

## 4-H Healthy Living Update

February 9, 2012

### February is National Heart Month

American Heart Association has designated February as [Heart Month](#).

Find out what [events](#) are at your local American Heart Association. Find educational resources and materials [here](#).

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### Programs of Distinction Spotlight

#### [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 is dedicated to enlivening the community through music, dance, and nutrition education by providing youth the opportunity to raise academic standards, make better food choices, reduce high school dropout rates, discourage gang participation and build a sense of cultural pride. The program engages middle and high school students in the Windsor School District from diverse backgrounds to come together and share their love of music and dance in a safe after school environment. Drum students learn basic music concepts and techniques of playing various instruments, while dance students learn basic dance steps and develop their own dance routines. Older high school students serve as mentors to the students. The program also has a nutrition component which includes healthy snacks and regular food demonstrations. Participants share their talent by performing at local, state and national events. The participants fill the air with cutting-edge booming beats and funky horn lines. High energy dancers, in multi-colored costumes, move to the beat of the drums telling a story as they perform. These original performances are inspiring and entertaining for audiences of all ages.

#### [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 nine-week program, youth participate in a two-day overnight camp and an eight-week follow-up. Youth complete the "Walk across Illinois" to achieve 30 minutes of daily physical activity. At the end of eight 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 eight-week "Walk across Illinois" program provides on-going support from peers and caring adults to complete the walk and sustain daily exercise.

#### [4-H Healthy Lifestyles/Food and Nutrition Education for Children](#)

Obesity is an epidemic. According to the Centers for Disease Control and Prevention, one in every four children in the United States is classified as either overweight or at risk for being overweight. Overweight children are suffering from what was once thought of as only adult problems. High blood pressure, elevated cholesterol and bone and joint problems are more prevalent in children over the past 30 years. 4-H Healthy Lifestyles program will help guide you in teaching your 4-H'ers about this important issue, being healthy to prevent becoming overweight. The program includes activities related to a healthy lifestyle, lecture material, and healthy recipes. Participants will receive the curriculum consisting of five different healthy lifestyles topics which can be taught in a 4-H club meeting. Topics include: "The Food Guide Pyramid/What is a Serving?" "The Importance of Physical Activity," "The Importance of Breakfast and Healthy Snacks," "Why it is Important to Limit Sugary Drinks?" and "Why do we Need Calcium in Our Diet and Where Does it Come From?" Activities used in the club meetings will be demonstrated during the session.

#### [Energy Express](#)

Energy Express, under the leadership of West Virginia University Extension 4-H Youth Development, is a research-based summer reading and nutrition program for children living in rural and low-income West Virginia communities. Each summer Energy Express serves 3,000 school-age children in 80 communities. Professional educators supervise almost 500 summer AmeriCorps members in their 300 hour service assignments. A county collaborative provides leadership for Energy Express locally and raises 30% of the site cost. At each community site, four to eight college-student AmeriCorps members serving as mentors each work with a small group of eight children. The group eats breakfast and lunch served family-style and engages in reading-related activities that make reading meaningful. Each child receives a weekly take-home book related to the "place-based" curriculum. AmeriCorps members serving as volunteer coordinators recruit, train, supervise and recognize community youth and adult volunteers who support children's learning. Not only is the typical summer slide halted, children's reading scores increase and they receive much-needed nutrition. Energy Express has developed an outstanding reputation for meeting the needs of children, for involving the community in children's learning, and for delivering a high quality program with demonstrated impact.

### [On The Move to Better Health](#)

On the Move to Better Health is a school-based program employing hands-on classroom education, supplementary learning activities, and take-home parent education newsletters. The program promotes a variety of healthy lifestyle behaviors among children in grades 4 to 6. Some of the activities from the curriculum also have been used in after-school enrichment programs and 4-H clubs. 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.

### [PROSPER: PRoMoting School-Community-University Partnerships to Enhance Resilience in Pennsylvania and Iowa](#)

PROSPER (PRoMoting School-community-university Partnerships to Enhance Resilience) is an innovative model for bringing scientifically-proven prevention programs to communities to strengthen youth and families. The PROSPER program's main purpose is to reduce rates of youth substance use and problem behavior and foster positive youth development. This is accomplished by teaching skills that foster improved family life and parent-child communication and providing students with skills for planning, problem-solving and peer resistance against problem behaviors. PROSPER is a research-outreach initiative that links three existing infrastructure systems to provide prevention programming and enhance the resiliency of youth and families and the land-grant university, the Cooperative Extension System, and the public school system.

### [Smart Bodies](#)

Smart Bodies is a comprehensive, nutrition education and physical activity program designed to help promote child wellness. Smart Bodies integrates classroom activities with hands-on learning to teach elementary school children how to build strong bodies and develop active minds. Smart Bodies consists of three components: 1) the Louisiana Body Walk, an interactive exhibit representing the human body, 2) the OrganWise Guys, characters that educate and encourage children to practice healthy habits, and the 3) Take 10! curriculum, which is a classroom-based nutrition education and physical activity program. Launched in March 2005, Smart Bodies is the result of a public-private partnership between the Louisiana State University Agricultural Center (LSU AgCenter) and Blue Cross and Blue Shield of Louisiana Foundation (BCBS), the charitable subsidiary of the state's largest health insurer. To date, the Smart Bodies Program has reached 68,158 youth in Louisiana.

### [The Family Fitness Program](#)

Childhood obesity is rising, and with it health complications for children now and in the future. The Family Fitness program offers the help all children ages 8-12 and their families need for improving healthier food and fitness behaviors and child obesity prevention. The program is based on the Transtheoretical (Stages of Change) and Motivational Interviewing educational theories. This National Extension Association of Family and Consumer Sciences 2007 award winning, research-based program developed by Penn State Extension engages diverse families (rural, urban, income, race) and significantly improves family communication, healthy eating and physical activity. Children attend 9 weekly or 5 twice weekly sessions to practice making healthy food choices and increase physical activity via guided discussions and activities. Parents participate in five meetings (three with their child) to receive information, skills, and motivational guidance leading to improved food choices, physical activity, and family support. Parent/family learn-at-home lessons, family discussions and goal setting are included. Trained Extension educators and community collaborators have provided over 27 programs in this research study to document the program's effectiveness.

### [Youth Teaching Youth - Alcohol & Tobacco Decisions](#)

The Youth Teaching Youth: Alcohol & Tobacco Decisions program is built upon the premise that teenagers can deliver important messages about alcohol and tobacco to younger youth who will hear and take the subject more seriously. The program integrates the 4-H concept of older youth teaching research-based curriculum to younger youth (through cross-age teaching). Teen teachers are recruited and trained to present the three-session curriculum. This delivery method, peer-teaching is key to the success of this prevention education program.

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### **Professional Development & Training Resources**

#### **National 4-H Healthy Living Curriculum Products**

- ❖ Health and Fitness  
[Buy](#)  
[Outline](#)
- ❖ Health Rocks!®  
[Buy](#)

#### **Maternal and Child Health Bureau Launches Training Portal**

[MCH Navigator](#) is a learning portal that links individuals to existing open-access training, organized in areas consistent with nationally endorsed public health and maternal and child health (MCH) leadership competencies. The

Health Resources and Services Administration's Maternal and Child Health Bureau developed the portal in collaboration with academic and practice partners. The portal is a resource for MCH professionals working in state agencies and at the community level who seek to advance their learning and skills mastery. Contents include online training resources such as webcasts and webinars, instructional modules, and self-guided short courses that have undergone academic review and have been handpicked for and vetted by MCH audiences.

#### **CDC Data Brief**

The Centers for Disease Control and Prevention (CDC) presents this [useful document](#) to share with your colleagues, partners, and organizational leadership as you make the case for more efforts in childhood (or adult) obesity prevention programming.

#### **ATSSA**

##### [42nd Annual Convention and Traffic Expo](#)

The National Organizations for Youth Safety (NOYS) is partnering with the American Traffic Safety and Services Association (ATSSA) to host a Roadway Safety Audit at a local high school as part of their meeting. The convention is February 12-16 in Tampa, FL.

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#### **Funding Resources**

##### **Max and Victoria Dreyfus Foundation**

###### **Deadline: March 10, 2012**

The Max and Victoria Dreyfus Foundation makes [grants](#) to support museums and cultural and performing arts programs; schools, hospitals and educational and skills training programs; programs for youth, seniors, and the handicapped; environmental and wildlife protection activities; and other community-based organizations and their programs.

##### **Project Yellow Light**

###### **Deadline: March 31, 2012**

Your mission for Project Yellow Light: To save lives. Car crashes are the number one killer of teens in the United States. Hundreds of thousands of others are permanently injured. Your job is to capture the attention of teens and make them turn unsafe habits into safe habits. Adults have tried to do this for years and have failed. It's time for you to take ownership of this important cause. Visit: [projectyellowlight.org](http://projectyellowlight.org) and read the [info sheet](#).

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#### **Interesting Links**

##### **Injury Prevention and Control: Data & Statistics (WISQARS™)**

[WISQARS™](#) (Web-based Injury Statistics Query and Reporting System) is an interactive database system that provides customized reports of injury-related data.

##### **Cigarette and Alcohol Use Are at Historic Low, Continued High Levels of Abuse of Other Drugs among Teens**

[The National Institute on Drug Abuse's \(NIDA\) 2011 Monitoring the Future Survey](#) found that cigarette and alcohol use by teens are at their lowest point since the survey began in 1975, but high rates of abuse of other tobacco products, marijuana, and prescription drugs continue.

##### **USDA Announces Winners of the MyPlate Fruits and Veggies Video Challenge**

[The U.S. Department of Agriculture \(USDA\) announced the winners of the MyPlate Fruits and Veggies Video Challenge](#), which encouraged contestants to create videos using skits, songs, and dance to demonstrate innovative ways to "make half your plate fruits and vegetables." Schools, community groups, and families submitted videos that share practical tips for including fruits and vegetables in every meal.

##### **Supporting Young People Living with HIV**

[The National Clearinghouse on Families and Youth \(NCFY\)](#) is featuring a Q&A around providing respectful support to youth living with HIV. The Q&A focuses on how youth workers can specifically support youth with an HIV diagnosis living in shelters.

##### **Congress May Set National PE Standards to Fight Child Obesity**

When Congress considers overhauling its federal education law early this year, a bipartisan group of 84 other House members wants to include language that would pressure schools to offer more physical education. [What would the law do?](#)

##### **Childhood Obesity Facts from Action for Healthy Kids**

Our children's health and their ability to learn continue to be in jeopardy. The [statistics](#) are alarming and should encourage all of us to take action.

### Statewide Smoking Ban Gets Positive Reception

Anti-smoking advocates may finally be on the verge of getting a stronger statewide smoking ban passed by the General Assembly. [Find out which state.](#)

### Preventing or Reducing Socio-emotional Problems in Adolescents

Adolescence is often characterized as a tumultuous time in youth development, marked by occasional mood swings and intense emotions. For some young people, however, more serious, internalizing problems such as depressive or anxious moods, negative self-perceptions, and emotional distress compromise healthy development. Child Trends' latest brief, [What Works to Prevent or Reduce Internalizing Problems or Socio-Emotional Difficulties in Adolescents](#), synthesized findings from 37 random-assignment social intervention programs designed to prevent or treat internalizing problems for adolescents. Left untreated, internalizing problems can undermine one's ability to succeed in school and work, form and maintain close relationships with others, and live a healthy, fulfilling life. Programs were identified by searching [LINKS \(Lifecourse Interventions to Nurture Kids Successfully\)](#), Child Trends' online database of rigorously-evaluated social interventions for children and youth. Click [here](#) to read more.

### New CDC Data Show Obesity Remains a Serious Public Health Burden

The Centers for Disease Control and Prevention (CDC) have recently released 2009-2010 data on the prevalence of childhood and adult obesity, as well as 10-year trends, and they indicate that while obesity prevalence rates are still extremely high, they are not continuing to increase in most subgroups analyzed.

#### Key findings include:

- More than one-third of adults and almost 17% of youth were obese in 2009-2010.
- There was no change in the prevalence of obesity among adults or children from 2007-2008 to 2009-2010. *(This is from the global perspective, for example: the prevalence rates appear to still be increasing to some degree in men and boys.)*
- Obesity prevalence did not differ between men and women.
- Adults aged 60 and over were more likely to be obese than younger adults.

[1999-2010 Childhood/Adolescent Obesity Data](#)

[1999-2010 Adult Obesity Data](#)

### A Reliable Road Map for Health: What Healthy People 2020 Means for Adolescents

This time of year, many of us are thinking about personal health resolutions, such as eating better or exercising more. But it's also an ideal time to consider how we can improve the health and well-being of adolescents. For more than three decades, a national initiative called [Healthy People](#), sponsored by the U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion (ODPHP), has set national objectives and spurred activities at all levels to improve the health of individuals throughout the United States. Adults working with adolescents may want to incorporate some of these objectives into educational, out-of-school, family, and other settings and recognize that their efforts, when joined with those of many others, will help prevent disease and promote health.



### Healthy People 2020: A Renewed Focus on Adolescent Health

[Healthy People 2020](#) (HP2020) emphasizes a focus on life stages, along with continuing efforts to change risky behaviors. The *HP2020* goals serve as a reliable road map and trusted resource on the multiple ways in which disease prevention and health promotion can be achieved for adolescents.

