



National 4-H Healthy Living Summit 2020 **Program Schedule**

(times and events subject to change)

Thursday, February 13, 2020

3:00 - 4:30 **Check-in** – Rec Center
 4:30-5:00 **Introductions & Orientation**
 – Aiton Auditorium
 5:00-6:00 **Dinner** – Clover Café
 6:00 – 6:15 **Summit Welcome** - Aiton Auditorium
 6:15 - 7:00 **Keynote Speaker** - Aiton Auditorium
 Dr. Gail Christopher
 7:00 - 7:30 **True Leaders in Equity Panel**
 – Aiton Auditorium
 7:30 - 8:15 **Evening Energizer**
 8:00-8:30 **Networking**
 Set-up State Program Showcase
 8:30 - 9:30 **State Program Showcase** – Ohio Room
 10:30 **Curfew**

Friday, February 14, 2020

7:30 – 8:00 am **Morning Energizer (optional)**
 7:30 - 8:30 am **Breakfast** – Clover Café
 8:45 – 9:05 **Action Plan Overview**
 -Aiton Auditorium
 9:05 – 9:55 **State Planning Time**
 10:00 – 12:00 **Career Fair/Adult Networking**
 -Aiton Auditorium
 12:15 noon **Depart for Site Visit: *Healthy Living***
 Programs at the University of Maryland
 5:00 p.m. **Return to 4-H Center**
 6:00 - 6:45 **Dinner** – Clover Café
 6:45 - 8:30 **Service Project** – Aiton Auditorium
 Speaker: Carla Hall
 8:45-10:15 **Social Time and Dance**
 10:30 **Curfew**

Saturday, February 15, 2020

7:15 – 7:45 am **Morning Energizer (optional)**
 7:15 - 8:15 am **Breakfast** – Clover Café
 8:30 - 9:15 **Workshop Session 1**
 9:15 - 9:30 **Break**
 9:30 - 10:15 **Workshop Session 2**
 10:15 - 10:30 **Break**
 10:30 – 11:15 **Workshop Session 3**
 11:15 – 12:00 **State Planning Time**
 12:00 – 1:00 **Lunch** – Clover Café
 1:15 - 1:45 **Youth in Action Presentation**
 -Aiton Auditorium
 Speaker: Elisabeth Watkins
 1:45 - 2:30 **Workshop Session 4**
 2:30 – 2:45 **Break**
 2:45 – 3:20 **Health Break** – Aiton Auditorium
 3:30 – 4:15 **Workshop Session 5**
 4:15 – 4:30 **Networking**
 4:30 – 5:30 **Team Presentations**

- Clover Room
- America Room
- Iowa Room

 5:30 – 6:30 **Dinner** – Clover Café
 6:45 - 10:00 **Nightview of Washington, D.C.**
 10:30 **Curfew**

Sunday, February 16, 2020

7:30 – 8:00 am **Morning Energizer (optional)**
 7:30-8:30 am **Breakfast** – Clover Café
 8:45-10:00 **Real Life Solutions!** – Aiton Auditorium
 10:15-11:00 **Capnote Speaker** – Aiton Auditorium
 Speaker: Bob Lujano
 11:00 **Good-bye & Boxed Lunch pick-up**



National 4-H Healthy Living Summit 2020
Workshop Listing
Workshop Session 1 – Saturday, February 15, 2020

Treat Yo'Self– Carol Hamilton– (*Dark Green Dot 1*) – **Oklahoma A Room**

Teens have to balance a lot between school, work, extracurricular, relationships, and health. It can be difficult to keep everything going. But by identifying these struggles and then creating personal self-care or “treat yo’ self” strategies, these struggles can become much more manageable, resulting in a happier healthier you!

USING the REAL Media Curriculum to Promote Healthy Living– Michael Hecht– (*Dark Blue Dot 1*) – **West Virginia Room**

Are you concerned about drug and alcohol use among teens? Try REAL media, an online adventure that helps teens lead safe and drug-free lives by promoting healthy living in your club and community. REAL media has been proven effective and can work for you and your clubs, too.

On your mark, Get set, Go Healthy!– Noelle Guay– (*Orange Dot 1*) – **Washington Room**

This lively class will teach cover a range of Healthy Living topics and aims to spark ideas for youth on how to incorporate physical fitness, nutrition, and healthy living into various aspects of their lives through fun, hands-on challenges, games, reflection, and application to each youth's personal schedule and interests.

Take a Byte Out of Snack Time– Candi Dierinfield– (*Black Dot 1*) – **Louisiana Room**

A new take on creating snacks. Incorporate unplugged coding into cooking and creating recipes. Learn why it is important to follow recipes. Break the code of nutrition facts labels. Create a bit of a healthy snack to share.

Sleep Better - Look Better - Do Better! Sleep Tips for Teens– Cindy Brown– (*Burnt Orange Dot 1*)
Kentucky B Room

Without good sleep, you can look bad, feel moody, and not be at your best. Sleepiness can make it hard to get along with family and friends, and hurt your performance on school exams, on the court, and on the road. Come learn techniques so you can sleep better...starting tonight!

Conflict and You: Ways to Deal with It– Jamie Morris– (*Neon Orange Dot 1*) – **Oklahoma B Room**

Conflict is an unavoidable part of life and often arises when interacting with other people, which is all of the time! How we react to conflict is essential to resolving the underlying issue, but often times our natural reactions escalate the situation. Come learn how to identify a conflict and ways to manage yourself to lead to a positive path.

BOKS & 4-H Clubs | Free Physical Activity Curricula for your Community!– Allyson Trenteseaux– (*Red Dot 1*) – **Ohio Room**

Join us for a fun interactive BOKS training. Be prepared to move, sweat, and learn how to implement our physical activity program in your community for FREE. Our curricula serve children from early childhood through high school; we envision a world where physical activity is part of every child's day.

Learning to Visualize the Health in Your Community– Austin Ramsey– *Wisconsin B (Blue Dot 1)*
Kentucky A Room

Through this workshop, participants will visualize, analyze, and better understand their community health while raising attention to pressing health issues. This workshop will empower youth to 'See What Others Can't' through health data exploration.

Unite to Prevent Substance Misuse in YOUR Community during National Drug & Alcohol Facts Week
– Brian Marquis– (*Neon Green Dot 1*) – **Colorado B**

National Drug and Alcohol Facts Week® (NDAFW) activates school, community, and student leaders to plan events to educate teens about vaping, opioids, alcohol, and other drugs. Learn the facts about teens and drug use, then work with your peers and NIDA staff to plan an activity that's right for YOUR community to SHATTER THE MYTHS® about drugs.

Taking Your Community Action Plan to the Next Level– Pearl Daskm – (*Light Blue Dot 1*) – **Oklahoma C**

Working on your Community Action Plan? Think you may want to turn it into a 501(c)(3)? Learn how to gather community support around your project and take it to the next level! This workshop will focus on the steps to get individuals, businesses, and organizations in your area excited about your project to develop partnerships.

Fight the Stigma! How to Advocate for Mental Health in Your Club, Community, Country, and World
– Heather Gottke– (*White Dot 1*) – **Colorado A**

"For my club, my community, my country, and my world." Those words in the pledge give us a scope of where we can work to fight the mental health stigma today. But where can you start? What can we do to make a difference? Learn from the Ohio 4-H Health Heroes as we explore ways to make a difference and learn how you can apply those at home!

The Community Food Experience: A Hunger/Poverty Simulation– Elyse Daniel – (*Pink Dot 1*) – **Michigan Room**

This workshop engages participants as community members seeking food or representatives of various agencies providing assistance. Each community member is given a role with various economic conditions with the mission being to acquire food. The dynamics of the activity represent what some people go through when trying to obtain food.

Market Your Healthy Living Event– Elizabeth Watkins – (*Yellow Dot 1*) – **California Room**

Attendees will choose from 3 healthy living event summaries and create a marketing plan for the event of their choice. They will be guided through how to create a social media campaign, free online resources for graphic design, and finally create a flyer or short video to promote their event.

Workshop Session 2 – Saturday, February 15, 2020

Treat Yo’Self– Carol Hamilton– (*Dark Green Dot 2*) – **Oklahoma A**

Teens have to balance a lot between school, work, extracurricular, relationships, and health. It can be difficult to keep everything going. But by identifying these struggles and then creating personal self-care or “treat yo’ self” strategies, these struggles can become much more manageable, resulting in a happier healthier you!

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Conflict and You: Ways to Deal with It– Jamie Morris– (*Black Dot 2*) – **Oklahoma B Room**

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BOKS & 4-H Clubs | Free Physical Activity Curricula for your Community!– Allyson Trenteseaux– (*Burnt Orange Dot 2*) – **Ohio Room**

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Learning to Visualize the Health in Your Community– Austin Ramsey– (*Neon Orange Dot 2*) – **Kentucky A Room**

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Taking Your Community Action Plan to the Next Level– Pearl Daskm – *(Blue Dot 2)* – **Oklahoma C**

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Eating Healthy On a Budget– Claire Zac – *(White Dot 2)* – **Kentucky B Room**

"Eating healthy is expensive!" But it does not have to be if you have the right tools and skills. Come and learn about how you can plan a MyPlate focused menu on a low budget- all from your phone!

Cultivating Hopi Wellness– Susan Sekaquaptewa – *(Pink Dot 2)* – **Louisiana Room**

Hopi youth will present Hopi viewpoints of 6 areas of wellness: physical, leadership, mental, nutrition, motivation, and respect, using Hopi items (i.e. dancing sticks, corn, etc.) and photos. They will then divide attendees into 6 groups, to have them review each section/content, while completing worksheets allowing for self-reflection.

Workshop Session 3 – Saturday, February 15, 2020

BOKS & 4-H Clubs | Free Physical Activity Curricula for your Community! – Allyson Trenteseaux– (Dark Green Dot 3) – **Ohio Room**

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The Community Food Experience: A Hunger/Poverty Simulation– Elyse Daniel – (Dark Blue Dot 3) – **Michigan Room**

This workshop engages participants as community members seeking food or representatives of various agencies providing assistance. Each community member is given a role with various economic conditions with the mission being to acquire food. The dynamics of the activity represent what some people go through when trying to obtain food.

Sodium Shakedown– Theresa Ferrari – (Orange Dot 3) – **Oklahoma A**

Sodium is necessary but far too prevalent in the American diet. The Sodium Shakedown kit is designed for teens serving as health leaders to use to teach others. Ohio 4-H Health Heroes will lead participants through activities to show low- and high-sodium foods and discuss ways to reduce sodium intake.

Youth and Adult Partnerships: We Work Better Together– Meagen Brown– (Black Dot 3) – **California Room**

Youth and Adults working together can make a huge impact on their community! We will show what we have accomplished through YAP! You will leave our session with a better understanding of youth and adult partnerships. Plus you will have a toolkit of ideas ready to take back to implement in your own community.

Youth Preparedness: Helping Your Community Stay Safe Through Disasters, Emergencies, & Hazards – Sarah McNelis – (Neon Orange Dot 3) – **Colorado B Room**

Youth preparedness is an essential component of community preparedness. Starting or getting involved with a youth preparedness program is a great way to enhance a community's resilience. This session will teach youth about various protective actions and locating preparedness programs and resources that are tailored to youth.

Dance Anatomy: Strengthening Major Muscle Groups through Healthy Moves (Cultural Health Lessons)– Katrina Laurel-Searcy – (Red Dot 3) – **Wisconsin Room**

This lesson explores building a balanced body by identifying and exercising different muscle groups through the art of cultural dancing.

HALT (Health Advocates Leading for Tomorrow) Summer Youth Program– Cathy Allen – (Blue Dot 3) – **Oklahoma C Room**

HALT is not a reason to come to a screeching stop, but rather an Oklahoma 4-H program promoting health literacy across the state. The HALT program, which stands for Health Advocates

Leading for Tomorrow, promotes healthy living and a desire to provide programs that help youth lead lives that balance physical, mental and emotional health.

Intent versus Impact: anti-LGBTQ+ Slurs– Anne Zagelow– (*Neon Green Dot 3*) – **Washington Room**

Participants assess their attitudes and experiences regarding the use of “that’s so gay” and other anti-LGBTQ+ slurs. Our own experiences are used to build awareness about the intent versus impact of anti-LGBTQ+ epithets. Games and activities we do will provide participants with tools to continue the dialogue in their own communities.

Selecting Strategies That Work: How to Improve Health in Your Community– Laura Ballis – (*Yellow Dot 3*) – **Kentucky A Room**

Youth and adults have the potential to be agents of change in their communities. This session will teach participants how to select evidence-based approaches to improve health. Instead of creating your own health promotion program, using and adapting an existing program saves time and is more likely to improve health.

Do It For Yourself Not the #Instagramification– Rachel Parker – (*White Dot 3*) – **Colorado A**

Your Insta account has multiple followers, but will they be there for you when you need it? In this session, we will explore the definition of social wellness and its impact on our emotional health. We will use social media platforms to identify who our real friends are, why we follow others, and the types of friendships we truly value.

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Workshop Session 4– Saturday, February 15, 2020

#EmpoweringMEandYou - Stress Less – Sarah Conant– (*Dark Green Dot 4*) – *Michigan Room*

This workshop, taught by 2019 Summit attendees from Maine, will educate teens on the effects of stress and how they can combat and cope with it in their daily lives, and the lives of others. Youth will have the opportunity to practice a variety of engaging coping strategies that can help to reduce these effects on the body.

It's Not Cool to JUUL: Get the Facts About Vaping and E-Cigarettes– Theresa Ferrari – (*Dark Blue Dot 4*) – *Louisiana Room*

Myth: It's just water vapor, so vaping is harmless, right? Fact: Youth use of tobacco in any form, including e-cigarettes, is unsafe. Vaping is the latest teen health epidemic. Come to this session to be armed with the facts and learn about how Ohio teens are tackling this issue.

Emergency Preparedness - Are You Ready?– Shelby Brawner– (*Orange Dot 4*) – *Oklahoma A Room*

Come join in on the fun and learn how YOU can be prepared for when disaster strikes! Through games and scenarios, we will cover the types of disasters, how they occur, the impacts on a community, and why being prepared is important. You will walk away with an understanding and a list of what you should include in your emergency kit.

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Disconnect to Reconnect: How to Connect with Those Around You– Whitney Barnett and Emily Hegland – (*Pink Dot 4*) – **Oklahoma B Room**

Teach participants about being in the moment by talking to others and connecting with those around you without the presence of technology. This will be done through encouraging them to break out of their shell and feel comfortable talking to each other face-to-face.

Project 4-H2O: Drink Smarter, Choose Water!– Charles Go – (*Green Dot 4*) – **West Virginia Room**

In response to USDA SNAP-Ed guidance, nutrition and 4-H youth development staff teamed up to create Project 4-H2O, a Youth-led Participatory Action Research (YPAR) project with the aim to develop teens’ research and advocacy skills addressing student hydration and overall health. Drop by and hear the story from the teen leaders themselves...

Workshop Session 5 – Saturday, February 15, 2020

#EmpoweringMEandYou - Stress Less – Sarah Conant– *(Dark Green Dot 5)* – **Michigan Room**

This workshop, taught by 2019 Summit attendees from Maine, will educate teens on the effects of stress and how they can combat and cope with it in their daily lives, and the lives of others. Youth will have the opportunity to practice a variety of engaging coping strategies that can help to reduce these effects on the body.

PLANTASTIC! Why Would a Teen be Vegetarian or Vegan?– Cindy Brown - *(Dark Blue Dot 5)* – **Kentucky B Room**

Explore the “why” and “how” of changing from the Standard American Diet (with lots of salt, sugar, fat, meat and processed foods) to a vegetarian, vegan or whole food plant based way of eating. Cook and taste test a variety of veggie burgers.

Emergency Preparedness - Are You Ready?– Shelby Brawner– *(Orange Dot 5)* – **Oklahoma A Room**

Come join in on the fun and learn how YOU can be prepared for when disaster strikes! Through games and scenarios, we will cover the types of disasters, how they occur, the impacts on a community, and why being prepared is important. You will walk away with an understanding and a list of what you should include in your emergency kit.

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FARMacy: A Prescription for a Healthier Community– Elizabeth Sparks – *(Black Dot 5)* – **California Room**

FARMacy is a program that is implemented at Tucson Village Farm in Tucson, Arizona. In this session, you will learn from "FARMacy Faciliators" some of the lessons on physical, mental, and community health that they teach at FARMacy programs.

Disconnect to Reconnect: How to Conntect with Those around You– Whitney Barnett – *(Burnt Orange 5)* – **Oklahoma B Room**

Teach participants about being in the moment by talking to others and connecting with those around you without the presence of technology. This will be done through encouraging them to break out of their shell and feel comfortable talking to each other face-to-face.

Food Insecurity– Catherine Vassiliadi – *(White Dot 5)* – **Colorado B Room**

Have you ever thought about your communities’ nutritional needs? Many people take their access to nutritious food for granted. Food insecurity is common in many areas, but strangely, it’s not a very well-known subject. Come learn about food insecurity and its consequences today!

The Art of Advocacy...Who has the power to give you what you want? – Maria Hollander – *(Red Dot 5)* – **Oklahoma C Room**

This interactive session, will share a powerful advocacy framework that can help you advance the work you are leading in your communities. We will highlight 6 power tools that can help you build power and advance your health advocacy efforts. This session will leave you empowered to make change in your community.

Spend Smart, Eat Smart - Eating Healthy on a Budget– Laura Liectchy – *(Blue Dot 5)* – **Wisconsin Room**

Have you ever heard “healthy food is too expensive” or found yourself debating between items struggling to select the more nutrient dense item because of the price? Come tour our grocery store simulation and learn strategies to shop healthy with a limited budget that you can share with families in your communities.

4-H Soccer for Success– Erin Munir – *(Neon Green Dot 5)* – **Colorado A Room**

4-H Soccer for Success is an innovative evidence-based program that integrates soccer, health & wellness, and mentorship components into a 12-week curriculum. Coach-mentors implement the program in underserved communities across the country. 4-H is a national partner! This session will provide an overview of the program.

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Ash Trays and Sugar Cookies are More Related than You Think: A Look at Vaping– Joyce Cavazos – *(Light Blue Dot 5)* – **Washington Room**

The Look at Vaping presentation will cover facts on e-cigarettes and vape pens, their design and how they work, chemicals and flavors in products, effects on health, and current marketing strategies geared to teens. Using the Stanford Medicine Tobacco Prevention Toolkit, a nationally recognized curriculum, teen health advocates will share evidence-informed information with the goal of increasing teen’s knowledge on e-cigarettes and vaping and inspire teens to take positive steps for their overall health.

You Animal! Who Are You and How Well Do You Work With Others? – Jennifer Fees and Kim Ferrell – *(White Dot 5)* – **Louisiana Room**

Learn about your personality, your strengths and weaknesses, and how you work with others. Come join us on our fun, activity based adventure to discovering ourselves, even if you’ve done personality tests before. We bet you’ll learn something new about yourself in a unique way. Are you a Lion, Otter, Golden Retriever or a Beaver? We shall see!