



**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 \_\_\_\_\_



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

## 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

Bites, Stings, and Blisters

Halloween Health

Hand Washing

Healthy You, Healthy Pets

I-Pods and Hearing Loss in Kids

Kid-Proof Your Poisons

Laugh for the Health of It

Personal Safety

Reducing Sports Injuries

Rethink Your Drink: Hidden Sugars

Sun Sense

Tolerance and Disabilities

Tooth Decay

Use Your Noodle

# 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-Related Web Sites

[www.eatsmart.org](http://www.eatsmart.org)

[www.kidshealth.org](http://www.kidshealth.org)

[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

[www.cyh.com](http://www.cyh.com)

[www.askacop.org](http://www.askacop.org)

[www.dairycouncilofca.org](http://www.dairycouncilofca.org)

<http://children.webmd.com>

[www.kidshealthgalaxy.com](http://www.kidshealthgalaxy.com)

[www.coderedrover.org](http://www.coderedrover.org)

[www.usda.gov](http://www.usda.gov)

[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

<http://health.discovery.com>

[www.health4kid.com](http://www.health4kid.com)

[www.calorieking.com](http://www.calorieking.com)

### **Bacteria and viruses**

<http://kidshealth.org/kid/talk/qa/germs.html>

### **Anti-bacterial soap: the pros and cons**

<http://home.howstuffworks.com/question692.htm>

### **Hygiene**

[http://kidshealth.org/kid/stay\\_healthy/body/ear\\_care.html](http://kidshealth.org/kid/stay_healthy/body/ear_care.html)

[http://kidshealth.org/kid/stay\\_healthy/body/skin\\_care.html](http://kidshealth.org/kid/stay_healthy/body/skin_care.html)

[http://kidshealth.org/kid/stay\\_healthy/body/teeth.html](http://kidshealth.org/kid/stay_healthy/body/teeth.html)

### **How eye glasses work**

[http://kidshealth.org/kid/stay\\_healthy/body/glasses.html](http://kidshealth.org/kid/stay_healthy/body/glasses.html)

### **How ears work**

[http://www.kidshealth.org/kid/stay\\_healthy/body/ear\\_care.html](http://www.kidshealth.org/kid/stay_healthy/body/ear_care.html)

### **Nutrition explanation**

<http://www.eatsmart.org>

<http://www.nutritionexplorations.org/kids/nutrition-main.asp>

### **What do vitamins and minerals do for me?**

[http://kidshealth.org/kid/stay\\_healthy/food/vitamin.html](http://kidshealth.org/kid/stay_healthy/food/vitamin.html)

### **Healthy snacks kids can make**

<http://www.kidshealth.org/kid/recipes/index.html>

[http://www.cspinet.org/smartmouth/recipes\\_articles/index.html](http://www.cspinet.org/smartmouth/recipes_articles/index.html)

### **Endorphins**



[http://kidshealth.org/kid/stay\\_healthy/fit/work\\_it\\_out.html](http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html)

#### **Benefits of fitness for kids**

<http://www.stayinginshape.com/4trover/libv/d07.shtml>

[http://kidshealth.org/kid/stay\\_healthy/fit/fit\\_kid.html](http://kidshealth.org/kid/stay_healthy/fit/fit_kid.html)

#### **Heart health**

[http://kidshealth.org/kid/body/heart\\_noSW.html](http://kidshealth.org/kid/body/heart_noSW.html)

#### **Water intake before exercise—how much and when**

[http://kidshealth.org/kid/stay\\_healthy/food/water.html](http://kidshealth.org/kid/stay_healthy/food/water.html)

#### **Stretching suggestions**

<http://www.waycoolrunning.com/tips.shtml>

#### **Staying injury-free in sports**

[http://kidshealth.org/kid/stay\\_healthy/fit/sport\\_safety.html](http://kidshealth.org/kid/stay_healthy/fit/sport_safety.html)

## 4-H Publications Related to Health

#### **From Ohio 4-H**

Alcohol Decisions, 4-H 357  
Fast Break for Breakfast, 4-H 487  
Food and Fitness Choices for You, 4-H 482  
Food and Fitness for Fun, 4-H 481  
I Spy in the Kitchen, 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  
Tobacco and You, 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 <http://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

## 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 specific goals and objectives with areas of interest for the coming project year. Select two learning activities relating to the health officer role or plan your own learning activities. These can be speeches, workshops, demonstrations, or tours. You must plan and do at least two leadership or citizenship activities such as helping at a blood drive, organizing a health workshop or bringing in a guest speaker to the club. You must also select three areas of interest, then dig deeper into learning about these areas with three related activities for each interest area. You also must write a paragraph summarizing your learning experience as health officer. This project must also be interview judged either at county judging or by an advisor.

Learn more about self-determined projects and download 4-H 365 Self-Determined Project Guide at [www.ohio4h.org/publications](http://www.ohio4h.org/publications).

**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.**