The 4-H Youth Development Program is the youth outreach program from the Land Grant Universities, Cooperative Extension Services, and the United States Department of Agriculture. The 4-H Name & Emblem is intended to represent the ideals of the program with its focus on **Head, Heart, Hands, and Health**. Today, it is one of the best-known and most valued images emblematic of more than a century of 4-H achievement.

**4-H Headquarters Mission**
Advancing research-based youth development and 4-H through the science of engagement, learning and change to create a better future for the nation and the world.

**4-H Vision**
A world in which youth and adults learn, grow, and work together as catalysts for positive change.

Learn more about the overall 4-H Youth Development Program at: [www.4-H.org](http://www.4-H.org).

**January 27th-February 2nd is National Drug Facts Week**

**Professional Development & Training Resources**
**National 4-H Healthy Living Curriculum Products**
Health Rocks!® [Buy](http://nifa-connect.nifa.usda.gov/p4pshpmccd9/)

**Interesting Links**
**Eat & Move-O-Matic**-a downloadable app to measure calories in and calories out of the body
FoodCorps—a national service organization that places emerging leaders into limited resource schools for a year of service improving healthy food education and access for America’s children
http://nifa-connect.nifa.usda.gov/p5mehxhytz/

Courage to Care—a nine lesson program designed to be taught weekly that is applicable to a variety of environments which includes school classrooms, 4-h Clubs, after school programs, other youth programs, and residential programs
http://nifa-connect.nifa.usda.gov/p8y7ozjgcof/

Healthy Weight Commitment Foundation—serves as a catalyst for over 200 organizations to help families and schools fight obesity
http://nifa-connect.nifa.usda.gov/p2u35iy43fp/

Healthy Kids Out of School—works with some of the country’s leading out-of-school-time programs including 4-H, Girl Scouts, Pop Warner and YMCA to promote three principles for healthy programs:
- Drink Right: Choose water instead of sugar sweetened beverages
- Move More: Boost movement and physical activity in all programs
- Snack Smart: Fuel up on Fruits and Vegetables
http://nifa-connect.nifa.usda.gov/p2orqmfbdnb/

Steps to a Healthy Teen—helps youth develop skills and knowledge in physical education and nutrition
https://nationalfourhcouncil.adobeconnect.com/_a701077731/p3z93c5muzd/?launcher=false&fcsContent=true&pbMode=normal

Understanding Adolescent Brain Development
Part 1:
https://connect.extension.iastate.edu/p7s159j4yi3/?launcher=false&fcsContent=true&pbMode=normal
Part 2:
https://connect.extension.iastate.edu/p69fyn3bcub/?launcher=false&fcsContent=true&pbMode=normal

GENIE: Your Nutrition Education Wishes Have Been Granted can be found at:
http://www.eatright.org/Foundation/content.aspx?id=6442478708. You can email questions to:
Kidseatright@eatright.org.

An Update on Adolescent Health: Think, Act, Grow (TAG)
This is the introduction to the planning of our national call to action, Adolescent Health: Think, Act, Grow (TAG). OAH is grateful for the early involvement of your organization and others in shaping the TAG effort and we look forward to continuing to collaborate on TAG in the new year. I’m also pleased to share with you that TAG was announced in November at a special session at the American Public Health Association Annual Meeting. The standing-room only presentation featured inspiring remarks from:
- Rear Admiral Boris D. Lushniak, M.D., M.P.H., Acting U.S. Surgeon General
- Evelyn M. Kappeler, Director, HHS Office of Adolescent Health
- Regina Davis Moss, PhD, MPH, MCHES, Associate Executive Director, Public Health Policy and Practice, American Public Health Association
- Carol A. Ford, M.D., President; Society for Adolescent Health and Medicine; Professor of Pediatrics, University of Pennsylvania; and Chief, Division of Adolescent Medicine, The Children's Hospital of Philadelphia
- Lynn Tiede, Policy Director, Jim Casey Youth Opportunities Initiative

TAG Content
It does take federal agencies time to implement good ideas, and I’m glad to report that progress is being made. Please also visit the TAG landing page for more information. TAG is framed around the Five Essentials for Healthy Adolescents which you helped develop during the facilitated discussion sessions. It also includes suggested action steps and resources for professionals who work with adolescents in the
fields of social services, public health, health care, education, and faith-based, community-based and after school programs and services. Work is being done to develop suggestions for engaging youth as advisors, program planners and decision makers and developing concise summaries of research findings that support TAG topics, and anticipate having several TAG products available for your use soon.

Coming Soon:

- **TAG Playbook.** OAH will release the TAG Playbook, an action-oriented publication that makes the case for promoting adolescent health and healthy development. The TAG Playbook offers specific actions that professionals, parents and adolescents can take to help achieve positive health outcomes.
- **TAG Website.** OAH will launch a TAG website section with online tools and resources to help organizations get involved in TAG. Visitors can download the TAG Playbook, read about organizations involved in TAG, join TAG, and access the TAG social media toolkit.
- **Growing Stakeholder Involvement in TAG.** Stakeholder involvement is central to TAG. OAH is actively identifying and engaging partner organizations interested in leveraging TAG to promote adolescent health and healthy development. Once the TAG Playbook and website are launched, we will be back in touch to invite you to help us spread the word about TAG and encourage others to get involved.

Your early and continued leadership in this effort is important to improving adolescent health and healthy development. Please contact us at: TAGTeam@hhs.gov any time to share ideas or discuss how you can be involved. Also check out the many resources available on the OAH website, including: state by state statistics on adolescent physical, mental, and reproductive health and an extensive library of federal resources on adolescent health.

*The Update on Healthy Living is intended to provide useful information to colleagues in the land-grant university system, Cooperative Extension, and stakeholder organizations. If you have any questions and/or concerns about the update, please contact: bjohnson@nifa.usda.gov.*