

4-H HEALTHY EVENT/ CLUB ASSESSMENT



THE **4-H HEALTHY LIVING** INITIATIVE ENGAGES YOUTH AND FAMILIES THROUGH ACCESS AND OPPORTUNITIES TO ACHIEVE OPTIMAL PHYSICAL, SOCIAL AND EMOTIONAL WELL-BEING.

Just as 4-H experiences should include components that support the “head, heart and hands” of youth, all 4-H experiences should also include aspects that promote “health”. **4-H Healthy Living** is a national initiative to promote ways to make a child’s experience in the program optimal, which includes social, emotional, and physical supports. By implementing the tips provided below, you can ensure that you are doing everything possible to help your 4-Hers grow up able to form lasting relationships, deal with stress and their emotions, make healthful dietary choices, engage in physical activity to promote optimal growth of minds and bodies, and avoid unnecessary risks. These areas are found to be some of the most important for success in life.

Utilize the following checklist to self assess the healthfulness of your 4-H program:

PHYSICAL HEALTH

ALWAYS
SOMETIMES
RARELY / NEVER
NOT APPLICABLE

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Are healthful foods and beverages provided? Do you...

- Provide access to free clean drinking water (such as water fountains, dispensers, hydration stations, and water bottles)?
- Eliminate sweetened beverages (such as soda, sports drinks, energy drinks and teas)?
- Serve fruits and/or vegetables at every snack and meal?
- Limit foods high in added sugar (such as candies, desserts, pastries)?
- Serve whole grains instead of refined/white?
- Limit foods high in solid fats (such as cheese, bacon, shortening, margarine)?

Are opportunities for movement provided? Do you...

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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- Include active ice breakers? (link to examples)
- Offer a project based on fitness or physical activity (such as hiking, soccer or active games)?
- Host social activities that include physical activity (such as a skate night)?
- Identify safe routes to bicycle/walk to the 4-H event?

PHYSICAL HEALTH *(continued)*

ALWAYS
SOMETIMES
RARELY / NEVER
NOT APPLICABLE

Are schedules planned to consider needs for sleep and rest? Do you...

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Plan high energy activities earlier (like dances), and calmer ones later (like journaling), to ease transition to sleep?

Accommodate the natural sleep rhythms of participant, such as later start times for teens?

For events? Do you...

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Schedule for 10 hours of sleep, with transition time before and after?

Offer 60 minutes of moderate and vigorous physical activity a day to meet the Physical Activity Guidelines for Americans (such as volleyball, dancing, hiking, swimming, and basketball)?

Provide resources during free time so that movement is an option (such as Frisbees)?

Allow time for rest in the afternoon during multi-day events?

Provide access to safe, open outdoor spaces for physical activity?

Identify safe routes to bicycle/walk to the 4-H event?

Include sessions that teach participants about physical health (such as nutrition, sleep, or physical activity)?

For clubs? Do you...

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Start meetings promptly, and end meetings early enough so that children can get to bed on time to get a minimum of 10 hours of sleep?

Choose non-food items or healthy food items for your fundraiser sales?

Offer a healthy cooking project?

EMOTIONAL HEALTH

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is the environment emotionally healthy and safe? Do you...

Hand out, review, and enforce a Parent/Member/Volunteer Code of Conduct?

Develop group agreements, and include rules such as “no put-downs” so that no one feels belittled?

Eliminate advertisements, posters, or other structural elements that promote negative health behaviors (such as smoking or violence)?

Model healthy behaviors for the youth, such as bringing your own reusable water bottle, choosing fruit at snack time, walking to the activity when possible and using safety gear?

Have separate activities for young members ages 5-8 years old?

EMOTIONAL HEALTH *(continued)*

ALWAYS
SOMETIMES
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NOT APPLICABLE

Do you provide opportunities for youth to experience and improve in the Essential Elements of Positive Youth Development? Do you...

Give youth a chance to master new skills by allowing them to fail and try again?

Cultivate independence in the youth by allowing them the opportunity to make health promoting choices on their own?

Develop social skills and a sense of belonging by creating new teams or pairs during activities so that they learn how to communicate and work with different people?

Conduct community service projects so that youth learn to share a spirit of generosity and help-fulness toward others in and outside of the immediate group which builds connections and makes individuals happier?

For events? Do you...

Include sessions that teach participants about emotional health (such as stress management, mindfulness, or happiness)?

For clubs? Do you...

Make everyone feel welcome, with information specifically for new families, so they know what to expect?

SOCIAL HEALTH

Are you providing opportunities for youth to experience a positive social environment? Do you...

Provide name tags and include ice breakers to foster a sense of group and belonging?

Use buildings and facilities that are accommodating for all so that everyone is included?

Include cooperative activities, and limit competitive, to help youth to learn to work together to achieve a common goal.

Make sure that group activities are appropriate for all ages to participate and encourage everyone to join? (such as not forcing younger children to hold hands with the opposite sex)?

Praise effort over achievement to develop a youth's internal motivation to work hard, instead of relying on external rewards

Is the environment physically safe? Do you...

Include sessions that teach participants about social health (such as dating or bullying)?

INJURY PREVENTION & RISK REDUCTION

ALWAYS
SOMETIMES
RARELY / NEVER
NOT APPLICABLE

Is the environment physically safe? Do you...

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Confirm that the building has passed all safety inspections and is up to code?
- Abide by the maximum capacity standards set by the fire department?
- Stock the restrooms with soap and paper towels?
- Encourage recycling?

Do you try to prevent injuries? Do you....

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- Include rules about safety in your group agreements, or cover these rules before proceeding?
- Ensure that safety gear is available and worn (such as eye goggles for woodworking or helmets for cycling)?
- Ensure that the person preparing and serving food has been trained in food safety?
- Ensure transportation is provided by alert, law abiding drivers with appropriate restraints for the ages of the children?
- Educate youth about the dangers of texting while driving?
- Have procedures in place for preventing and dealing with illnesses, accidents, and emergencies?

For clubs? Do you...

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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- Ensure meetings are held at locations that are safe and have at least 2 adults present?

POLICIES

Are there policies and procedures in place to ensure the health and safety of members? Do you...

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Prohibit alcohol, tobacco and drugs?
- Mandate and collect Medical Release Forms so that accommodations can be made, or allergic reactions prevented?
- Publicize and enforce a dress code that restricts too much skin, appropriate logos, unsafe foot-wear, and safety gear (as appropriate)?
- Ensure transportation is provided by alert, law abiding drivers with appropriate restraints for the ages of children.

For clubs? Do you...

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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- Include the position of Healthy Living Officer in your club bylaws and constitution?

TRAINING

ALWAYS
SOMETIMES
RARELY / NEVER
NOT APPLICABLE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Do you provide training to ensure leaders are capable and prepared? Do you...

- Train leaders on how to manage a group of children and how to discipline youth in a positive and effective manner? Train leaders and chaperones on how to handle bullying?
- Train those preparing and serving food in food safety?
- Train and certify leaders in proper safety procedures?
- Train leaders and chaperones on how to handle bullying?
- Train leaders and chaperones on how to promote and understand diversity?

This checklist is meant to help motivate you towards improving the healthfulness of your 4-H events, activities, and programs. Take a look back over your checklist and choose the top three areas that need the most improvement?

- Physical Health Emotional Health Social Health Injury Prevention Policy Training

The questions in each section are listed in the order in which changes may have the biggest impact. Choose the top two that you would like to improve

- _____ by (date): _____
- _____ by (date): _____

Brainstorm a list of tasks that need to be done to make this goal a reality.

Task	Who can help?
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____