

TRAINING THE 4-H HEALTH OFFICER

OUTLINE	SUGGESTED TALKING POINTS FOR THE TRAINER
<p><i>Training the 4-H Health Officer</i></p>	<p><i>Congratulations!</i> You have been selected to serve as a 4-H Health Officer. In this role, you will provide leadership for the Health “H.” You will be responsible for educating, inspiring and leading club members in “Health for Better Living.”</p> <p>During this training, you will learn how to add healthy activities to your club meetings. The activities don’t have to be long or involved to make a difference. All it takes is your leadership, commitment and creativity.</p>
<p><i>Roll Call</i></p>	<p>First, let’s do a roll call. (Just like the suggestions for your club meeting.) Please tell everyone:</p> <ul style="list-style-type: none"> • Your name • Your club name • Your favorite healthy snack
<p><i>Review 4-H Health Officer Job Description</i></p>	<p>What does a 4-H Health Officer do? <i>(Hand out the 4-H Club Health Activity Guide. Have officers write their name on the inside cover. Fill out the rest of the information if time allows.)</i></p> <p>Let’s look at your job description inside the guide.</p> <ol style="list-style-type: none"> 1. Serve as chair of the 4-H Club Health Committee. 2. Work with other club officers and leaders to develop a yearly plan for including health activities in each 4-H club meeting. 3. Use the <i>4-H Club Health Activity Guide</i> to carry out one or more activities at each meeting. This may include: <ul style="list-style-type: none"> – Giving the club secretary roll call ideas related to health. – Conducting an Instant Activity. – Challenging club members to make a plan to meet the monthly health challenge found in the <i>4-H Club Health Activity Guide</i>. – Giving nutritious snack ideas to the person(s) responsible for club refreshments. – Working with the adult leader to have copies of the 4-H Family Handouts ready for club members to take home after each meeting. – Gaining support from members and leaders to do a community service project related to health. 4. Report activities and accomplishments to the club reporter and complete reports as requested.

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Review 4-H Club Health Activity Guide

How do you get started planning 4-H club health activities?

The *4-H Club Health Activity Guide* has the information to make health a fun part of your 4-H club meetings each month. Follow the guide. However, if there is not enough time to do all the activities, at least do something at EVERY meeting during the year.

Discuss each type of activity listed in the Guide-at-a-Glance and practice an Instant Activity

Use the Guide-at-a-Glance to plan with others. You can see that as 4-H Health Officer, you may choose to do any of these types of activities:

- Give the club secretary roll call ideas from the guide.
- Conduct the Instant Activity (we can practice one now).
- Challenge members to make a plan to meet the monthly health challenge.

Role-play a club meeting when the officer talks about the monthly challenge

(Show the Health Officer the January sections called "Introducing the 4-H Health H Program" and "Step by Step.")

Review this section with them – emphasize the following:

- Each month has a health topic and challenge.
- Encourage members to practice this behavior regularly.
- Each month, talk about how each member met the health challenge.
- At the end of the year, celebrate club members' accomplishments in "Health for Better Living."

Talk about food and drinks they usually have at club meetings. What do they think of these snack ideas?

- Give nutritious snack ideas to the person(s) responsible for club refreshments.

Discuss the 4-H Family handout

- Work with the adult club leader or the county Extension office to have any handouts ready for members to take home.

Discuss service projects to promote health in their communities

- Talk to members and leaders about a health-related community service project. Get their ideas and support to plan and carry it out.

Talk about who can help them

Who can help you in doing 4-H club health activities?

- Other 4-H'ers
- Someone with experience and knowledge of the monthly topic. Who can you think of?
 - Nurse
 - Dentist
 - Dental Hygienist
 - Nutritionist
 - Health Teacher
 - Physical Therapist
 - Coach
 - Athletic Trainer
 - WVU Extension Service Agent or Staff
 - Tobacco Coalition Member
 - Orthodontist

Your adult club leader and Extension agent will help you be successful in this adventure, too. Talk to them about your plans and ideas.

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Show how to use the Guide's Month-at-a Glance to plan each month's activities.

Each month, choose which health activities you will do. Work with your leader and other officers. How will other officers take part in the health initiative? The secretary uses the health roll call suggestion. What other ways can officers be involved?

Show how to complete Report Form

Every month, record activities you do on the End-of-Year Record Form. This is a very important part of your duties. Follow directions in returning the completed form at the end of your club year. This report helps program leaders improve the project because you let them know how you used the materials and what worked in your club.

Q & A Time

What questions do you have about your new role? Is there anything else you want to know about the materials you've received at this training?

Thank you for being a 4-H Health Officer! GOOD LUCK!

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