



## 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.
2. Attend the virtual National Youth Summit, February 12-15, 2021. Registration fee covered by 4-H.
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.*

**HL Contact: Maureen Toomey, [mtoomey@uidaho.edu](mailto:mtoomey@uidaho.edu)**

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## 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 9<sup>th</sup> – 12<sup>th</sup> grade or equivalent home-school or online school. (Middle or High school if with the Well Connected Communities project in Marsing, Caldwell, or Preston).



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**4-H Teen Health Advocates promoting wellness in community.**

## Teen Health Advocates learn from the best how to teach nutrition and physical activities and take action in communities.

### Teen Health Advocate Schedule – Wednesday’s 6:30-8:00p.m.

January 27	February 3	Welcome & Focus on Your Community	Hand Washing and Food Safety & Building a Culture of Health
February 12-15		National Youth Summit on Healthy Living	
March 3	March 17	What’s Your Culture & Mindful Movement	Think-Your-Drink, Label Reading - The Details & Whole Grains
April 7	April 21	Great Teen Teachers, Levels of Community Change & Designing Your Action	Physical Activity in Five Minutes & Kitchen Practice – Making a Meal
May 5	May 19	June 2	Designing Your Action, Best Breakfast, Healthy Fast Food & Kitchen Practice
July 7	August 4	September 1	Kitchen Practice & Reporting Your Action

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

## 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](mailto:mtoomey@uidaho.edu)  
208-454-7648



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