Delaware 4-H for Health Challenge

ISSUE
18.5% National Childhood Obesity Rate

♦ increased screen time
♦ less outside play
♦ less physical education at school
♦ increased food portion sizes
♦ food used as rewards
♦ fast food

1 out of 3 children are overweight or obese

RESPONSE
4-H for Health Challenge
Delaware 4-H collaborated with Tufts University and the Healthy Kids Out of School Program

Drink Right
Choose water instead of sugar sweetened beverages

Move More
Incorporate movement and physical activity

Snack Smart
Fuel up on fruits and vegetables

IMPACT
500 youth participated in the challenge.

Evidence shows that youth will try new things when they are in a group of peers.

Building awareness and establishing healthy habits among youth, making it simple, achievable and fun.

eliminating sugar sweetened beverages
offering healthier snacks
building physical activity into events

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