



4-H Club Health and Head H Officer

Health H Officer:

- You will need to be prepared to share a Health H report at each meeting. You may lead discussions on any topics that surround the idea of using your “health for better living” and good decisions regarding healthy activities.
- You will most likely be asked to be the chairperson of the health program committee. You should invite a guest speaker to your meeting to provide the health program.

Ideas for guest speakers have included:

- Fitness instructor for exercise options.
- Nutritionist to talk about better eating habits.
- Dentist to talk about effective dental care.
- Doctor to talk about physicals and their importance, including a healthy weight.
- Anti-Drug, Alcohol, and smoking discussions.

Head H Officer:

- You will need to be prepared to share a Head H report at each meeting. You may lead discussions on any topics that surround the idea of using your “head for clearer thinking” and good decision making skills.
- You will most likely be asked to be the chairperson of the safety program committee. You can invite community leaders to provide a program for your club concerning using their head to stay safe.

Ideas for guest speakers have included:

- Banker to talk about money management.
- College/Teacher to talk about importance of education.
- Safety – using your head to make good choices regarding safety of: ATVs, Guns, Bikes, and Skateboards
- Having a family emergency plan – being prepared check list.
- Strong Families Eat Together program WVU Extension 304 264-1936