# 2023 Ohio 4-H Healthy Living Program Impact Sheet



Ohio 4-H had **11 healthy living 4-H project books** this past year that were divided into 19 classes at **Health Day at the Ohio State Fair** with **252 youth participating**. This is the largest level of participation in this event in over 8 years.



Ohio 4-H uses the Ohio State University's **10 Dimensions of Wellness** as a model to think about holistic health and wellness 4-H programs, curriculum, and initiatives. Dimensions are career, creative, digital, emotional, environmental, financial, intellectual, physical, social, and spiritual wellness.



A new 4-H project book titled *Relationships 101* was created in 2023. This project lets you explore different relationships and discover what makes each one **healthy** or **unhealthy**.



**10 4-H youth** called **Health Heroes** participated in a year-long program in which they were challenged to positively impact the wellbeing of their local clubs, schools, and communities. Projects were on **food**, **fitness**, and **mental health**.







4-H Yoga is like yoga for adults, but sillier! Practicing yoga with kids should be different from

yoga practice with adults in that, instead of quiet and calm, it should be noisy and fun. Yoga is a great way to engage kids in physical activity because it helps improve flexibility, balance, and strength all while being noncompetitive and inexpensive. Some studies have even suggested that practicing yoga can improve a child's attention, relationships, self-esteem, and listening skills.

There are currently **53** OSU Extension professionals, volunteers, and teen leaders trained in 4-H Yoga in Ohio. In 2023, an estimated **300+** youth participated in a 4-H Yoga Program.



\*Dark green indicates a county that has a trained 4-H Yoga instructor.

#### **Health by the Numbers**

Health is the 4th H and members pledge their "health to better living." But how often do we stop to think about what it really means that health is the one of the Hs? Health is more than taking a 4-H project; it is central to what 4-H says it is.

### 1,404 projects

was the number of Healthy Living projects that 1,227 Ohio 4-H youth took in 2023.

### 80+ **4-H Clubs**

participated in the "4th H Club Challenge".

# 58 counties

taught traffic safety to teens using the Ohio 4-H CARTEENS program.

### 50 y<u>out</u>h

attended the virtual Ohio 4-H Health and Safety Club Officer training.



Scan here to visit the Ohio 4-H Healthy Living Website

### 15 lesson plans

were created on Emotional Wellness for youth audiences.

## 14 youth

attended state or national healthy living events with Ohio 4-H. For more information about Ohio 4-H Healthy Living programs, curriculum, and resources contact:

Justin Bower
State 4-H Healthy Living
Educator

bower.183@osu.edu 614-247-1979