



# Health Rocks!

4-H ■ HEALTHY LIFE SERIES





# Health Rocks!®

## A Healthy Living Program for Today's Youth

Presented By

Patricia Dawson, Oregon State University

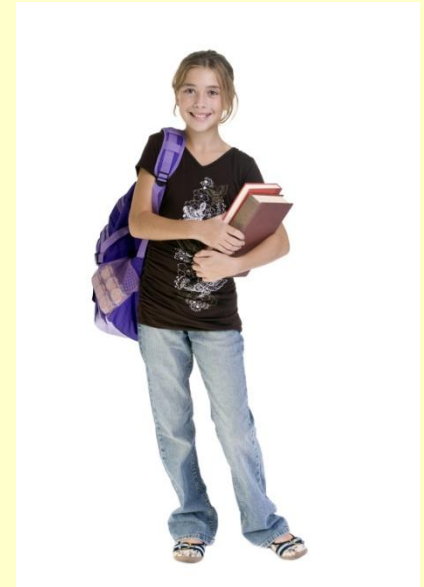
Youth Development Education

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H E A D , H E A R T , H A N D S , H E A L T H

# Program Agenda

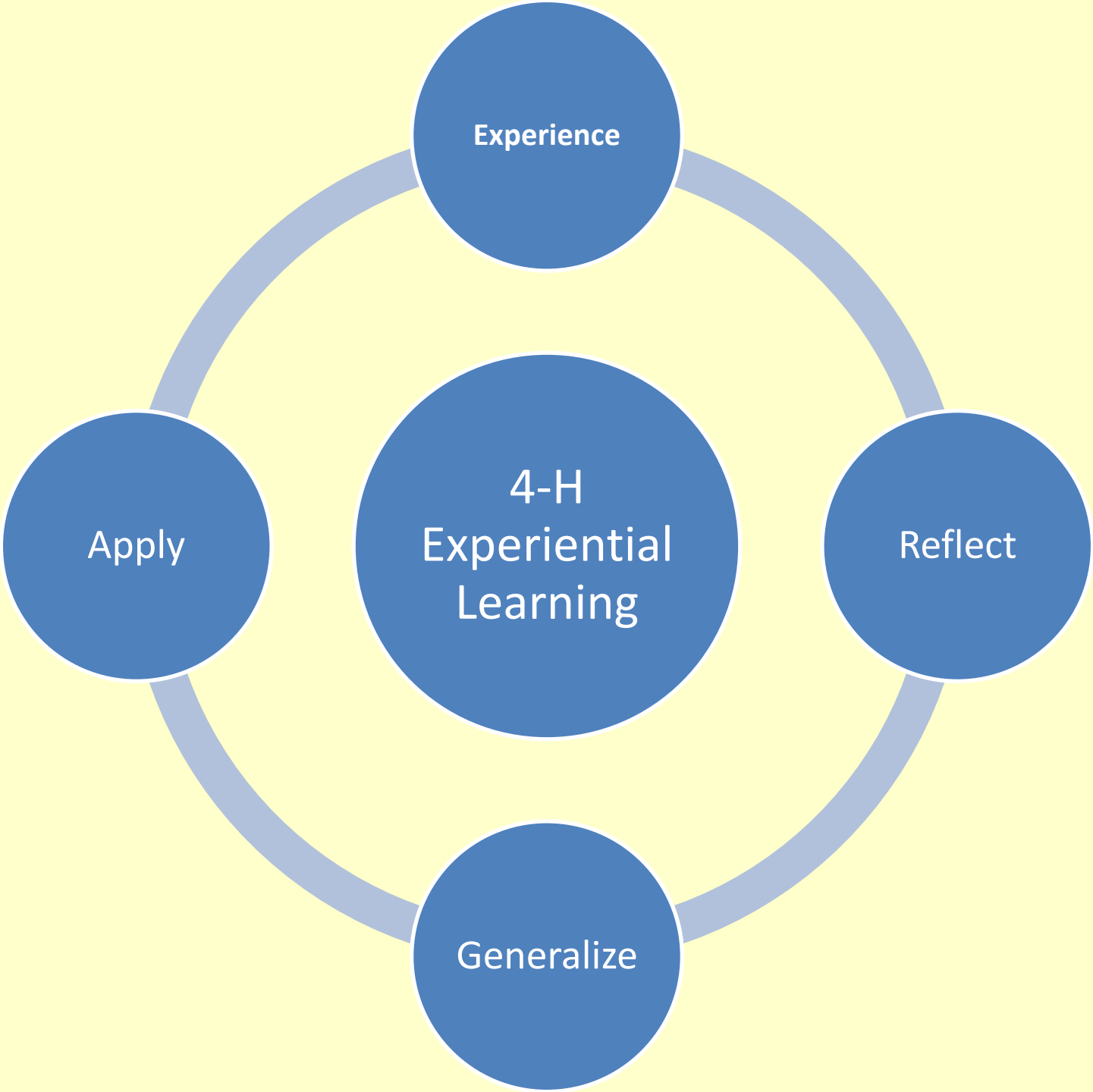
- **Session Overview and Introductions**
- **Community Partnerships**
  - KAPS ... Kids Afterschool Program
- **Program Objectives**
  - Healthy Behaviors including
    - Healthy Choices, Nutrition, Fitness
- **Curriculum Utilized**
- **Hands-On Activities**
- **Questions, Comments, Concerns**



# K.A.P.s – Kids Afterschool Program

- **Program designed for youth in grades 3-7**
- **Standard format of Study Time, Recreation and Educational Activity Modules**
- **Community Partnership**
- **Addresses Critical Areas of Concern**
  - ❖ **Youth Health & Welfare**
  - ❖ **Scholastics**
- **Incorporates FUN into Learning**
  - ❖ **Active, Hands-on Learning**





Experience

4-H  
Experiential  
Learning

Reflect

Generalize

Apply

# Why the Concern?

- **Approximately 12.4% of Oregon adolescents use illicit drugs.**
- **Lack of physical activity and healthy eating poses a serious threat to our nation's children, health, health care system, and economy.**
- **One-third of U.S. children and adolescents are at increased risk of heart disease, type 2 diabetes, and other health problems.**

(Robert Wood Johnson Foundation )

# Benefits of Physical Activity

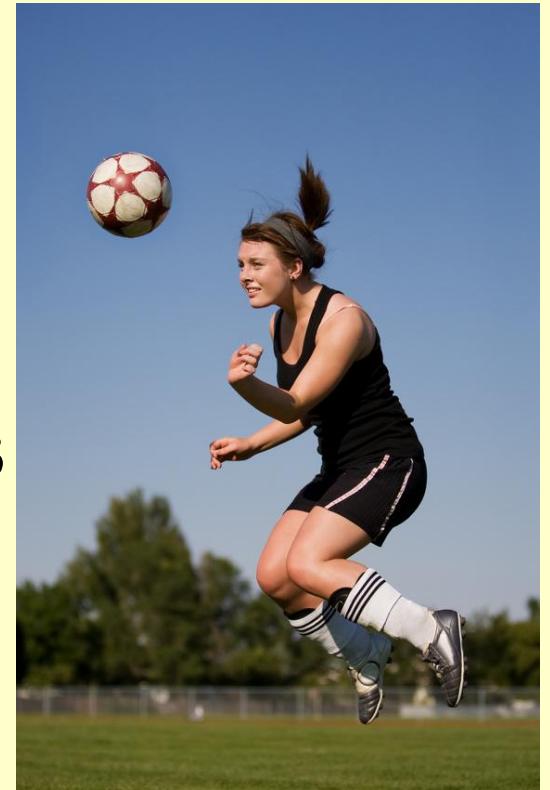
**–studies have linked physical activity to stronger academic achievement, increased concentration, improved math, reading, and writing test scores, better attendance and more positive attitude towards school**



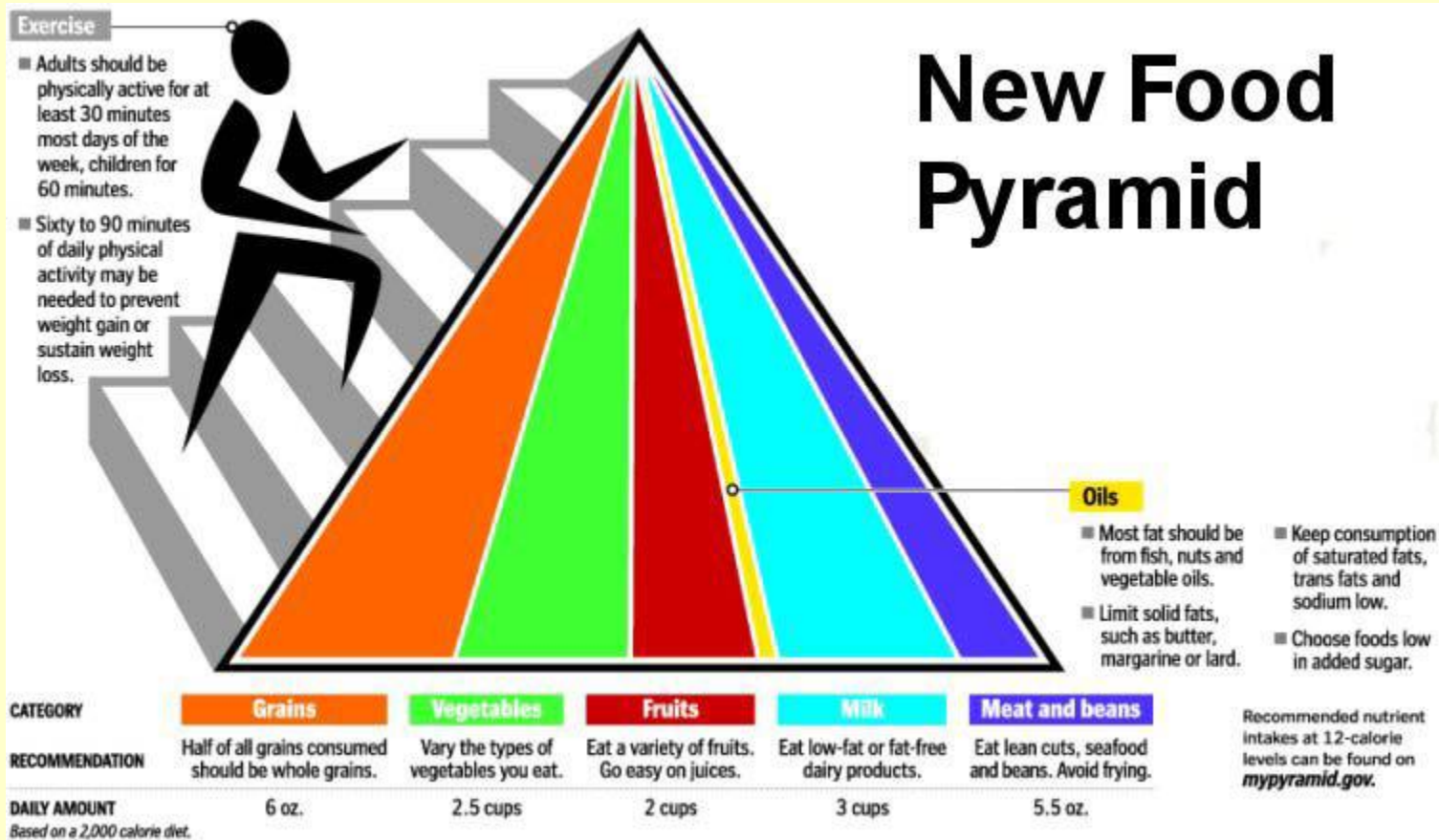
# Benefits of Physical Activity

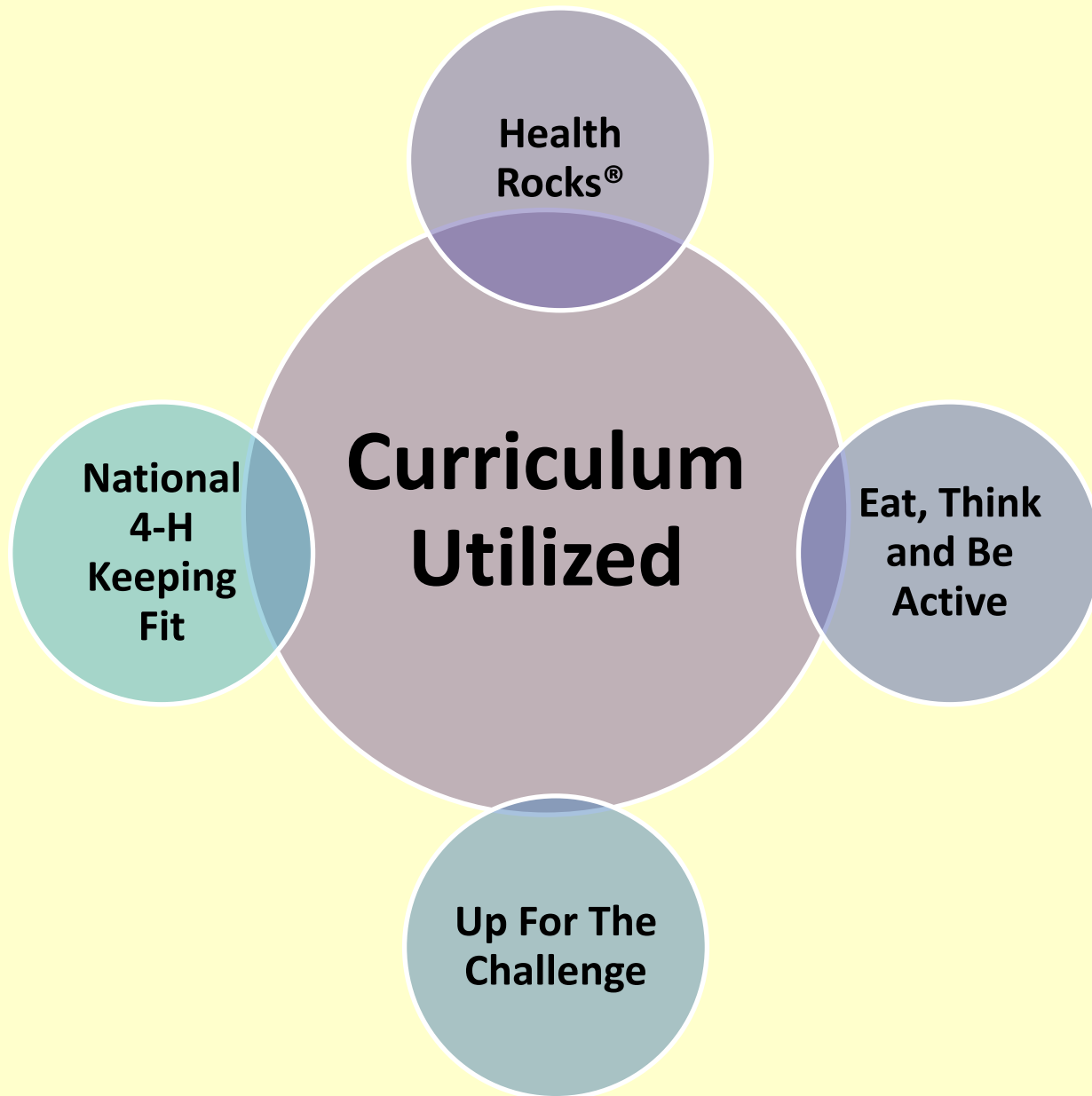
**Physical activity among adolescents is consistently related to higher levels of self-esteem and lower levels of anxiety and stress**

(Action for Healthy Kids)



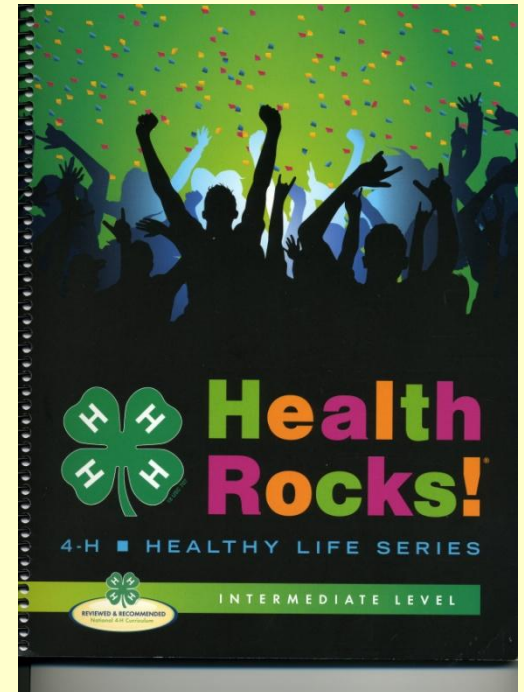
# Nutrition and Food Prep Skills





# Health Rocks!®

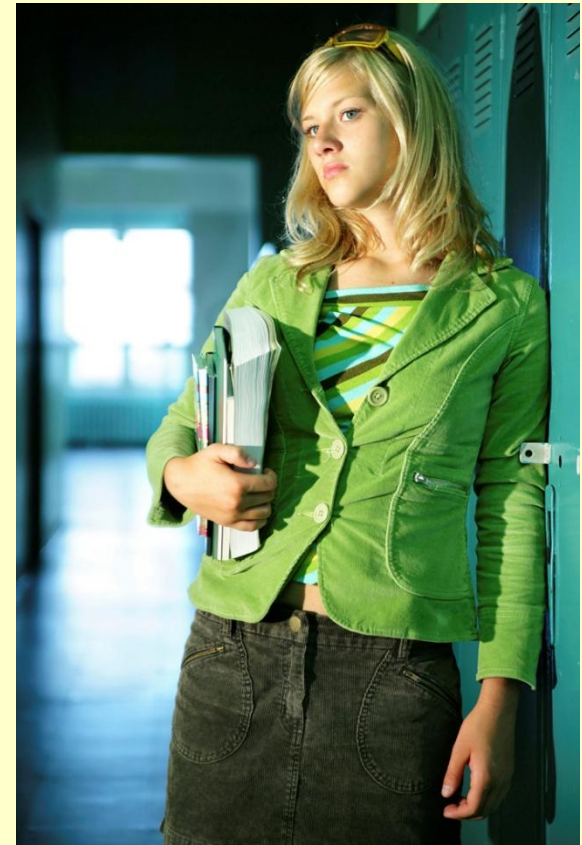
- Goal of bringing youth, families and communities together to reduce tobacco, alcohol and drug use by teens.
- 25 Activities
- Training Outline, Teaching Tips
- Evaluation Instrument
- Accompanying CD-ROM



# Health Rocks!® Contents

## ➤ Section One.....All About Me

- ❖ Keeping Healthy
- ❖ Self-Awareness
- ❖ It's My Choice



# Health Rocks! ®Contents

## ➤ Section 2 – What Influences Me

- ❖ Who Says It's Normal?

- ❖ Learning the Skills

- ❖ Media and Technology

Messages



# Health Rocks!® Contents

## ➤ Section 3 – Taking It Beyond Me

❖ Stepping Up to Help

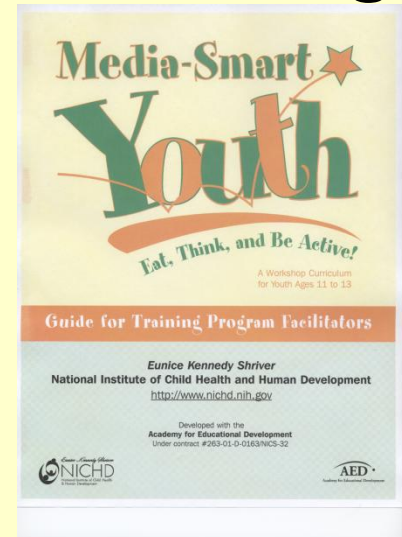
❖ Communicating  
Healthy Messages



# Media-Smart Youth...

## Eat, Think and Be Active!

- **Helps youth understand how the media influences their health....especially in regard to nutrition and physical activity.**
- **Assists youth in building decision making skills**
- **Encourages youth to establish healthy habits**



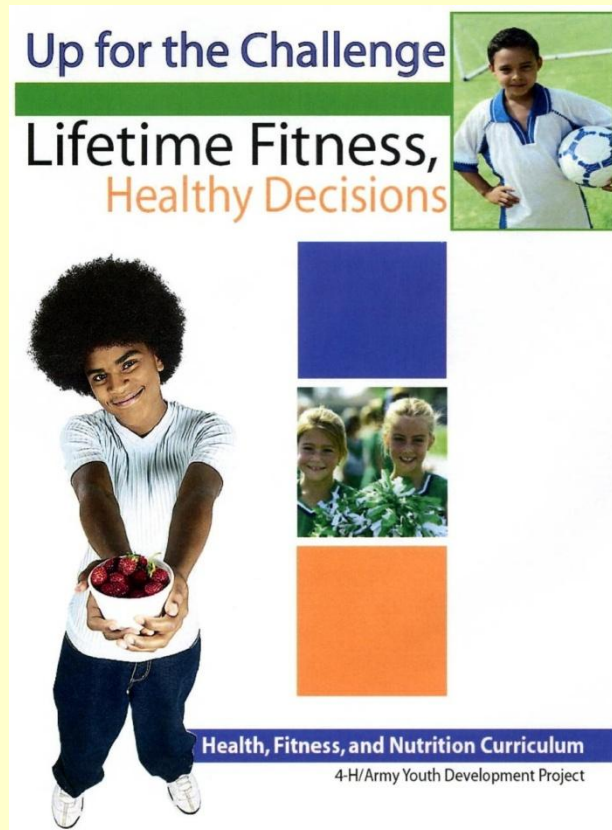
# Media-Smart Youth

## ➤ A Focus on 4 Key Areas:

- ❖ Media Awareness
- ❖ Media Production
- ❖ Nutrition
- ❖ Physical Activity



# Up For the Challenge: Lifetime Fitness, Healthy Decisions



- Multiple lessons on Fitness, Nutrition and Healthy Decision Making
- Highly Interactive
- Easy to Utilize
- Opportunities for Reflection/Evaluation and Home Activities

# Up for the Challenge: Lifetime Fitness, Healthy Decisions

## Five Focus Chapters:

- Back to the Basics
- Fueling the Body
- Consumer Challenge
- Activity for Life
- Healthy Decisions for Living Well



# Group Activity Time

- Explore Lessons from Program Curriculum
- Group Sharing and Discussion



# Program Implementation

- **Tips for utilizing curriculum in afterschool setting**
- **Staffing Models**
- **Community and Parent Interaction**



# Questions?

- **Contact:**

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