

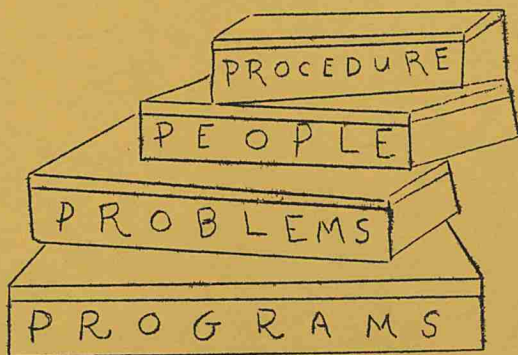
Feb 17/72

1.

The 4 - P[']S

IN

Health Improvement



Guide For Agents and Leaders
Suggested Plans
For
4-H Health Improvement Programs

THE 4-P's IN HEALTH IMPROVEMENT

PROCEDURE

PEOPLE

PROBLEMS

PROGRAMS

I. PROGRAMS --

or "A Plan to Follow"

- A. Think of health improvement in terms of program - (a plan to follow).
- B. Make definite plans, at the beginning of the year for a health improvement program to be carried on during the year or years. (Avoid the "frustrated" habit of snatches of disconnected ideas, demonstrations or activities in 4-H health).
- C. Let the 4-H members themselves develop a health program to meet their needs and interest, and that of their families. Agents guide the program.
- D. Use responsibilities in the health program to help develop leaders for future programs.

II. PROBLEMS --

or "Needs on Which Programs are Built"

- A. Problems or needs and interest of the people determine the programs to be carried out.
- B. Problems may be: (a few examples listed, there are many others).
 1. Poor food habits.
 2. High home accident rate.
 3. Boys and girls with poor posture.
 4. High rate of dental defects.
 5. Poor sanitary conditions around homes and the community.
 6. Failure of 4-H'ers to see relationship of health in all 4-H projects. (See leaflet of this title).

III. PEOPLE --

or "Those Involved in Problems and Programs"

- | | |
|---|----------------------------|
| A. Purpose of the program -- to improve | the health of people. |
| B. People Create Problems --- WHO ---- | People Solve Problems |
| 4-H boys and girls | 4-H boys and girls |
| Other boys and girls | Other girls and boys |
| Parents and family members | Parents and family members |
| 4-H leaders | 4-H leaders |
| School teachers | School teachers |
| Health resource people | Health resource people |
| Extension agents | Extension agents |

IV. PROCEDURES --

or "What May be Done to Help Solve Problems"

A. Involve People:

First, involve 4-H boys and girls and others who will help to see needs, stimulate interest and plan ways to help solve health problems. This can be done by:

(Over)

1. Letting 4-H club members take the lead and interesting themselves and other in health improvement. (Agents act as counselors.)
2. Forming a county health committee in the county 4-H council. (Some committee members should remain on this for more than one year).
3. Creating a health committee or health chairman in each 4-H club.
4. The county 4-H health committee inviting Extension Agents and one or more adult leaders, parents, teachers, doctors, dentists, and representatives of the Health Department and other health agencies to help determine major health problems and needs, and to make suggestions for an over-all health program.
5. The county health committee and the club health committee or chairman and adult and junior leaders taking the responsibility for planning and carrying out the over-all health improvement program. Set up programs on 1, 2, 3, or more years basis, depending on problem.
6. Developing county and club programs in cooperation with health programs already in operation.
7. Selecting topics to interest the age level of club members, like: (See 4-H Health Guide, new, 1959).
 - a. Physical fitness, as posture; simple first aid; food habits and basic health habits for younger members; and
 - b. Subjects like personal appearance; social graces; individual health habits; family and community improvement for teenagers.
8. Stressing with all club members the relationship of health to their own 4-H projects (see leaflet "Look for Health in All 4-H Projects" -- State Extension Office).
9. The health committees, club members, agents and other resource people making periodic evaluations of programs and results.

B. Use Resource Materials:

The following pieces of material contain suggestions and ideas which are designed to be of value to agents, leaders, and 4-H club members in carrying out a program in health improvement. The brief descriptions indicate ways each piece of material may be used. You can think of others.

Agents should be thoroughly familiar with each piece of material before trying to show others how to use it.

1. "The 4-P's in Health Improvement" - (For agents and leaders). The basis on which a 4-H Health Improvement Program can be developed.
2. "Summary -- Home Agent District Conferences on Extension Service and Rural Health" -- N. C. - 1957. (For agents, leaders or Health Committee).
 - a. To get the "feel" of the place of Extension Service in helping to improve health conditions in rural areas.
 - b. To know the services and duties of local health agencies, as Health Department, Medical and Dental Societies, and Voluntary Health Agencies, like, Cancer Society, T. B. Association, Heart Association and the Welfare Department.

3. "Accent on Health" - (For agent, leader, or the Health Committee in Senior 4-H Clubs).
 - a. Suggestions for setting up a rural health program.
 - b. Local health resources - services: Medical and Dental Societies; Health Department; Voluntary Health Agencies.
4. "How Your Health Department Serves You" - (For agents, leaders, or Health Committee in Senior 4-H Clubs).
 - a. A publication from North Carolina Department of Health which describes the services of the Health Department. (Get from your Health Department).
5. "Some Sources of Health Education Materials" - (For agents, leaders, or the Health Committee in Senior 4-H Clubs).
 - a. Recommended commercial, national, state and local sources of reliable materials.
 - b. Bibliography of other resources in health education. Nutrition Section - Agricultural Extension Division, N. C. State College.
6. "The Yearly 4-H Health Improvement Record" - Form A (For agents and leaders).
 - a. Suggested ideas that may be used to show 4-H'ers how to keep a record of Health Improvements as they are made each year.
7. "The Long Time 4-H Health Improvement Record" - Form B - (For agents and leaders, and older 4-H'ers).
 - a. Suggested ideas to show 4-H'ers how to keep long time 4-H Health Improvement records.
8. "Selecting 4-H Kings and Queens of Health Improvement" - (For agents, leaders).
 - a. Suggested procedure to follow in selecting Kings and Queens of Health Improvement.
 - b. Agents and leaders should read this booklet carefully and begin early in the year with this activity.
9. "4-H Health Improvement Guide" - (For all 4-H boys and girls - new, available in 1959).
 - a. To accompany the 4-H Health Improvement Record. (Agents or leaders should explain to the club members how they would use this guide.)
 - b. Ideas and suggestions which 4-H'ers can use in making health improvements. They can think of other improvements to make.
 - c. Club members save their copy to use from year to year.
 - d. Club committees, agents or leaders continue during the year to encourage club members to use it.
10. "4-H Health Improvement Record" (For all 4-H members - new, 1958).
 - a. For club members to record health improvements. (See 4-H Health Improvement Guide for improvement suggestions).
 - b. Agents, leaders or club committee explain its use to club members.
 - c. Records kept on sheets of paper and transferred to record book at end of year, helpful in some cases.

(Over)

11. "Sing a Song of Health" (For 4-H members).
 - a. Clever songs written to familiar tunes.
 - b. Use to pep up meeting. Club members can write other songs and make club and county song books.
12. "A Song of Health" (For 4-H members, agents, leaders).
 - a. The National 4-H Health Song - (all club members should learn it).
 - b. Interpretations of the song with suggestions for individual family and community health improvements.
13. "Pokey Perks" - skit (For agents, leaders or club members).
 - a. Good for presenting the Health Improvement program to clubs. Use hand puppets for presenting it.
 - b. A recording of skit can be made to use at all club meetings. Club members can work puppets while record is played.
14. "4-H Health Improvement as Told by Pokey and Perky" - skit (For Agents, leaders or club members).
 - a. Clever way to present the health improvement program to boys and girls. More effective if done by 4-H'ers.
15. "Look for Health in All 4-H Projects" (For health committees, agents, and leaders).
 - a. The real basis for all good health programs.
 - b. Examples of ways 4-H projects contribute to the health of individuals, families and communities.
 - c. Use to tie health improvement to a special interest of 4-H'ers, namely, their project work. Helps to stimulate interest in health improvement.
16. "Brush - Brush Your Teeth" - (For club members, leaders and agents).
 - a. Simple singing demonstration. More effective if done by club members. No special training needed.
17. "For Better Dental Health" - (For health committee, agents, or leaders).
 - a. Suggested plan for planning and carrying out a program on improving dental health.
 - b. 4-H club members can think of additional activities.
 - c. The same type plan can be used with other phases of health.
18. "Guide for Simple Demonstrations in Health" - (For health committee of all 4-H clubs, leaders, and agents).
 - a. Simple 4 to 5 minute demonstrations or "show hows" that can be given by any 4-H club members. No special training needed.
 - b. Use a demonstration or series of demonstrations to illustrate the health subject or subjects being stressed.
 - c. Agents see reference list for demonstration ideas, leaflets, posters, etc., to accompany each demonstration. Make 4-H health committees or leaders responsible for securing these materials and working out plans for demonstrations.

(Over)

19. "Pender Counties' Plan for 4-H Health Improvement Pageant" - (For 4-H health committees, agents and leaders).
 - a. The way Pender County does it. County and club committees can work out other plans.
20. "Sample Letters" - (For agents or leaders).
 - a. Showing the kinds of letters which may be sent to parents to gain their cooperation and to keep them informed on 4-H activities.
21. Film - "Better Health the 4-H Way" - (For adult groups and 4-H clubs). (Available from the Publicity Department, N. C. State College).
 - a. Movie made by North Carolina 4-H club members -- showing health improvement activities.

Prepared by:
Rachel H. Ferguson
Extension Nutritionist

3/59

THE YEARLY 4-H HEALTH IMPROVEMENT RECORD

Since 4-H Health Improvement is an activity that every boy and girl conducts along with all 4-H projects, every club member should receive a 4-H Health Improvement record book at the beginning of each year.

It will be a joy for the club member to keep a weekly, monthly and yearly record, if shown how.

- A. Together with the family, the club member lists health improvement needs of -
Individual

Family

Community

How can the improvements be made? Who can make these? When can these be made?

- B. This is an idea for keeping a year-by-year health improvement record. Only one sheet of paper may be needed in a looseleaf notebook for each year. Example:

MY 4-H HEALTH IMPROVEMENTS

Year _____

Improvements Needed

INDIVIDUAL

Improvements made

- | | |
|---|--|
| 1. To drink 3 glasses of milk daily instead of one. | 1. Now drink 3 glasses milk daily. |
| 2. One cavity in tooth needs filling. | 2. Had teeth cleaned and one cavity filled. |
| 3. To stand and sit erect. | 3. Practiced holding shoulders erect. |
| 4. To stop biting fingernails. | 4. Manicured fingernails weekly, quit biting nails. |
| 5. To learn to eat one or more disliked vegetables. | 5. Learned to eat turnips. |
| (List others) | 6. Was Junior Health Improvement Queen (King) of local club. |

FAMILY

- | | |
|---|--|
| 1. Need covered garbage can. | 1. Now have covered garbage can. |
| 2. Screens on doors and windows need repairing. | 2. Helped dad repair screens on six doors and seven windows. |
| 3. Home and barn area need spraying for flies and mosquitoes. | 3. Sprayed to control insects. |
| 4. Entire family needs physical examinations. | 4. Four members of family had physical examinations. |
| (List others) | |

COMMUNITY

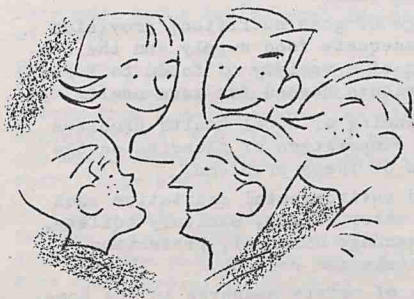
- | | |
|--|--|
| 1. Rats needed to be exterminated. | 1. Local 4-H Club sponsored community rat control campaign. Twenty-two families cooperated. |
| 2. Only 10 of 22 families have spring gardens. | 2. Twenty-two families each planted spring gardens with 10 or more vegetables. |
| (List others) | 3. Local 4-H Club received special 4-H Health Certificate for best Health Program in county. |

- C. Health pictures, news clippings, physical examination records, etc. should be kept.

- D. Complete the year's record with a Health Improvement story.

Prepared by Margaret E. Clark and Fred H. Wagoner, Ass't State 4-H Club Leaders in Cooperation with Extension Nutritionists - February, 1958.

Accent on Health!!



STEPS TO GOOD RURAL
HEALTH PROGRAMS
IN NORTH CAROLINA

GOOD HEALTH is more than merely the absence of disease. It is a state of complete physical, mental and social well-being. (W H O)

This leaflet gives some suggestions for developing a good Rural Health Program.

I WHAT IS A GOOD RURAL HEALTH PROGRAM?

It may be defined as one which:

Enables people to recognize and appreciate good physical and mental health, and

Motivates individuals, families, and communities to work toward the prevention of disease and the attainment of good health.

II WHAT CONTRIBUTES TO A SOUND HEALTH PROGRAM?

1. The appreciation of good personal health and the use of resources for attaining same.
2. Knowledge of good nutrition; provision for an adequate food supply and the consumption of a variety of foods to furnish the nutrients needed for good health.
3. Understanding of local health problems and the cooperation of agencies on the solution of these problems.
4. Improved environmental sanitation such as safe water supply, sanitary toilets, proper garbage disposal, protection from insects and rodents.
5. Practice of safety measures in the home, on the farm, on the highway, and in the community.
6. The use of measures to help prevent illnesses as: Understanding what a good physical examination consists of and having regular check-ups by a personal physician, with prompt correction of defects; immunizations against communicable diseases.

7. Individual or family financial plan for health and medical care.
8. Satisfactory hospital and other medical care facilities.
9. Prosperous agriculture and high standards of family living.

III SUGGESTIONS FOR SETTING UP A GOOD RURAL HEALTH PROGRAM:

1. Check your own health habits and those of your family and make plans for improvements.
2. Plan for regular visits to your doctor and dentist.
3. Secure information on health problems in community (see item IV for sources of information).
4. Determine major health problems on basis of facts.
5. For correction of problems plan jointly with all County Extension Staff, representatives from home demonstration clubs, farm organizations, 4-H Clubs, and the agencies and civic organizations involved in the specific problems.
6. Decide on major problems which should be tackled first. List projects for future action. One project well done is worth more than several poorly done.
7. Set up objectives with short time and long time goals.
8. Continue an intensive educational program on the selected projects as long as is necessary to achieve the goals.
9. Do not start new projects until satisfactory accomplishments have been noted on the ones begun.

10. Keep records, evaluate developments, and report progress to agencies or committees involved.
11. Share in rural health conferences.
12. Study needs for additional local medical and health personnel and the opportunities for recruitment and training of such persons.

IV WHAT RESOURCES--LOCAL, STATE AND NATIONAL ARE AVAILABLE?

A. MEDICAL SOCIETY can furnish:

1. Names of doctors serving as county or district Rural Health Chairmen (secure from your local Medical Society or from your Home Agent).
2. Opportunities for participation in Rural Health Conferences and programs.
3. Three bulletins: (could be used as basis for club program: made available courtesy North Carolina Medical Society. See your Home Agent.)

(a) "A Member of the Family--Your Doctor"
The relationship which the doctor and family should hold.

(b) "Check and Know"
Conversation between doctor, health chairman of home demonstration club and home agent on checking for physical examination.

(c) "A Doctor For Your Community"
Suggestions which should form the basis for plans to obtain and keep a doctor in a locality.

4. Pamphlets, posters, exhibits, radio programs (small charge for each).

B. DENTAL SOCIETY offers:

1. Opportunities for planning with local or state committee on a dental health program for rural people and cooperating on such programs as:
 - (a) Children's Dental Health Week.
 - (b) Educational program on the prevention and correction of dental health problems.
 - (c) Legislative measures to promote good dental health.
2. Information on dental health educational materials.

C. HEALTH DEPARTMENT:

Your County Health Department, or North Carolina State Board of Health, in Raleigh, can furnish the following types information and services:

1. Information on which to base health programs as:
 - (a) Factors regarding the cause, control, prevention, and the number of cases and death rate of certain diseases.
 - (b) Infant birth and death rate; and maternal death rate.
 - (c) School health and school sanitation.
 - (d) Number accidents from certain safety hazards and information on correction of hazards.
 - (e) Problems in community sanitation.
 - (f) Sources of funds and amount spent in each community on public health.
2. Services:
 - (a) Council on and assistance with health problems by:

Health Officer, Public Health Nurse, Sanitarian, Health Educator, Dentist, Nutritionist, and others.

- (b) Protection against certain diseases through immunizations. Clinics and conferences regarding tuberculosis, cancer, mental health, dental health and others.
- (c) Clinics for the expectant mother, infant, children and crippled children.
- (d) Sanitation and Laboratory services which provide for clean milk, water, food; control of flies, mosquitoes, rats; control of rabies, etc.
- (e) Educational materials and films.
- (f) "How Your Health Department Serves You" (available from your County Health Dept.)
A booklet explaining the services provided by your Health Department.

D. VOLUNTEER HEALTH AGENCIES: (Contact your local or State organizations.)

1. Agencies:

- (a) Cancer Society
- (b) Heart Association
- (c) Tuberculosis Association
- (d) Foundation for Infantile Paralysis
- (e) Society for Crippled Children & Adults

2. Services:

These and similar agencies offer:

- (a) Statistical facts on the incidents and deaths from specific diseases.
- (b) Clinic services for detection of specific disease.
- (c) Limited care for special cases.
- (d) Educational leaflets, films and posters or exhibits.

- (e) An opportunity for Home Demonstration club women to do volunteer service in the community.
- (f) An opportunity to participate in yearly fund raising drives.

E. OTHER CITY, COUNTY OR STATE ORGANIZATIONS OFFERING SERVICES, OR WITH WHOM CLUB WOMEN MAY WORK:

1. Red Cross: safety, home nursing, assistance in disasters, etc.
2. N. C. State Department of Agriculture: weights and measures; pure food and drug laws; marketing; pest control, etc.
3. Department of Public Welfare: child welfare; financial aid in specific cases.
4. Department of Education; schools and Parent-Teacher organizations: school, home and community health projects.
5. Division of Vocational Rural Rehabilitation (Department of Public Instruction): training and securing employment for physically handicapped persons.
6. N. C. Medical Care Commission: student loan for medical, dental, nursing and pharmaceutical students; hospital, nursing home and health center construction, etc.
7. Civic and business clubs; Farm, Youth and Church organizations; joint action on community problems.
8. Dairy Council: booklets, films, posters.
9. Insurance Companies: explanation of types of health insurance.
10. N.C. Federation of Home Demonstration Clubs; some Professional Organizations, Service Clubs, Business Organizations and Colleges offer student loan funds and scholarships for study in Health Education and Nursing.

11. Newspapers, radio, television.
12. There are possibly additional resources in your community.

F. NORTH CAROLINA STATE COLLEGE:

1. Rural Sociologist: Dr. C. Horace Hamilton
Statistics and information of many health conditions in the state.
2. Agricultural Engineering & Home Management:
Mr. Howard M. Ellis and Miss Mamie Whisnant;
ideas on safety.
3. Housing and Sanitation: Miss Pauline Gordon
and W. C. Warrick; planning and building.
4. Family Relations: Mrs. Corrine J. Grimsley.
5. Foods and Nutrition and Health:
Misses S. Virginia Wilson, Jo Earp, and
Mrs. Rachel H. Ferguson.
6. Information on Production, Marketing and
Conservation of Food: Subject Matter
Specialist.

Prepared by

Rachel H. Ferguson, Extension Nutritionist
North Carolina Agricultural Extension Service

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North Carolina State College of Agriculture and
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30, 1914.

THE LONG-TIME 4-H HEALTH IMPROVEMENT RECORD

It will be extremely easy for a club member to set up a long-time 4-H Health improvement record when yearly records have been kept.

Use the suggestions of this form as a supplement to "Form II, Revised, January, 1962. Suggested Guide for Assembling a Long-time Record," prepared in the State 4-H Club Office.

- - - - -

1. The long-time record should show what health improvements were needed and what was done to accomplish improvements in:
Personal
Family and
Community Health
2. A health improvement plan and what was done to carry on this plan should be clearly shown in the long-time record.
3. The specific health improvement statistics should be listed on the Standard Report Form only on page 4 under the first section of "(e) 4-H ACTIVITIES",
Example:

HEALTH : 85 personal improvements made
(Name of Activity) 44 family improvements made
27 community improvements made

Local Health Queen - 4 yrs; County Health Queen 1961; State
Blue Ribbon Health Group; Local Club 4-H Health Certificate 1961;
Blue ribbon for County Fair Health Exhibit 1961.
(refer to Form II Section "Standard Report Form")

4. The story should follow suggestions given in Form II (refer to section, "STORY") Highlight the club members 4-H career with a part of it emphasizing accomplishments in health improvement. Include an account of leadership in helping others and directing health activities; how the club member has become a healthier person and how health activities may have saved money for the family or others in the community. Tell about lessons learned, joys and satisfactions experienced, difficulties encountered, obstacles overcome, how all projects conducted were handled and their part in family and community life; how increased responsibility has been taken, and what 4-H may mean to the club member in the future. Good health is the result of successful project work in many areas such as safety, recreation, grooming, and foods, so these should be depicted in the story. (The club member should indicate the part actually played in the various activities.)

5. GRAND SUMMARY OF HEALTH IMPROVEMENT ACCOMPLISHMENTS

(refer to Form II, Section, "Grand Summary of Accomplishments.")

Example: 85 personal improvements made
44 family improvements made
27 community improvements made
Chairman county 4-H Health Committee, 2 yrs
10 health radio programs presented
2 health television programs presented
12 health news articles written
25 health talks made
18 demonstrations relating to health presented to audiences of 1,406
Encouraged 7 families to install and use safety belts in family car
Served 10 hours in "Youth Fitness" State Fair Booth, 1961
County Junior Health Queen, 2 yrs.
County Senior Health Queen, 2 yrs.
State Blue Ribbon Health Group, 1961
Wrote and narrated county 4-H Health Pageant, 1962
Assisted 4-H leader to conduct local club health record keeping workshop for 10 members
(Continue to list other health accomplishments and health recognitions - do not exceed one page typed.)

6. SUMMARY OF HEALTH IMPROVEMENT ACCOMPLISHMENTS.

(Refer to Form II, Section "summary of Accomplishments.")

The health improvements of personal, family and community for all years should be included. The summary should be in outline form. Consider placing the major points first. The following examples are taken from several boys and girls Health Improvement records:

MY 4-H HEALTH IMPROVEMENT SUMMARY

PERSONAL

Annual physical check-up by family doctor, 1955-1962

Overcame polio - was paralyzed at age of 11 and doctors predicted I would never walk again - recently earned a letter in high school basketball.

On school basketball team, 1967-1962.

Visited polio patients in local hospital 6 times. Helped with exercises, 1960, for 6 patients.

Overcame yellow jaundice, 1955.

Corrected my face of acne by properly cleaning it and eating certain foods recommended by doctor, 1958-1962.

Visited dentist for check-up and had needed corrections annually, 1956-1962.

Eyes tested, 1961.

Had chest X-ray annually, 1959-1962.

Received vaccination for polio, 1961.

Received smallpox vaccination every 3 years, 1959, 1961.

Received typhoid shot annually, 1958-1962

Had blood typed and keep record in pocketbook, 1961.

Visited County Health Department and learned its functions, 1961.
Take a daily bath.
Learned to eat 5 foods disliked - liver, turnip greens, carrots, squash, cooked tomatoes.
Learned to stop biting fingernails, 1960.
Get 9 hours of sleep each night.
Drank at least a quart of milk a day.
Took Red Cross swimming course, 1961.
Took Red Cross first-aid course, 1962.
Completed 4-H Safety project, 1958-1962.
Began eating breakfast regularly, 1960.
Made correct type study lamp for desk, 1960.
35 4-H Projects completed - health was a part of each, 7 years.
(List others)

FAMILY

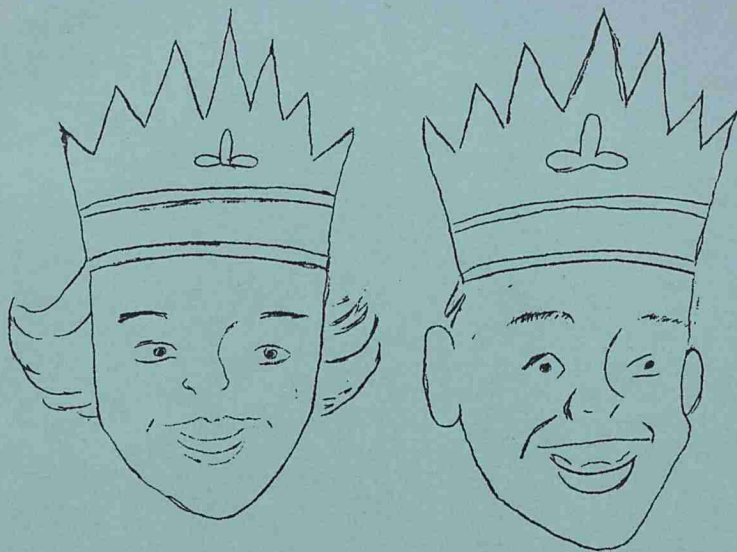
Family together made family health plan annually, 1959-1962.
Built bathroom, 1960.
Had water tested, 1959.
Controlled flies by spraying and destroying breeding places around home and farm areas, 1958-1962.
Began mosquito control program, 1958.
Kept home grounds clean, 1958-1962.
Posted safety signs at farm pond, 1961.
Family took out health insurance, 1960.
Poisons placed on high shelf out of reach of children, 1959-1962.
Helped assemble and keep replenished first-aid supplies in home, 1959-1962.
Assembled first-aid kit for car, 1961.
Had voluntary safety check on car and truck, 1962.
Practice safe driving on highway.
Had 2 dogs vaccinated against rabies, 1958-1962.
Dairy cattle (10) tested for Bangs disease, 1962.
Planned meals by following the Food for Fitness or Basic 7 Food Chart, 1957-1962.
Completed 4-H garden project, 1959-1962.
Filled a food conservation budget for my family, 1961-1962.
Family participated on Health Improvement Panel on County 4-H Achievement Program, 1961.
Family installed and used safety belts in car, 1962.
(List Others)

COMMUNITY

Encouraged 7 families to install and use safety belts in family cars, 1962.
Encouraged 16 families in community to have water in wells tested, 1960.
Served as chairman of Health program for 1 community meeting when North Carolina 4-H Health movie, "Better Health The 4-H Way," was shown to 300, 1960.
Placed 91 families on mailing list to receive the "Health Bulletin," 1959.
Gave surplus milk daily to a needy family, 1959-1962.
Encouraged 7 neighbors to take polio shots, 1960.
Distributed health x-ray literature to 28 families, 1959.
Made 11 personal visits to 6 families to assist them with plans for improving sanitation, 1960-1962.

- Organized (1959) and coach junior softball community team, 1959-1962.
Helped local 4-H Club provide uniforms for junior softball community team, 1961.
Served as chairman of local 4-H Club group that toured County Health Department, 1961.
Assisted County Health Department with pre-school clinic in local school - 60 children examined, 1960.
Organized and helped 10 4-H Junior Club girls in "Enriched Cornmeal Program," 1960.
Attended life-saving classes, 1959-1961-1962.
Gave demonstration on Farm and Home Safety to four 4-H clubs, 3 Home Demonstration Clubs, and 2 Farm Bureau meetings, 1960.
Presented 2 different Dairy Foods demonstrations 24 times to 1,060 people in local, community, county, district and state groups, 1958-1962.
Contributed to Polio, Cancer, Muscular Dystrophy and Heart Funds, 1959-1960.
Helped arrange health displays on local bulletin boards, 1958-1962.
Chairman of club committee to collect 4-H Health record books - 95% collected, 1959.
Directed recreation at six 4-H meetings, 1959.
Distributed poison to 10 families for community rat control campaign, 1957-1962.
Recreation leader for local 4-H meetings, 1959-1962.
Made 8 health talks to Rotary, Lions and BFW Clubs, PTA and 4-H and Home Demonstration groups, 1959-1962.
Wrote 2 radio programs on health, 1959-1962.
Helped present 4 radio programs on health, 1956, 1957, 1958, 1962.
Assisted with program on "Better Grooming" at local club, 1958.
Made survey on "Do You Eat Breakfast?" of club members in my club, 1959.
Helped 4-H Club clean up church grounds 4 times, 1959.
Served as babysitter for family next door, 1969-1962.
7. Strengthen the Record by including the yearly Health Improvement records, (the current years record is required), reports of physical examinations, immunizations and chest x-rays, and good pictures and news stories showing Health Improvement activities and 4-H leadership.
 8. The Extension Agents should submit the best boy's and the best girl's long-time 4-H Health Improvement records to the State 4-H Club Office before July 1.
 9. See Form II for additional suggestions for compiling the long-time record.

Prepared by: Margaret E. Clark and Fred H. Wagoner
District 4-H Club Agents
In Cooperation with Extension Nutritionists



SELECTING 4-H
KINGS and QUEENS
in
HEALTH IMPROVEMENT

NORTH CAROLINA

4-H

SUGGESTIONS FOR SELECTING 4-H KINGS AND QUEENS
IN HEALTH IMPROVEMENT

NORTH CAROLINA

HEALTH IMPROVEMENT is an activity for every 4-H boy and girl in North Carolina.

HEALTH IMPROVEMENT is not a separate project, but is an activity in which all club members are expected to take part. It is based on club members conducting a year round health improvement program.

It is designed to improve INDIVIDUAL HEALTH, FAMILY HEALTH and the HEALTH OF THE COMMUNITY.

Each year 4-H BOYS AND GIRLS who do the most in improving their own personal health, the health of members of their family and in improving health conditions in their community are selected as KINGS and QUEENS, on a CLUB, COUNTY and STATE basis.

The following tells the procedure for selecting the KINGS and QUEENS, and gives suggestions for awards and recognitions.

A. SUGGESTED PROCEDURE FOR THE COUNTY:

1. Collecting Health Improvement Records:

1. In the spring of the year the agent and leaders should remind the club members of the date on which their completed long time record and/or their HEALTH IMPROVEMENT RECORD of the current year is to be turned in.
2. Agents name a committee of club members and leaders to be responsible for collecting records in the local club.
3. As record books are collected the committee should check each book to see that it is properly filled out.
4. The committee members submit to the agent the record books at the time they are due.

II. Preparing Records for Judging:

1. Records should be separated by clubs, grouping boys and girls records.
2. Agents briefly review individual records.
3. Agents make necessary arrangements, such as, preparing score cards, arranging time and place for judging, selecting judging, training judges, etc.

III. Judging Records:

1. Agents choose committee of non-Extension people to judge the records. Suggested member of the judging committee could be: Adult 4-H Leaders; Health Department Personnel; former Extension Workers; Health Leaders of Home Demonstration Clubs; Teachers or others.
2. Agents acquaint judging committee with points to be considered in choosing local club and county KINGS AND QUEENS of HEALTH IMPROVEMENT, such as:
 - a. The objectives of "NATIONAL 4-H HEALTH AWARDS PROGRAMS" for current year.

(Over)

- b. Review the county 4-H HEALTH IMPROVEMENT PROGRAM.
- c. Use one of the record books submitted to illustrate to the judges how to find the personal, family and community HEALTH IMPROVEMENTS made.
- d. Point out that:
 - (1) The club KINGS and QUEENS are selected on the improvement as shown in the "4-H HEALTH IMPROVEMENT RECORD BOOK."
 - (2) The County Junior KING and QUEEN may be selected on a one or more years record.
 - (3) The County Senior KING and QUEEN are selected on the basis of the long time record, or the best record of the current year. (Note: To be eligible for State winner, see Section B, page 3).
- e. Agents and judges go over together the score card to be used in selecting the County KINGS and QUEENS (see page 12 in Standard Report Form).
- f. Instruct the committee that they are to select:
 - (1) A Junior KING and QUEEN from Junior club members.
 - (2) A Senior KING and QUEEN from Senior club members.
 - (3) A Junior and Senior KING and QUEEN from clubs which have both Junior and Senior members.
 - (4) A County KING and QUEEN in both Junior and Senior groups.
- g. Before starting to judge be sure that each judge is thoroughly familiar with the procedure.
- h. It would be helpful if the judges would:
 - (1) Make suggestions to each club member regarding changes or improvements which may be made in records. These suggestions should be in writing and attached to each book.
 - (2) Discuss briefly with the Agents the suggestions made, especially of the winners.

IV. Submitting County Winning Records (Senior)

After the judges have selected the county Senior KING and QUEEN, the following procedure may be followed:

1. The agents should:
 - a. Return the record books to the 4-H club members.
 - b. Review with club members selected as KING and QUEEN, and their parents or adult leader the suggestions for improving the record.
2. As a guide for improving the long time record the club member may:
 - a. Use "Suggested Guide for Assembling Long Time 4-H Records" -- (Form II prepared in the State 4-H Club Office).
 - b. Review the objectives of "National 4-H Health Awards Program", which will help 4-H club members check their health improvement achievements.
 - c. Give special emphasis to the work which has been done in improving personal health, family health and community health.
 - d. Show what improvements were needed in health and what was done to accomplish them.
 - e. Strengthen the record by including reports of physical examinations, these x-rays, immunizations, dental examinations and pictures of health improvement activities -- over a period of years.
 - f. Return completed and corrected book to the Agent in order that it may be entered in the State Contest.
3. Agents:
 - a. Carefully review long time record and sign all necessary forms.
 - b. Send winning books to State 4-H Club Office to reach there by July 1st.

4. State winners will be chosen on the long time records submitted on the basis of the score card on page 12 in Standard Record Form for 4-H club members.
5. Following State Club Week the records will be returned by the State 4-H Club Office to each county office.

B. ELIGIBILITY FOR STATE WINNERS:

The Senior KING and QUEEN of each county is eligible to compete for State KING and QUEEN provided the following requirements are met:

1. Have passed their 14th birthday, and must not have passed their 21st birthday on January 1 in the year in which the record is submitted.
2. Have been enrolled in club work for at least 3 years, including the present year.
3. Have never attended National 4-H Club Congress.
4. Have been declared the county winner in 4-H HEALTH IMPROVEMENT.
5. Have submitted the long time 4-H HEALTH IMPROVEMENT RECORD to the State 4-H Club Office by July 1st.
6. Have a health certificate showing that a physical examination has been made by a doctor during the current year.

C. AWARDS:

I. County:

1. FOUR GOLD FILLED MEDALS OF HONOR for the top four club members in each county. To encourage Junior club members to remain in club work, it is suggested that 2 of the medals be awarded to the county Junior KING and QUEEN, and the other 2 to Senior KING and QUEEN.
2. A years subscription to "TODAY'S HEALTH" magazine is given by a sponsor to each county winner. In order to receive this magazine it is necessary that the correct name and address of each county Senior KING and QUEEN be sent to the State 4-H Club Office by July 1st.
3. A CERTIFICATE OF ACHIEVEMENT IS GIVEN to the County Junior and Senior winners.

II. State:

1. An ALL EXPENSE TRIP for the State King and Queen to the NATIONAL 4-H CLUB CONGRESS to be held in Chicago, Illinois.
2. STATE CERTIFICATES OF ACHIEVEMENT are given to STATE KING AND QUEEN.
3. State winners are eligible to compete for a NATIONAL AWARD. (See Handbook of National 4-H Awards Program for Extension Personnel).

D. HONORS:

1. County:

It is suggested that:

1. Each CLUB RECOGNIZE its own KING and QUEEN.
2. Each COUNTY HONOR the county KING and QUEEN.

(Over)

5. recognition and honor can be given through:

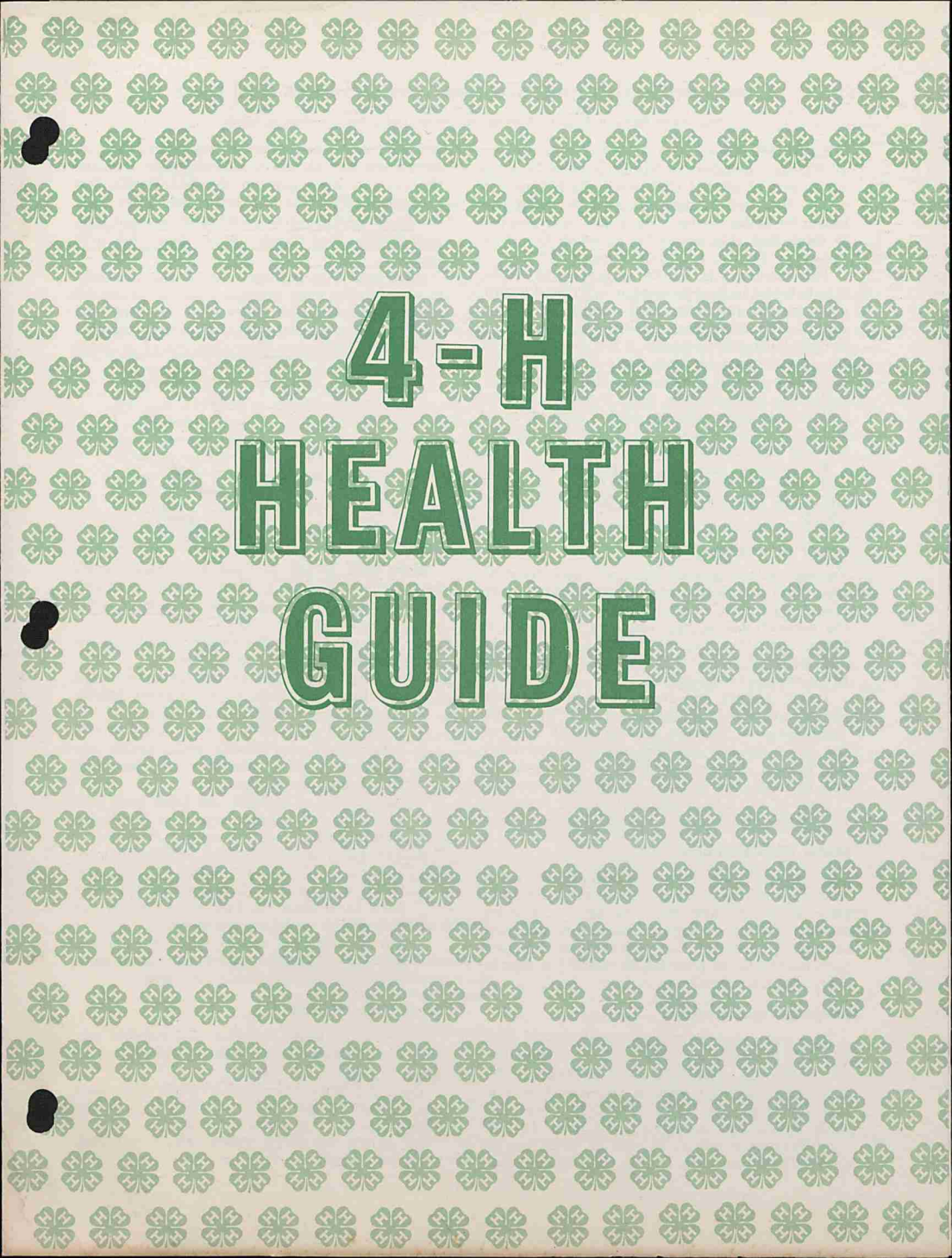
- a. Radio and T. V. programs
- b. Newspapers
- c. Pageants
- d. Chapel programs at school
- e. Appearance on the program at club, county or community meetings to tell of health improvements accomplished.

II. State:

1. All County Senior KINGS and QUEENS ARE INVITED to take part in the STATE HEALTH PAGEANT held in Raleigh during State 4-H Club Week.
2. A BLUE RIBBON GROUP IS CHOSEN from the county KINGS and QUEENS whose records show the greatest improvement.
3. From the Blue Ribbon group a STATE HEALTH IMPROVEMENT KING AND QUEEN are chosen.
4. State winners are CROWNED AT THE STATE HEALTH PAGEANT, WHICH IS held during State 4-H Club Week.

Rachel H. Ferguson
Extension Nutritionist

6/57



4-H HEALTH GUIDE

Guide In Health Improvement for 4-H Boys and Girls

Prepared by Rachel H. Ferguson, Extension Nutritionist, and a 4-H Committee of Agents

Health Improvement is an activity carried by all 4-H Club members in North Carolina. It is the very heart of all 4-H Club work. Each time you repeat the Club Pledge you say, "**I pledge my health to better living.**" Have you ever stopped to think that this means better living for yourself, your family, and your community?

This manual, *4-H Health Improvement Guide*, is to help you in improving your individual health, your family and community health, and your 4-H Club in conducting health improvement activities. This guide contains a few suggestions of things which may be done. You can think of many more. Use it with your **4-H Health Record Book**.

Consult your parents, your extension agents, 4-H club leader, and local health authorities on what you should and can do. Attempt doing only as many improvements as you can do well.

You will not need a new copy of this guide each year. **KEEP THIS ONE TO USE IN YOUR HEALTH IMPROVEMENT FROM YEAR TO YEAR.**

Junior or Beginning 4-H'er

Younger and new club members may want to start with the section of this guide called *Individual or Personal Health Improvements*. Practice the personal health improvements you decide to make, until they become habits and a part of your daily living. Get the members of your family to make improvements also.

Junior 4-H'ers and their clubs can carry on some of the simple suggestions under *Community Improvements*. You can also help with some of the more difficult activities. As you grow older and become more experienced in 4-H work you will be interested in other health improvements.

Most of the 4-H projects which you take help to improve health. See if you can list the ways.

Senior Club Members

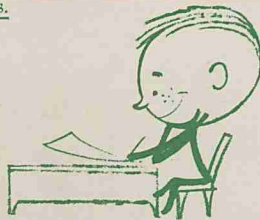
Senior club members and senior clubs will want to continue to make improvements in their personal health, and can also help with more difficult projects in family, community and club activities. Remember, too, that most all 4-H projects contribute to good health. Look for this in every project you take.

Keeping Your Record

Each year your Extension Agent or 4-H Club Leader will give you a Health Improvement Record Book. On a separate sheet of paper make some forms like the ones in this health record. List improvements which should be done, and those which you do during the year. Include your summer activities as well as what you do during the school year. During the summer when

you are not in school, there is lots of time to make improvements. At the end of the year transfer the list you have kept to the 4-H Health Improvement Record. Add extra pages if you need to. Make brief, concise statements of what you, your family, your community and your club have done.

Have your Health Improvement Record ready to turn in to your extension agent or leader when they call for it. Older club members who wish to enter county, state or national competition should submit a long time record of three or more years.



Your Story

Each year attach to your completed Health Improvement Record a story about the health improvements you have made. Include in your story such things as:

1. Why all 4-H Club members should be interested in health improvement.
2. A detailed account of one or more ways you have improved your personal health. Mention other improvements made.
3. A detailed account of at least one way you have helped your family make health improvements. Mention other improvements your family has made.
4. An account of at least one thing your 4-H Club and Community have done in Health Improvement; mention others.
5. Tell how you, your family, your community and your club plan to continue to improve.
6. Tell how the 4-H projects you took this year have contributed to individual, family, or community health improvement.
7. For a long time record write a summary and story of health improvements made since you have been a 4-H Club member.

Leaflets On Health

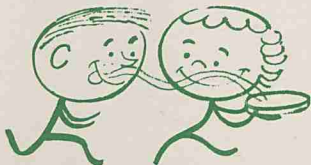
Your agent, leader, teacher and parents can help you get some of the health leaflets listed on the last page of this guide.

Have fun with your health work. The more you do and the more interested you become, the better able you will be to enjoy living.

BE SURE TO SAVE THIS GUIDE TO USE NEXT YEAR!!

I. Individual Or Personal Health Improvements

Take a look at your self from tip-to-toe. What do you need to do to improve your own health? The suggestions listed below are just a start. You can think of others. For keeping your record see your 4-H Health Improvement Record, page 2, "MY PERSONAL HEALTH".



A. "Keen 4-H'ERS Eat Well"

1. Drink 4 glasses of milk (or its equivalent) each day.
 2. Drink milk that has been pasteurized or has come from tested cows.
 3. Eat fruits and drink milk, instead of sweets, if you eat between meals.
 4. Start each day with a good breakfast.
 5. Learn to like and to form the habit of eating one or more new or disliked foods each year.
 6. Make yours a *blue ribbon diet*. Each day eat 5 servings ($\frac{1}{2}$ cup each) of fruits and vegetables. Be sure one is dark green or deep yellow in color; and one rich in vitamin C, as tomatoes, raw cabbage, strawberries, cantaloupe, oranges or other citrus fruit.
- Include each day milk, eggs, meat, bread and cereals and butter or margarine.

B. "Be Nice To Be Near"

1. Take a daily bath. Avoid body odors, use deodorants.
2. Keep clothes clean, neat and suitable for the occasion.
3. Keep hands clean, finger nails clean and trimmed.
4. Keep hair washed clean, neatly brushed.
5. Brush teeth as soon as possible after eating.
6. Protect others by using a paper tissue or handkerchief when you cough or sneeze.

C. "Taking Care of Me"

1. Have a check-up by your doctor and your dentist once or twice a year and correct defects. Include in your health record a statement from your doctor and dentist.
2. Have vision tested and eyes examined as often as your doctor says you should and have defects corrected.
3. Take advantage of modern disease control measures recommended by your family

physician or local health department, like: polio immunizations; small-pox vaccinations; chest X-rays; diphtheria, tetanus and typhoid immunizations.

4. Get 8 to 10 hours sleep each night.
5. Improve posture—sit, stand and walk tall and straight.
6. Wash hands after going to the toilet and before eating or handling food.
7. Use your own wash cloth and towels, comb, and brush.
8. Consult your doctor about how to prevent or correct acne or other skin blemishes.
9. Have the correct day light or lamp light when reading or working.
10. Have study desk or table and chairs the right height.
11. Learn to lift and move objects correctly.
12. Learn to give a number of simple first aid treatments.
13. Find and remove safety hazards around the home and farm.
14. Have some time for work and some for play. Rest when tired—before becoming fatigued.

D. "Personality Plus"

Build a better personality by developing or improving characteristics like those listed below. Score yourself at the beginning and at the end of the year to see how you are doing.

1. Develop a sense of humor.
2. Learn to be kind and thoughtful of others.
3. Control your temper.
4. Meet and enjoy more people.
5. Develop an interesting hobby to help relax.
6. Develop or improve the following personality traits.



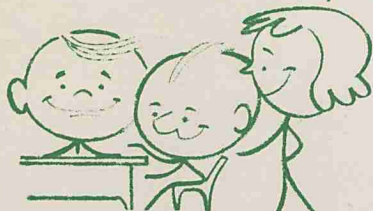
- a. Unselfishness
- b. Cheerfulness
- c. Thoughtfulness
- d. Sportsmanship
- e. Understanding
- f. Loyalty
- g. Tactfulness
- h. Courageousness
- i. Good manners

7. Enter into games and activities at school, at home and in the community.
8. Develop your spiritual health.

E. "My 4-H Projects and Health"

Look for, and include health improvement in your 4-H projects, special demonstrations, exhibits and talks. Tell this in your story.

II. Family Health Improvement



The health of each member of a family influences all other members of the family. Help your family be a healthy family, and a happy family. For keeping a record refer to your 4-H Health Improvement Record Book, page 3, "MY FAMILY'S HEALTH"!

Here are a few suggestions; you can think of others.

1. Help younger brothers and sisters and other members of the family to improve personal health habits.
2. Help your family to know and use available health facilities and services, as:
 - a. Family doctor—family dentist.
 - b. County Health Department and the Welfare department.
 - c. Voluntary health agencies, like Cancer Society, Tuberculosis Association, Polio Foundation, Heart Association and others.
3. Encourage the family to:
 - a. Make a plan for improving health and then follow the plan.
 - b. Take out health insurance, or set aside money to use in case of illness.
 - c. Be immunized or vaccinated against communicable diseases.
4. Help the family to:
 - a. Follow the plan, "Raise a Square Meal Around Home," as a guide for producing and conserving food for the family.
 - b. Learn to improve eating habits (use a Basic Food Guide to plan meals). Avoid too many sweets and fats.
5. Set up better sanitation in the home by:
 - a. Keeping food clean:
 - (1) Prepare, serve, or store foods in a sanitary manner.
 - (2) Wash and scald dishes and milk vessels correctly.
 - (3) Store dishes and cooking utensils away from dust, mice, or insects.
 - (4) Use covered garbage and trash cans.
 - b. Having each member of the family use his or her own:
 - (1) Clean towels and wash clothes.
 - (2) Tooth brush.
 - (3) Clean comb and brush.
6. Help prevent accidents:
 - a. Remove broken glass, rusty nails, poisonous plants or vines, and other safety hazards from the yard and farm.
 - b. Post safety signs at farm pond.
 - c. Have voluntary safety check of car and truck.
 - d. Use and store lawn mowers, garden tools, tractors and similar items correctly. Check often for safety.
 - e. Keep electric equipment and machinery in good repair.
 - f. Have the house, garage, barn and other buildings adequately lighted both inside and outside, especially entrances, halls and stairs. Locate light switches within easy reach.
 - g. Help your family members learn to know what to do in case of fire.
7. Make first aid kits for house, car, and barn. Know how to use them.
8. Set up and know how to use fundamental equipment for home nursing.
9. Place poisons under lock or on a high shelf out of reach of children. Label or mark poisons so that they can be easily identified.
10. Have dogs and sheep vaccinated against rabies.
11. Have dairy cattle and swine tested for bangs disease and tuberculosis.
12. Encourage the family to cooperate with community, 4-H and other health campaigns and programs.
13. Help maintain the mental and emotional health of the family through:

<ol style="list-style-type: none"> a. Games b. Books c. Music 	<ol style="list-style-type: none"> d. Crafts e. Hobbies f. Vacations
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- (4) Bed with clean sheets and blankets.
- c. Protecting against pests around home and farm:
 - (1) Spray for flies, mosquitos or other insects.
 - (2) Screen doors and windows.
 - (3) Have a rat and mice control program.
 - (4) Remove standing water, weeds and trash for protection against insects. Keep yard and home grounds clean, neat, and safe.
- d. Providing safe sanitary disposal of garbage as burying pit or other method.
- e. Providing the home with a safe and sanitary sewage disposal system.
- f. Having the well or other water supply tested and corrections made.

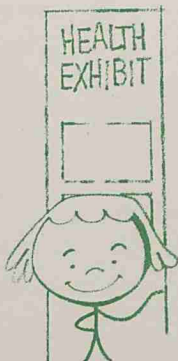
14. Learn to recognize early signs and symptoms of disease and when they are discovered, see your doctor immediately.
15. Refuse to practice self-medication or to use questionable health gadgets and remedies.

III. Community Health Improvement

In your Health Improvement up to now you have been working on maintaining and improving your own health, and in getting your family to make improvements. Now is the time to broaden this activity and work to include your community. Here you have a real opportunity. You can show others what their health needs are, and also help them meet these needs.

Maybe, instead of you working alone you can get your 4-H Club to help the community to make health improvements. A club working together can often accomplish more than members working individually. Each club can have a health committee, which would plan with agents, leaders, and club members for club activities. **HEALTH IMPROVEMENT SHOULD BE STRESSED ALL YEAR, AND NOT JUST AT ONE CLUB MEETING.**

Keep a record as indicated on page three of your Health Improvement Record Book.



Consult your parents, your extension agents, club leaders, 4-H club officers, local doctors, dentists, the health department and other health agencies about major health problems and needs in the community. Make a plan of how you, your family, your community or your 4-H Club may assist in remedying these health problems. You can think of more ideas than those listed.

1. Be responsible for a Health Bulletin Board in the school.
2. Help take care of school first-aid room.
3. Have campaigns for keeping cleaner rest rooms and improving other sanitary conditions at school.
4. Build a club library of reliable health and safety educational materials. Make a plan for its use. (Work with your leader, extension agent and teachers on this).
5. Through simple demonstrations and exhibits and short talks or discussions show club members how practically all 4-H projects contribute to health improvement.

16. Write and include in your health improvement story a paragraph on how your garden projects, dairy, electric, safety, citizenship or other projects have protected or improved the health of your family.

6. Include local doctors, dentists, nurses, health educators and sanitarians on club programs.
7. Study health facilities in the community. Explain to your neighbors and encourage them to take advantage of these facilities.
8. Offer your services to the Health Department and other approved health agencies in assisting with community sanitation projects, health clinics, health and safety surveys and projects, and clean-up drives.
9. Cooperate with your club members and local organizations, such as P.T.A., civic organizations, church groups and others in putting on health demonstrations, exhibits and in observing special health days and health drives. Glamourize health education. Encourage the use of health skits, playlets, songs and the like at community meetings. Write your own skits and songs.
10. Write newspaper articles and stories. Use the TV and radio to encourage community health improvement.
11. Set up health exhibits at the county fair, at Achievement Day, in store windows or other public places. (Several clubs could cooperate on this project).
12. Arrange for classes in basic first-aid training and home nursing practices.
13. Assist with approved health campaigns as; March of Dimes; Stamp Sales for T. B. and Crippled Children; drives by the Heart Association, Cancer Society and others.
14. Conduct a 4-H Health Day or Health Fair for your school or community. (Join other clubs for a county-wide program)—Include:
 - a. Demonstrations on health by 4-H'ers.
 - b. Talks by doctors, dentists, nurses, sanitarians.
 - c. Health movies.
 - d. Physical examinations.
 - e. Dental inspections.
 - f. Games and recreation.
15. Survey community facilities for recreation. Assist in organizing community recreation and in improving existing ones.
16. Assist in organizing and participating in community craft and hobby groups. Organize and coach junior community sports teams.

17. Look at community recreation buildings, schools and churches. Assist in checking and improving the:

- a. Ventilation d. Seating
- b. Lighting e. Safety hazards
- c. Heating

18. Arrange for your club to have *Go and See Tours*, to organizations or agencies which help to protect and build good health, as: County Health Department, hospital, a dairy which pasteurizes its milk, sanitary-pit toilet, protected water supply (either home well or public water supply) and others.
19. Distribute rat poison to families for community rat control campaigns.
20. Assist with and encourage neighbors to take part in programs for the control of flies, mosquitoes and other pests.
21. Make survey of farms using approved methods of control of T. B. and bangs disease in cattle and swine. Encourage other farmers to use control methods.

22. YOUR CLUB CAN ALSO select each year one or more projects as the CLUB HEALTH PROJECT OF THE YEAR. All club members concentrate on the selected projects.

Suggestions are:

- a. Dental inspection and corrections.
 - b. Physical examination and follow-up.
 - c. Immunizations and vaccinations.
 - d. Campaigns for better balanced meals.
 - e. Club members learn to swim, play new games and take part in other healthful recreation.
 - f. Short health improvement demonstrations at each club meeting, like: simple first-aid practices; good posture; personal cleanliness; correct food.
 - g. Clean-up campaigns for neighborhood.
 - h. Club members have water supplies tested, spray where needed for flies and other insects, control rodents around home and farm.
23. Honor your club and county King and Queen of Health Improvement at a community program.

IV. Leaflets On Health

Sample copies of most of the following leaflets are available at your County Extension Office for you to look over. This will help you to decide how to go about some of your health improvement activities. Your Agent will be able to furnish at least one copy per club of certain materials.

Look for Health in All 4-H Projects—N. C. State College

A Guide to Simple Demonstrations in Health—N. C. State College

Sing a Song of Health—N. C. State College

Pokey Perks (A skit)—N. C. State College

4-H Health Improvement as Told by Pokey & Perkey (a skit)—N. C. State College

Brush, Brush, Your Teeth (action song)—N. C. State College

For Better Dental Health—N. C. State College.

Accent on Health—N. C. State College

Keeping 4-H Health Improvement Records, Form

A—N. C. State College

Keeping 4-H Health Improvement Records, Form

B—N. C. State College

A Song of Health—N. C. State College

Bibliography of Health Education Material—N.

C. State College

Know your Health Department—N. C. Board of Health

Safety—N. C. State Board of Health

Ask your Extension Agents for sources of other reliable material.

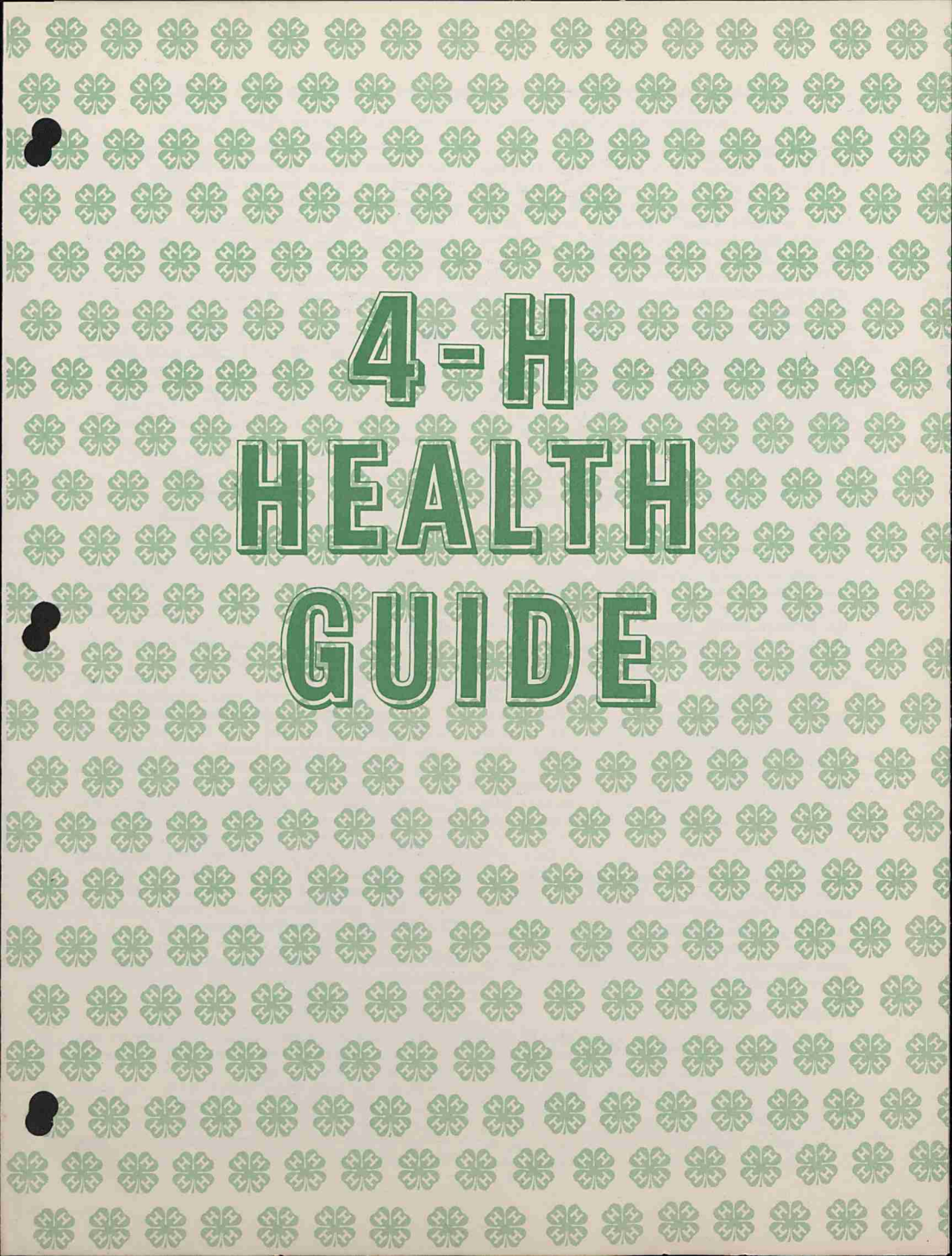


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May 1961

(Reprint) Club Series 105

The background of the entire page is a repeating pattern of small, stylized green flowers or clovers on a light cream-colored background. The pattern is uniform and covers the entire surface.

4-H HEALTH GUIDE

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Prepared by Rachel H. Ferguson, Extension Nutritionist, and a 4-H Committee of Agents

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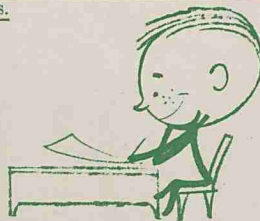
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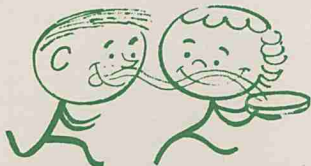
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Have fun with your health work. The more you do and the more interested you become, the better able you will be to enjoy living.

BE SURE TO SAVE THIS GUIDE TO USE NEXT YEAR!!

I. Individual Or Personal Health Improvements

Take a look at your self from tip-to-toe. What do you need to do to improve your own health? The suggestions listed below are just a start. You can think of others. For keeping your record see your 4-H Health Improvement Record, page 2, "MY PERSONAL HEALTH".



A. "Keen 4-H'ERS Eat Well"

1. Drink 4 glasses of milk (or its equivalent) each day.
2. Drink milk that has been pasteurized or has come from tested cows.
3. Eat fruits and drink milk, instead of sweets, if you eat between meals.
4. Start each day with a good breakfast.
5. Learn to like and to form the habit of eating one or more new or disliked foods each year.
6. Make yours a *blue ribbon diet*. Each day eat 5 servings ($\frac{1}{2}$ cup each) of fruits and vegetables. Be sure one is dark green or deep yellow in color; and one rich in vitamin C, as tomatoes, raw cabbage, strawberries, cantaloupe, oranges or other citrus fruit.

Include each day milk, eggs, meat, bread and cereals and butter or margarine.

B. "Be Nice To Be Near"

1. Take a daily bath. Avoid body odors, use deodorants.
2. Keep clothes clean, neat and suitable for the occasion.
3. Keep hands clean, finger nails clean and trimmed.
4. Keep hair washed clean, neatly brushed.
5. Brush teeth as soon as possible after eating.
6. Protect others by using a paper tissue or handkerchief when you cough or sneeze.

C. "Taking Care of Me"

1. Have a check-up by your doctor and your dentist once or twice a year and correct defects. Include in your health record a statement from your doctor and dentist.
2. Have vision tested and eyes examined as often as your doctor says you should and have defects corrected.
3. Take advantage of modern disease control measures recommended by your family

physician or local health department, like: polio immunizations; small-pox vaccinations; chest X-rays; diphtheria, tetanus and typhoid immunizations.

4. Get 8 to 10 hours sleep each night.
5. Improve posture—sit, stand and walk tall and straight.
6. Wash hands after going to the toilet and before eating or handling food.
7. Use your own wash cloth and towels, comb, and brush.
8. Consult your doctor about how to prevent or correct acne or other skin blemishes.
9. Have the correct day light or lamp light when reading or working.
10. Have study desk or table and chairs the right height.
11. Learn to lift and move objects correctly.
12. Learn to give a number of simple first aid treatments.
13. Find and remove safety hazards around the home and farm.
14. Have some time for work and some for play. Rest when tired—before becoming fatigued.

D. "Personality Plus"

Build a better personality by developing or improving characteristics like those listed below. Score yourself at the beginning and at the end of the year to see how you are doing.

1. Develop a sense of humor.
2. Learn to be kind and thoughtful of others.
3. Control your temper.
4. Meet and enjoy more people.
5. Develop an interesting hobby to help relax.
6. Develop or improve the following personality traits.



- a. Unselfishness
- b. Cheerfulness
- c. Thoughtfulness
- d. Sportsmanship
- e. Understanding
- f. Loyalty
- g. Tactfulness
- h. Courageousness
- i. Good manners

7. Enter into games and activities at school, at home and in the community.
8. Develop your spiritual health.

E. "My 4-H Projects and Health"

Look for, and include health improvement in your 4-H projects, special demonstrations, exhibits and talks. Tell this in your story.

II. Family Health Improvement



The health of each member of a family influences all other members of the family. Help your family be a healthy family, and a happy family. For keeping a record refer to your 4-H Health Improvement Record Book, page 3, "MY FAMILY'S HEALTH"!

Here are a few suggestions; you can think of others.

1. Help younger brothers and sisters and other members of the family to improve personal health habits.
2. Help your family to know and use available health facilities and services, as:
 - a. Family doctor—family dentist.
 - b. County Health Department and the Welfare department.
 - c. Voluntary health agencies, like Cancer Society, Tuberculosis Association, Polio Foundation, Heart Association and others.
3. Encourage the family to:
 - a. Make a plan for improving health and then follow the plan.
 - b. Take out health insurance, or set aside money to use in case of illness.
 - c. Be immunized or vaccinated against communicable diseases.
4. Help the family to:
 - a. Follow the plan, "Raise a Square Meal Around Home," as a guide for producing and conserving food for the family.
 - b. Learn to improve eating habits (use a Basic Food Guide to plan meals). Avoid too many sweets and fats.
5. Set up better sanitation in the home by:
 - a. Keeping food clean:
 - (1) Prepare, serve, or store foods in a sanitary manner.
 - (2) Wash and scald dishes and milk vessels correctly.
 - (3) Store dishes and cooking utensils away from dust, mice, or insects.
 - (4) Use covered garbage and trash cans.
 - b. Having each member of the family use his or her own:
 - (1) Clean towels and wash clothes.
 - (2) Tooth brush.
 - (3) Clean comb and brush.

- (4) Bed with clean sheets and blankets.
 - c. Protecting against pests around home and farm:
 - (1) Spray for flies, mosquitos or other insects.
 - (2) Screen doors and windows.
 - (3) Have a rat and mice control program.
 - (4) Remove standing water, weeds and trash for protection against insects. Keep yard and home grounds clean, neat, and safe.
 - d. Providing safe sanitary disposal of garbage as burying pit or other method.
 - e. Providing the home with a safe and sanitary sewage disposal system.
 - f. Having the well or other water supply tested and corrections made.
6. Help prevent accidents:
 - a. Remove broken glass, rusty nails, poisonous plants or vines, and other safety hazards from the yard and farm.
 - b. Post safety signs at farm pond.
 - c. Have voluntary safety check of car and truck.
 - d. Use and store lawn mowers, garden tools, tractors and similar items correctly. Check often for safety.
 - e. Keep electric equipment and machinery in good repair.
 - f. Have the house, garage, barn and other buildings adequately lighted both inside and outside, especially entrances, halls and stairs. Locate light switches within easy reach.
 - g. Help your family members learn to know what to do in case of fire.
 7. Make first aid kits for house, car, and barn. Know how to use them.
 8. Set up and know how to use fundamental equipment for home nursing.
 9. Place poisons under lock or on a high shelf out of reach of children. Label or mark poisons so that they can be easily identified.
 10. Have dogs and sheep vaccinated against rabies.
 11. Have dairy cattle and swine tested for bangs disease and tuberculosis.
 12. Encourage the family to cooperate with community, 4-H and other health campaigns and programs.
 13. Help maintain the mental and emotional health of the family through:
 - a. Games
 - b. Books
 - c. Music
 - d. Crafts
 - e. Hobbies
 - f. Vacations

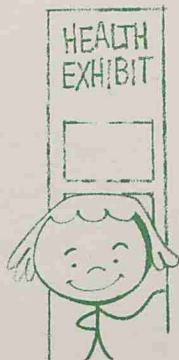
14. Learn to recognize early signs and symptoms of disease and when they are discovered, see your doctor immediately.
15. Refuse to practice self-medication or to use questionable health gadgets and remedies.

III. Community Health Improvement

In your Health Improvement up to now you have been working on maintaining and improving your own health, and in getting your family to make improvements. Now is the time to broaden this activity and work to include your community. Here you have a real opportunity. You can show others what their health needs are, and also help them meet these needs.

Maybe, instead of you working alone you can get your 4-H Club to help the community to make health improvements. A club working together can often accomplish more than members working individually. Each club can have a health committee, which would plan with agents, leaders, and club members for club activities. **HEALTH IMPROVEMENT SHOULD BE STRESSED ALL YEAR, AND NOT JUST AT ONE CLUB MEETING.**

Keep a record as indicated on page three of your Health Improvement Record Book.



Consult your parents, your extension agents, club leaders, 4-H club officers, local doctors, dentists, the health department and other health agencies about major health problems and needs in the community. Make a plan of how you, your family, your community or your 4-H Club may assist in remedying these health problems. You can think of more ideas than those listed.

1. Be responsible for a Health Bulletin Board in the school.
2. Help take care of school first-aid room.
3. Have campaigns for keeping cleaner rest rooms and improving other sanitary conditions at school.
4. Build a club library of reliable health and safety educational materials. Make a plan for its use. (Work with your leader, extension agent and teachers on this).
5. Through simple demonstrations and exhibits and short talks or discussions show club members how practically all 4-H projects contribute to health improvement.

16. Write and include in your health improvement story a paragraph on how your garden projects, dairy, electric, safety, citizenship or other projects have protected or improved the health of your family.

6. Include local doctors, dentists, nurses, health educators and sanitarians on club programs.
7. Study health facilities in the community. Explain to your neighbors and encourage them to take advantage of these facilities.
8. Offer your services to the Health Department and other approved health agencies in assisting with community sanitation projects, health clinics, health and safety surveys and projects, and clean-up drives.
9. Cooperate with your club members and local organizations, such as P.T.A., civic organizations, church groups and others in putting on health demonstrations, exhibits and in observing special health days and health drives. Glamourize health education. Encourage the use of health skits, playlets, songs and the like at community meetings. Write your own skits and songs.
10. Write newspaper articles and stories. Use the TV and radio to encourage community health improvement.
11. Set up health exhibits at the county fair, at Achievement Day, in store windows or other public places. (Several clubs could cooperate on this project).
12. Arrange for classes in basic first-aid training and home nursing practices.
13. Assist with approved health campaigns as; March of Dimes; Stamp Sales for T. B. and Crippled Children; drives by the Heart Association, Cancer Society and others.
14. Conduct a 4-H Health Day or Health Fair for your school or community. (Join other clubs for a county-wide program)—Include:
 - a. Demonstrations on health by 4-H'ers.
 - b. Talks by doctors, dentists, nurses, sanitarians.
 - c. Health movies.
 - d. Physical examinations.
 - e. Dental inspections.
 - f. Games and recreation.
15. Survey community facilities for recreation. Assist in organizing community recreation and in improving existing ones.
16. Assist in organizing and participating in community craft and hobby groups. Organize and coach junior community sports teams.

17. Look at community recreation buildings, schools and churches. Assist in checking and improving the:

- a. Ventilation d. Seating
- b. Lighting e. Safety hazards
- c. Heating

18. Arrange for your club to have *Go and See Tours*, to organizations or agencies which help to protect and build good health, as: County Health Department, hospital, a dairy which pasteurizes its milk, sanitary-pit toilet, protected water supply (either home well or public water supply) and others.
19. Distribute rat poison to families for community rat control campaigns.
20. Assist with and encourage neighbors to take part in programs for the control of flies, mosquitoes and other pests.
21. Make survey of farms using approved methods of control of T. B. and bangs disease in cattle and swine. Encourage other farmers to use control methods.

22. YOUR CLUB CAN ALSO select each year one or more projects as the CLUB HEALTH PROJECT OF THE YEAR. All club members concentrate on the selected projects.

Suggestions are:

- a. Dental inspection and corrections.
 - b. Physical examination and follow-up.
 - c. Immunizations and vaccinations.
 - d. Campaigns for better balanced meals.
 - e. Club members learn to swim, play new games and take part in other healthful recreation.
 - f. Short health improvement demonstrations at each club meeting, like: simple first-aid practices; good posture; personal cleanliness; correct food.
 - g. Clean-up campaigns for neighborhood.
 - h. Club members have water supplies tested, spray where needed for flies and other insects, control rodents around home and farm.
23. Honor your club and county King and Queen of Health Improvement at a community program.

IV. Leaflets On Health

Sample copies of most of the following leaflets are available at your County Extension Office for you to look over. This will help you to decide how to go about some of your health improvement activities. Your Agent will be able to furnish at least one copy per club of certain materials.

Look for Health in All 4-H Projects—N. C. State College

A Guide to Simple Demonstrations in Health—N. C. State College

Sing a Song of Health—N. C. State College

Pokey Perks (A skit)—N. C. State College

4-H Health Improvement as Told by Pokey & Perkey (a skit)—N. C. State College

Brush, Brush, Your Teeth (action song)—N. C. State College

For Better Dental Health—N. C. State College.

Accent on Health—N. C. State College

Keeping 4-H Health Improvement Records, Form

A—N. C. State College

Keeping 4-H Health Improvement Records, Form

B—N. C. State College

A Song of Health—N. C. State College

Bibliography of Health Education Material—N. C. State College

Know your Health Department—N. C. Board of Health

Safety—N. C. State Board of Health

Ask your Extension Agents for sources of other reliable material.



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May 1961

(Reprint) Club Series 105

**4-H
HEALTH
IMPROVEMENT
RECORD**



Health Improvement

THE FOURTH "H"

PART OF EVERY PROJECT . . . CARRIED BY EVERY "4-H'ER"
ARE YOU A "4-H'ER" OR A "3-H'ER"?

"I pledge my health to better living." To carry out this part of the 4-H pledge, improve your own personal health; help your family make improvements; and assist with activities which will improve health conditions in your community. Keep your *RECORD* below. Add additional pages if necessary.

HEALTH IMPROVEMENT GUIDE

Your Extension Agent or 4-H Leader will give you a guide which will contain some suggestions for improvements which may be made. You and your family, your community, and your club can think of others.

HEALTH IMPROVEMENT STORY

At the end of the 4-H Club year, write on a separate sheet of paper a short Health Improvement Story. Your story should tell such things as which improvements have been the most important to you, your family, and your community; how your 4-H projects have contributed to good health; and what plans you have for continuing Health Improvement. Your story is important; it often tells more than the record.

MY PERSONAL HEALTH

IMPROVEMENTS I NEED TO MAKE during year in my personal health habits:

EXAMPLE: Learn to eat one or more disliked vegetables.

IMPROVEMENTS I MADE during year in my personal health habits:

EXAMPLE: Learned to eat turnips.

MY FAMILY'S HEALTH

HEALTH IMPROVEMENTS NEEDED TO BE MADE by the family or in the home or on the farm during year:

EXAMPLE: A definite place to store garbage.

HEALTH IMPROVEMENTS MADE by the family or in the home or on the farm during the year:

EXAMPLE: Provided two garbage cans with secure covers.

COMMUNITY HEALTH IMPROVEMENTS I HELPED WITH

HEALTH IMPROVEMENTS NEEDED TO BE MADE in my community:

EXAMPLE: A rat-killing program.

HEALTH IMPROVEMENTS I HELPED WITH in my community:

EXAMPLE: Distributed rat poison to 12 families.

Other work I did this year relating to Health Improvement:

- a. Demonstrations given: (titles, dates, number of times given) _____
- b. Number exhibits made: Local _____, Community _____, County _____
- c. Number talks made _____
- d. List all 4-H projects carried during the year _____



HEALTH IMPROVEMENT RECORD

Year_____

(Name of Member)

(Age)

(County)

Address_____

Name of Parents_____

Name of 4-H Club_____

Years in Club Work_____

Name of Adult 4-H Leader_____

Address_____

I PLEDGE:

My Head to clearer thinking;

My Heart to greater loyalty;

My Hands to larger service; and

My Health to better living for

My Club, my Community, and my Country.

THE CLUB MOTTO:

"To Make the Best Better."

I have checked this record and found it to be satisfactorily completed.

(Signature of Extension Agent)_____

North Carolina State College of Agriculture and Engineering of the University of North Carolina and the U. S.
Department of Agriculture, Cooperating. N. C. Agricultural Extension Service, D. S. Weaver, Director. State
College Station, Raleigh. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.



Sing A Song of Health

WORKING IN MY GARDEN

(Tune: "I've Been Workin' on The Railroad")

I've been workin' in my garden,
All the live-long day;
I've been workin' in my garden,
Cut'n grass and weeds away.
Can't you see the carrots growing
Bigger'n better ev'ry morn!
Can't you taste that good fresh cornbread
Made from yellow corn?

PERFECT POSTURE

(Tune: "Are You Sleeping,
Brother John")

Perfect Posture, perfect posture
Do not slump, do not slump.
We must grow up handsome,
We must grow up handsome,
Hide that hump,
Hide that hump.

A HEALTH ROUND

(Tune: "Row, Row, Row Your Boat")

Clean, clean, clean your teeth,
Clean them twice a day,
Thoroughly, thoroughly, thoroughly, thoroughly,
Thats the only way.

ROUND

(Tune: "Row Your Boat")
Drink, drink, drink more milk,
Morning, noon, and night.
Healthier, wiser, and better you'll
be,
And so increase your might.

JINGLE BELLS

(Tune: "Jingle Bells")

We drink milk, we drink milk, drink it every day.
Coffee isn't any good, take it all away.
We drink milk, we drink milk, drink it every day.
At our school, keep the rule, start this very day.

PRETTY BONNIE

(Tune: "My Bonnie")

My Bonnie has pretty complexion -
My Bonnie has eyes bright and clear,
Good vegetables, eggs, meat and whole milk,
And raw fruits she eats all the year.

Chorus: "Bonnie, Bonnie"

Smile and bring sunshine to me, to me;
Bonnie, Bonnie, Oh, smile and bring sunshine to me.

From: Extension Nutrition Department
N. C. State College
Raleigh, North Carolina

A SONG OF HEALTH

Iron of the earth, glow of the sun,
Breath of the four winds clean.
Hours for work, hours for play,
With stars and sleep between.


Chorus -

Our goal is health, the quest for man and maid,
The great adventure rare,
For health holds life and laughter
And strength and happiness to spare.
Our goal is health, the quest for man and maid,
Lift high the goblet fair,
And pledge the toast from coast to coast,
Our health, the wealth we keep and share.

Words by: Fannie R. Buchanan



By
Jewell G. Fessenden
S. Virginia Wilson
Extension Nutritionists



SING A SONG OF HEALTH

"IRON OF THE EARTH"

Our country needs boys and girls who are strong of mind and body.

"GLOW OF THE SUN"

The sun sheds its life-giving rays to all of the open country.

"BREATH OF THE FOUR WINDS CLEAN"

Some time in the great out of doors each day is the privilege of farm boys and girls.

"HOURS FOR WORK"

Work, the opportunity and responsibility of all.

"HOURS FOR PLAY"

Fun and play for the creation of spirit and body.

"WITH STARS AND SLEEP BETWEEN"

Rest to renew physical and mental vitality.

"OUR GOAL IS HEALTH, THE WEALTH WE KEEP AND SHARE"

How can 4-H members reach this goal for health?

HERE'S HOW--

Health is so important for a full and happy life that Health Improvement is a regular part of club work. It is not a separate project in which a club member enrolls. Every member enrolled in any 4-H Club Project should work toward:

- (1) Improving own health.
- (2) Improving health of family members and making home surroundings healthy.
- (3) Improving community health.

**YOU ARE THE ONE WHOSE JOB IT IS TO
HELP BUILD AND TO KEEP YOUR MIND
AND BODY IN GOOD REPAIR.**

No one can do it for you. Keeping healthy and happy is a day by day privilege and challenge. When you pledge "Your Health to Better Living" and put those words into practice you are really "Making the Best Better."

**GIVE YOUR BODY THE BEST BUILDING
AND REPAIR MATERIALS EACH DAY.
THEY ARE:**

- 1 quart of milk
- 1 serving of green or yellow vegetables or fruit
- 1 serving of tomatoes, citrus fruit, raw cabbage or strawberries
- 3 servings of other fruits and vegetables
- 2 servings of protein foods--meat, fish, poultry and eggs
- Whole grain or enriched bread or cereal
- Butter or fortified margarine

BE SURE---DON'T GUESS

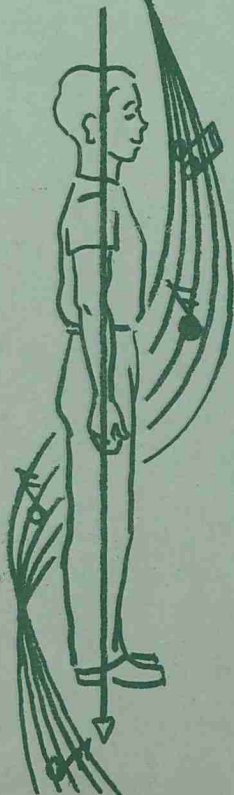
Have a physical examination once a year; See dentist twice a year; Follow recommendations. Have chest X-rays and eyes checked regularly. Immunize against typhoid and other diseases.

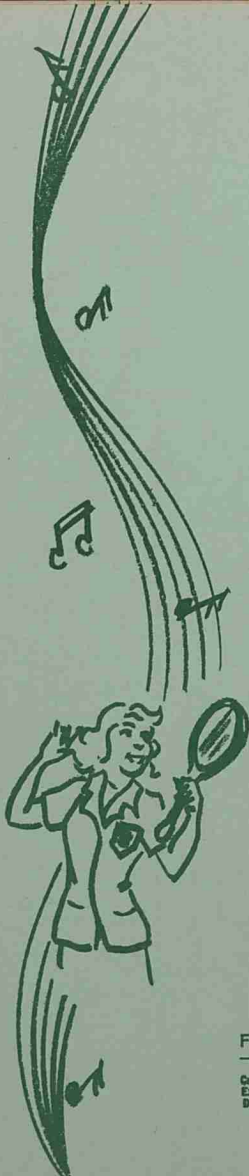
STAND UP TO LIFE

Head held high with crown pushed up. Chin held up in an easy position. Shoulders level and straight. Lower part abdomen flat. Stomach held high. Hips flat. Knees slightly relaxed and close together. Toes pointing straight ahead. Weight on ball of foot. Body relaxed. Stand tall; Sit tall; Walk tall--for health, for good looks, and for poise and self-assurance.

KEEP SPIC AND SPAN

Brush teeth after meals and rinse mouth after eating or drinking sweets between meals. Keep skin clean and free from pimples and blackheads. Wash hands before handling food; before eating; and immediately after using toilet. Keep finger nails filed and free from dirt. Shampoo hair once a week--daily brushing helps. Use own toilet articles, towels and drinking glass. Take a daily bath. Keep clothing clean and neat.





LOOK TO YOUR HOME AND COMMUNITY SANITATION--YOU WILL WANT TO:

See that drinking water is safe.
Control insects that carry diseases.
Get rid of rats and mice.
Provide for sanitary disposal of waste.
Keep screens in good repair.
Locate and remove all safety hazards.

SHARE WITH OTHERS

Lead in and help with all special drives and programs for community health--such as polio. Tell the Health Story to others--talks, programs, news stories, radio, exhibits, personal contacts. Service to others--put Heart H into action by helping friends and neighbors to improve health by taking advantage of X-rays, immunizations and clinics; producing and eating right foods; improving home surroundings.

KEEP IN TUNE WITH LIFE

Got problems? So has everybody else. Make an effort to solve them and then don't worry. Cultivate and enjoy friends. Keep happy. Accept and do your share of work willingly. Have one or more hobbies. Learn to read good books, swim, dance, take part in sports and games with others. Develop your spiritual life to the fullest extent.

REWARDS OF GOOD HEALTH

Plenty of pep for work and play. Always ready to do your share and to join in the fun--sports, athletics, games, camps, parties. No time lost from school, or other activities. Good looks--bright eyes, clean skin, nice teeth, strong straight body and glossy hair. Less money for medical care--more for other things you want or need.

REMEMBER!

You have only one body and one mind to last all your life. It's up to you to make them last and to make the journey a rich and happy one.

February, 1957

Club Series No. 41 (Revised)

N. C. State College of Agriculture and Engineering of the University of North Carolina and U. S. Department of Agriculture, Co-operating, N. C. Agricultural Extension Service, D. S. Warner, Director, State College Station, Raleigh N. C. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

POKEY PERKS

(Skit for presenting Health Improvement to 4-H Clubs)

This skit is designed to help interest 4-H Club boys and girls in Health Improvement. It may be put on by two club members, by an Agent or Leader or by one club member taking the part of both characters. It is very effective if two hand puppets are used to represent the two 4-H Club boys (or girls).

"Perky" is the wide awake club member who is interested in good health, understands what to do and has kept a good record of health activities.

"Pokey" is a new boy who has just moved to the county and joined a 4-H Club for the first time. He does not know much about club work and does not seem to be interested in improving his health. "Pokey" uses lots of slang, which is typical of many young folk today.

(Note to Agent: If this skit is used at the beginning of the year when presenting the subject of health improvement, it will be more effective if the Agent will follow it by distributing the green Health Improvement Record sheets. Explain them and go into further detail on what can be done and how all project work ties into health improvement.) (See "Look for Health In All 4-H Projects.")

To keep the subject before clubs and interest alive all year, have at meetings short 3 to 5 minute demonstrations on various health subjects. (See "Guide For Simple Health Demonstrations") or short reports by club members of what they have done.

You may want to change name of the characters or change the skit somewhat to meet the needs of your clubs.

P O K E Y P E R K S

Perky: Hi, Pokey!

Pokey: Hi, Perky!

Perky: Are you going to the 4-H Club meeting tomorrow?

Pokey: Nope, don't think so.

Perky: Why, not? Since this is your first year as a club member, I'd think you would want to go to all the meetings.

Pokey: I went to the one last month and didn't even know what they were talking about. Not sure I'll be too interested.

Perky: That's just because you're new in this school and have never been in 4-H. Wait until you have been in 4-H awhile. You'll like it. Besides we're going to talk about Health Improvement tomorrow. I know you'll want to hear that.

Pokey: Health! Gee! Now I know I'm not going.

Perky: Why not?

Pokey: I heard some of the guys who were in 4-H in the school I went to last year say that there's not much to this Health Improvement business. They make everyone take it, give you a green book to check lots of questions about what you do and don't do in health and that's all it is.

Perky: Yes, we do get the green book all right - that's the Health Improvement Record Book, but we do much more than just check the questions.

Pokey: I don't see how you could do much more -- why in that school. I went to before I moved here most of the guys lost their books before they got home with 'em.

Perky: I'm glad that's not true in our 4-H Club. We all try to do lots in health improvement during the year and keep a record of what we do, just like we would for a project. Then we turn our records in at the end of the year. That is -- most of the kids do. Then a bunch of grown folks judge them and select a club King and Queen.

Pokey: La dee dah, a King and Queen, huh, now what is that?

Perky: Yes, a King and Queen of Health Improvement. They are the ones who do most in improving their own individual health, helping their families to improve health and work on community health projects.

Pokey: Yeh, go on -- go on!

Perky: Selecting the King and Queen of Health Improvement and crowning them at a special club program is fun, but that isn't the most important part yet.

Pokey: Okey, Joe, now let's hear what is "so important."

Perky: Just like I told you -- the things we do to improve individual family and community health. Anyhow, the fourth H in 4-H Club pledge is the Health H, so you know it must be important.

Pokey: Well, let me in on the know.

Perky: Do you mean you want me to tell you how we do the health program in our 4-H Club?

Pokey: Yep, let's hear the lip.

Perky: Well -- in the first place our Agents (and/or Leaders) are real "hep" on this subject of health. They have lots of pep and make it real interesting even when you don't like it to start with. Then we get interested and keep the program going all year. When we know that we are really doing something, then we're livin' man livin' - and our parents are interested too, so they help.

Pokey: Sho' 'nuff?

Perky: Since one of the H'S in 4-H stands for health, it's worth spending lots of time on. Anyhow if we guys aren't healthy, we sure can't get much out of life, and we certainly wouldn't be able to carry on our school work and our 4-H project work.

Pokey: Yeah?

Perky: Those green record books are a check sheet, in a way, but that is to make us think about some of the things we need to do to improve health. Then we're supposed to make the improvements. Anyway, there are lots more things most of us can do besides just what is mentioned in those record books. See?

Pokey: Well, now, ain't that the greatest -- go on with the story --

Perky: The record tells us to check what we eat and if we're not eating fruits, vegetables, meat, eggs, cereals and drinking milk, in the amounts recommended, well then, we should learn to. We're supposed to keep on eating these things until we learn to like them and form a habit of eating them.

Pokey: Man, you should hear the racket at my house about who don't eat what.

Perky: Well, that's one thing we're supposed to do. If our families don't like some of the foods, we should try to get our mothers to serve them and get our family to like them. Another thing -- we're not supposed to eat sweets between meals.

Pokey: NOT EAT SWEETS?? You mean no candy, no drinks (or pop), no chewing gum? No, nothin', huh? That's what I like, and you tell me I gotta quit eatin' 'em. Why??

Perky: Why - because eating sweets and not being able to brush your teeth promptly causes tooth decay, as well as taking your appetite at mealtime, which, therefore, causes you not to be able to eat the things that you need for good health.

Pokey: And, who says?

Perky: Well, your doctor and your dentist will tell you the same thing. Of course, this doesn't mean that you can never eat anything sweet, but just lay off the candy and pop so much and get your sweets with your meals, so you will be able to try that dish your mother will make that you are sure you won't like. If you are already full on candy, etc., you will never know whether you like it or not.

Pokey: (Showing some interest) And, what else are you supposed to do?

Perky: We learn in 4-H Health how to be clean -- like, well, washing our hands, brushing our teeth, shampooing our hair and taking a daily bath.

Pokey: Bath, you mean every day? Gee!!

Perky: Sure. Then we're also supposed to get our immunization shots like typhoid, polio, and like lately, we can get the Aisian Flu shot, that is, if we take the time. But one of the most important ones now is polio. We can get others in our family to have their shots too. Here is where we can do a community project. We can work with the health department and doctors and others to have a community campaign to get everyone to have their polio shots.

Pokey: Gee, that may not be such a bad idea at that, but I bet there would be a lotta' cryin' kids in town.

Perky: If crying today would help keep a smile, then that's for me. But, I haven't finished yet. We're supposed to have physical and dental examinations, and get the other members in our family to do the same. We then follow up by having the corrections that the doctor and dentist recommend.

Pokey: Gosh, I know I need to go to the dentist cause I had the toothache all night one night last week. Kept the whole family up nursing it all night.

Perky: Yes, and there are lots of things we can do around home and join up with our neighbors to get them to do things too. Like having rat killing campaigns; getting rid of flies and mosquitoes; removing safety hazards from around the house and farm and many more objectionable things which exist.

Pokey: Guess, we could, at that.

Perky: Why our agents told us that part of all our projects help to make good health. They pointed out that growing food in our horticulture, poultry, dairy and similar projects provides the family with food, which is a necessity for good health. In the electric projects, for example -- they contribute to good health in as much as electricity can be used for proper lighting, and, in turn, proper lighting will help prevent accidents. It will also help keep your vision good when you have to study and need the best of light to keep from getting tired. Our Agent said that if we wear proper fitting clothes we are not likely to have accidents and proper shoes help prevent falls. Washing dishes correctly helps prevent the spread of disease germs, too.

Pokey: Well, I just never thought of "Health Improvement" that way, but the whole thing sounds logical to me since you have explained it to me.

Perky: There's lots more to it, but you get the general idea, don't 'cha? So, if you come to club meetings, you will understand that it is something worth working for, and you'll find that you will enjoy our little 3 to 5 minute demonstrations on "How to Care for the Sick in the Home"; "How to Be More Sanitary Around Home"; and "First Aid" and the like.

Pokey: Now, I might like that cause I could show 'em first aid for poison ivy. Got into it once - learned then.

Perky: If you'd get real interested in 4-H Club work, they would let you show other things too.

Pokey: Gimme' that again about those Kings and Queens.

Perky: That's something the Agent will tell us about later. Won't have much time for it at tomorrow's meeting, but if you keep coming you'll learn, man. Maybe you might even get to be King and go to Raleigh to 4-H Club Week.

Pokey: Who Me??

Perky: Yes, you --

Pokey: Gee!!

Perky: Well, you come to the meeting tomorrow and hear the agents tell us about 4-H health. You will understand more than I can ever explain to you.

Pokey: Well, I don't know so much about it, but I believe I will go and see how the jive perks!

Perky: You'll soon learn to say with the rest of us, I PLEDGE:

MY HEAD TO CLEARER THINKING;
MY HEART TO GREATER LOYALTY;
MY HANDS TO LARGER SERVICE; and
MY HEALTH TO BETTER LIVING FOR
MY CLUB, MY COMMUNITY, AND MY COUNTRY.

Pokey: Hey, man, hey, here comes Nancy Babcock - boy ain't she the mostest? Let's get goin' from here -- hurry up before she walks by.

Perky: Yes, I see her myself, and she is in the 4-H Club and one of our best community workers in Health Improvement - so there's your pitch boy --

Prepared by:
Mrs. Rachel H. Ferguson
Extension Nutritionist

1-58

N. C. State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., D. S. Weaver, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

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4-H HEALTH IMPROVEMENT PROGRAM AS TOLD BY
POKEY AND PERKY

Staging: Pokey and Perky are puppets who do their parts on a box placed on a table. (These parts could be played by the agents). The other 3 parts are played by 4-H members who could read parts at club meeting.

Characters: Pokey, Perky, Emily, Sue, John.

Pokey and Perky enter, Perky in an animated way, Pokey just dragging along.

PERKY: --- Hey there, Pokey! What's wrong? You look all done in!

POKEY: --- You make me so mad, Perky. You're always so cheerful and lively. I'll tell you just the plain truth, I don't feel worth two cents and what's more, I always feel this way. I wish I knew what to do.

PERKY: --- I'm glad you said that because I think I have the very thing you need. You need - - -

POKEY: --- (Interrupts): Hold on a minute - if it's another one of those TV commercials on pep tonics - I've tried them with poor results, and besides they're expensive.

PERKY: --- I'm not talking about those - what I started to tell you was that you should learn to live the 4-H way - through the 4-H Health Activity.

POKEY: --- What's this?

PERKY: --- Let me explain. Sit back now and relax. This group of 4-H members have heard about you, and work to help fellows like you every day to overcome their ills - just listen to what they have to say.

EMILY: --- (Healthy, happy girl): Hello Pokey, I'm Emily. I've been a 4-H member for 3 years now and I'd like to tell you what you can do to improve your health, because whether you realize it or not, those symptoms which you have are probably due to poor health habits rather than a physical ailment. Tell me, what did you have for breakfast this morning?

POKEY: --- Breakfast! I can't stand it. I don't feel well when I get up and I just can't eat. I did have a bar of candy after I got to school.

EMILY: --- I think we've already discovered one of the reasons you feel tired all the time - poor diet. You should have had at least 1/4 of your day's requirements at breakfast, which might include fruit or juice cereal, egg, bacon, toast and milk.

POKEY: --- Well, what else should I eat?

EMILY: --- Here is a Basic 7 Food Chart which shows the foods you need each day. 1 serving of green or yellow fruit or vegetable, 1 serving of citrus fruit, tomatoes, raw cabbage or greens or strawberries, 3 servings of other fruits and vegetables, 1 quart of milk, 1 or more servings of meat or poultry, fish, cheese, dried beans or peas each day and an egg a day or at least 4 a week, whole grain or enriched bread or cereal at each meal, butter or fortified margarine.

POKEY: --- Wait a minute - where are candies and soft drinks?

EMILY: --- You may have them, Pokey, but only after you've eaten the foods you need. Don't let them crowd out the foods which make you grow. You see, they are foods with calories, but with little or no food value. Now in order to improve your own health besides eating the proper foods, you'll need exercise.

POKEY: --- Exercise? Gollie - I don't feel like it!

(OVER)

EMILY:--- But the exercise will make you feel better and what's more it will tone up those flabby muscles of yours. Another thing that will make you feel better too is getting plenty of sleep. You need 8 or more hours every night. Personal cleanliness comes in when you're trying to improve your own health too. You should wash your hands before each meal and after going to the bathroom, shampoo hair weekly, take a daily bath and brush your teeth after eating or at least rinse your mouth.

POKEY: --- Say, maybe that would cut down on tooth decay - it it's anything I it's going to the dentist.

EMILY: --- I think all of us do, Pokey, but we should go for a dental check-up at least twice a year - and a physical check-up once each year to catch any troubles we might have before they get a head start on us. Back to personal cleanliness, all of us should use a handkerchief, or better still a Kleenex, when coughing or sneezing and our own drinking glass and toilet articles. This protects not only ourselves but also others. We should try to maintain regular bowel movements without relying on medicines. Our good diet will help this, as will drinking plenty of water each day. Of course, we want to protect our eyes, because we only have one pair to last a lifetime so we should use correct light for studying and use glasses if we need them.

POKEY: --- Say, this sounds something like preventative health habits I've heard about.

EMILY:---- It is, Pokey. It's smart to do things to prevent sickness, because it saves us discomfort and expensive doctors bills. Other things which would come under preventative medicine are chest x-rays, which everyone over 15 should have, typhoid shots and smallpox immunization. Another thing too, Pokey, is maintaining correct body weight. We do this by eating the right foods, but if we're overweight we cut down on sweets and fried foods and eat more salads, etc., and if we're underweight we try to eat more energy giving foods.

POKEY: --- You know, it sounds like I just may be able to do something by taking this health activity.

SUE: ----- Just a minute, Pokey, this is not all. In the 4-H Health Activity you not only work to improve your own health, but also the health of other members of your family. You see 4-H work is a cooperative thing - you'll need to check up on your family and see if they won't work on the same improvements you'll be working on - to improve their personal health. You'll want to make a home check too, to see that you have a safe water supply, you might even want to encourage the family to put in running water if you don't already have it. Check your garbage disposal and see if you're disposing of it in such a way that it doesn't provide a place for diseases to spread. If you have an outdoor toilet, be sure to see that it is a closed one so flies cannot carry germs into houses from it, as sickness is often caused by germs which come from human waste. Check and be sure your food supply is safe - that your milk comes from TB and Bangs tested cows, and that all doubtful milk is home pasteurized. Encourage the family, if they do not already have it, to have adequate refrigeration for food as many unnecessary illnesses result from careless handling of food.

POKEY: --- What about these rat control campaigns I've heard about 4-H members doing?

SUE: ----- Those come under Community Health Improvement, Pokey, which John is going to tell you about in a minute, but I would like to point out that a farm rat control program is an excellent thing, both from the sanitation and economical standpoints. Rats and mice are not

(OVER)

only disease carriers, but they are also wasteful. It costs farm families as much to keep a rat on their farm as it does a chicken and the chicken will make money for them. Rats and mice are not alone in carrying diseases and being wasteful - flies and other insects are just as bad, that is why families should securely screen their homes and spray for flies, mosquitoes and other insects. That is also why garbage and rubbish should be burned rather than dumped because it is in these dumps that insects multiply.

While working on the family's health, Pokey, you should make a safety survey to determine what hazards exist - some of these may be broken steps, poor lighting on stairways, littered yard, open wells and the like. These should all be corrected - for your protection, your family's protection and the protection of others in the community.

JOHN: ----Which brings us to the 3rd phase of 4-H Health Improvement - Community Health, which might include many things. Encouragement by you to rouse community interest in a rat control campaign for instance, or organization of a clean-up campaign which we had last spring - or it could include efforts on your part to improve the health of others by encouraging them to follow good health practices as we're doing for you today. Many 4-H girls give dairy foods demonstrations in their communities to encourage more people to get milk in their diets, because milk is nature's most neatly perfect food and because many do not get enough. Others give vegetable demonstrations to encourage vegetable consumption for health improvement. Some members help with drives for polio, heart and others to pay for research to help wipe out these cripplers and killers. Still others join in club efforts to drain stagnant water from the community as it breeds mosquitoes, to provide equipment for school sickrooms, prepare store windows and fair booths, etc., to encourage good health practices. Oh, I could name ever so many other things which could be done, but I think you get the idea from these, don't you?

POKEY: ---I sure do. I can think of many of these things which need to be done in our community. Thank you all.

PERKY: ---I knew you'd be inspired by these enthusiastic club members, Pokey.

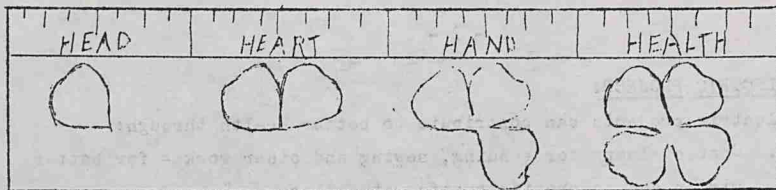
POKEY: ---Tell me what I have to do to take this Health Improvement Activity.

PERKY: ---Just enroll in the 4-H club and take a project. You don't have to enroll in Health, because it's a part of every project every year. Your agent will provide you with a record, you study it, check those things which you need to improve and start to work. Of course, you'll want to record your work as you do it and in _____ write a story to put with your record and turn it in.

POKEY: ---I read last year in the _____ (newspaper) about _____ and _____ being crowned Queen and King of Health Improvement, but I didn't realize what it was all about.

PERKY: ---_____ and _____ had wonderful records in Health. They worked hard and many have benefitted from their work. If we all work toward health improvement in our homes and communities, Pokey, we'll have much more prosperous, happier communities.

Prepared by: Sue Dossett Skinner
Assistant Home Agent
Warren County, N. C.



Look For Health In All 4-H Projects

Boys and girls should learn to recognize that good health is a part of most 4-H projects and activities. It has been said that more than 95% of all we do in Extension could effect our health if we point it out.

Health records should include the health phase of projects and 4-H activities on which the 4-H'er has or is working. Also, project records should specify the health phase of the project.

The following gives some examples of the way certain projects contribute to good health of the individual, the family and/or the community. 4-H Boys and Girls, Leaders and Agents can think of other examples and include them also in their records.

A. AGRICULTURAL PROJECTS:

Horticulture, Poultry, Livestock, Dairying and similar projects provide for the family:

1. Food which helps prevent common ills.
2. Fruits and vegetables for the protective vitamins.
3. Milk and meat to combat fatigue.
4. A source of all nutrients needed for general good health.
5. An opportunity to compare which is better fed and cared, the animals or the family.
6. Recreation for the family.
7. An opportunity to build strong bodies through outdoor, physical exercise.
8. Surplus foods which may be sold, thus, providing fresh, health giving foods to others.

B. ELECTRIC PROJECT:

Electric projects can contribute to better health through:

1. Correct lamps for reading, sewing and other work - for better vision and to provide restful atmosphere.
2. Proper light on stairs, in hallway, in the barn, over sink, range and other work spaces to relieve eye strain and avoid accidents.
3. Electric equipment properly cared for and in good repair to prevent accidents.
4. The families' use of electric equipment to save labor and help prevent fatigue.

C. SAFETY - HOME IMPROVEMENT AND HOME GROUNDS BEAUTIFICATION:

1. The removal of hazards from the house, the barn and the yard helps to prevent serious falls, other accidents and illnesses.
2. Safe driving of the car, truck, tractor and other farm equipment helps to prevent suffering and loss of time from illness.
3. The families' health is protected if shrubs and other yard plantings are grouped so as not to block vision of one driving on the street; trees are trimmed so that there are no low hanging branches; if clothes lines are located off the beaten path and high enough to avoid people running into them.
4. The home is a more safe place in which the family may live if it's members follow correct usage of equipment such as pressure pans, frying pans, knives and electric and other equipment.

D. FOODS PROJECTS:

Food preparation and conservation projects promote good health through:

1. Affording an opportunity to learn the foods needed by the body.
2. Teaching the correct methods of food preparation to save nutritive value.
3. New methods of preparing foods which will help some members of the family to learn to like certain important foods.
4. Teaching correct methods of food conservation helps prevent food poisoning and helps to provide a supply of health giving foods during a season when these foods would be scarce on the farm.

E. CLOTHING AND BETTER GROOMING:

Projects in these areas contribute to health improvement:

1. Clothes chosen to fit well and correct for the season contribute to comfort and general good health.
2. Shoes and other garments properly fitted can help avoid fatigue, nervousness and give necessary support.
3. Proper shoes for various activities help prevent falls.
4. Clothes well made, in good repair and chosen to suit the occasion help to promote good mental health.
5. Clothes well fitted and properly designed for work help to prevent accidents.
6. Care of the teeth, care of hair, correct hand washing, personal care of clothes and body and other activities in personal cleanliness contribute to general good health and help prevent the spread of disease.

F. HOME MANAGEMENT PROJECTS:

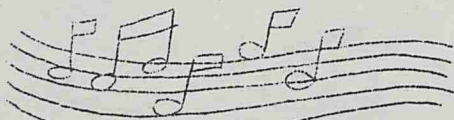
Home management projects contribute to good health:

1. By teaching easier, more efficient ways of performing household duties, thus, lessening physical, mental and nervous strain.
2. Providing more time for recreation or rest.
3. Washing dishes correctly helps prevent illness through:
 - a. Preventing the spread of germs from one family member to another.
 - b. Combats minor ills brought on by virus or other germs.

Prepared by:
Rachel H. Ferguson
Extension Nutritionist

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"BRUSH YOUR TEETH"

Simple demonstration may be used at 4-H club meetings. It illustrates correct way for boys and girls to brush the teeth.

Directions:

1. Have all club members sing the words as one or more club members or adult leader or agent demonstrates correct tooth brushing. For demonstration use a tooth brush and cardboard model of teeth (available from Brystol-Myers Company, 45 Rockefeller Plaza, New York 20). The demonstration will show the correct method of brushing as the various stanzas of the song are sung.
2. Repeat the song and demonstration with all club members going through the motions. To get the feel of the motion for correct brushing each club member can use a pencil in place of a tooth brush. Each boy and girl should practice the correct motions (motions are made on the outside of the mouth instead of the inside). The leader can observe to see if club members are following the correct motions. Practice until movements are corrected. This practice, using the pencil, may be repeated at future club meetings.



(OVER)

SONG

(Tune: Farmer's In The Dell)

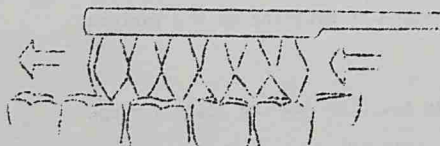
Brush your teeth each day.
Brush your teeth each day.
Heigh - Ho! the Der-ry O!
Brush your teeth each day.

After every meal.
After every meal.
Heigh - Ho! the Der-ry O!
After every meal.



Upper ones brush down.
Upper ones brush down.
Heigh - Ho! the Der-ry O!
Upper ones brush down.

Lower ones brush up.
Lower ones brush up.
Heigh - Ho! the Der-ry O!
Lower ones brush up.



Top side, do not miss.
Top side, do not miss.
Heigh - Ho! the Der-ry O!
Top side, do not miss.

Inside, outside both.
Inside, outside both.
Heigh - Ho! the Der-ry O!
Inside, outside both.

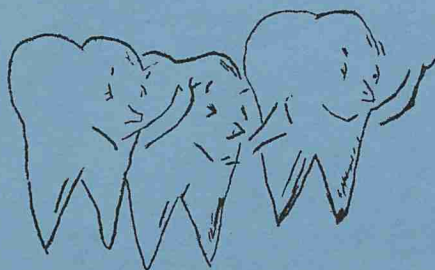


Do it just this way.
Do it just this way.
Heigh - Ho! the Der-ry O!
Do it just this way.

Brush your teeth each day.
Brush your teeth each day.
Heigh - Ho! the Der-ry O!
Brush your teeth each day.

Prepared by: Mrs. Rachel E. Ferguson, Extension Nutritionist

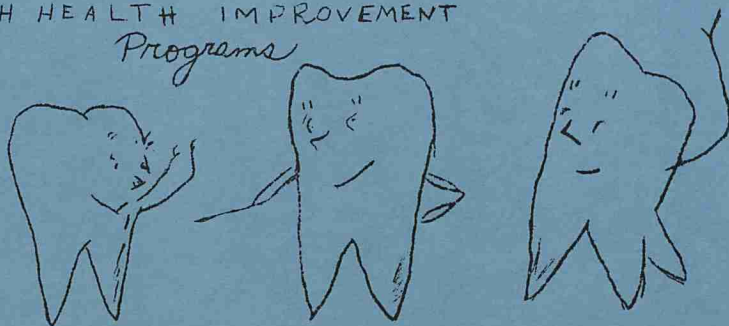
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For
Better

D E N T A L H E A L T H

SUGGESTED PLAN
FOR
4-H HEALTH IMPROVEMENT
Programs



I M P R O V I N G D E N T A L H E A L T H

SUGGESTED PLAN FOR 4-H DENTAL HEALTH IMPROVEMENT PROGRAM

For Agents, Leaders and 4-H club Health Committees to use in carrying out a years program in improvement in dental health. These are only a few suggestions -- you can think of others. (Club members will enjoy carrying out this program themselves. Agents should let them.) (A similar plan can be used with other phases of health).

A. Planning for Year's Program:

1. At the beginning of the year before starting any work in the clubs, follow suggestions in the leaflet "The 4-P'S in Health Improvement", for setting up county and club health committees, contacting local dental authorities and planning for the program.
2. The agents will work with the Health Committees and Leaders to help them to carry out plans and stimulate the club members to improve dental health.

B. Club Activities:

1. To introduce the program to the clubs, club members use the following:
 - a. "Sing of Song of Health" - (available for agent's office). Use "A Health Round". A club member leads with all boys and girls singing. Use some other songs on same sheet if there is time. Clubs will enjoy writing other songs.
 - b. "Brush Your Teeth" (available from agent's office) - Some club member (who has been notified ahead of time in order to prepare for it) teaches the song and does the "show how" (shows boys and girls how to brush teeth). Then all take part. This can be repeated at later club meetings and have a show of hands of those who brush teeth daily and properly.
2. To get the cooperation of the parents, the Leaders or Agent or Club Committee can send letters to parents telling that the 4-H Clubs are stressing better dental health. Ask that they encourage the 4-H'er and all members of the family to brush teeth regularly and correctly, to eat the right food to protect the teeth, to visit the dentist regularly and make corrections needed.
3. To continue the program during the year: (club health committee or leaders be responsible).
 - a. See Section II, "Protect Your Smile", in Guide for Simple Demonstrations in Health. (Available from agent's office). Health Committee in 4-H Clubs be responsible for giving demonstrations several times during the year. Either the agent or club member order materials early enough for club members to use in their demonstrations. (No training is needed).
 - b. Ask all club members to show to their families the demonstrations which were done at club meetings. Have reports on this.
 - c. Conduct a S-M-I-L-E campaign for one week or longer in the school. (Plan with principal and teachers).
Club health committee and members:
 - (1) Get the school principal to:
 - (a) Secure a local dentist to conduct a chapel program on the importance of a good diet and regular dental care to have good dental health.

- (b) Show at the school a dental film, which may be secured from the North Carolina State Board of Health or from North Carolina State Dental Society. Show others during the year.
 - (2) Put dental posters and sign on the bulletin boards and in other prominent places. (Continue this periodically during the year).
 - (3) Select certain club members to carry giant tooth brushes and placards during the week, reminding students to brush their teeth at least twice a day. (Clubs make their own placards).
 - (4) Put on a campaign for all 4-H members, and other school folk, to have dental examinations and to make corrections recommended.
 - (5) Work in cooperation with the school P.T.A. and the local dentist for a dental health program at a P.T.A. meeting.
 - (6) Publicize SMILE WEEK. Use the newspaper, T.V. and radio to interest the public. (Continue to use this media during the year).
4. Evaluate progress -- at the end of the year check with club members to see what they and their families have done to make dental corrections and to establish good dental health habits. Make report of this.

Prepared by:

Rachel H. Ferguson
Extension Nutritionist

GUIDE for
SIMPLE
DEMONSTRATIONS
IN
HEALTH

ADULT

YOUTH

DENTAL
CARE

CARE
OF SICK

4-H

GOOD
POSTURE

FOOD &
NUTRITION

FIRST
AID

BUILD

GOOD

HEALTH

For - - - 4-H Club Members, Leaders, Agents and Adults:

This guide is to furnish ideas for simple 3 to 5 minute demonstrations in health which may be done at a 4-H Club meeting. Home Demonstration Clubs may wish to use them also. Most of the demonstrations may be done by a 4-H Club member; others by the leader or agent. They require very little equipment. The name and address of companies who can furnish helpful information for the demonstrations are listed. You prepare your own demonstration. You will think of other health topics you may wish to demonstrate.

1-58

Prepared by:
Rachel H. Ferguson
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N. C. State College of Agriculture and Engineering of the University of North Carolina and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., D. S. Weaver, Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

GUIDE FOR SIMPLE HEALTH DEMONSTRATIONS
with
REFERENCES

I. FIRST AID

A. Demonstration Ideas:

1. "What to Do in Case of Fainting"
2. "First Aid for a Bee Sting"
3. "First Aid for Burns and Scalds"
4. "Treating Minor Cuts"
5. "First Aid for Poison Ivy"
6. "Removing Foreign Body From the Eye"
7. "A First Aid Kit for the Home"
8. "How to Give Artificial Respiration"

B. References: (Information for demonstrations in first aid will be found in the following:)

1. "First Aid - What to Do While Waiting for The Doctor"
*Metropolitan Life Insurance Company - booklet - pictures and instructions on simple first aid.
2. "First Aid - For the Family"
*Metropolitan Life Insurance Company - card - small wall chart on first aid for minor accidents.
3. "First Aid" - Wall Chart
*The Medical Society, State of North Carolina - wall chart, (12"x 15") with illustrations and directions for first aid in case of minor injuries.
4. "When the Unexpected Happens"
*John Hancock Life Insurance Company - booklet - what to do in case of accident.

II. PROTECT YOUR SMILE (Dental Health)

A. Demonstration Ideas:

1. "Mix Your Own Tooth Powder"
(See # 1, 4a, and 7 below)
2. "A Home-Made Mouth Wash"
(See # 1 below)
3. "Right Kind of Tooth Brush to Buy"
(See # 7 below)
4. "How to Brush Teeth"
(See # 2 below)
5. "How to Use a Mouth Wash"
(See # 1 below)

*For address see page 6.

(OVER)

6. "Food for Good Dental Health"
(See # 1, 4, 6, and 7 below -
Many demonstrations can be done
on this subject).
7. "Foods Which Help Cause Decayed Teeth"
(See # 6 below)

B. References for Demonstration Ideas on Dental Health:

1. "Protect Your Smile"
*Nutrition Department, Agricultural Extension Division,
N. C. State College, Raleigh, N. C. Lesson sheets for
4-H'ers.
2. "Brush, Brush Your Teeth"
*Nutrition Department, Agricultural Extension Division,
N. C. State College, Raleigh, N. C. Skit with illustrations
on how to brush teeth.
3. "Models of Teeth"
*Bristol-Myers Company - cardboard model of teeth, upper
and lower jaw.
4. "Mouth Health Catechism" - 36 questions and answers on teeth
and their care. Background information which may be used in
teaching good dental health.
*Division of Oral Hygeine, North Carolina State Board of
Health.
5. "The Teens and the Teeth"
*The Dairy Council - Cleverly illustrated booklet for the
teen-ager on teeth and their care.
6. "Diet and Dental Health"
*American Dental Association - Excellent booklet on the subject.
(Small charge).
7. "Good Teeth for Young America"
*Church & Dwight Company, Inc., - Simple, colorful booklet
on teeth in relation to food, cleanliness, exercise and
care. Contains recipe for home-made dentifrice (tooth powder)
which 4-H'ers could demonstrate.
8. "Posters" from N. C. State Board of Health
 - a. "Teeth Charts" - For Agents and Leaders - 3 charts naming
and picturing the teeth as they grow in the mouth; a cross
section of a good tooth and a decayed tooth. May be used
in teaching good dental health.
 - b. "Crossword Puzzle" - Simple crossword puzzle on teeth. May
be used with the very young 4-H club members.
 - c. "Posters on Teeth" - (Series of 3) - Colored, well illus-
trated - may be used on
bulletin board or with
small exhibit.
"The Sooner the Better"
"Drink Milk"
"Little Jack Says Eat Fruits"

*For address see page 6.

(OVER)

III. GOOD POSTURE

A. Demonstration Ideas:

1. "Correct Way to Stand"
(See # 2 and 3 below)
2. "Correct Way to Sit"
(See # 1, 2, 3, and 4 below)
3. "Correct Way to Walk"
(See # 1, 2a, 2c below)
4. "Good Posture While Studying"
(See # 3 and 5 below)
5. "Exercises to Aid Posture"
(See # 1 below)
6. "Correct Food, Strong Body, Helps Posture"
(See # 2 below - Can be tied into many foods demonstrations).

B. References for Ideas on Good Posture:

1. "Good Posture"
*Nutrition Department, Agricultural Extension Division,
N. C. State College, Raleigh, N. C. Lesson sheets for
girls and boys - good posture when sitting and working;
suggested exercises to improve posture, check list.
2. Posture booklets available from *The Dairy Council.
 - a. "Postures on Parade" - Illustrated booklet with clever
script on posture. Written for girls but might be
adapted for boys. Can be used as a skit.
 - b. "Who Me" (for boys) - Very cleverly illustrated and
written - general good health, which includes posture,
self-evaluation booklet.
 - c. "My Reflections" (for girls) - Self-evaluation booklet
on general health - includes posture. The lively style
illustrations and suggestions make this booklet most popular.
 - d. "Straight From the Shoulder" (for boys) - Small booklet
for boys on general health - includes posture - very
cleverly illustrated and written.
3. "Posture Posters" - available from *The Dairy Council.
 - a. "Posters on Posture" - RA96 - 4 posters (11 x 17 inches),
line drawings illustrating the right and wrong ways to
walk, sit and stand. For girls. (Could be adapted for boys).

*For address see page 6.

(OVER)

- b. "For Form and Figure, Eat Well"
RA68 (a) Diving (young women)
RA68 (b) Soft ball (young men)
2 colorful posters 17 x 22 inches, presents a stimulating and eye appealing quick story to young people.
 - c. "Posture Poster, Walking" - RA96 - 17 x 22 inches, color, teen-age girl and boy emphasises the important role posture plays in daily living. Ties in with food, exercise, rest and sleep.
4. Booklets available from *Bristol Myers Products Division
- a. "Now is the Time" - Points on personal cleanliness, posture and grooming for girls.
 - b. "Give Yourself a Boost" - Personal cleanliness, posture and grooming for boys.
5. "Posters on Posture" (Series of 7)
*American Seating Company - 17 x 22 inches, black and white drawings and script on effects of good and poor posture. For boys and girls.

IV. CARING FOR THE SICK IN THE HOME:

A. Demonstration Ideas:

- 1. "A Back Rest for a Sick Person"
- 2. "How to Take Temperature"
- 3. "How to Wash the Face of a Sick Person"
- 4. "How to Serve a Meal to Patient in Bed"
- 5. "How to Feed a Patient in Bed"
- 6. "How to Prepare (set up) Invalid's Tray"
- 7. "How to Comb Hair of Sick Person"
- 8. "The Medicine Chest"
- 9. "Make Games, Toys & Other Diversions for the Sick"

B. References for Demonstration Ideas on Caring for the Sick in the Home:

- 1. "The Sick in the Home"
*Nutrition Department, Agricultural Extension Division, N. C. State College, Raleigh, N. C. Leaflet on caring for and feeding the sick and convalescent in the home.
- 2. "The Sick in the Home"
(Better for older 4-H'ers, but some young members will enjoy parts of this). *John Hancock Mutual Life Insurance Company. Small booklet, offers helpful advice about home care for a person who is ill and for one who is convalescing. Good pictures, well illustrated.
- 3. "Diversions For the Sick"
*John Hancock Life Insurance Company - Small booklet, well illustrated with clever ideas of ways to interest and entertain patients who are sick at home.

*For Address see page 6.

(OVER)

V. FOOD AND HEALTH:

A. Demonstration Ideas:

1. "How to Cook Greens to Save Food Value"
2. "A Nutritious Breakfast for a 4-H'er"
3. "Snacks for 4-H'ers" (Food models or pictures and recipes can be used.)
4. "Milk -- a Nutritious Food" (Food models and recipes can be used).
5. "Choose the Right Lunch" (Pictures or food models may be used)
6. "Here is a Good Dinner" (Pictures or food models may be used)
7. "The Case of the Missing Breakfast" (Skit from *Nutrition Division, N. C. State College, Raleigh.)

B. References for Ideas on Food Demonstrations:

1. "Cooking the 4-H Way"
*Nutrition Department, Agricultural Extension Service,
N. C. State College, Raleigh, N. C.
2. "Eat a Square Lunch" RB23
"Ready for Breakfast" RB222 - both available from *Dairy Council.

VI. HOME SANITATION:

A. Demonstration Ideas:

1. "Care of Garbage in and Out of House"
(See # 1 below)
2. "Control of Flies" (See # 1 below)
3. "Control of Rodents" (See # 1 below)
4. "Don't Spread a Cold" (See # 2 below)

B. References for ideas for Demonstrations in Home Sanitation:

1. Contact the Sanitarian in your local Health Department.
2. "Ker-Choo"
*The Rubber Manufacturers Association - leaflet, ideas on
how to treat a cold to avoid spreading it.

*For address see page 6.

Addresses:

1. Metropolitan Life Insurance Company
New York, N. Y.
2. The Medical Society of the State of North Carolina
Capital Club Building
Raleigh, N. C.
3. John Hancock Life Insurance Company
Boston, Massachusetts
4. Bristol-Myers Company
Products Division
45 Rockefeller Plaza
New York 20, N. Y.
5. Division of Oral Health
North Carolina State Board of Health
Raleigh, North Carolina
6. American Dental Association
222 E. Superior Street
Chicago, Illinois
7. North Carolina Dental Society
Box 11065
Raleigh, North Carolina
8. Church and Dwight Company, Inc.
70 Pine Street
New York 5, N. Y.
9. The National Dairy Council, Inc.
111 North Canal Street
Chicago 6, Illinois

or

The Dairy Council, 310 Health Center Bldg., Durham, N. C.
The Dairy Council, 106 E. Northwood Street, Greensboro, N. C.
The Dairy Council, 106 N. Cherry Street, Winston-Salem, N. C.
10. American Seating Company
Grand Rapids 2, Michigan
11. Rubber Footwear Division
The Rubber Manufacturers Association
444 Madison Ave.
New York 22, N. Y.

PENDER COUNTY'S PLAN FOR 4-H HEALTH IMPROVEMENT PAGEANT

Agents assisting with Pageant: Emily C. Johnson, Home Demonstration Agent; Frances H. Bostic, Assistant Home Demonstration Agent; and John H. Wynne, Assistant County Agent. 19

JANUARY Set date - Make tentative plans

FEBRUARY The joint 4-H program (approximately 20 minutes) is centered around the health project and health pageant. This creates interest in the schools.

- APRIL
1. In Pender County the Health Improvement Project year is from May 31 - April 1, so the club members can bring their health project records to the April 4-H meeting.
 2. Judges are selected (include adult HD and 4-H leaders, and Health Officials).
 3. The records are judged and 5 winning boys and 5 winning girls are announced from each Junior and Senior 4-H Club in the county.
 4. Assistant Home and County Agents meet with County Health Officials to make plans for having top 5 boys and 5 girls in each club examined for the contest.
 5. Plans are made with the Principals for the Health Nurse to come to the schools. The schools set-up appropriate places for examination.

- MAY
1. The Health Nurses, assisted by the assistant home and county agents, visited the schools and gave physical check-ups to those competing. The nurses talked with 4-H'ers about corrections they needed to make. 4-H Adult leaders can also help here.
 2. Considering the health check-up results, their records on family, community and own health, the nurses (and leaders) select the school Junior and Senior winner.
 3. The 4-H Adult leaders bring the Junior winning girl and boy and the Senior winning girl and boy to the local health department where the County Health Doctor makes the final check. From the last results, a Junior Prince and Princess and a Senior King and Queen are named.
 4. The school winners from the Queen's Court.
 5. The Extension Department, Home Demonstration Leaders and 4-H Adult leaders all work together in planning and carrying out the actual pageant.

THE PAGEANT

COSTUMES: The Health King and Queen are attired in green, with white fur trimmed robes and silver crowns. These robes were made by _____, a 4-H member, with the help of the home agents. The crowns ~~were~~ made by adult home demonstration leaders. The school winners, who formed the court, all dress alike. The girls wear white dresses and the boys dark suits. Smaller, less ornate crowns are used for Prince and Princess.

STAGE: 4-H, HD members, agents, adult leaders decorate according to the script.

OTHER EVENTS: We have found that the pageant ties in with the Dress Revue.

(OVER)

SUGGESTED SCRIPT AND DECORATIONS:

Held in school where large stage is available. Stage decorated as beautiful Magnolia Garden (there should be plenty of flowers available, if not, make artificial flowers), using flowers, trees, white fence and lawn furniture. To make the scene more realistic several 4-H girls wearing beautiful pastel evening dresses stood around in the garden. The garden scene was centered around the throne for the King and Queen of Health Improvement. They are already seated on the stage when the curtain opens.

SCRIPT: Good evening ladies and gentlemen. Welcome to the Annual HD and 4-H Dress Revue and Health Improvement Pageant. Tonight we would like to paint you a word picture, so lean back, close your eyes and think of yourself in a beautiful Magnolia Garden, deep in the heart of the South where the warm cool winds of the early evenings blowing through Magnolia trees, that are scented with the smell of Magnolia blossoms sends its sweet fragrance drifting lazily across the land of Health and Fashions.

Now as the lights dim and the curtains slowly rise, we find our King and Queen of Health Improvement reigning over the Magnolia Gardens. To make their reign official we see _____, 4-H County Council President coming into the gardens to crown _____, as Pender County Queen and _____, as King of Health Improvement. (Crowns King and Queen).

This honor was not won easily. The King and Queen of Health Improvement was not chosen by physical health alone, although they did have to have good health, but also by what had been accomplished to improve their own health, the health of their families and their communities.

Now you are duly challenged to enter the State 4-H Health Contest held at State College in Raleigh during the week of July and reign victorious there.

But wait! Every King and Queen must have a court and a Prince and Princess. Entering the garden are the Junior County Health winners - our Prince _____ and Princess _____, taking their rightful places beside the King and Queen receiving their crowns and hoping in a few years to give up their crown and receive the highest honor of all - The crowns of King and Queen.

"SONG OF HEALTH"

To complete the majestic court we find the Health Improvement winners from all the clubs in the county arriving at the garden gate ready to be presented to the King, Queen, Prince and Princess.

(Club Kings and Queens come in as names are called): (After all have taken their places the following is said):

To all the Court we challenge you to continue your Health Improvements and add many accomplishments next year to make great citizens in this great land of ours where opportunity and success can be had by the individual who works.

Now in this quiet summer evening in the beautiful garden, the majestic Health Court will be royally entertained by "Fashions" - "Then and Now".

Prepared by: Extension Agents
Pender County, N. C.

SAMPLE LETTER

SAMPLE LETTER

Dear 4-H Parents:

As a 4-H club member, your child participates in a Health Improvement Activity each year. This activity concerns the club members' personal health, the family's health, and the community's health. We do want you to understand this activity and to encourage your child.

This year, we have three special areas that we want to emphasize:

1. For each person under 22 years of age to consume one quart of milk per day. Each person over 22 to consume a pint of milk per day.
2. Each person in the community under 20 years of age to have the immunization for polio. These vaccinations may be obtained in the Public Health Clinics.
3. Each 4-H club is being asked to conduct a community accident survey for the remainder of the school year. Would you help the 4-H members in your home to keep a record of the accidents (no matter how small) that occur in your home or on your farm? Measures to prevent further accidents should be a family responsibility.

The Health Improvement Records will be turned in at our regular _____ 4-H club meeting. Then, a local King and Queen of Health will be selected on the basis of their records. And, from these, we will select our County Health winners.

We do hope that you will encourage your 4-H members to do their very best on their Health Improvement Activities.

Sincerely,

Assistant Farm Agent

Assistant Home Agent

NOTE: This is a sample letter used in Yancey County. It may give you an idea - change to suit your needs.

Dr. Cofer

TEAM UP WITH GOOD HEALTH

North Carolina 4-H Clubs

FIRST YEAR



Are You a "3-H'er" or a "4-H'er"?

NAME OF 4-H CLUB MEMBER

Building For Health

"I pledge my health to better living". If you are a true 4-H Club member, you will be interested in working to develop your HEALTH H. You will want your family to have good health and to live in a healthy community.

Practicing good health habits will help you:

- To be attractive and popular—
- To have pep for play and work—
- To grow and to feel good—
- To be friendly and happy.

In each section of this manual there are suggestions of THINGS YOU CAN DO. You can think of others. Read a school HEALTH textbook and other Health material in your school library for information on health and for suggestions for improving health. This manual is written to tie in with your school health book.

Medals and certificates are awarded to county winners.

REQUIREMENTS

1. Follow the suggestions in your manual and in a school Health textbook. You can think of other health habits to practice.
2. Discuss your health activities with your parents. Your 4-H community leader,

teacher and Extension agents can also help you.

3. On your FIRST YEAR record sheet, list the good health habits you practiced before becoming a 4-H Club member. Continue to practice them and to form new habits.
4. Form or improve as many good health habits as you can. Keep records. Start saving information for a long-time health record.
5. Influence your family and community to make health improvements. Keep records.
6. Make as many health improvements as you can. Do not limit yourself to any number. *Color the 4-H emblems green* when you have made 3 or more improvements suggested under *THINGS YOU CAN DO*. *Improvements started but not kept, don't count.*
7. Write a story of your health activities.
8. Summarize the year's work on the Health Summary Sheet which your leader will give you.
9. Give your completed health record and health story to your 4-H Leader on the date requested.

GROWTH AND HEALTH

Growth means the changes that take place in body and mind as one develops from infancy to adulthood. It is natural that all boys and girls do not grow to be the same size. The important thing is that you grow at a steady rate. Good health habits will help you to grow in body and mind.

For Normal Growth You Need:

___FRIENDS___FOOD___EXERCISE___
___REST AND SLEEP___GOOD POSTURE___
___CLEAN BODY___CLEAN CLOTHES___

A. MAKE FRIENDS—WORK—PLAY TOGETHER

Being friendly with other 4-H'ers, school-mates, family members and neighbors helps 4-H'ers to be happy. Friendly people are usually liked by others.

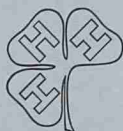
THINGS YOU CAN DO

Learn to make friends by:

1. Being kind and thoughtful.
2. Controlling your temper.
3. Meeting and enjoying more people.
4. Entering into games at home, school and in the community.
5. Being unselfish, a good sport and a good loser.
6. Working willingly and happily at home and school.
7. Practicing good manners.
8. Read in a school Health textbook about how to make friends. Follow the suggestions in your textbook on how to be friendly. You can think of other things to do.

Do as many things as you can to make friends. Do not limit yourself to any number. You can color the 4-H emblem green when

you have formed 3 or more new habits or have improved your habits of being friendly.



Are You a "3-H'er" or a "4-H'er"?

B. EAT FOOD FOR FUN AND GROWTH

The correct food helps the body to build and grow, supplies heat and energy. Correct food helps you to have an active mind, a happy disposition and to feel good.

THINGS YOU CAN DO

1. Use the Food For Fitness Chart below as a guide for your meals.

"FOOD FOR FITNESS"	
Each Day Eat	
MEAT	FRUITS
EGGS	VEGETABLES
POULTRY	4 or more servings
FISH	Include
Dried Beans	One dark green
Peas	or dark yellow
Nuts	in color for Vitamin A
2 or more servings	One for Vitamin C
MILK	like tomatoes, raw cabbage,
4 or more glasses	melon, strawberries, salad
Some can be in the form of	greens, citrus fruit
cheese or Milk dishes	Other fruits and vegetables
	WHOLE GRAIN
	4 or more servings
	Enriched or restored cereals
	or bread

2. Start each day with a good breakfast.
3. Eat fruits and milk instead of sweets for snacks.
4. Learn to like and eat one or more new foods.
5. Practice good table manners.
6. Be pleasant and happy at mealtime.
7. Read the sections on Food in a school Health book. At home, school, at 4-H Club

meetings and other places do some of the things suggested in these sections.

Color the 4-H emblem green when you develop 3 or more new food habits. Keep learning new food habits.



Are You a "3-H'er" or a "4-H'er"?

C. PRACTICE GOOD EXERCISE

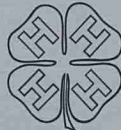
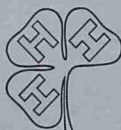
The right amount and kind of exercise will help you to develop strong muscles, to be hungry enough to enjoy your food, to be healthy and happy. Get exercise through play and work. Exercise helps to develop good posture.

THINGS YOU CAN DO

For at least one hour or more each day, take exercise like:

1. Walking, running, skating, swimming, dancing.
2. Playing ball and similar games.
3. Riding your bicycle.
4. Mowing the yard, rake and clean it.
5. Cleaning house—vacuum, sweep and dust.
6. Digging in vegetable or flower garden.
7. Read the pages in your school Health textbook on Work, Play, Rest and Sleep. Carry out some of the suggestions.

Color the 4-H emblem green when you have formed the habit of practicing 3 or more good exercises. Practice others.



How Are You Doing?

D. GET REST AND SLEEP

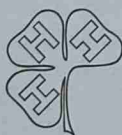
You need the correct amount of rest and sleep to—

- Help your muscles to relax from play and work.
- Help your body use food for growth.

THINGS YOU CAN DO

1. Sleep 10 to 12 hours each night.
2. Sleep on a firm, clean bed.
3. Have regular hours for sleep.
4. Read about Rest and Sleep in a school Health book. Carry out the suggestions.

Color the 4-H emblem green when 3 or more good exercise habits are formed. Keep taking good exercise.



E. KEEP YOUR BODY AND CLOTHES CLEAN

A clean body means clean skin, hair, hands, nails, teeth, ears and nose. Clothes should be clean and right for work and play.

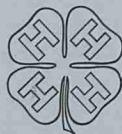
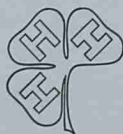
- A clean body and clean clothes help—
- you to feel and look good.
 - people to like you better.
 - to protect you from disease.

THINGS YOU CAN DO

1. Take a daily bath.
2. Brush teeth or rinse mouth soon after eating.
3. Wash hands before eating and after going to bathroom.
4. Shampoo hair often. Brush hair each day.
5. Keep nails clean and neat.
6. Use paper tissue or handkerchief to keep nose clean.
7. Read about cleanliness of skin, hair, hands, nails, nose and teeth in your school

health textbook. Carry out suggestions.

Color the 4-H emblem green when you have developed 3 or more good habits in body cleanliness. Do more.



8. Wear clean socks, underclothes and top clothes each day.

9. Keep your clothes hung up or neatly folded.

10. The chapter on Clothing found in your school Health book gives you good ideas. Read it and do some of the things suggested.

Do you practice 3 or more good clothing habits? If so, color the 4-H emblem green.



SUMMARY

First Year

NOW: Are you a "3-H'er" or "4-H'er"?

Practicing good health habits is fun, isn't it? Keep practicing the good health habits you have started. Learn new habits.

Complete Health Record.

Write your health story.

Put first year's health activities on Summary Sheet.

Turn your Health Record and story in to your 4-H Club Leader. Get them back to save for a long time health record.

Prepared by
MRS. RACHEL FERGUSON
Extension Nutritionist
Published by

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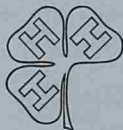
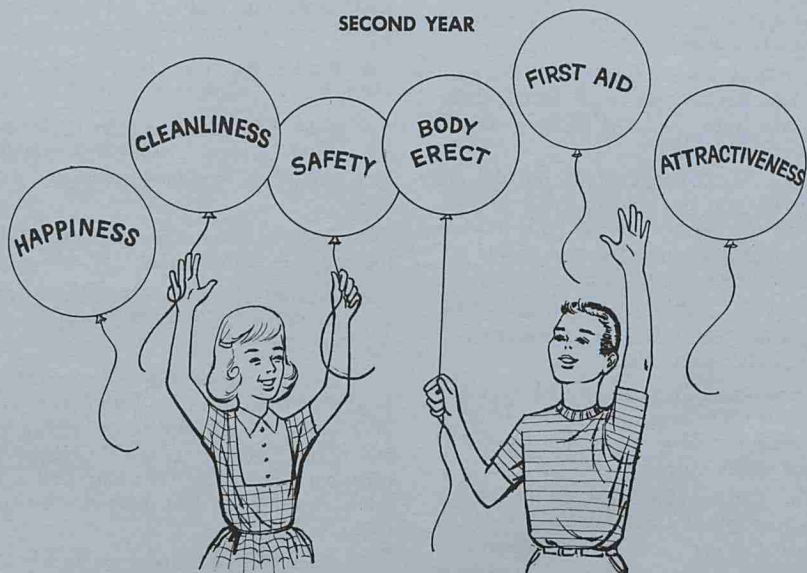
August 1964

Club Series 147a

TEAM UP WITH GOOD HEALTH

North Carolina 4-H Clubs

SECOND YEAR



Are You a "3-H'er" or a "4-H'er"?

NAME OF 4-H CLUB MEMBER

Your Health

1. How did you do last year? Continue good habits which you started. Remember that good health is very important to all 4-H Club members.

2. Talk with your parents about what you have done and want to do in the second year of your 4-H Health activities. Ask them to work closely with you.

3. On Health Record Sheet #2, list good health habits which you have practiced for several months or years. Get Record Sheet #2 from your 4-H Leader.

4. Good health habits which you did not carry out last year may be started now. In addition, learn and practice new health habits this year. New habits started last year should not be listed as new ones this year.

5. Work on or with the Health Committee in your 4-H Club. Talk with your 4-H Community Leaders about this.

6. Show others what can be done by taking part on 4-H Club Health programs, setting up health exhibits, and giving health demonstrations and health talks.

7. This 4-H Health manual is written to tie in with your school health textbook. Read the references and carry out suggested activities. You can think of other good health practices.

8. Write a story telling what you have done in health.

9. Give your health record and story to your 4-H Community Leader when the leader calls for them. When the leader has finished with your record and story, get them back for your long time health record.

THINGS YOU CAN DO

1. Follow good health practices to help your body grow. Keep a height and weight record.

2. Develop a happy attitude toward your work, study, play and rest. Set up and follow a good work and play schedule.

3. Practice good manners at home, at school and in the community.

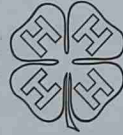
4. Enter into games at school and in the community. Develop a hobby. Learn to share. Be a good sport. Be a good winner and a good loser.

5. Practice some stunts and exercises for fun and body development.

6. On your record sheet, list things you have done on *HOW YOU GROW*. Include these in your story.

7. To help you with this section of your 4-H Health activities, read in your school health book about growth and understanding yourself. At home, school and at 4-H Club meetings carry out some of the ideas suggested in your school health book. You think of other things to do.

8. Color the 4-H emblem green when you have developed 4 or more good habits in this section. Keep doing other things.



Are You a "3-H'er" or a "4-H'er"?

A. HOW YOU GROW

- PHYSICALLY
- EMOTIONALLY
- SOCIALY

Think of the ways you have grown in the past year. Help yourself to continue to grow to be an attractive, happy, healthy boy or girl.

B. THE WAY YOU LOOK

4-H boys and girls want to look good. Your health habits help to determine the way you look.

THINGS YOU CAN DO

1. Look at yourself in a full length mirror. How is your posture? Is your hair clean and neatly combed? Are your shoes polished? Are your teeth clean? What else do you see?

2. To help your posture—walk, stand and sit tall—

Head up—
Shoulders level—
Chest up—
Tummy in—
Hips in—
Body relaxed.

3. Shampoo hair often, keep it neatly brushed.

4. Bathe often, wear clean clothes, manicure nails, polish shoes.

5. At 4-H Club meetings make talks, with short demonstrations on good grooming. In public places put up exhibits on good grooming.

6. Do as many things as you can to improve the way you look. *Color the 4-H emblem green* when you have developed as many as 4 or more activities in this section.



C. THE WAY YOU EAT

The food you eat affects the—
way you look
way you act
way you feel.

THINGS YOU CAN DO

1. Eat foods from each group listed on the "Food For Fitness" chart. *Color the 4-H em-*

blems green if you eat the suggested number of servings in the group each day.

2. Invite some friends to your house for a meal. You and your mother plan the meal using the Food For Fitness chart as a guide.

3. Give talks on food for "4-H'ers" at 4-H Club meetings.

4. You and your club members put on a program on food at a PTA meeting. Show foods the body needs. Set up exhibits of foods needed each day. Get your 4-H Community Leader to help you.

"FOOD FOR FITNESS"

Each Day Eat

2 or more servings

MEAT

EGGS

POULTRY

FISH

Dried Beans

Peas

Nuts

4 or more glasses

MILK

Some can be in the form of
cheese or Milk dishes

4 or more servings

FRUITS

VEGETABLES

Include

One dark green
or dark yellow
in color for Vitamin A

One for Vitamin C
like tomatoes, raw cabbage,
melon, strawberries, salad
greens, citrus fruit

Other fruits and vegetables

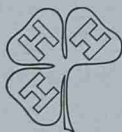
4 or more servings

WHOLE GRAIN

Enriched or restored cereals
or bread

5. For more information on the foods your body needs and for ideas of what you can do, read in a school Health book.

Color the 4-H emblems green when you have carried out 4 or more activities in this section.



Are You a "3-H'er" or a "4-H'er"?

D. YOUR SAFETY AND FIRST AID PRACTICES

Safety is your responsibility. Help protect yourself, your family and friends from accidents. Learn basic information concerning simple First Aid.

THINGS YOU CAN DO

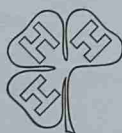
1. Read the chapters on Safety and First Aid in your school health textbook. Carry out safety suggestions you find. List in your record what you did.

2. Contact your local Health Department for safety material and ideas on Safety or write Chief, Accident Prevention Section, State Board of Health, Raleigh, N. C.

3. Learn simple First Aid. Practice in your home. Give First Aid and Safety demonstrations at 4-H Club meetings. Your 4-H Community Leader will help you to learn how.

4. Get the Health Committee in your 4-H Club to work with others in your community on Safety and First Aid projects for your community.

5. Color the 4-H emblem green when you have carried out 4 or more activities in this section. Do not stop with 4.



Now Are You a "3-H'er" or a "4-H'er"?

SUMMARY

How much did you improve this year?

Have you completed your health record?

Have you made a brief summary of your activities on your summary sheet?

Have you written a story about your Second Year in 4-H Health activities?

Are your Health Record and your Health Story ready to give to your 4-H Community Leader?

Continue to make health improvements.

Prepared by
MRS. RACHEL FERGUSON
Extension Nutritionist
Published by

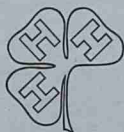
THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

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TEAM UP WITH GOOD HEALTH

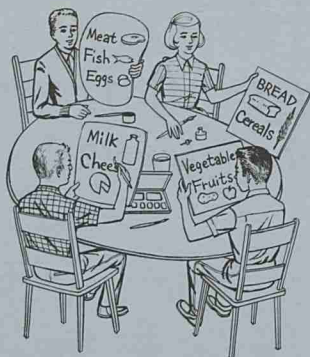
North Carolina 4-H Clubs

THIRD YEAR



Are you a "3-H'er" or a "4-H'er"?

NAME OF 4-H CLUB MEMBER



GROWING IN HEALTH

By now you have become very health conscious. Hasn't it been fun? You can see how practicing good health habits has helped you look better, feel better and be happier.

In your 4-H Health work and in your Health classes at school you have learned many things one should do to have good physical and mental health. This year you will be more interested in learning why our bodies function as they do. You will want to develop even more good health habits than you have before. You will do more to get other members of your family and your friends to practice good health habits.

1. Make a list of good health habits or improvements you have made since becoming a 4-H member. Don't count the same improvement twice.

2. What other health habits do you need to form? Which health habits do you need to improve? Make a list.

3. Talk with your parents and Community 4-H Leader about the things you can and should do in your 4-H Health activity this year.

4. Work on or with your 4-H Health Club Committee and other 4-H Club members on special group health activities.

5. Tie your 4-H Health activities in with school health activities.

6. Carry out as many good health activities as you can.

7. Keep a record on Health Record sheet #3.

8. Write a story of your health activities.

9. Summarize your year's work on Summary sheet THIRD YEAR.

10. Turn your Health record and story in to your Community 4-H Leader. When your leader has finished with them, get them back and save for a long-time Health record.

A. YOUR HEALTH AND FITNESS

Boys and girls grow physically, mentally, emotionally and socially.

By doing the things suggested in your 4-H Health manual and those suggested in your school Health book, you can become more physically, emotionally and socially fit.

THINGS YOU CAN DO

1. Check your health habits. How are you doing? Make improvements and form new habits. Keep a record of what you do.

2. Read the sections in a school Health textbook on Fitness. Carry out some of the activities suggested.

3. Have a physical examination by your doctor and have your dentist examine your teeth. Get a statement from these doctors. Put in your record. Make corrections needed.

4. Learn what health services your local Health Department has for your family and your community. Your 4-H Club might make a tour of the Health Department. Encourage your family and friends to use these services.

5. Take part in Physical Fitness Programs at school, at home and in the community. You can obtain assistance in setting up an active fitness program, get standards for your age range, charts, and instructions in carrying out your own fitness program in your home. Contact the Youth Fitness Commission of North Carolina, Mansion Park Building, Raleigh, N. C.

6. Plan through your 4-H Club Health Committee for activities to influence others to be more fit. Show and tell by giving talks and simple demonstrations on Health for Fitness at 4-H Club meetings, PTA meetings and other community meetings. Put up physical fitness

posters or exhibits in store windows, at school and other prominent places in the community.

B. SAFETY AND FIRST AID

Here you will learn more about the causes of accidents and how to recognize safety hazards. You will see that 4-H Club members have a responsibility in helping to prevent accidents. You will increase your ability to give First Aid.

THINGS YOU CAN DO

1. Look around your home, your school and the community for safety hazards. Work with your family, your 4-H Club members, your school and others in the community to remove these hazards.

2. Learn what the Police Department, the Highway Department, the Fire Department, the Health Department and other organizations do to help make your community safer. Work with these departments on safety.

3. Work with your fellow 4-H Club members in putting on programs and giving demonstrations on Safety and First Aid at 4-H Club meetings, at PTA meetings and other community meetings.

4. Put up posters and exhibits on Safety at your school, the community or county fair, and in prominent places in the community.

5. Set up a First Aid kit for your home and the car.

6. Read the sections of a school Health textbook on Safety and First Aid. Carry out suggestions.

C. FOODS AND FOOD VALUES

Food tastes good when you are hungry, doesn't it? Playing and working hard makes you hungry. Growing also calls for the right kind of food. There are certain materials, called nutrients, found in food which furnish your basic needs for growth and energy.

Here you will learn something about your basic food needs and the foods to eat to get the necessary nutrients.

THINGS YOU CAN DO

1. Ask your 4-H Leader or your County Home Economics Extension Agent for a small FOOD FOR FITNESS Chart from the United States Department of Agriculture.

2. Work with your mother in planning meals using your Food For Fitness chart as a guide.

3. For three days write down everything you eat or drink. Then use the Food For Fitness chart as a check sheet to see if you have eaten or drunk the foods you need. Learn to eat a variety of foods until you can make a perfect score when you check your meals and snacks by the Food Chart. Get your family to do the same thing.

4. Plan with your family or your 4-H Club members for a "Cook-out" or some other type meal. Try to make the meal a balanced meal using the Food For Fitness Chart to plan your menus.

5. To learn how the food nutrients help you and what to eat to get these nutrients, read the chapters on food and minerals and vitamins in a school Health book or in the library. As you eat each day, tell your family and friends what nutrients you are getting from the foods you eat or drink.

6. Help your mother shop for foods which will give the family the best nutrients.

7. Raise in your home garden a variety of vegetables and fruits.

D. SAFEGUARD AGAINST DISEASE

4-H boys and girls and their family members need to protect themselves against diseases. This part of your 4-H Health activity will help you to know how.

THINGS YOU CAN DO

1. Insects like flies, fleas, mosquitoes, roaches, lice, ticks and bedbugs spread diseases to human beings. Rats and mice spread disease. Find out from your County Agricultural Extension Agent or your Health Department the best methods and sprays to use to get rid of these pests. Spray and clean up breeding places.

2. Work with your family to screen your house and to destroy rats and mice.

3. Plan with your 4-H Club members, 4-H Health Committee, schoolmates, Health Department and others for a Community Campaign against disease carrying pests.

4. Diseases may be transmitted through water. Check with your County Health Department or your County Agricultural Extension Agent to see if your home water supply is safe. If not, work with your family to make improvements.

5. Is your milk supply safe? Learn from your County Health Department how to have your cows tested for tuberculosis and Bang's disease. Ask your County Home Economics Extension Agent about keeping milk clean in your home. Work with your family to have safe milk in your home.

6. Diseases can be spread by people. As much as possible, stay away from sick people. Keep your hands, body and clothes clean. Cover your mouth and nose when you sneeze or cough. Wash dishes in hot, soapy water and scald in very hot water.

7. In prominent places in your community, put up posters and exhibits on guarding against

diseases. Make talks and give demonstrations on the subject at 4-H Club meetings, at PTA, and other community meetings.

8. Get the vaccinations and immunizations which your doctor or Health Department say you need.

9. Read the chapters on Germs and Safeguarding against Disease in Health books in the school library.

SUMMARY

Complete your health record.

Write your health story.

Summarize your major health activities on the summary sheet. Give your health record and your health story to your Community 4-H Leader. Get them back and keep for your long time health record.

CONTINUE TO:

Practice good health habits.

Help your family to practice good health habits.

Help make your community a more healthy place in which to live.

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