Interested in being a Health Advocate?

4-H Healthy Living Teen Advocates will work with University of Idaho Extension to implement the 4-H Healthy Living Program – nutrition, physical activity, social well-being, and community health.

Teen Advocate get to:
1. Join monthly online (Zoom) meetings, on Wednesday’s beginning January 27, 2021.
3. Complete one of the following with a 4-H staff or Educator:
   • Teach eight nutrition lessons. Lesson planning & information provided during monthly Zoom meetings.
   • Work on a Well Connected Communities project in Marsing, Caldwell, or Preston.
   • Design and deliver a community health project.
4. Promote healthy living at community events with a focus on nutrition, physical activity, well-being, or community health.

Monthly Zoom Meetings beginning Wednesday January 27 through September 1, 2021, 6:30-8:00p.m. (Mountain time)
Health advocates are expectation that attend 75% of the meetings. See schedule below.

Apply to be a Teen Health Advocate
1. Download and complete application. https://www.uidaho.edu/extension/4h/programs/healthy-living
2. Have your county-based 4-H Coordinator or Extension Educator sign application.
3. Email the completed application to 4-H HL contact.

NOTE: Returning Teen Health Advocates – email the HL contact that you plan to continue and update your profile in 4-H Online.

Benefits for You

Training-Stipend-Gift Bag

- Training on the best healthy living strategies – nutrition, physical activity, social-well-being.
- Stipend for community project and volunteer time (Zoom meeting hours not included) up to $600.
- FREE Healthy Living Bag with tools, gadgets, and materials to participate in Zoom meetings and to help you volunteer and promote health in the community.
- Build leadership skills & teach kids.

Qualifications

- Must be 14-18 years old at time of application. (12 – 18 years if with the Well Connected Communities project in Marsing, Caldwell, or Preston)
- Must be in 9th – 12th grade or equivalent home-school or online school. (Middle or High school if with the Well Connected Communities project in Marsing, Caldwell, or Preston).

HL Contact: Maureen Toomey, mtoomey@uidaho.edu
Teen Health Advocates learn from the best how to teach nutrition and physical activities and take action in communities.

Other Items
- Meet teens from around the state.
- Learn cooking basics during kitchen practice sessions.
- Receive a 4-H recipe book.
- Attend State Teen Association Convention.
- Learn about 4-H Ambassadors.

Community Action Ideas
- Map food vendors at the county fair.
- Train other teens and adults on healthy living.
- Map the community for walkability and physical activity.
- Post healthy living messages to 4-H social media venues.
- Create and post healthy living videos.
- Create a photo journal of healthy snacks and recipes.
- Host a healthy living activity center at a fair or community event.
- Organize healthy living activities in conjunction with state, regional, or national events.

Healthy Living Program Contact
- Maureen Toomey
  Area Extension Educator
  mtoomey@uidaho.edu
  208-454-7648

Application at [www.uidaho.edu/extension/4hprograms/healthy-living](http://www.uidaho.edu/extension/4hprograms/healthy-living)