

# Ohio 4-H Cloverbud Connections

For 4-H Cloverbud Volunteers  
Working with Kindergarten to Second Grade

January – March 2018 Issue

## Cloverbud Connections – Now in Blog Format

Bruce Zimmer, Extension Educator, 4-H Youth Development, Washington County (The Ohio State University).

The Ohio 4-H Cloverbud Connections has been a resource for Ohio 4-H volunteers and Extension staff since the 1990's. The resource was developed in response to requests from 4-H volunteers for more information and support working with 4-H Cloverbud members. The newsletter started as a print version and later transitioned to a blended online and printable resource. The quarterly resource has grown to include a variety of Click it, Print it, Do it activities that are easily accessible and readily available for volunteers.



The new location for this resource is [u.osu.edu/cloverbudconnections](http://u.osu.edu/cloverbudconnections). The new format will allow readers to subscribe to the site and receive an email when new posts are added. The site is searchable by key words and topics to help readers find content. New posts will be added monthly rather than quarterly in the previous format. The new format will continue to provide a unique blend of education, activities, and fun to build and challenge 4-H Cloverbud Volunteers teaching kindergarten through second grade youth.

## Cloverbud Healthy Lifestyle Lessons

Joyce Shriner, Extension Educator, 4-H Youth Development, Hocking County (The Ohio State University).

This final issue of the *Ohio 4-H Cloverbud Connections* newsletter focuses on the 4<sup>th</sup> H, Health. Consider concentrating on health as the topic of your Cloverbud meetings this year. The *Big Book of 4-H Cloverbud Activities*, publication number 4-H 710GPM, contains the following six lessons on health: Fitness Is Fun, Making Healthy Food Choices, Safe at Home, Food Fun, Looking Your Best and Fall Festival: A Harvest of Fun. The *Big Book of 4-H Cloverbud Activities* can be ordered through your local county Extension Office. It sells for \$13.25 plus tax.

[www.go.osu.edu/cbc](http://www.go.osu.edu/cbc) Newsletters  
[www.go.osu.edu/click](http://www.go.osu.edu/click) Click It, Print It, Do It



Looking for a lesson or activity for your next meeting? Check out the most recent Click It, Print It, Do It activity for your Cloverbuds.



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## 4-H Healthy Living: Are We Practicing What We Pledge?

Katie Riemenschneider, MPH, 4-H Healthy Living Program Coordinator, 4-H Youth Development (The Ohio State University).



With health as the 4<sup>th</sup> H and with a variety of healthy living projects, 4-H as an organization recognizes the importance of promoting and establishing healthy habits for its members. However, some aspects of 4-H have yet to embrace health promotion.

In 2016, a survey study was conducted to 4-H club leaders about club practices related health. The survey results below showed that although some practices align with health recommendations, the majority of 4-H clubs surveyed were not serving healthy foods and beverages nor allowing time for physical activity during club meetings.

### Results:

- Over 90% of clubs served water and not quite half served 100% fruit juice (45.6%), but other beverage offerings included fruit-flavored drinks such as Kool Aid (50.5%), artificially sweetened fruit juice (36.9%), and soda (33.3%).
- Cookies and baked snacks were the top food items served at club meetings; fruit was the third most served food item, followed by chips and pizza.
- A majority of clubs (59%) hold fundraisers involving food items; top items sold were baked goods, pizza, and candy bars.
- Only two-fifths of clubs *always* and less than half *sometimes* allotted time for physical activity.
- Club leaders identified limited time, lack of interest, lack of space, and physical disabilities of club members and leaders as challenges to implementing healthy living activities.



4-H volunteers have the opportunity to help children meet guidelines for physical activity and healthy

eating by regularly incorporating healthy living activities into 4-H club meetings. For example, to increase physical activity, try including active movements into already existing activities such as icebreakers and roll call. Try to keep MyPlate in mind by including fruits, vegetables, whole grains, and unsweetened beverages as snacks during meetings. Finally, consider taking the 4<sup>th</sup> H for Health Challenge to jump start your club's journey to healthier meetings.

## Campus Connections

*Scott D. Scheer, PhD., State Extension Specialist  
4-H Youth Development (The Ohio State University).*



Hello again! Great to make this 4-H Cloverbud Connection with you.

This Cloverbud Connections issue is about healthy living. Living healthy is not something that should only be thought about later in life or as an adult, but across the lifespan, including childhood. Cloverbud kids are at a perfect age to start learning and living healthy.

Hopefully you have used and seen *The Big Book of 4-H Cloverbud Activities* which is the latest curriculum written for you, the 4-H Cloverbud advisor. It contains many activities to use with Cloverbud participants. One of the sections is on Healthy Living and contains six curriculum pieces including "Fitness is Fun" and "Making Healthy Food Choices." There are numerous activities in each curriculum piece to use with Cloverbud children to promote healthy living. If you are not familiar with *The Big Book of 4-H Cloverbud Activities* please check with your local 4-H Youth Development professional.

Thanks for your commitment to the 4-H Cloverbud program as we enhance the healthy development of children throughout the state!

## What's in Your Medicine Cabinet?

Theresa M. Ferrari, Ph.D., Extension Specialist,  
4-H Youth Development (The Ohio State  
University).

What's in the medicine cabinet in your home? And why is this important?

Misuse of opioids, including prescription pain medications, is a serious problem in Ohio and across the country. Overdose deaths from opioids have created a public health emergency. In 2016, more than 4,000 Ohioans died of an unintentional drug overdose—more than car accidents—ranking Ohio as #1 in the nation. All areas of Ohio are affected by the epidemic of drug overdoses: rural, suburban, and urban.

Prescription opioids are found in many medicine cabinets, making them readily available. Half of those who misuse these prescription painkillers obtained them from a family member or friend for free. The prevalence of other drugs, such as heroin and fentanyl, is also a cause for concern.



The issues related to opioids are very complex. It will take an entire community effort over the long term to address the current issues and the underlying causes.

What can adults who work with Cloverbud-age children do?

- Find out if your local community has a drop-off location for prescription drugs and disseminate this information to your 4-H families so they understand how to dispose of these medications properly.
- Emphasize that no one should take medicine that is not prescribed for them or give their prescription medication to anyone else.
- Have a pharmacist come to talk to the club about medication safety.

- Do activities that help youth to be positively engaged in their community, as well as those that build their communication, social and emotional, and interpersonal skills, which will help them build a foundation to resist future peer pressure.

- Learn about drug addiction and how it is a disease that affects the brain.



- Access materials from the Generation Rx Toolkit developed by Ohio State University's College of Pharmacy.

Resources:

Centers for Disease Control and Prevention:  
[www.cdc.org/drugoverdose/opioids](http://www.cdc.org/drugoverdose/opioids)

Generation Rx: [www.generationrx.org](http://www.generationrx.org)

National Institute on Drug Abuse:  
<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

Ohio Department of Health:  
<https://www.odh.ohio.gov/-/media/ODH/ASSETS/Files/health/injury-prevention/2016-Ohio-Drug-Overdose-Report-FINAL.pdf?la=en>

State of Ohio Board of Pharmacy:  
<http://pharmacy.ohio.gov/Pubs/DrugDisposalResources.aspx>



**Cloverbud Connections** is published four times annually by OSU Extension in Hocking and Washington Counties providing volunteers and teachers working with kindergarten through second grade access to unbiased, research-based information.

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### Design and Format

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## Safe Sharing Worksheet

### Directions

Below are items that you might find and use at home. Circle the items that are safe to share with your family and friends. Put an "X" through items that you should not share with others and need to keep for yourself.

<b>Books</b> 	<b>Toothbrush</b> 	<b>Doll</b> 	<b>Baseball Bat</b> 
<b>Medicine</b> 	<b>Crayon</b> 	<b>Stuffed Animal</b> 	<b>Cookie</b> 
<b>Basketball</b> 	<b>Toy Truck</b> 	<b>Germs</b> 	<b>Marker</b> 
<b>Guitar</b> 	<b>Bike</b> 	<b>Soccer Ball</b> 	<b>Underwear</b> 