

Healthy Living is a cornerstone of 4-H nationally and is an important part of our pledge; "I pledge my health to better living." 4-H believes that instilling healthy living habits not only helps the youth but will grow to influence their families and communities. Georgia 4-H Healthy Living programs include nutrition, childhood obesity, drug awareness, bullying prevention, health and fitness, personal and home finance and management, clothing and textiles, safety, stress management, social and emotional wellness and food science. Programs are designed to help 4-H youth learn about living a healthy lifestyle through fun, active, hands-on activities and projects through In-School Programs, competitions, and camps.

84,989 Georgia youth participate in Healthy Living programs

4-H Common Measures Report on Healthy Living

89%

Stated they
learned about
healthy food
choices

88%

Pay attention
to their daily
activity level

89%

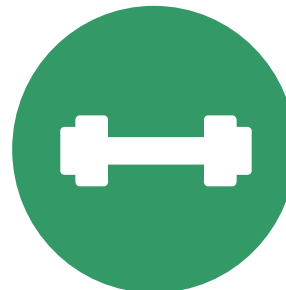
Encourage
friends to make
responsible choices



FOODS AND
NUTRITION



FAMILY AND
CONSUMER SCIENCES



HEALTH AND
FITNESS



SOCIAL AND EMOTIONAL
WELL BEING

"4-H is what shaped me into the person that I am today. I am truly so thankful for all of the memories, opportunities, and amazing family that I have gained." Angel Austin, Ben Hill County 4-H'er

GEORGIA

4-H

Programs in Healthy Living

Activities & Competitions

- 4-H Day at Recreational & Sporting Events
- Chicken Barbecue Contest; Turkey Barbecue Contest
- Cotton Boll & Consumer Judging
- Dairy Month Poster Contest
- Dean's Award: Family and Consumer Sciences
- Egg Preparation Demonstration
- Fairs and Festivals: Food Contests
- Food Challenge
- Food Product Development Contest
- Health Rocks!/Action Leaders
- Healthy Living Team
- LifeSmarts
- MilkMake Contest & Peanutrition Contest
- National Youth Summit Series
- Pantry Pride Recipe Contest
- Project S.A.F.E.—Shooting Awareness, Fun, & Education (Archery, BB, Air Pistol/Rifle, .22 Rifle & Shotgun)
- Senior EXTREME Camp
- Youth Foods & Nutrition Certification
- Wilderness Challenge Camp

Project Achievement

- Better Breakfast
- Between Meal Snacks
- Bicycle
- Clothing and Textiles
- Crafts
- Creative Stitchery
- Dairy and Milk Science
- Dairy Foods
- Family Resource Management
- Fashion Review
- Festive Foods for Health
- Food Fare
- Food for Fitness
- Food for Health and Sport
- Food Safety and Preservation
- Health
- Housing, Equipment and Environment
- Human Development
- Interior Design
- Pizza
- Poultry and Egg Science
- Safety
- Target Sports
- Sports
- Time and Money Management

