

# Delaware 4-H for Health Challenge



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**

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



Choose water instead of sugar sweetened beverages



### **Move More**

Incorporate movement and physical activity



Fuel up on fruits and vegetables



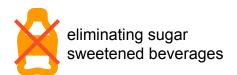
**500** 

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.





offering healthier snacks



building physical activity into events