

4-H HEALTH PROJECT



Step It Up!

Pass it on! Now that you know how, share it with others. Here are ideas to get you started.

Communication

- Show club members how to treat bee and wasp stings
- Teach your club a new game to raise their heart rates
- Prepare a poster about how to stay safe in case of disaster

Citizenship

- Organize a 4-H group to assemble first aid kits
- Conduct a playground safety check in your community
- Perform a building safety check at your club meeting site

Leadership

- Volunteer to be the club health and safety officer
- Organize a 4-H health club
- Write a grant for sport safety equipment for your community
- Demonstrate how to make power snacks at a club meeting

4-H
GROWING TOGETHER

Are You Into It?

From treating bug bites to finding safe playgrounds to starting a Kids Walk to School program - the 4-H Health project helps you explore health and wellness in your personal life as well as your home, club, community, country, and world.

- Learn how to take care of your own physical, intellectual, emotional, and social health
- Practice a healthy lifestyle and share what you have learned with others
- Learn about health and wellness resources in your community and state
- Learn about environmental issues as they affect health
- Learn to make decisions and take action that positively affects your health, your family's health, and your community's health

Here's what you can do all year!

Starting Out Basic / Level 1	Learning More Intermediate / Level 2	Expanding Horizons Advanced / Level 3
<ul style="list-style-type: none"> • Learn basic safety and first aid skills • Learn about poisons and how to keep you and your family safe • Develop a family safety plan • Identify safe places to play in your community • Learn how to be safe around pets, strange dogs, and wildlife • Learn about fire safety • Learn about careers in emergency medicine 	<ul style="list-style-type: none"> • Create a personal health and wellness care plan • Learn about germs and how they affect your health • Learn how to choose food for fuel • Discover new ways to add physical activity to your life • Explore new foods to keep you healthy • Explore environmental health issues that might be in your community • Learn about careers in the health field 	<ul style="list-style-type: none"> • Learn about sports supplements and their effectiveness • Explore how hydration affects the body • Learn how to avoid sports injuries • Explore what nutrient rich foods are and how they benefit your body • Explore careers in the fitness and nutrition fields • Investigate community health issues like: bullying, safe driving, disaster management plans



Take Health further!

Here are other opportunities to explore Health:

- Create a recreation/activity plan for your club and lead the activities
- Evaluate on-line resources related to health and fitness – are they trustworthy?
- Visit with your county risk management office and learn how to prepare for a natural disaster
- Encourage your fellow club members to enroll in Red Cross First Aid and CPR classes
- Lead age-appropriate physical activity sessions at your local senior center
- Explore how mental and emotional health are connected to physical health
- Is it fair time? Consider taking some of your health project learning to the fair for judging and demonstrate what you have learned through the year
- Learn about the [Safe Routes to School](http://www.iowadot.gov/saferoutes/) program <http://www.iowadot.gov/saferoutes/> and start a walking or biking program with your school
- Explore careers in the health and wellness field
- Contact your county ISU Extension Office for other local workshops, activities, and events
- Meet others interested in health
- Interested in a college education related to health? Schedule a visit with Iowa State University to explore those majors. www.iastate.edu

Exhibit Ideas

- Create first aid kits for your home and club
- Develop a self health plan
- Make a poster on water hydration and exercise
- Make a poster on sports injury
- Give a demonstration on wrapping to prevent or after sports injury
- Design a poster on farm safety
- Design a poster on dental care for babies and toddlers
- Give a demonstration about careers in the health field
- Make a poster on the pros and cons of antibacterial soap
- Give a demonstration on bicycle safety
- Create a poster about how nutrients affect your body
- Demonstrate how to use protective gear for outdoor sports
- Create a skit about what to do in an emergency situation
- Create a share the fun skit that gets the audience up and moving to raise their heart rate
- Prepare a selection of nutrient rich foods and provide samples for your fellow club members to try. Explain how the foods help your body function at top performance
- Teach proper stretching exercises and techniques to your club members

Resources

4-H Resources*	Other Resources	Record Keeping
<ul style="list-style-type: none"> • Iowa 4-H Health www.extension.iastate.edu/4h/projects/health • National 4-H Health http://new.4-hcurriculum.org/catalog.aspx?cid=189&c=Health and Fitness • First Aid in Action (4H 480A) • Staying Healthy (4H 480B) • Keeping Fit (4H 480C) 	<ul style="list-style-type: none"> • Girls Health www.girlshealth.gov/ • Young Men's Health www.youngmenshealthsite.org/ • Kid's Health http://kidshealth.org/kid/ • Kid's Safety www.cpsc.gov • Stop Bullying Now http://www.stopbullying.gov • Careers in Public Health http://shl.uiowa.edu/edtrain/tools/didyouseeethat.xml • National Program for Playground Safety http://playgroundsafety.org/ • Healthy Parks http://www.nps.gov/public_health/hp/hphp.htm 	<ul style="list-style-type: none"> • 4-H Yearly Summary (4H0096) • Basic 4-H Project Record (4H-0096A) • Experienced 4-H Project Record (4H0096B) • Advanced 4-H Project Record (4H0096C) • Record keeping Self-Evaluation (4H98)