



# Health



**District and State 4-H O-Rama – Junior and Senior 4-H'ers**  
Human Environmental Sciences, Human Development and Health  
Physical Education and Recreation (HPER)

The health activity (formerly Health and Fitness Leadership) is designed to help 4-H members make informed decisions related to health and promote healthy lifestyle choices. Every year, a specific topic will be assigned as the major focus area for O-Rama. This year's topic in health will be **Improving Personal Health—with demonstration.**

## OBJECTIVES

Targeted Life Skills: healthy lifestyle choices, self-responsibility, goal-setting, decision-making, wise use of resources, responsible citizenship

To identify a health topic and learn about various ways to improve individuals' health.

To demonstrate knowledge in the area of improving personal health.

To present a demonstration on the chosen health-related topic to illustrate the youth's ability to perform the health improving activity.

To develop leadership and public-speaking skills.

## ELIGIBILITY

District 4-H O-Rama: Each county may enter one Junior 4-H member and one Senior 4-H member in health at the district 4-H O-Rama.

Arkansas 4-H O-Rama: The top five Senior members in health from each district 4-H O-Rama will be eligible to compete in the Arkansas 4-H O-Rama.

## ACTIVITY

District 4-H O-Rama: Each participant will give a presentation a demonstration on a topic related to improving personal health. The topics can include, but are not limited to: good nutrition, exercise, reducing stress, adequate sleep, brain stimulation, etc. As long as the youth demonstrates in his/her presentation how his/her topic improves a person's health, it will be accepted. Be sure every presentation has a demonstration that accompanies the presentation and is correlated to the topic. PowerPoint presentations are not necessary and should only be used when they enhance the presentation.

**Junior** members will be allowed **two to five** minutes for each presentation. **Senior** members will be allowed **five to eight** minutes for each presentation.

State 4-H O-Rama: The top five Senior members from each district 4-H O-Rama in health will be eligible to participate in the state 4-H O-Rama. Each participant will present a talk with a demonstration on a topic related to improving personal health. Participants will also be required to do the following:

1. Introduce themselves and why they selected to talk about this particular focus area of personal health improvement.
2. Integrate the demonstration/activity into the talk.
3. Provide data relative to the health topic that shows how it improves personal health.
4. Needs to be pertinent to children/teenagers/families.
5. When using visuals/graphics, be sure they are easily read and understood. PowerPoints should only be used when they enhance the presentation. The activity/demonstration can be the student demonstrating the activity or asking for audience participation.

## EXAMPLES OF TOPICS

Some examples:

If the youth wants to give a presentation on healthy eating, he/she can talk about healthy snacks then demonstrate how to make “ants on a log” (celery, low fat peanut butter, and raisins); or if he/she wants to talk about reducing unhealthy food choices, he/she can bring a sugar bowl and spoon out the number of teaspoons of sugar in a candy bar/soda/toaster pastry.

If the youth wants to talk about exercise and he/she is in a karate class, he/she can go through a routine, or if he/she wants to talk about stretching, he/she can lead the audience through a couple of stretches.

If the youth wants to talk about reducing stress, he/she can lead the audience through a relaxation technique such as deep breathing, or bring a large calendar and show how to color-code activities so they are easier to manage.

If the youth wants to talk about reducing head injury, they can show how to properly fit a helmet, or bring the different types of helmets and explain how there are different types of helmets for different activities.

Please do not limit the youth to these few examples. The topic of personal health improvement is very broad. By including the demonstration, this insures that the health topic is something the youth, themselves, can participate in.

## JUDGING

The district activity will be judged on the standard score sheet “Method Demonstrations – Illustrated Talks” CES – 663. The Arkansas 4-H O-Rama activity will be judged on the score sheet provided at the district 4-H O-Ramas. Additional information will also be provided at district O-Rama for Senior winners going to state.

## AWARDS

District 4-H O-Rama: First-place Junior and Senior winners in health will receive a trophy. In addition to trophy awards, second-, third-, fourth- and fifth-place Junior and Senior winners in health will receive ribbons.

Arkansas 4-H O-Rama: A trophy will be awarded to the first-place winner in health. Ribbons will be given to second-, third-, fourth- and fifth-place winners.

## SUGGESTED RESOURCES

- Your **FCS county extension agent**
- The U.S. Department of Health and Human Services: Physical Guidelines for Americans <http://www.health.gov/paguidelines/default.aspx>
- The USDA National Agricultural Library <http://fnic.nal.usda.gov/>
- The National Institutes of Health <http://www.nih.gov/>
- National Extension website [www.eXtension.org](http://www.eXtension.org)

## RECORDS

Participation in the health competitive activity at the county, district and Arkansas 4-H O-Ramas should be reported in 4-H health project books.

## PREPARED BY

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