

4-H

PROGRAMS FOCUS MORE ON HEALTH

Educating Grant County youth

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The role of county-based Extension as well as the 4-H (Head, Heart, Hands, Health) program has evolved greatly over the past several years.

Statewide Extension programs transitioned to be housed at the university level under the College of Public Health and Human Sciences. This transition had a trickle-down effect that allowed county 4-H programs to focus more heavily on health “H” of 4-H.

Federally funded SNAP-ED (Supplemental Nutrition Assistance Program Education) educators are also housed and facilitate their education through county extension programs. This allows for a great partnership between 4-H

and SNAP-ED that helps us better educate our youth as well as their families on where their food comes from, how it is produced, how to eat a healthful, well-balanced diet, the importance of good hygiene, how to eat healthful on a budget, exposure to new foods and new ways to eat them.

These programs help youth learn from an early age not only how to fuel their bodies with good, healthful, nutritious foods, but also to focus on the importance of good overall health.

What does this mean for Grant County?

We currently have several programs running that educate our youth on good health and proper nutrition.

Christal Culley, who coordinates our SNAP-ED program in Grant County, teaches up to three



Contributed photos

The ‘Smoothie Bike’ event at Humbolt Elementary is one of several community outreach programs offered by Grant County 4-H.

hour long classes a week in our elementary schools. Students learn how to eat from all of the food groups and what those food groups are, they learn how to prepare healthful snacks, and they are exposed to new foods and new ways to try foods.

Every lesson also incorporates physical activities that gets students up out of their desk and moving. Students are provided with fun colorful handouts and recipes to share with their families. The program does an amazing job exposing students at an early age how to make better choices about the foods they put in their body. For more information on the SNAP-ED program and ways you can get involved please contact our office.

You can also visit [www.food-](http://www.food-hero.org)

www.food-hero.org for healthy, kid-friendly recipes and tips to better nutrition.

Last year our 4-H program focused on providing clubs and activities that would help our 4-H members have a better understanding of their overall health.

We started a Youth Advocates for Health club, or YA4-H club for short, where teens get involved with their schools and communities to promote healthy choices.

Over 40 junior high and high school students participated in the club. They contributed to their community in several ways: helped plan and attend Healthy Together community meetings, participated in the first Teen Health fair, taught

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The SNAP-ED program teaches nutrition to students in grades 3-6.