

For Immediate Release

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### **4-H Members Focusing on Their Health!**

All across Ohio, 4-H members are engaged in a wide spectrum of projects that teach leadership, citizenship and life skills. 4-H members join clubs and participate in individual and group projects beginning when they are at least 8 years of age and in the 3<sup>rd</sup> grade, and continue until they are 19.

4-H requires members to strike a healthy balance between club activities they participate in as a group, project requirements that they are responsible for completing, and 4-H activities, coordinated by the larger organization, that they may elect to participate in. Adult volunteers play key roles advising clubs and supporting group and individual projects.

4-H youth have the opportunity to participate in five different health-related projects. Youth can pursue projects strictly for their own benefit and receive recognition for their completion, or they can take health projects into competition with their peers. Regardless of their personal aspirations, young people are learning valuable knowledge and skills that will benefit them and their communities. Youth engaged in health projects have the opportunity to qualify to participate in competition at the county and state fair. Young people may select one or more of the following health related projects:

**Staying Healthy**: a beginning level project that explores the body and keeping it healthy. Participants learn how to keep fit, increase their brain power, and be positive.

- more -

## Health Projects

**Keeping Fit**: a beginning level project that helps young people to develop a personal fitness plan and tests their fitness knowledge.

**First Aid in Action**: ideally suited to 3<sup>rd</sup> through 5<sup>th</sup> graders. 4-H'ers learn about first aid and create their own family first aid kit.

**Alcohol Decisions**: an advanced level project that examines the dangers associated with alcohol consumption and abuse before it becomes a problem.

**Tobacco and You**: an advanced level project that explores the hazards of tobacco products so that young people's health doesn't have to go up in smoke.

All projects are a combination of hands-on learning activities, organized activities with others, and citizenship activities that benefit the public. For more information on Health related projects and activities, contact the **[county name]** County Extension Office at **[phone number]**.

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