



Health

Georgia 4-H Project Achievement empowers young people with skills for a lifetime. Through a competitive process, students explore their interests, unleash their creativity, share their work, and celebrate their achievements! This guide provides 9th—12th graders with examples for getting started with their project exploration.

Description of Project:

4-H'ers may explore human mental, physical, and emotional conditions; the state of being free from and how to prevent illness, injury, or pain; and overall wellness. Through this project 4-H'ers may:

- acquire knowledge in the general practice of health principles that promote good health and physical fitness
- develop an understanding of factors that contribute to poor health and identify ways to control these factors
- develop healthy habits to prevent abuse of drugs, alcohol, and tobacco
- acquire an understanding of the principles of nutrition as they relate to good health, physical fitness, and attractive appearance
- describe life changes as they relate to growth, developmental needs, and health needs
- develop an understanding of infection control
- acquire skills for preventing and coping with stress
- explore career opportunities in the medical and health fields

Overview:

- ⇒ Choose project
- ⇒ Develop skills in:
 - Project
 - Leadership
 - Service
- ⇒ Prepare portfolio for work completed from January 1—December 31
- ⇒ Prepare presentation
- ⇒ Practice
- ⇒ Compete
- ⇒ Reflect

Examples of Project Development Experiences:

- Tour a health department, hospital, and health professional's office or visit a medical school
- Take a course in CPR, water safety, first aid, yoga, weight lifting, etc.
- Become a healthy living ambassador or health officer for your club or community
- Participate in the Text, Talk, Act campaign or your local health fair
- Apply for the Red Cross National Youth Council or participate in Club Red Networking
- Research medical and health issues around the world and brainstorm solutions
- Participate in the 4-H Wellness Challenge to promote personal health
- Practice personal health by completing annual physicals and wellness visits

Project Sharing and Helping Examples:

- Start a Health club and coordinate monthly health speakers
- Promote Walk Georgia to classmates and start a team
- Volunteer for your local health fair, Relay for Life, fitness run, or community food drive
- Contact your local health provider to discuss how you may coordinate a volunteer service to support their mission
- Make and display a health exhibit for a fair, library, etc.
- Recruit others to participate in the Presidential Fitness Challenge
- Contact your local Extension Agent to discuss coordinating a kids yoga day during summer programs
- Prepare a presentation for preschoolers to deliver at community centers, day cares, or church
- Take club members on tours of local medical facilities
- Promote the Georgia 4-H Wellness Challenge to club members
- Mentor a younger 4-H'er competing in the Health project
- Lead others in physical activities, such as team sports, dancing, biking, jogging, or aerobics, and keep a daily log of activities
- Write a blog promoting healthy behaviors and share with community members
- Present a Health-related demonstration at a club, school, etc.

Recommended Resources:

- Georgia4h.org/ProjectAchievement
- Georgia4h.org/friends/beazonoticdiseasedetective
- Georgia4h.org/friends/healthylifestyles
- fcs.uga.edu/fdn
- medicine.mercer.edu
- publichealth.uga.edu
- augusta.edu/ahec/healthcareers.php
- 4-h.org/parents/healthy-living
- cdc.gov
- teenshealth.org

Special Considerations:

- Food should not be prepared as part of the Project Achievement competition presentation.
- Research charitable organizations using charitynavigator.org before donating or raising money.
- Seek trained facilitators prior to hosting classes on CPR, first aid, yoga, etc.
- Contact your local county Extension staff to discuss your plan for community involvement.
- When teaching safety and injury prevention, remember to reference official guides in creating presentations and exhibits.

At Competition:

Heath 4-H projects may use posters, artifacts, biofacts, and/or technology to support their presentation. The time limit for these presentations is 12 minutes.

Computers, projectors, screens, and other technological devices may be used.

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Sources:

The University of Georgia CAES. 2016. Project Achievement. <http://www.georgia4h.org/projectachievement/>