# What does the Healthy Living Officer do?

Education, family and peer support, and a community environment that promotes healthy behavior can strengthen the wellness of an entire community – such as a 4-H club! As the Healthy Living Officer, you will be responsible for educating, inspiring, and leading club members as they dedicate their “health for better living.” You will provide leadership for all health-related activities and will help to inform and educate your club members on easy ways to incorporate physical activity and healthful eating habits into their lives. You will be working with other officers to provide insight into ways to introduce healthy living options at club meetings and activities throughout the year.

General Duties

* Meet with other club officers and the officer advisor before each meeting
* Serve as chair of the 4-H Club Health Committee
* Work with other club officers and leaders to develop a yearly plan for including health activities in each 4-H club meeting and activity
* Provide recommendations for club policies related to health
* Gain support from members and leaders to do a service learning project related to health
* Organize a “meet and greet” team to make new guests feel welcome and part of the group
* Report activities and accomplishments to the Club Reporter and complete any reports as requested
* Lead by example – model healthy living practices
* Provide the club with ideas on how to incorporate physical activities and healthy eating into club meetings and member’s personal lives
* Write a Healthy Living article each month for the club newsletter

At Club Meetings

* Share nutritious snack ideas to the members responsible for club refreshments
* Announce health-related opportunities, events, and activities happening in the community
* Have members set a healthy living goal each month
* Track progress on the previous month’s healthy living goal
* Track the number of healthy living activities conducted at each meeting
* Coordinate with the Recreation Leader to lead a physical activity at every meeting (engage members in physical activity opportunities at every club meeting)
* Led a brief activity during roll call
* Survey members to check if they increased healthy behaviors since the previous meeting (or limited unhealthy behaviors)

End of Year

* Complete the Healthy Living Report for your club
* Encourage members to adopt more physical activity and healthful eating habits over the summer
* Consider organizing a health-related event such as a canned food drive, Relay for Life team, or community health night

More Information

Did you know that youth should exercise 60 minutes each day? Exercising regularly can help children sleep better, have more energy throughout the day, decrease anxiety and depression, and have more self-esteem!

* Cornell University Cooperative Extension

*Choose Health Officer Guide*