



Ohio 4-H *Health Officer's Handbook*

Name of Health Officer _____

Year _____ Age as of January 1 _____

County _____

Name of Club _____

4-H Advisor Signature _____

Make it a Project (optional activity)

Your efforts in this officer position can be turned into a project by completing the requirements for a self-determined project. Every self-determined project requires the 4-H member to identify and complete areas of interest and related activities, learning experiences, leadership/citizenship activities, and a brief report. Just like other projects, self-determined projects can be reviewed and are eligible for fair participation. Learn more about self-determined projects and download the 4-H Self-Determined Project Guide at ohio4h.org/publications.

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- References** *First Aid in Action*, 4-HCCS BU-08174; *Keeping Fit*, 4-HCCS BU-08176; *Staying Fit*, BU-08175. National 4-H Cooperative Curriculum System, Inc.
Perri Bernard, R.D. & Linda Mendoza, R.D., *Healthy Habits for Life: Your 6-Week Guide to Food & Fitness*
Dee Jepsen, *Live Smart: Health and Safety Activities for Youth Clubs*, Bulletin 907. OSU Extension—Food, Agricultural, and Biological Engineering.
Author Shannon R. Zentall, Editor: Laurie L. Meschke, Ph.D. “*What do you know about _____?*” series, Ohio State University.

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4-H Health Officer

Welcome

Congratulations on your new role as your 4-H club's health officer! You have the opportunity to lead activities that will be both fun and educational for your 4-H club. The list of responsibilities for your office as well as activities, ideas, and web sites in this book will help you plan a healthy 4-H club year. Good luck!

An Officer's Role in the Club

The fourth H in 4-H represents Health. Health is very important to the overall 4-H program. Serving as a club officer means you are part of a team. The team's responsibility is to hold a club meeting that is both well run and fun. The health officer should also encourage club members to participate in the county Health & Safety Speaking Contest. The officers should meet with their club advisor before each meeting so that they are prepared for the meeting and to help the club make decisions.

Your Role as a Health Officer

As the health officer your role is to plan a health-related activity for each meeting. The activity can be as simple as a roll call where each member responds by announcing their favorite fruit or vegetable, as involved as planning a health demonstration on making a healthy snack, or setting up a speaker to come to your meeting. Lesson plans are available at the Extension Office from your 4-H Educator through the *Live Smart Series*; whatever you decide, make sure it is well planned and that you have shared it with your advisor and club officers so it is on the meeting agenda. An advisor needs to approve your presentation to make sure it is age and subject matter appropriate for the club.

Get Moving

Did you know that the more TV and video games kids watch and play, the higher the risk of obesity, stress, and illness due to a decrease in running and playing? As the health officer you are a leader. Get your club members up and moving. Exercise reduces stress, improves circulation, improves attitude and helps them feel better about themselves, enhances sleep, improves motivation and makes them better prepared for school work, and helps kids to stay fit. Plan a get-up-and-move activity as often as you can.

My Officer Goals

After reading through this book, develop a plan for what you will do as a health officer this year. Select at least three items from the activities listed below. Feel free to be creative and add your own activities.

Activities	Plan to do (√)	Date completed
Attend an officer training program		
Do roll call		
Make a display or exhibit on healthy habits		
Give a speech on a health topic		
Give a presentation or demonstration on a health topic		
Show a health-related video		
Invite a resource person to give a presentation		
Ask another club member to give a speech or demonstration		
Ask an advisor to give a speech or demonstration		
Make a poster or exhibit for the club booth		
Give a speech at a county speaking contest		
Give a demonstration at a county demonstration contest		
Attend a health day or health event as a club		
Put together a notebook or scrapbook about the health officer role		
Participate in County Outstanding health officer Awards if available in your county		
Add your own ideas/activities below:		

Health Topics

10,000 Steps to an Active You

Animals and Your Health



Asthma/Allergies	Just Say No
Bacteria and Food Poisoning: Keeping Food Safe	Lactose Intolerance
Cavities	Move It to Lose It
Conflict Resolution	Plan It, Eat It
Dietary Supplements	Prevent the Spread of Germs
Feelings and Emotions	Rabies
Fit It In: Exercise	Recreation for Fitness
Food Allergies	Ringworm, Head Lice, and Warts
Healthy Eating on the Run	Shop Smart
Healthy Habits for Fitness	Take Your Medicine
Hydration: Your Body Needs Water	Ticks and Lyme Disease
	health4kid.com

Careers to Consider in the Health Field

Dentist
 Dietician
 Food Scientist, Food Chemist
 Food Service Management
 Journalist specializing in health and wellness
 P.E. Teacher, Health Teacher
 School Nurse

Activities

Below are some ideas for activities you can do with your club. These activities range from a two- to three-minute discussion to a program that takes the full time allowed for educational activities.

Roll Call

Have the members respond to roll call by naming favorite exercise, fruit, vegetable, hobby or healthy food.

Guest Speaker or Guest Presentation

Inviting a speaker can add a lot of fun and interest to your club meeting. Ideas for resource people include: self-health, hygiene, hand washing, safe sitting, choking and Heimlich Maneuver, rescue breathing, Deadly Look-a-Likes, Crawl Low Under Smoke, or helmet safety.

Health Speech

Any health-related topic can be turned into a speech. Pick a topic that interests you and present a three- to five-minute speech to your 4-H club. Giving your speech as part of a county speaking contest can be a lot of fun! If you are interested in giving your speech at the county level, check with your advisor or your county office for entry deadlines and a complete set of rules.



Health Demonstrations

Similar to health speeches, demonstrations can be presented at club meetings or at a county level. Demonstrations may include posters, equipment, a PowerPoint slide show, or another type of audiovisual presentation. Below are a few examples of demonstrations you could give.

Bacteria Blunders	Personal Safety
Bites, Stings, and Blisters	Reducing Sports Injuries
Halloween Health	Rethink Your Drink: Hidden Sugars
Hand Washing	Sun Sense
Healthy You, Healthy Pets	Tolerance and Disabilities
I-Pods and Hearing Loss in Kids	Tooth Decay
Kid-Proof Your Poisons	Use Your Noodle
Laugh for the Health of It	

Road Trip Fun and Community Resources

- ✓ Visit a farm during harvest
- ✓ Tour the Health Department: Food Inspector for restaurants or shot clinic, Safe Sitter Program, Helmet Safety, Bike Safety
- ✓ Invite a food editor or critic to give a presentation about healthy snacks
- ✓ Meet with a School Cafeteria or Hospital Dietician
- ✓ Find out about Emergency Management—Rescue Breathing, Choking, Heimlich Maneuver
- ✓ Go to the American Red Cross—First Aid in a Can
- ✓ Check with the OSU Extension Office—Hand Washing, Food Safety, Food Guide Pyramid
- ✓ Visit Fire Departments—Crawl Low Under Smoke, Fire Safety Trailers, Stop-Drop-Roll, Fire Drills

Health-Related Web Sites

eatsmart.org
kidshealth.org
dshs.state.tx.us
cyh.com
askacop.org
dairycouncilofca.org
children.webmd.com

kidshealthgalaxy.com
coderedrover.org
usda.gov
aboutkidshealth.ca
health.discovery.com
health4kid.com
calorieking.com

Bacteria and viruses

kidshealth.org/kid/talk/qa/germs.html

Anti-bacterial soap: the pros and cons

home.howstuffworks.com/question692.htm

Hygiene

kidshealth.org/kid/stay_healthy/body/ear_care.html
kidshealth.org/kid/stay_healthy/body/skin_care.html
kidshealth.org/kid/stay_healthy/body/teeth.html



How eye glasses work

kidshealth.org/kid/stay_healthy/body/glasses.html

How ears work

kidshealth.org/kid/stay_healthy/body/ear_care.html

Nutrition explanation

eatsmart.org

nutritionexplorations.org/kids/nutrition-main.asp

What do vitamins and minerals do for me?

kidshealth.org/kid/stay_healthy/food/vitamin.html

Healthy snacks kids can make

kidshealth.org/kid/recipes/index.html

cspinet.org/smartmouth/recipes_articles/index.html

Endorphins

kidshealth.org/kid/stay_healthy/fit/work_it_out.html

Benefits of fitness for kids

kidshealth.org/kid/stay_healthy/fit/fit_kid.html

Heart health

kidshealth.org/kid/body/heart_noSW.html

Water intake before exercise—how much and when

kidshealth.org/kid/stay_healthy/food/water.html

Staying injury-free in sports

kidshealth.org/kid/stay_healthy/fit/sport_safety.html

4-H Publications Related to Health

From Ohio 4-H

Alcohol and Drug Abuse, 4-H 357

Fast Break for Breakfast, 4-H 487

Let's Start Cooking, 4-H 459

Racing the Clock to Awesome Meals, 4-H 485

Snack Attack!, 4-H 484

Sports Nutrition 1: On Your Mark!, 4-H 483

Star Spangled Foods, 4-H 475

Staying Healthy, 4-H 351

The Truth About Tobacco, 4-H 358



You're the Athlete, 4-H 300

You're the Chef, 4-H 467

National 4-H Cooperative Curriculum System, Inc.

First Aid In Action, 4-HCCS BU-08174

Keeping Fit, 4-HCCS BU-08176

Staying Healthy, BU-08175

4-H Fact Sheets can be found at ohioline.osu.edu/

4-H Club Officers and Committees, 4H-014-99

Ages and Stages of Youth Development, 4H-015-99

Building Self-Esteem with Youth, 4H-008-99

Farm Safety, AEX991-996 series

How Do I Become a 4-H Volunteer, 4H-003-99

Managing Conflict Creatively, 4H-020-99

Recognizing Child Abuse and Neglect, 4H-024-99



I pledge

My head to clearer thinking,

My heart to greater loyalty,

My hands to larger service, and

My health to better living

For my club, my community, my country, and my world.

