



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

4-H National
Headquarters

4-H Healthy Living: Injury Prevention

Mission of 4-H:

A world in which youth and adults learn, grow and work together as catalysts for positive change.

The Challenge:

Millions of people are injured every year and some of these injuries result in disabilities lasting all of their life. For youth, injuries can lead to increased stress, unusual demands on family and friends, as well as time lost from school, clubs, and teams. [For children aged 1-18](#), accidents are the leading cause of death. Suicide is the third leading cause of death for youth (ages 10-14) and the second leading cause of death among young adults (ages 15-24).

The Solution:

Through 4-H Healthy Living efforts, youth will...

- Increase their knowledge of the impact of risky behaviors and poor decision-making on health and safety.
- Increase their knowledge, attitudes, and skills to prevent peer-on-peer bullying.
- Decrease the involvement in reckless driving, including off-road vehicles.
- Strongly promote practices that prevent injuries.
- Plan community actions and promote peer-to-peer efforts related to personal safety, and addressing safety problems.
- Reduce risky behavior among youth and family.
- Decrease the risk for disease and illness, such as physical and emotional distress.

The Partnerships

The following are examples of how partnerships add to the work of 4-H Healthy Living goals.

- **National Organization for Youth Safety (NOYS):** [NOYS](#) is a coalition of nonprofit and for-profit youth-serving organizations and government agencies that work together to address health and safety problems that affect youth in the United States.
- **National Highway Traffic Safety Administration:** [This organization](#) is responsible for reducing deaths, injuries, and economic losses that result from motor vehicle crashes; investigating safety flaws/failures in motor vehicles; promoting the use of safety measures in motor vehicles; and for dealing with other important motor vehicle-related problems.

The Results:

- [The Children's Safety Network](#) lists 4-H as a key partner in programming related to injury prevention in small-town areas.
- With support from National 4-H Council, several state 4-H programs joined together to develop educational resources on first aid and fitness safety. The [4-H Health and Fitness](#) curriculum provides learn-by-doing opportunities for youth to become involved with self-care and safe living. Youth learn about injury, sports nutrition, perfect performance, and how to keep from having or being involved in a crash.

The 4-H Youth Development Program is the youth outreach program from the land-grant institutions' Cooperative Extension Services, and the U.S. Department of Agriculture (USDA). 4-H serves as a model program for the practice of positive youth development. 4-H National Headquarters is housed within the Division of Youth and 4-H at USDA's National Institute of Food and Agriculture. Additional support for 4-H programming is provided through National 4-H Council. For more information email 4Hhq@nifa.usda.gov. R2017