



# Vermont 4-H Mission Area

## Healthy Living

### WHAT IS 4-H HEALTHY LIVING?

A core belief of 4-H is Health, as evidenced by the four H's in the 4-H clover: Head, Heart, Hands, and Health. 4-H is committed to the physical, mental, and emotional health of our nation's youth so they may lead healthy and productive lives into adulthood. 4-H has become a national leader in health-related educational issues including chemical health, mental and emotional health, food and nutrition, physical health, and safety.

With 4-H and the Cooperative Extension System's direct connection to the research and resources of the nation's 106 land-grant universities and colleges, the 4-H Healthy Living program has become a national priority of the 4-H Youth Development Program.

Vermont 4-H has created in- and after-school, hands-on, practical healthy living programming that uses quality 4-H curricula designed to encourage physical fitness, healthy food choices, and other healthy choices related to substance use prevention. Linked to University research, program evaluation is connected to social skill development. 4-H healthy living events and club activities will demonstrate that this area is not just a class or gym room subject but an important and creative part of



everyone's daily life. Activities will teach Vermont 4-H'ers about how healthy living issues affect their lives and the lives of everyone around them.

### GOALS

- To foster a positive experience with physical fitness.
- To choose healthy behaviors and make positive decisions.
- To encourage a lifetime of healthy eating.

### PROGRAM FEATURES

User-friendly curriculum with age-appropriate lesson plans state learning outcomes that correspond with National Education Standards and 4-H's *Essential Elements of Positive Youth Development*. Lessons use low-cost and readily accessible materials and equipment; incorporate discovery learning methods, experiential hands-on activities, group interaction situations, and inductive questioning approaches to programming. Subject areas include the following:

Health Rocks  
 Sugar Search  
 Growing Connections  
 Operation Purple Camp  
 Becoming an Outdoor Family Weekend

### Professional and Volunteer Development:

Vermont 4-H will train partner organizations to deliver non-formal healthy living programs to their youth. Webinars, online resources and other supporting resources are available, including national conferences and events.

For more information, please call the State 4-H Office at 1-800-571-0668.

