnerships. From there, teams develop skill in planning and hosting community forums, identifying issues important to the community, analyzing data, organizing and reporting results, and developing a community action project in response to what was learned. The program offers a unique combination of contemporary youth programming frameworks-including positive youth development, youth-adult partnerships, participatory evaluation, and youth engagement through research. Fifteen youth-adult teams have participated in the project since the summer of 2007. A formal learning outcome evaluation conducted at the end of each session measured participant knowledge in each of the eight topics covered in the training. In addition, many of the teams have gone on to hold forums and complete community action projects. These projects include refurbishing bleachers at a local high school, planning and hosting a series of community youth and family activity nights, and planting flowers to enhance a community in preparation for hosting the U. S. Olympic track and field trials.

Youth Market: Rural Entrepreneurship Experience

Youth Market is an experiential learning program incorporating a youth component into the effort to improve the economic status of families in a rural Appalachian area. The program was developed in response to an identified need to provide support to struggling small farms. It is increasingly difficult for small farm families to derive adequate income to maintain their quality of life. Recognizing this fact, representatives from Garrett County, Maryland and Preston County, West Virginia formed a Rural Development Coalition (RDC). The goal of the RDC is to increase alternative agriculture opportunities, agri-tourism, and support for small businesses. Young people can also benefit as participants in these ventures. Youth Market teaches entrepreneurship skills to young people and provides real-life market experiences. Youth, working under the guidance of 4-H leaders and experienced vendors from the adult farmer's market, participate in a series of activities; a 1-day conference workshop, a mentored youth-only market, and finally transition into the farmer's market as a vendor. As youth experience success in their market endeavors they become contributing members of the household, the financial safety of their family is strengthened and as a result, the economic development of the region improves.

[Youth Wetlands Education and Outreach Program](#)

Louisiana contains approximately 40% of the nation's wetlands in the contiguous United States, but accounts for over 80% of the total national wetland loss. Continued wetland loss in Louisiana will result in severe ecological and economic ramifications for the entire nation. Therefore, the need for individuals willing to make significant contributions to help control wetland loss and create sustainability of Louisiana wetlands is immense. The Youth Wetlands Education and Outreach Program is a statewide program consisting of environmental education lessons and hands-on activities, designed to heighten the awareness of Louisiana's youth to the unprecedented problem of wetland loss. Program materials, including structured lesson plans, supplies, and step-by-step procedures to activities, are provided for educators to implement throughout the academic year. During the summer months, students are encouraged to attend four summer camps associated with the program and participate in wetland restoration efforts. The program promotes awareness, ownership, and empowerment in youth by immersing students in a concentrated curriculum of wetland related environmental studies. The Youth Wetlands Education and Outreach Program provides youth with direct experience and increased knowledge of environmental action skills, to instill in students that 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

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Just Released: Eat Healthy • Be Active Community Workshop Series!

Based on the [2008 Physical Activity Guidelines for Americans](#) and the [Dietary Guidelines for Americans 2010](#), **Eat Healthy • Be Active Community Workshops** are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings. Each 1-hour workshop includes a lesson plan, learning objectives, talking points, hands-on activities, and handouts. Join them on Twitter and Facebook. Plug into an online community that's working toward wellness in small, easy steps. [Follow healthfinder.gov on Twitter](#) (@healthfinder) or [find us on Facebook](#) to receive tips based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*.

U of M offers online workshop: Using the Internet for Parent Education

Would you like to learn more about using the Internet to reach parents for parent education? [Register now](#) for the workshop, "Using the Internet for Parent Education - Research Update for Professionals," developed by University of Minnesota Extension. Registration is open from now until April 20, 2013. Participants can go in and out of the online workshop as many times as they wish, completing it at their own pace. Registration fee is \$50 per person. Upon completing the workshop and evaluation, participants can access a certificate of completion documenting 4 clock hours. **Questions?** Contact Jodi Dworkin, Associate Professor and Extension Specialist, at jdworkin@umn.edu or 612-624-3732.

Funding Resources

2012 National Forum on Youth Violence Prevention Training and Technical Assistance Project

The Department of Justice's Office of Juvenile Justice and Delinquency Prevention has announced that it is seeking applications for the Fiscal Year 2012 National Forum on Youth Violence Prevention Training and Technical Assistance Project. [Learn more.](#)

Basic Center Program for Runaway and Homeless Youth

The Department of Health and Human Services' Administration for Children and Families' Family and Youth Services Bureau is requesting applications for the Basic Center Program, which funds community-based programs that address the immediate needs of runaway and homeless youth and their families. Applications are due July 9, 2012. [Learn more.](#)

Healthy Community Grants

Funded by the Wellpoint Foundation

Deadline: September 7, 2012

The WellPoint Foundation invests in domestic initiatives that help improve the lives of people and the health of local communities. The foundation promotes healthy behaviors, health-risk prevention, and healthy environments. Focus areas include childhood obesity prevention. The foundation considers both local and national initiatives whose outcomes predominantly impact any of the 14 states in which WellPoint, Inc., does business. Award amounts vary. Nonprofit organizations are eligible to apply. Please contact the Wellpoint Foundation for more information and to [apply](#) for this funding.

Source: The Center for Health and Health Care in Schools

Grants for Youth

Funded by the May and Stanley Smith Charitable Trust

Deadline: Rolling

The trust seeks to foster healthy development and future independence by increasing opportunities for children and youth up to age 25. Organizations should strive to achieve a long-term, sustainable difference in the lives of the people they serve, offering a comprehensive set of services designed to break the cycle of poverty rather than simply providing a service to meet immediate needs. Programs of greatest interest offer direct services to disadvantaged children and youth, such as academic enrichment and support, mentoring and youth leadership, arts outreach integrated with school curriculum, and recreational activities and camps incorporating youth development objectives. Please [contact](#) the May and Stanley Smith Charitable Trust for more information and to apply for this funding.

Source: The Center for Health and Health Care in Schools

Interesting Links

New Institute of Medicine Report Aims to Accelerate Progress in Preventing Obesity

[Report Recommends Strategies, Calls on All Sectors of Society to Take Action Now](#)

The Institute of Medicine (IOM) released a report that outlines comprehensive strategies for addressing the nation's obesity epidemic and calls on leaders in all sectors to accelerate action to advance those strategies. The release was a highlight of the second day of the 2012 Weight of the Nation conference, hosted by the Centers for Disease Control and Prevention. The full report, a summary, practical guides for taking action and other materials are available for free on the IOM website.

- [Get materials from the IOM website.](#)
- [Read a statement by James S. Marks, MD, MPH, senior vice president and director of RWJF's Health Group.](#)
- [See a brief video of Marks sharing his thoughts about the report.](#)

Stay connected to Childhood Obesity:     

Throughout its 40th anniversary year, the Robert Wood Johnson Foundation will share snapshots and stories of our Force Multipliers: programs and policies supported by the foundation that have had catalytic impact on improving health and health care in the nation. [Learn more.](#)

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[Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation](#)

The staggering human toll of obesity-related chronic disease and disability, and the annual cost of \$190.2 billion for

treating obesity-related illness, underscores the urgent need to strengthen prevention efforts in the United States. The Robert Wood Johnson Foundation asked the IOM to identify catalysts that could speed progress in obesity prevention.

HHS' CDC and Sports Community Launch Helmet Replacement and Education Partnership

The U.S. Department of Health and Human Services, Centers for Disease Control and Prevention's (CDC) Heads Up program joined with multiple sports entities and equipment manufacturers (see list below) to launch a youth football safety and helmet replacement program for youth in underserved communities. The effort, initiated by U.S. Consumer Product Safety Commission Chairman Inez Tenenbaum, is expected to educate thousands of youth football coaches on vital health and safety issues, including [concussion](#), and provide nearly 13,000 new helmets to youth football players in low-income communities beginning in July 2012.

To Learn more about this effort visit:

-[Helmet Replacement Program](#)

-[CDC Heads Up Educational Materials](#)

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

Making Sports Accessible this Summer

First Lady Michelle Obama delivered remarks during an Olympics event at the Hilton Anatole in Dallas, Texas, May 14, 2012. Mrs. Obama joined members of Team USA to announce nationwide commitments to getting more kids healthy and active. Read more [here](#).

It's Epidemic: Prescription Drug Abuse and How to Prevent It

The archive and PowerPoint's for last week's [webinar](#) on prescription drug abuse has been posted.