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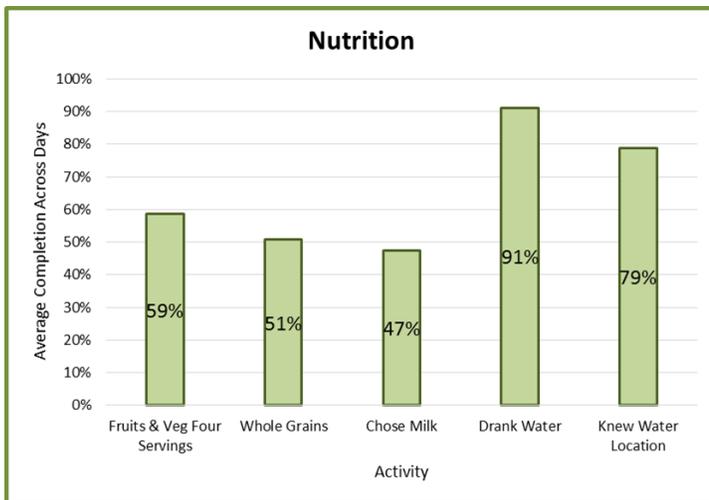
Agriculture and Natural Resources | 4-H Youth Development Program

2015 Wellness Challenge at 4-H State Leadership Conference



At the 2015 4-H State Leadership Conference (SLC), 86 youth and adult participants completed a "Wellness Challenge" to not only encourage healthy behaviors at SLC, but also to assess current health practices during a typical 4-H event. The Challenge consisted of 18 activities within 4 domains: Nutrition, Food Safety, Healthy Lifestyles, and Emotional Health. Participants record the challenges they completed for 4 days: Thursday-Sunday. The Challenge was adapted from the National Association of Extension 4-H Agents and the 4-H Healthy Event/Club Assessment. A copy of the Challenge can be found at: <http://4h.ucanr.edu/Projects/HealthyLiving/activities/> and a copy of the 4-H Healthy Event/Club Assessment can be found at: http://4h.ucanr.edu/4-H_Events/.

The figures below show the percent of participants that completed each activity. The percent is the average across 3 days: Friday, Saturday, and Sunday. Thursday was excluded because not all participants had arrived yet. For example, 59% of participants reported eating 4 servings of fruits and vegetables. Recommendations for each domain are made for improvements to future SLC events.



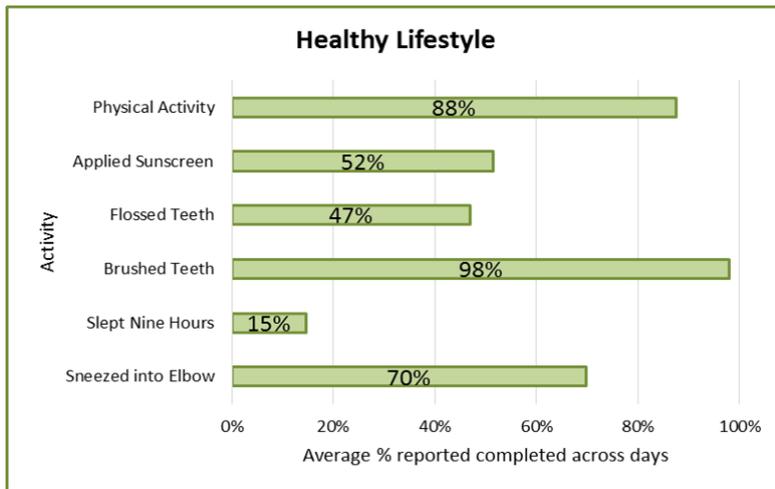
Recommendations:

1. Allow for plenty of time between activities and meals for hand-washing.
2. Make an announcement prior to meals reminding individuals to wash their hands before eating.
3. Place signage in bathrooms to remind individuals to wash their hands.

Recommendations:

1. Provide more options for fruits, vegetables, and whole grains if possible.
2. Place fruits and vegetables in easily accessible locations.
3. Provide signage that highlight the locations of where water can be found.



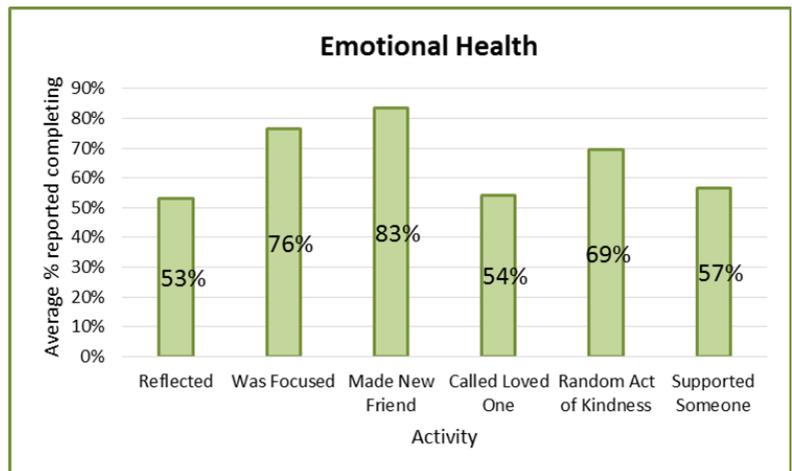


Recommendations:

1. Consider supplying sunscreen and floss for individuals that may have forgotten to bring it with them.
2. Ensure that all scheduled activities allow for 9-10 hours of sleep time.
3. Utilize the Sleep Guidelines for 4-H Events found here: <http://4h.ucanr.edu/Projects/HealthyLiving/>

Recommendations:

1. Allocate time each day for personal reflection or journaling.
2. Provide suggestions or prompt cards for Random Acts of Kindness.
3. Include sessions that address social-emotional health such as: mindfulness, kindness, managing emotions, and positive communication.



What we learned and where we can go from here

- SLC offers opportunities for participants to make healthy choices
- We suggest making changes to SLC based on recommendations listed above
- We suggest asking participants to complete in the challenge at SLC 2016 to compare to 2015 data. This is to look for potential improvements in the healthy opportunities available for participants, and the healthy choices participants make.

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