



# Delaware 4-H for Health Challenge

## ISSUE

18.5% National Childhood Obesity Rate



1 out of 3 children are overweight or obese



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

## 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