Henry County
4-H Club
Health Officer
Resource &
Record Book

Name of Club _____________________________________________

Name of Club Health Officer/s ________________________________

Year________________
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
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 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
The fourth H in 4-H represents Health. Health is very important to the overall program. 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. The health officer should also encourage club members to participate in the county Communication & Expressive Arts Contest.

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.

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.
4th H Health Challenge

The 4th Health Challenge was initiated in 2015 through the Ohio 4-H Program. The challenge is a way to help 4-H’ers make healthy habits the norm during club meetings and set them on a path of healthy living. Club members are asked to complete activities during at least 4 meetings of the 4-H year. The 4th H Health Challenge program for the year is included in this packet. Earn points toward health officer award by completing the challenge with your club!

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

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, MyPyramid
- Visit Fire Departments—Crawl Low Under Smoke, Fire Safety Trailers, Stop-Drop-Roll, Fire Drills

Health Topics

Here are some health related topics that may get you think even broader.

10,000 Steps to an Active You
Asthma/Allergies
Cavities
Dietary Supplements
Fit It In: Exercise
Healthy Eating on the Run
Hydration: Your Body Needs Water
Lactose Intolerance
Plan It, Eat It
Rabies
Ringworm, Head Lice, and Warts
Take Your Medicine
www.health4kid.com

- Animals and Your Health
- Bacteria and Food Poisoning: Keeping Food Safe
- Conflict Resolution
- Feelings and Emotions
- Food Allergies
- Healthy Habits for Fitness
- Just Say No
- Move It to Lose It
- Prevent the Spread of Germs
- Recreation for Fitness
- Shop Smart
- Ticks and Lyme Disease

www.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

**HEALTH TOPICS & RESOURCES**

<table>
<thead>
<tr>
<th>TOPICS</th>
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<tbody>
<tr>
<td>Bacteria &amp; Viruses</td>
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<tr>
<td>Anti-Bacterial Soap: Pros &amp; Cons</td>
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<tr>
<td>Hygiene/Personal Care</td>
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<tr>
<td>Eye Glasses</td>
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<tr>
<td>Ears</td>
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<tr>
<td>Nutrition Explanation</td>
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<tr>
<td>Vitamins &amp; Minerals</td>
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<tr>
<td>Health Snacking</td>
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<tr>
<td>Endorphins</td>
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<tr>
<td>Fitness/Heart Health</td>
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<tr>
<td>Water Works</td>
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<td>Others:</td>
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</table>

**WEBSITES & RESOURCES**

http://kidshealth.org/kid
http://www.eatsmart.org
www.cspinet.org/smartmouth/recipes_articles/index.html
http://familyfitness.about.com/od/kidssports/ss/kids-stretching-Exercises.htm
http://ohioline.osu.edu

4-H Publications (project books) are also great resources.

**My Officer Goals**

After reading through this book, develop a plan for what you will do as a health officer this year. The Health Officer Report form at the back of this handbook will provide you with suggestions; some may be repeated. Feel free to be creative and add your own. At least one activity per meeting should be completed. The Health Officer Goal Report form should be completed and turned in by Sept. 1st to the OSU Extension Office.
**4-H Club Health Officer Report**  
*Turn in completed form by Sept. 1st to the OSU Extension Office*

Name of Health Officer ______________________________________________________  
Club Name___________________________________________________ Year________

<table>
<thead>
<tr>
<th>Activity Completed</th>
<th>Date Completed</th>
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<tbody>
<tr>
<td>Attended Officer Training</td>
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<tr>
<td>Provided a roll call idea for the secretary</td>
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<tr>
<td>Made a display of healthy habits for the club</td>
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<tr>
<td>Provided information/tips on health topics at club meetings</td>
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<tr>
<td><em>Number of meetings __________ (minimum of 8)</em></td>
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<tr>
<td>Showed a health-related video/dvd or You Tube video</td>
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<tr>
<td>Asked another member to give a health related speech</td>
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<tr>
<td>Gave a speech or demonstration at the 4-H Communication &amp; Expressive Arts Contest</td>
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<tr>
<td>Attended a health day or event as part of a club activity</td>
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<tr>
<td>Put together a scrapbook or notebook of health related information</td>
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<tr>
<td><strong>4th H for Health Challenge – Turn in your completed Health Tracker for the club</strong></td>
<td></td>
</tr>
<tr>
<td><strong>HONOR CLUB POINTS AWARD!!!</strong></td>
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Other (please describe)  
Other (please describe)

______________________Date _________         ______________________Date________
(Signature of Health Officer)         (Signature of President)
HEALTH OFFICER GOAL REPORT SCORE SHEET

1. Health Officer Name filled in (2 pts.)
   
2. Club Name filled in (2 pts.)
   
3. Year filled in (2 pts.)
   
4. Activity Completed
   *For each item completed award 5 pts. X _____ = _____
   *Health Topic Tips at club meetings # of mtgs. X 2 pts.= _____
   *Complete the 4th H Health Challenge & receive 25 pts.= _____

5. Signature of Health Officer & Date (5 pts.)
   
6. Signature of President & Date (5 pts.)
   
7. Health Officer Report turned in on time
   (Sept. 1st 10 pts.)
   
   GRAND TOTAL OF POINTS AWARDED: _____

HEALTH REPORTER:________________________________________

CLUB:__________________
"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."

Help 4-H'ers make healthy habits the norm during club meetings and set them on a path of healthy living. Complete the activities below, using the 4th H for Health Challenge Tracker to show your club’s progress.

1. Serve a fruit or vegetable as a snack* at four meetings.
2. Serve water as the main beverage at four meetings.
3. Add 15 minutes of physical activity at four meetings.

*Consider food at meetings, events, and activities. If your club does not have food at meetings, just check the box next to "There is no food at my club meetings" on the 4th H for Health Challenge Tracker.

Reinforce these habits by trying the activities in this packet, the tips below, or by visiting www.HealthyKidsHub.org/4H for healthy snack recipes, active games, and more!

Ideas for serving water:
- Make fruit-infused water for meetings. Add fruit (e.g. oranges, berries) to a pitcher of water.
- Encourage members to always bring a reusable water bottle with them.

Tips for adding 15 minutes of physical activity:
- Kick off meetings with a short game or activity that gets everyone up and moving.
- Elect an “exercise officer” to lead physical activity breaks.

Suggestions for serving fruits and vegetables:
- Create a list of healthy meeting snacks and distribute it to club members.
- Choose a different color every month and bring a fruit or vegetable to match.

Once you’ve completed the Challenge, contact your local 4-H staff member to learn how to get a certificate or pins! Questions? Email HealthyKidsOutOfSchool@tufts.edu.

*These materials were developed in partnership with the 4-H Healthy Living Management Team.
4th H for Health Challenge Tracker

Congratulations for taking on the 4th H for Health Challenge! Use this tracker to record the dates of the meetings or gatherings when your club has water, a healthy snack, or performs 15 minutes of physical activity.

Name: __________________________ # of Participants: ___________

Healthy Meeting Activities:

- 4 Serve a fruit or vegetable snack at 4 meetings.*
- 4 Serve water as the primary beverage at 4 meetings.
- 4 Do 15 minutes of physical activity at 4 meetings.

Meeting or Gathering Dates:

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<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<td>4</td>
<td></td>
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</tbody>
</table>

*Snacks served at events or other gatherings can fulfill this requirement.

☐ There is no food at my meetings.

Quick Tips: Snack Smart
Ask volunteers to rotate bringing in a fruit or vegetable snack. Check out the Snack Smart handout for ideas and activities.

Quick Tips: Drink Right
Make sure water is in plain sight and easily accessible during meetings. Encourage youth to bring a water bottle to meetings and show them where they can refill it.

Quick Tips: Move More
Make physical activity fun! Try music or props, like balls or jump ropes. Keep all games and activities non-competitive and encourage all youth to participate.

Completed the Challenge? Contact your local 4-H staff member to request a certificate for your club!
There are hundreds of fruits and vegetables: from apples and blackberries to yams and zucchini. With this taste test, 4-H'ers can try unfamiliar fruits and vegetables and discover new favorites!

1. Wash and slice samples of fruits and vegetables.
2. Give a taste test sheet to each club member, or complete the activity together using one sheet.
3. Have club members guess the name of each sample. Create more of a challenge by having them close their eyes!
4. Mark an 'X' in the table next to the words that best describe each sample.
5. Vote on the sample most liked by the club.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAMPLE A:</td>
<td>SAMPLE B:</td>
</tr>
<tr>
<td>CRUNCHY</td>
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<tr>
<td>SWEET</td>
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<td>SOUR</td>
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<td>JUICY</td>
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<td>BITTER</td>
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<td>YUMMY</td>
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<td>RIPE</td>
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<td>SLIPPERY</td>
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<td>CHEWY</td>
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<td>BLAND</td>
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<tr>
<td>SURPRISING</td>
<td></td>
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<tr>
<td>OTHER</td>
<td></td>
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</tbody>
</table>

FAVORITE FRUIT: 

FAVORITE VEGETABLE: 

Research shows it can take up to 15 tries before you begin to like a new fruit or vegetable. So, keep trying new foods, you just might surprise yourself!
Sugar Detectives

We know desserts and candy have a lot of sugar, but what about our drinks? Almost half of the added sugar in our diets comes from drinks! Use this activity to show 4-H'ers the hidden sugar in common beverages.

- Collect a variety of popular drinks, such as a sports drink, juice pouch, and soda. Find the total grams of added sugar in the entire drink, using the Nutrition Facts label.
- Convert the grams to teaspoons for each drink - 4 grams is equal to about 1 tsp. Example: A 20 oz soda contains 64 grams, or 16 tsp. of sugar (64/4=16)
- For each drink, measure the number of teaspoons of sugar into a small bowl or sandwich-sized plastic bag. You can also tape together sugar packets, using one packet for each teaspoon of sugar. Label each bowl, bag or string of sugar packets with the number of tsp. it contains.

Find the Sugar
The Nutrition Facts label may only list the grams of sugar per serving. Find the total amount of sugar by multiplying the amount of sugar per serving by the number of servings per container.

- Ask 4-H'ers to guess how much sugar is in each drink by matching sugar containers with drinks. Then, reveal the correct pairs.

Questions for 4-H'ers
Consider the sizes of cups sold at convenience stores, restaurants, and movie theaters. How much sugar do you think these cups contain?
Think about what you drink. How much sugar are you drinking each day?

Sugar Detectives, Round 2
You can expand this activity by using different popular drinks to use in the display. Try including a sweetened iced tea, energy drink, or a drink with added vitamins to show that even these drinks contain a lot of sugar.
Older club members can create a poster to display at a community event using posterboard, empty bottles of drinks, and bags of sugar or sugar packets.
**Guess the Number**

**Equipment:** Blank paper, pen

1. Select one person to be the guesser.
2. Pick a secret number between 0-1,000 (or 0-100 for younger kids) and write it on a piece of paper. Be sure the guesser doesn’t see the number.
3. Have the guesser guess numbers. To help them get to the right number, other players give active clues:
   - If the guess is too high, players do squats to tell the guesser, “Go lower!”
   - If the guess is too low, players jump up and down to tell the guesser, “Go higher!”
4. The guessing and active clues continue until the guesser reaches the correct number. Try multiple rounds with different guessers.

**Aerobic Rock Paper Scissors**

**Equipment:** None

1. Demonstrate the sequence for players by showing them how to move their bodies for rock, paper, and scissors:
   - **Rock:** Crouch down into a ball
   - **Paper:** Stretch arms and legs out wide
   - **Scissors:** One arm forward, the other back; one leg forward, the other back
2. In pairs, players jump up and down three times together while saying “rock, paper, scissors, shoot!”
3. On “shoot” players pick their movement.

**Quiz Calisthenics**

**Equipment:** List of questions

1. Create a list of true/false questions relevant to your meeting theme.
2. Instruct players to answer ‘True’ by doing jumping jacks and ‘False’ by doing sit-ups.
3. Vary the types of exercises to keep players engaged:
   - Try high knees, lunges, karate kicks, toe touches, and push-ups.

**Aerobic Tic-Tac-Toe**

**Equipment:** Tic-tac-toe boards, pen

1. Print out the tic-tac-toe board on the next page (or create your own), one for each pair of players.
2. Have players form pairs and give each a board. One player is X, the other is O.
3. Choose one player to go first. Then have players take turns choosing a square and performing the activity from that square. After they complete an activity they can place an X or O in that square.
4. Players continue until one player gets three X's or O's in a row, or no more moves can be made.

Find more ideas at [www.HealthyKidsHub.org/4H](http://www.HealthyKidsHub.org/4H)
TIC TAC TOE BOARD

1. Balance on 1 foot with eyes closed for 10 seconds
2. Jump up and pretend to shoot 10 baskets
3. Do 10 Jumping Jacks
4. Dance like you drank a whole bottle of HOT SAUCE for 20 seconds
5. Jog in place for 30 seconds
6. Walk on your tip toes around the tic-tac-toe board 3 times
7. Complete 10 wall push-ups
8. Do 10 Squats
9. Do KARATE for 20 seconds
HEALTH OFFICER GOAL REPORT SCORE SHEET

8. Health Officer Name filled in (2 pts.)

9. Club Name filled in (2 pts.)

10. Year filled in (2 pts.)

11. Activity Completed (section on goal report)
   *For each item completed award 5 points each
   *Complete the 4th H Health Challenge and receive 25 pts.
   *Health Topic Tips at club meetings # of mtgs. X 2 pts.

12. Signature of Health Officer & Date (5 pts.)

13. Signature of President & Date (5 pts.)

14. Health Officer Report turned in on time
   (Sept. 1st) (10 pts.)

GRAND TOTAL OF POINTS AWARDED: ____________________

HEALTH REPORTER:__________________________________

CLUB:__________________