



# Choose



University  
of Missouri  
Extension



# Health



## 4-H Leader Guide

University of Missouri Extension  
4-H Youth Development  
LG677

*Adapted from Cornell University Cooperative Extension*

## **What is Choose Health?**

Choose Health is a Oklahoma 4-H initiative to put more emphasis on the Health-H in 4-H Clubs, 4-H Camps, after-school programs, and statewide 4-H events. Choose Health also addresses the National 4-H priority of Healthy Living – eating healthy foods in appropriate amounts and engaging in regular physical activity.

## **Why Choose Health?**

Choose Health came about because of concern about the increase in childhood obesity. However, research shows that even kids who are not now overweight are developing habits that can lead to overweight in the future. Therefore, Choose Health is aimed at all kids because all kids need to learn how to be healthy.

## **Choose Health Behavior Goals**

Aiming toward these goals will help all kids be healthy and maintain a healthy weight.

- ➔ **Replace sweetened drinks with low-fat milk and water**
- ➔ **Play actively 60 minutes a day**
- ➔ **Eat more vegetables and fruits**
- ➔ **Eat fewer high-fat and high-sugar foods and more nutrient-rich and high-fiber foods**
- ➔ **Eat only as often and as much as needed to satisfy hunger**
- ➔ **Limit screen time to two hours or less a day**
- ➔ **Promote healthy behaviors**

## How does my club do Choose Health?

Choose Health isn't a 4-H Project or a 4-H Activity like Public Presentations. Instead, Choose Health is more like the 4-H Pledge - a way of thinking and being as a 4-H member.

With the new office of Choose Health Officer, your club will do many things to put the Health-H - and especially the behavior goal of active play – front and center in your members' minds. Each month the Choose Health Officer will lead (or ask another member to lead):

- ❑ **Roll Call for Health – an active way for members to show they're at the meeting**
- ❑ **The Health-H Challenge – a goal to build in more physical activity into kids' lives**
- ❑ **Health-H Tips – to help meet the Health-H Challenge**
- ❑ **The Health-H Challenge Check – where members will stand to show how they met the previous month's Health- Challenge**
- ❑ **Let's Move Activity – to supplement the game(s) your Recreation Leader has planned to get kids moving**
- ❑ **Extra Ideas – to do if your club wants to do more with Choose Health**

Each of these activities should take no more than 5 minutes and many will take less. Choose Health shouldn't add much time to your meetings, but it can add meaning!

For an overview of Choose Health Officer activities, see the following page.

## Overview of Choose Health Officer Activities

Month	Theme	Roll Call	Monthly Health-H Challenge
<b>November</b>	Introduce Choose Health Move More Month	Act out a favorite way to be active	Play actively 60 Minutes a day
<b>December</b>	Stretch Yourself	Lead a 15 second stretch	Stretch before and after active play – and whenever you feel tense
<b>January</b>	Unplugged Fun	Name 1 way to have unplugged fun	Have Un-plugged fun by limiting screen time!
<b>February</b>	Outdoor Fun	1 Winter fun activity	Enjoy winter fun by playing outside at least once a week
<b>March</b>	Walk with a Spring in Your Step	Walk with a Spring in Your Step	Take a walk with a buddy every week
<b>April</b>	Take a hike!	Balance while reporting on outdoor fun	Hike for an hour or more twice a month
<b>May</b>	Safe on Wheels	Bike Places	Go for a 30-minute bike ride 3 times a week! And remember to wear your helmet!
<b>June</b>	A Lifetime of Activity	Jumping Jacks: name 1 person you know who lives actively	Try out 2 new Lifetime Activities – things we can do no matter how old we are

Monthly Challenge Check	Let's Move Activity	Healthy Snack Idea	Health Tips on Family Calendar
	Link Up Tag	Apple Slices, sunflower and pumpkin seeds, ice water	Ideas for Active Families to Play Together
<input checked="" type="checkbox"/> 3 x /wk <input checked="" type="checkbox"/> 5 x /wk <input checked="" type="checkbox"/> most days	Animal Stretches	Veggie slices with low-fat dip or dressing	Stretches for the whole body
<input checked="" type="checkbox"/> Once <input checked="" type="checkbox"/> 3 x <input checked="" type="checkbox"/> 1 x / wk <input checked="" type="checkbox"/> most days	Follow the Dancer	Baked tortilla chips and salsa	Limit Screen Time
<input checked="" type="checkbox"/> Half days <input checked="" type="checkbox"/> Most days <input checked="" type="checkbox"/> Activity breaks	Bobsleds	Hot cocoa and popcorn	Winter Fun Ideas
<input checked="" type="checkbox"/> Once <input checked="" type="checkbox"/> Twice <input checked="" type="checkbox"/> Sledding <input checked="" type="checkbox"/> Snow fort	Walk Like This	Cereal trail mix with dried fruit	Walking shoes, where to walk, safety, fun
<input checked="" type="checkbox"/> Once <input checked="" type="checkbox"/> Twice <input checked="" type="checkbox"/> 3 x <input checked="" type="checkbox"/> 4 or more	Balance Tag	Dried fruit with low-fat cheese	Planning a hike
<input checked="" type="checkbox"/> Once <input checked="" type="checkbox"/> Twice <input checked="" type="checkbox"/> More	Egg Toss	Fruit pizza	Follow rules of road, build in biking, wear a safety helmet
<input checked="" type="checkbox"/> Once <input checked="" type="checkbox"/> 1 x /wk <input checked="" type="checkbox"/> 2 x /wk <input checked="" type="checkbox"/> 3 x/wk	Vegetable / Fruit Toss	Low-fat yogurt fruit parfaits	Lifetime activities to try as a family

## How You Can Support Your Choose Health Officer

To help your club's Choose Health Officer succeed, you can:

- Attend the Officers Training Program offered by your county along with your Choose Health Officer.
- Be familiar with each month's theme and activities.
- Do activities your Choose Health Officer leads right along with your club. Your enthusiasm is contagious!
- Help distribute Choose Health Family Calendars to all members' families and encourage them to use them to help meet each month's challenge and to remember important dates like when your meetings are scheduled

Make it easy for your members to make healthy choices at meetings by:

- Asking families to follow these guidelines when they bring refreshments for your club
- Offering healthy drinks like low-fat milk or water
- Providing time and space for kids to engage in active play before and after your meeting. Go outdoors whenever you can because kids are naturally more active outside than they are indoors.
- Always including a vegetable or fruit with a snack
- Avoiding high-sugar and high-fat foods and offering nutrient-rich and high-fiber foods like whole grain crackers instead
- Promoting healthy choices whenever and wherever you can!

# Choose Health in 4-H Projects and Activities

Choose Health can also be a way to put greater emphasis on the Health-H in all your 4-H Projects and Activities such as:

- Foods and nutrition projects – talk about health benefits of the foods you prepare, especially vegetables, fruits, whole grains, and low-fat dairy.
- Community Service – help with local fun-runs,
- Clothing Projects – help 4-H members make toss-able toys or clothing that’s appropriate for active play
- Animal Projects – suggest that members wear a pedometer while caring for their animals to see how much activity they’re getting.
- Gardening Projects – focus on health benefits of food grown and on physical activity involved in growing it.

With a little imagination, you can incorporate learning about health into everything your 4-H Club does. That’s Choose Health!

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# Choose Health 4-H Leaders Report

Because Choose Health is new for Missouri 4-H Clubs in 2016-2017 year, we need your feedback. Please collect the Choose Health Officers Report and return that with this form to your 4-H Office by July 1.

1. Please indicate how well you think each component of your Choose Health Officer's role worked in your club. 1 means it did not work at all well; 5 means it worked very well.

➡ **Roll Call for Health**      1      2      3      4      5  
Comments:

➡ **The Health-H Challenge** 1      2      3      4      5  
Comments:

➡ **Health-H Tips**      1      2      3      4      5  
Comments:

➡ **The Health-H Challenge Check** 1      2      3      4      5  
Comments:

Please circle the one response that seems most true for your club.

<b>Few members met the challenges</b>	<b>Some members met the challenges</b>	<b>Most members met the challenges</b>
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➡ **Let's Move Activity**      1      2      3      4      5  
Comments:



# Choose Health 4-H Leaders Report

2. Did your club use any of the Extra Ideas offered in the Choose Health Officers Guide?

Which ones?

3. What were your club's favorite parts of Choose Health?

4. What helped Choose Health succeed in your club?

5. What made Choose Health difficult in your club?

6. Do you believe Choose Health raised awareness about being healthy among your club's 4-H members?

7. Do you believe that families used the Choose Health Calendar?

8. What changes would you suggest in Choose Health to make it more successful in your club?



... I pledge my health to better living for my club,  
my community, my country, and my world.

Look for more opportunities to become involved with 4-H Choose Health Programs:



### Choose Health with 4-H!

Activities at statewide and county 4-H events like Career Explorations, State Fair, and more!

### Choose Health Ambassadors

Teens teach younger children to *Eat and Play Well* in after-school and summer programs!



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# Choose Health Leaders Training Agenda

## Introduction

- Why Choose Health?
  - Concern over habits that can lead to overweight, obesity, and chronic diseases in children
  - Many kids have unhealthy eating and activity habits so Choose Health is directed not at weight control for some, but healthy behaviors for all including those listed to the right and on page 2 in the Leaders Guide.
- It's easy to choose health when others around you make healthy choices and there are healthy options available.
- A Choose Health Officer in your club can help your members:
  - Be more aware of healthy behaviors
  - Be more active with games,
  - Set goals to be active
  - Suggest healthy snacks

### Healthy Behaviors

- *Drink water and low-fat (1% or skim) milk instead of sweetened drinks*
- *Play actively 60 minutes every day*
- *Eat more vegetables and fruits*
- *Eat fewer fast and convenient foods and more nutrient-rich foods like whole grains and veggies*
- *Eat only as much and as often to satisfy body hunger*
- *Limit screen time to 2 hours or less a day*
- *Promote healthy behaviors*

## The Details – How to Build Choose Health into All Your Club Meetings

- Have members elect a Choose Health Officer (CHO)– or rotate the job
- Help the Choose Health Officer(s) get familiar with the Choose Health Officer Guide
- Help him/her introduce Choose Health to the club and families via the Choose Health Family Calendar
- Remind them to include these components in each meeting:

## Let's Look at the Materials

- Leaders Guide
- Officer Guide
- Family Calendar

## Help Us Know How it Works for You!

- Monthly and Annual Officer Report (CHO Guide, at end of each month and page 35.)
- Annual Leader Report (Leaders Guide, pp \_\_\_\_)

## Let's Move!

- Lead as many Let's Move games as time allows, especially unfamiliar activities like Bobsleds (in February, p 21), Animal Stretches (December, p 15), and Walk Like This (March, p 24.)
- Have fun!"**

### At Each Meeting:

- Active Roll Call
- Challenge Check
- Health-H Challenge
- Health Tips – Family Calendar reminder
- Snack Ideas
- Let's Move
- Check off what you do