

4-H Healthy Living Update

March 7, 2012

March is National Nutrition Month

American Dietetic Association has designated March as [National Nutrition Month](#).

Get [promotional ideas](#) here. Find out which [nutrition education resources](#) are listed.

Programs of Distinction

[4-H Bloco Drum & Dance-An Afterschool Program for Teens](#)

4-H Bloco Drum and Dance is an afterschool 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 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 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 the importance of 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 that 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 percent 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.

[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 help to all children ages 8-12 and their families in need of improving 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 nine weekly or five 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.

Professional Development & Training Resources

National 4-H Healthy Living Curriculum Products

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

HHS' CDC Releases Parent Engagement: Strategies for Involving Parents in School Health

The Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health (DASH) is pleased to announce the release of Parent Engagement: Strategies for Involving Parents in School Health. This new resource defines and describes parent engagement and identifies specific strategies and actions that schools can take to increase parent engagement in school health activities. This document was developed in collaboration with expert researchers, public health practitioners, and educators. To download this resource, please click [here](#).

Good Parenting Lowers Obesity Risk in Kids, NYU Study Finds

Teaching moms and dads how to be better parents could help stem the alarming rise in childhood obesity – even when exercise and nutrition aren't part of the curriculum. [More about the study](#).

Funding Resources

The Active School Acceleration Project Launches Innovation Competition to Promote School-Based Physical Activity

The Active School Acceleration Project, an initiative of ChildObesity180 and conducted in collaboration with Tufts University, announced the launch of their national Innovation Competition to uncover the best programs and technologies to promote school-based physical activity. Multiple prizes for innovative physical activity programs ranging from \$25,000 to \$100,000 will be awarded to select applicants. Programs currently being used in elementary schools (ages 5-12, K-6th grade) are eligible to apply.

Deadline: April 2, 2012

Please contact the [Active School Acceleration Project](#) for more information and to apply for this funding.

Interesting Links

EFNEP 2011 Impact Report

[Expanded Food and Nutrition Education Program Impacts](#)

UNL Food: Food, Nutrition & Health

[Food Days, Weeks, Months](#)



Welcome to Let's Move Faith and Communities 2012!

We joined First Lady Michelle Obama in celebrating the 2nd anniversary of Let's Move! in Florida. [Check out the video here!](#) She celebrated your accomplishments in 2011 and announced how to get involved in 2012. Visit our new [Let's Move Faith and Communities](#) webpage to learn about wellness leadership and to share your success story.

Food Safety News Feature: No Warnings Required on Raw Milk Sales

The Centers for Disease Control and Prevention says there are no health benefits from drinking raw milk that cannot be obtained from drinking pasteurized milk that is free of disease-causing bacteria. [Read more.](#)

Bill Aims to Give Home-schooled Students Access to Public High School Sports

State legislators are considering whether to allow Virginia's tens of thousands of home-schooled students to play sports at their local high schools. [What does the legislation propose?](#)

Communities on the Move Video Challenge

What better way to start moving than to make a video? Tell us about how your community is involved in *Let's Move!* by entering the [Communities on the Move Video Challenge](#). You could win a trip to Washington, DC!



[U.S. Department of Agriculture \(USDA\) - Center for Faith-Based and Neighborhood Partnerships](#)

collaborate@usda.gov

[U.S. Department of Health and Human Services \(HHS\) - Center for Faith-Based and Neighborhood Partnerships](#)

partnerships@hhs.gov