



**Ohio 4-H**  
*Healthy Living  
Officer's  
Record Book*

Name \_\_\_\_\_

Year \_\_\_\_\_ Age (as of January 1) \_\_\_\_\_

County \_\_\_\_\_

Club Name \_\_\_\_\_

4-H Advisor \_\_\_\_\_



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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# References

Jepsen, Dee. *Live Smart: Health and Safety Activities for Youth Clubs, Bulletin 907*,  
Ohio State University Extension, Department of Food, Agricultural and Biological Engineering.

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# Healthy Living Officer

## *Welcome*

Congratulations on your new role as your 4-H club's healthy living officer. Your club members have bestowed upon you both an honor and a responsibility. The fourth H in 4-H represents Health. Health is very important to the overall 4-H program. You have the opportunity to lead activities that will be both fun and educational for your 4-H club. In this record book, you will find the tools to plan and carry out these activities. You can find helpful resources in the healthy living officer resource guide. Good luck!

## *Your Role in the Club*

Serving as a club officer means you are part of a team. The team's responsibility is to hold a club meeting that is both well run and fun. The officers should meet with their club advisor before the meeting so that they are prepared to run the meeting and to help the club make decisions.

## *Your Role as the Healthy Living Officer*

Some clubs may want to have two members fill this role: one focused on health aspects and one focused on safety aspects. Other clubs may just have one member filling the role of Healthy Living Officer. Your responsibilities are similar no matter which way your club does it. The duties of your office are to:

- Use the Healthy Living Officer Resource Guide to find ideas and activities to carry out at each meeting.
- Develop a plan of activities that meet the interests and needs of your club members.
- Work with an advisor to be sure your topics are age and subject matter appropriate for your club.
- Encourage serving healthy snacks at your club meetings.
- Encourage serving water at your club meetings.
- Encourage physical activity at your club meetings.
- Keep an accurate record of the activities you plan.
- Evaluate your impact.

## *Planning Tools*

In order to meet your goals, you will use a variety of ways to teach members about health and/or safety. Listed below are some of the methods you might try. The planning sheet will help guide you in planning each health or safety activity. As you plan, think about which method will work best for the topic and location of your activity. If you need help, ask a parent or club advisor to guide you.

## My Officer Goals

After reviewing this record book and the resource guide, develop a plan for what you will do as a healthy living officer this year. Select activities from the items listed below. Feel free to be creative and add your own activities.

Activities	Plan to Do (✓)	Plan to Complete By	Date Completed
<b>At Club Meetings</b>			
Work with the secretary to plan an active way to include healthy living into the roll call.			
Make a display or exhibit.			
Give a presentation or demonstration.			
Show a video to encourage healthy living.			
Invite a resource person to give a presentation.			
Ask another club member to give a speech or demonstration.			
Ask an advisor to give a speech or demonstration.			
Plan a community service project.			

Things to Do on Your Own	Plan to Do (✓)	Plan to Complete By	Date Completed
Attend an officer training program.			
Make a poster or exhibit for the club booth.			
Give a speech at a county speaking contest.			
Give a demonstration at a county demonstration contest			
Attend a health day or health event.			
Put together a notebook or scrapbook about health or safety topics.			

# Health or Safety Planning Form

Use this form to brainstorm ideas for demonstrations that you would give to your club members and advisors throughout the year on health and safety related topics. Answering these questions will help you plan a great health or safety demonstration for your 4-H club.

Topic: \_\_\_\_\_

Why is this an important topic? \_\_\_\_\_

How long will the demonstration last? \_\_\_\_\_

What information do you need to collect? \_\_\_\_\_

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Where are you going to find information? \_\_\_\_\_

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Do you need help from anyone else to get your demonstration completed? List them here:

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What do you want members and advisors to remember/learn from your demonstration?

\_\_\_\_\_

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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.

**ohio4h.org**

This publication and other officer resources can be found at **ohio4h.org/officerresources**. For other Ohio State University Extension, 4-H Youth Development publications, contact your local OSU Extension office or purchase online at **extensionpubs.osu.edu**. Ohio residents get the best price when they order and pick up their purchases through local Extension offices.