Our nation’s health is in need of some 4-H service!

The change in life expectancy is associated with an increase in unhealthy weight gain among youth. The causes are complicated, but research shows that there are simple ways to make a difference.

→ Choose water over sugar-sweetened beverages
→ Fuel up on fruits and vegetables
→ Boost movement and physical activity

Take a stand for the 4th H! Make an impact by promoting these changes to youth in your club!

What you can do:

Drink Right

In my 4-H club, I will:________________________
________________________
________________________
________________________

...to promote water as the primary beverage over sugar-sweetened beverages.

Move More

In my 4-H club, I will:________________________
________________________
________________________
________________________

...to promote increased physical activity.

Snack Smart

In my 4-H club, I will:________________________
________________________
________________________
________________________

...to promote snacking on fruits & vegetables.

Brainstorm

Other ways I can promote the 4th H:
________________________
________________________
________________________
________________________

Want to make an even bigger impact? Consider how you can bring the 4th H to your county, and state! Share your success with 4-H’ers across the country!

Tell Healthy Kids Out of School how you made these changes to your 4-H club meetings and events via Facebook, Twitter, or email. We hope to share your ideas with 4-H’ers across the U.S.

www.facebook.com/HealthyKidsOutOfSchool
@HealthyKidsOOS
HealthyKidsOutofSchool@tufts.edu
How can 4H'ers help change

Up to five years less than their parents

**Answer:**

**D**

Up to five years less than their parents
The same as their parents
Up to five years longer than their parents
Up to ten years longer than their parents

Medicine article?
A landmark New England Journal of Medicine article, according to a generation of children, according to the current expectancy of the current life expectancy of the current life expectancy.

What is the predicted life expectancy of the current life expectancy?

I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
and my health to better living,
for my club, my community,
my country, and my world.

Name: