

---

# HEALTH



District & State 4-H O-Rama  
Junior & Senior 4-H'ers



---

This activity consists of an illustrated talk or method demonstration addressing some aspect of healthy living.

## OBJECTIVES

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

1. Provide young people with the opportunity to display their knowledge and/or experience in a health-related topic.
2. Encourage participants to learn about healthy living.
3. Develop leadership and public speaking skills.

## ELIGIBILITY

**District 4-H O-Rama:** Each county may enter two junior and two senior members.

**State 4-H O-Rama:** Senior members who place in the top seven (7) at each district O-Rama are eligible.

## ACTIVITY

To participate, each member should be prepared to give an illustrated talk or demonstration on some aspect of healthy living. Topics can fall into many areas, including but not limited to:

- Managing or Reducing Stress
- Fitness and Physical Activity
- Injury Prevention
- Preventing Substance Abuse
- Making Healthy Choices
- Disease Prevention
- Diabetes, Stroke, Heart Disease, Arthritis
- Dangers of Tobacco
- Importance of Sleep
- Improving Community Health
- Policy, Systems & Environmental Changes to support healthy habits
- How 4-H can promote health at meetings and activities
- Obesity
- First Aid

All presentations should be based on scientific research rather than personal opinion. However, participants can use personal experiences or examples to help illustrate research-based information. All participants should cite references in their talks. In addition, senior participants may wish to cite references within the body of the talk. Please make sure all references are from credible sources.

Illustrated talks should make full use of visuals and experience. Participants are expected to use visual aids (e.g., posters, models, props, Power Point slides). The use of PowerPoint is allowed but not required. A junior will be limited to a 2-5 minute talk. Senior talks are 5-8 minutes. Note: This does not include the time for answering questions asked by judges upon completion of the talk.

## **JUDGING**

The standard score sheet for method demonstrations and illustrated talks, CES – 663, will be used to judge this activity.

## **AWARDS**

District 4-H O-Rama: Trophies will be given to junior and senior winners. Ribbons will be given to second- through fifth-place winners. The top 7 senior 4-Hers from District O-Rama qualify to compete at State O-Rama.

State 4-H O-Rama: Trophies will be given to state winners. Second- through fifth-place ribbons will be awarded.

## **SUGGESTED RESOURCES**

- Your county Family & Consumer Sciences Agent or 4-H Agent
- The U.S. Department of Health and Human Services: Physical Guidelines for Americans <http://www.health.gov/paguidelines/guidelines/>
- The USDA National Agricultural Library Food and Nutrition Information Center <http://fnic.nal.usda.gov/>
- The National Institutes of Health <http://www.nih.gov/>
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- National Extension website [www.eXtension.org](http://www.eXtension.org)

## **RECORDS**

Participation in the health activity at county, district and state 4-H O-Rama's should be reported in 4-H Record Books under projects falling under the broad category of Enhance Health and Well-Being. When appropriate, this work may also be reported in record books under related areas.

## **PREPARED BY**

Dr. Lisa Washburn, Associate Professor – Health  
Revised 9/2017