

The 4-H Health Project aims to empower youth to take responsibility for maintaining and improving one's own physical and mental health and well-being. Youth will learn about community health resources, how these resources respond to community needs, and to navigate the healthcare systems in the community. Additionally, youth can learn about environmental issues affecting health and how people grow and develop throughout their lifespan. Youth may also participate in health service activities.

Starting Out Beginner

- Design a family First Aid Kit
- Identify how to treat cuts and scrapes
- Recognize signs of choking
- Learn how to prevent sprains, strains, and bruises
- Discover what causes nosebleeds
- Learn to be safe around pets, strange dogs, insects, and wildlife
- Learn about poisons and how to keep your family safe

Learning More Intermediate

- Find out more about germs and how they affect the body
- Learn about foods that help you stay healthy
- Learn about your personal strength, flexibility, and endurance
- Learn how to add activity to your day
- Learn about the impact of pollution on health
- Learn about the factors that influence growth and development.

Exploring Depth Advanced

- Identify the components of fitness
- Identify environmental factors that impact health.
- Learn the importance of hydration
- Learn how to choose foods for fuel
- Discover new ways to add physical activity to your life
- Create a personal health and wellness plan

4-H Thrive

Positive Youth Development

Developing Competence

Adults create environments where youth can develop competence in their chosen project area.

Building Confidence

Youth build confidence as they learn to think for themselves, build mastery, and are recognized for their efforts.

Nurturing Caring

Adults nurture a caring environment where mutual trust between youth and adults is established. Caring relationships with adults are key to resilient youth.

Finding Connection

Youth build solid connections which are critical to their well-being.

Forming Character

Create a community where youth play an active role in developing their character.

Determining Contribution

Youth actively contribute to their clubs and communities.

**Mississippi State University is
an equal opportunity
institution.**

Competitive Activities

Junior and Senior Age Level - (Ages 10-13 & 14-18)

Visual Presentation:

Contest Area	10-11 Year Old	12-13 Year Old	14-18 Year Old
Health	X	X	X

Expand your experiences!

Take it further:

- Create a recreation/activity plan for your club and lead the activities
- Take an American Red Cross or CPR class
- Lead age-appropriate physical activity sessions at your local senior center
- Explore careers in the health and wellness field
- Keep a journal of your fitness, activities, and food intake
- Take a tour of a fitness center or gym
- Interview a health professional (medical doctor, physical therapist, registered dietitian, mental health provider) to learn more about health and health careers
- Take a trip to the grocery store to analyze different types of healthy foods
- Invite an Emergency Medical Technician or other health professional to speak at your club meetings

Enhance your communication skills.	Get involved in citizenship and service	Learn about leadership
<ul style="list-style-type: none"> • Give a demonstration about basic first aid • Lead your club in a fitness check • Create a skit for your club about what to do in an emergency situation 	<ul style="list-style-type: none"> • Organize or volunteer at a Health Fair in your community • Create first aid kits to distribute throughout your community • Organize or volunteer at a community walk or run • Organize or volunteer in clean-up drives and tree planting activities • Join the Junior Master Wellness Volunteers 	<ul style="list-style-type: none"> • Arrange for someone to come and talk to your club about a health issue • Suggest that your club add a Health Committee • Join the Junior Master Wellness Volunteers

Resources

1. Junior Master Wellness Volunteers | Mississippi State University Extension Service
<https://extension.msstate.edu/publications/junior-master-wellness-volunteers>
2. The Pillowcase Project (In partnership with the American Red Cross) | Mississippi State University Extension Service
<https://extension.msstate.edu/programs/4-h-youth-development-community-resource-and-economic-development/the-pillowcase-project>
3. Walk-a-Weigh (Youth Audience) | Mississippi State University Extension Service
<https://extension.msstate.edu/programs/4-h-youth-development-family-and-consumer-sciences/walk-weigh-youth-audience>
4. Ready in the Middle | Mississippi State University Extension Service
<https://extension.msstate.edu/programs/4-h-youth-development-community-resource-and-economic-development/ready-the-middle>
5. Red Cross Training | Take a Class | Red Cross
https://www.redcross.org/take-a-class?scode=PSG00000E017&gclid=62aab30fe35f1803ee21d4c63ebb927&gclsrc=3p.ds&cid=generator&med=cpc&source=google&msclkid=62aab30fe35f1803ee21d4c63ebb927&utm_source=bing&utm_medium=cpc&utm_campaign=FACPR%20%7C%20NonBrand%7CSearch&utm_term=in%20person%20cpr%20classes%20near%20me&utm_content=All%20Classes)

Connections & Events

For Juniors
Project Achievement Day Contests

For Seniors
Club Congress Contests

Curriculum

- CCS Online Health-First Aid-Staying Healthy-Keeping Fit
- Health1 – First Aid in Action BU08174
- Health 2 –Staying Healthy BU08175
- Health 3 – Keeping Fit BU08176

4-H Record Book

4-H members practice skills in data collection, organization, and analysis as they document their project activities and goals in their record books. The books provide practical information as well as highlight progress made