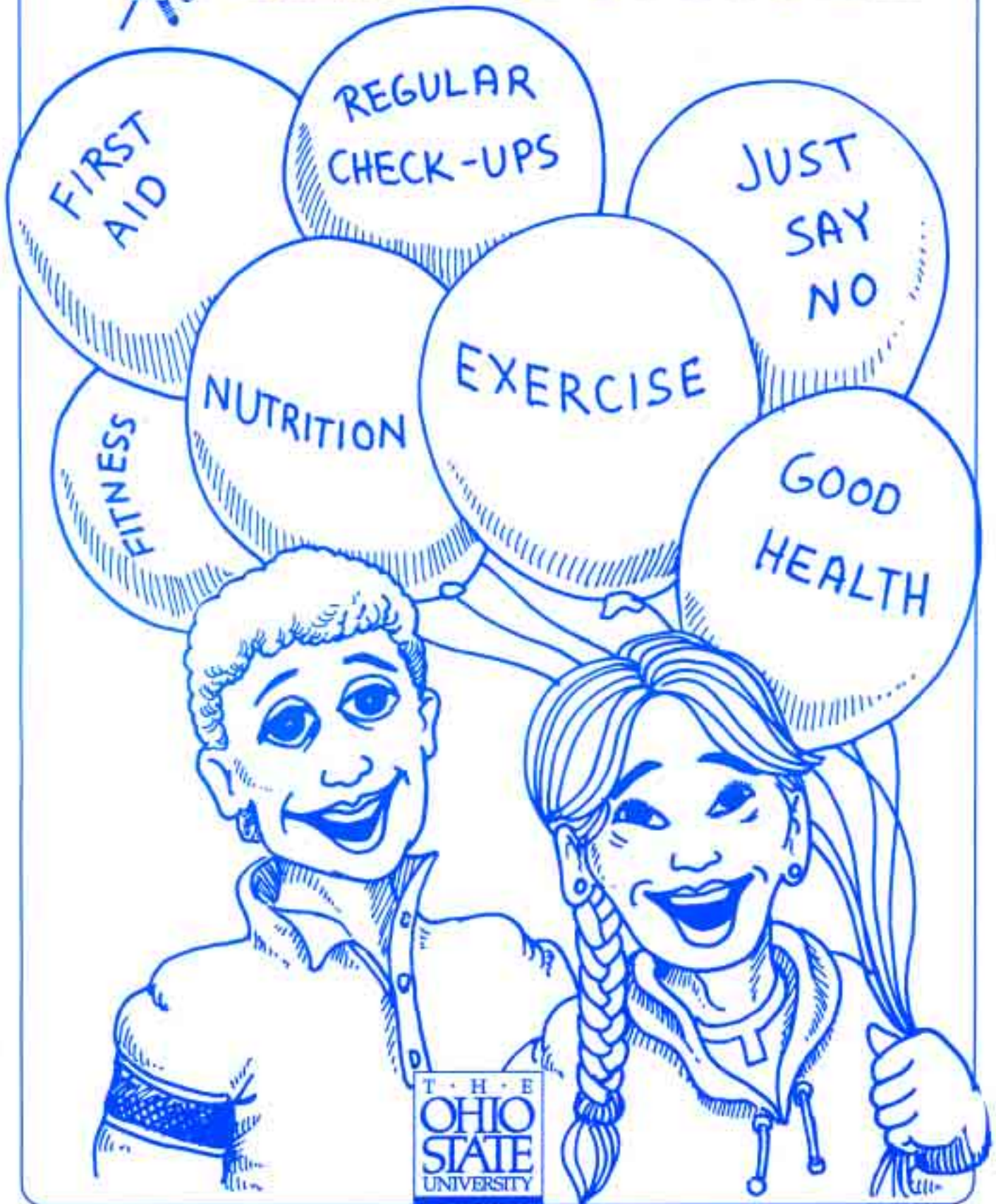


OHIO 4-H CLUB OFFICER'S GUIDE



HEALTH OFFICER



Ohio 4-H Health Officers Guide

A.B. Graham was a county school superintendent in Clark County, Ohio (near Springfield) who felt that the school children of the early 1900's needed to learn more than the 3 R's (reading, writing and arithmetic). To meet this need, he started the Boys' and Girls' Agricultural Clubs. Members of the clubs chose from agricultural projects such as corn growing, soil testing, and flower and vegetable production. Mr. Graham not only wanted to provide for education on the 3 R's, but also on the 3 H's - head for a wealth of information and knowledge, the heart for moral and spiritual strength, and the hand for manual dexterity and skill. By 1911, the 3 Hs had become the 4 Hs as health was added.

Today, more than ever, we know health is an important part of everything we do. Your role as the health officer of the club is to make sure others in your club understand the importance of good health. You can do this by leading a health-related activity as a part of your club's regular meetings. The activities don't have to be long or involved to be effective.

A list of health activities you could do in your club this year follows. It would be great if you could do all of them, but you should do at least four of them during your club year. As you complete the activities, record them on the record sheet in the back of this book.

Your county may request that you submit your record sheet(s) at the end of the 4-H year, so be as specific and detailed as possible in describing your club's health activities. These sheets provide important information about the health topics being covered in club programs. Some counties may use this information to select at least one health officer to participate in the health activities during the Ohio State Fair.

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Where Do You Begin?

Congratulations! You have been selected to serve as the Health Officer of your 4-H club. This is an important position because your job is to make health a part of your club's 4-H program. This leaflet provides suggestions for your 4-H health programs. Be sure to talk with your 4-H advisor about planning health-related activities.

Guidelines for the 4-H Health Officer

A 4-H Health Officer should plan to get certain things done during the club year. Here is a list of activities for you to accomplish. Work with your advisor or parent to help you plan and do these activities.

Suggested Activities

1. Have members answer the roll call by sharing a good health practice.
(See page 4)
2. Arrange for at least two oral reports or demonstrations related to health to be presented at a club meeting. (See pages 4 - 5)
3. Plan the refreshments for two of your club's 4-H meetings.
(See page 7)
4. Encourage each member to plan and complete a family health activity.
(See page 8)
5. Have your club plan and conduct a health-related community service project. (See page 9)
6. Plan a health program for one of your club meetings. (See page 10)
7. Complete the Summary of Health Related Activities. (See page 11)

You are not limited to just these six suggestions. You may find that current events will also provide ideas for health-related activities. Depending on the topic, the home economics, 4-H or agricultural professional in your county Extension office may be able to help you gather information for a program.

Roll Call Ideas

Consumers are constantly being warned about the dangers of some practices such as smoking, driving while under the influence of alcohol or drugs, etc. Instead of concentrating on the negative, request that members of your club respond positively to these roll call questions such as:

- Name a favorite fruit.
- What is your favorite meal?
- Give the date of your last visit to the dentist.
- When was your last physical or check-up?
- Name a food that is a good source of Vitamin C.
- Does your home have a first aid kit? Where is it located?
- When was your last eye exam?
- Name a healthful snack food.
- How many times do you brush your teeth each day?
- How many times a week do you exercise?
- What kind of exercise do you do?

Health Reports and Demonstrations

As health officer, you can encourage and assist others in preparing reports or demonstrations on health related topics. The reports could easily become speeches suitable for the health and safety speaking contest in your county. Encourage those who present health demonstrations to participate in the county demonstration activity. Familiarize yourself with the rules for these county contests so you can pass them along to the members of your club.

Possible Topics for Health Reports

Club members carrying out a health activity can report their progress at a club meeting by presenting an oral report. The following are examples of health activities that are good subjects for oral reports:

- Stress - What it is and how to control it
- Problems associated with using alcohol
- Boating or water safety
- Vehicle safety (including ATV's)
- Drug abuse
- Health benefits from not using tobacco products
- How to keep food safe
- How disease is spread
- Weight loss programs
- Poison control in the home
- Vision problems
- Basic nutrition guidelines
- A personal fitness program
- How to stay healthy
- Eating disorders (anorexia and bulimia)
- What should we know about AIDS
- Immunizing family pets against disease
- Preparing a first aid kit for an auto, in the home or to take on a camping trip
- Having the necessary vaccinations against smallpox, measles, etc.



Possible Demonstration Topics

Members can also demonstrate their involvement in particular health activities at a club meeting. The following are examples of health activities that are good subjects for demonstrations:

- First aid for cuts
- What to do if something is bleeding severely
- Where and how to take a pulse
- Symptoms and treatment of shock
- Artificial respiration
- The Heimlich maneuver (for choking)
- First aid for insect bites
- First aid for burns
- What to do in case of heat stroke, heat cramps, or heat exhaustion
- First aid for a sprained ankle
- How to remove foreign objects from someone's eye
- First aid for a blister
- How to read and use a thermometer
- What to put in a first aid kit and how to use each item
- Toy safety for babies, toddlers and preschoolers
- How and why to clean a medicine cabinet
- Preparation of a healthful snack
- How to select and use a bicycle helmet
- Hand signals when riding a bike

4-H Information and Resources

Information and resources for health reports and demonstrations may be obtained from a variety of sources. Encourage your club members to use information found in other 4-H books. Any of the project books on health related subjects would be excellent resources. These books include:

352 First Aid	356 Tobacco and You
353 Looking Good	357 Alcohol Decisions
355 Keeping Fit	720 GPM Tobacco Risk Awareness Program (TRAP)

Additional Health Resources Available

Resource materials for the demonstrations above may be obtained from the following American Red Cross educational materials:

Resource Texts

Standard First Aid and Personal Safety (2nd edition)
Advanced First Aid and Emergency Care (2nd edition)

Workbook Materials

Respiratory and Circulatory Emergencies Module (CPR)
Basic First Aid Student Workbook (5th grade reading level)
Emergency Action Principle, Student Module Workbook
First Aid for Burns, Student Module Workbook
First Aid for Wounds, Student Module Workbook

Other health related agencies, organization and individuals in your county may also be able to provide information or possibly a speaker. A list of suggested agencies and organizations follows. Not all of these may be available in your community or even in your county. Depending on the kind or amount of information you want, you may have to check several places.

The local affiliate of the American Red Cross, American Heart Association, American Cancer Society, or American Diabetes Association
Barbers and beauticians
City or county health departments
Doctors, dentists, optometrists, nurses, dietitians
The DARE program
The public library
Pharmacists at local stores or hospitals
Physical education teachers
The Ohio State Highway Patrol
Emergency medical technicians (EMT's) or paramedics
Fire departments
Home economics teachers
Veterinarians
The staff of your local Extension office

Many individuals are willing to help build an awareness of good health practices. Some may be willing to attend your 4-H meetings. All can give you assistance, ideas and some materials that you can use.

Refreshments For Your Club Meetings

Most 4-H clubs serve refreshments at their meetings. Eating together often helps to build friendship among club members. But instead of always serving high fat or high calorie foods like pop and chips, or cookies and punch, encourage those in charge of preparing the refreshments to include more healthful choices.

A healthy diet is important to how you look, feel, and act. As the health officer, plan healthful refreshments for at least two club meetings. Make sure those actually in charge of refreshments know about your recommendations and why you have selected those foods.

Here are some refreshment ideas:

- Milk, hot chocolate, yogurt
- Oatmeal or peanut butter cookies
- Fresh fruits (apples, bananas, oranges, grapes, watermelon)
- Tomato, orange or grapefruit juice
- Ice cream, ice milk, sherbet, sorbet or frozen yogurt
- Pizza (choose vegetable toppings instead of pepperoni or sausage)
- Party mix made from cereals
- Cheese (preferably reduced fat) and crackers
- Sandwiches - peanut butter and jelly; sloppy joes; hot chicken; or egg, tuna or chicken salad
- Raw vegetables - carrots, celery, broccoli, cauliflower serve with dips made with yogurt or reduced fat sour cream
- Bagels or muffins
- Pretzels, popcorn



Your Refreshment Ideas

Meeting 1, Date _____

Meeting 2, Date _____

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

Record the snacks you planned and the healthy snacks that were served on the record sheet in the back of this book

Family Health Activities



Encourage club members to plan and carry out a family health activity. Some suggestions are listed below. Record the activities your club members planned and the number of family members who participated in the back of this manual.

- Conduct a home or farm hazard hunt.
- Study your family's eating habits. What changes could you make?
- Encourage your family to try new vegetables or fruits. Record the new foods tasted and the reaction of the family members.
- Make a record of family member's immunizations, shots, etc.
- Put together a first aid kit for each family vehicle.
- Participate in a CPR training course.
- Develop and practice a fire escape system.
- Clean up the roadside near your home.
- Encourage family members to donate blood.

Club Record of Family Activities

Planned:

Completed:

HAPPY BIRTHDAY!



Health-Related Community Service Projects For Ohio 4-H Clubs

The World Health Organization of the United Nations defines health as “a state of complete physical, mental and social well being, not merely the absence of disease or infirmity.” There are many very worthwhile community service opportunities that are health related.

Here are some examples of programs your club could conduct. Record all service projects your club completes on the summary sheet at the back of this manual.

- Adopt a senior citizen center or nursing home. You could do a program at a meeting or luncheon or bake bread or cookies for one of their meals.
- Make tray favors for the children’s section of a local hospital or a nursing home for a holiday.
- Conduct an activity to raise funds for Easter Seals or Muscular Dystrophy.
- Sell flowers for Heart Association or Cancer Society fund raisers.
- Make up holiday food baskets or collect clothing for needy families.
- Visit a hair salon for a program on good grooming and/or hair care.
- Deliver cookies or fruit baskets to shut-ins (elderly people) in your community.
- Arrange a field trip to a local hospital.
- Visit a school for disabled people, or assist with a special outing for disabled children.
- Work with other youth groups (scouts or churches) to plan and present a clinic for baby-sitters.
- Develop a game to teach good health.
- Conduct a “career day” on health occupations.
- Develop health related exhibits for library or other public places such as a mall, store windows, etc.
- Contribute to a camp scholarship for a disabled child.
- Conduct a UNICEF activity.
- Work with county commissioners, township trustees or your city council to clean up along several streets or roads.
- Write health related articles for your local newspaper.
- Send greeting cards to nursing homes or VA hospitals for holidays.
- Sponsor and participate in DARE and/or substance abuse prevention activities.
- Participate in the Ohio and national Red Ribbon Celebration activity.

Planning a Health Program for your Club

Plan at least one health program for your club. Consider talking with club members about a certain health topic of interest. Refer to the listing of health resources, materials and related agencies on page 6 for ideas and assistance. You may wish to have someone visit your club to discuss a health issue. Be sure to record what you did on the summary sheet at the end of this manual.

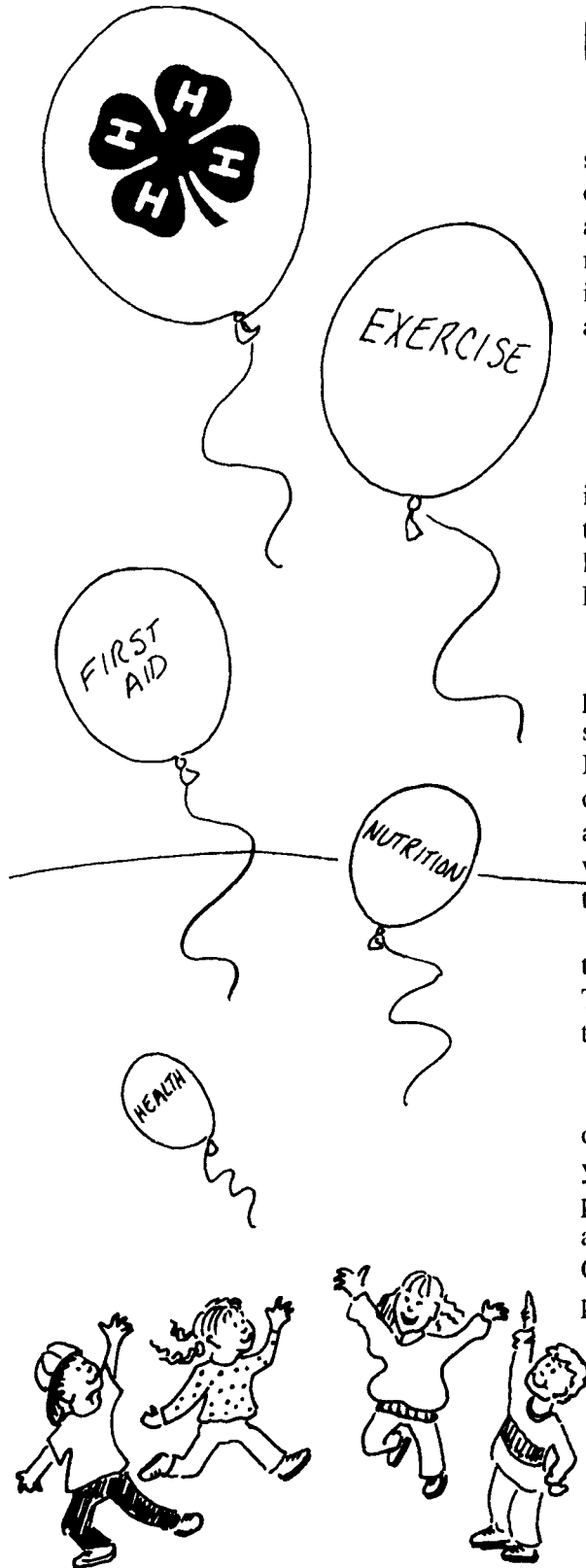
4-H Awards and Opportunities in Health

Public Speaking - Members are eligible to participate in county, district, and state level public speaking competitions in Health and Safety. Members who win at the state level competition, held in conjunction with the Ohio State Fair, will receive a trip to the National 4-H Congress.

Health Day at the State Fair - All Ohio 4-H Health projects are judged at the Ohio State Fair. Counties may send one participant in each of the 4-H health project areas. In addition, each county may send one health and safety officer to participate in a special activity. This will include an evaluation of their *Health Officer* book which includes written records of the activities planned and completed in their club.

Health Skit Judging - Each Extension district can send three teams to participate in this event at the Ohio State Fair. This is an ideal activity for younger members to act out topics related to health and safety.

Contact your county Extension office for more details on the health awards program. Share this information with your club members. Many counties conduct a health improvement contest. Several club and individual awards are available to help promote healthy and drug free lifestyles. Check with your county 4-H professional to see if such a program exists in your county.



Summary Of Health Related Activities By Club

Club Name _____

Health Officer Name _____

Health Officer Address _____

Age _____ **Yrs. as Health Office** _____ **Phone** _____

Planned Health Event/Activity	Date Completed	Number Of Memebers/Guests Participating	Description Of The Activity/Event
<i>Ex: Roll Call</i>	<i>6/1/93</i>	<i>14</i>	<i>Named favorite health snack</i>
<i>Ex: Health Demo</i>	<i>7/7/93</i>	<i>15</i>	<i>Learned the Heimlich maneuver</i>
1. _____			
2. _____			
3. _____			
4. _____			
5. _____			
6. _____			
7. _____			
8. _____			
9. _____			
10. _____			
11. _____			
12. _____			

The 4-H Pledge

**I Pledge
My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service and
My Health to better living, for
My Club, My Community,
My Country
and My World**

