

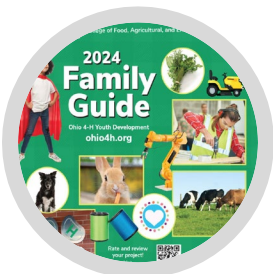
2023 Ohio 4-H Healthy Living Program Impact Sheet



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.

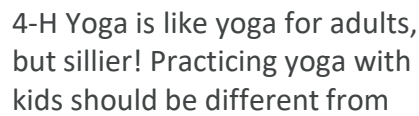


A new 4-H project book titled ***Relationships 101*** was created in 2023. This project lets you explore different relationships and discover what makes each one **healthy** or **unhealthy**.

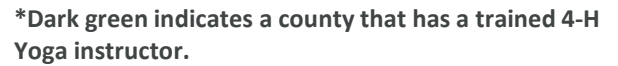


10 4-H youth called **Health Heroes** participated in a year-long program in which they were challenged to positively impact the wellbeing of their local clubs, schools, and communities. Projects were on **food**, **fitness**, and **mental health**.





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.



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.

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

