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.

February is American Heart Month
American Heart Association has designated February as American Heart Month.

Professional Development & Training Resources
National 4-H Healthy Living Curriculum Products
- Health and Fitness Buy | Online
- Health Rocks!® Buy
- STEPS to a Healthy Teen Buy | Online
Alert! Middle school students wanted!
Create a cool poster. Warn people about dangers of poisonous carbon monoxide (CO). Stop the invisible killer! Save lives! Win prize money! CPSC is sponsoring a nationwide carbon monoxide safety poster contest to help warn people about the dangers of CO. Create a poster about the dangers of carbon monoxide. Possible topics include:
- Facts about CO: You cannot see it or smell it. It is an invisible Killer;
- What steps you can take to protect against CO poisoning;
- How to recognize CO exposure and symptoms;
- How to install and test CO alarms and why they are important.
Click here for an informative document to distribute to your middle school students. To visit the U.S. Consumer Product Safety Commission website for additional information, click here.

Undergraduate/Graduate Student Scholarship Application Lifesavers National Conference on Highway Safety Priorities
March 15-17, 2015
A limited number of conference registrations for college students are available on a first come, first served basis at the reduced rate of $75 per person - a $275 savings! Students pursuing study/careers in fields such as traffic safety, injury prevention/public health, criminal justice, engineering, public policy or planning are encouraged to apply. For more information, application and eligibility requirements, click here.

Project Yellow Light
Enter to win a college scholarship by creating either a 25 or 55 second video convincing your friends to not drive distracted. Three prizes will be awarded for the top 3 high school and college finishers.
- 1st place - $5000 PLUS your video will be turned into a PSA and distributed to over 1,600 TV stations nationwide.
- 2nd place - $2,000
- 3rd place - $1000
All high school juniors & senior as well as full time college students are eligible.
Visit: www.projectyellowlight for details.
SUBMISSIONS ACCEPTED FROM 10/31/14 TO 4/1/15
**Seat Belts Save Challenge**
Registration for schools for 2015 Spring Challenge is open. You can sign up to by visiting the Seat Belts Save website at [www.seatbeltssave.org](http://www.seatbeltssave.org). Cash prizes!

Contact Elizabeth Vermette for more information at: evermette@noys.org

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**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

**Healthy Weight Commitment Foundation** - serves as a catalyst for over 200 organizations to help families and schools fight obesity

**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

**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](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](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](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](http://www.eatright.org/Foundation/content.aspx?id=6442478708). You can email questions to: Kidseatright@eatright.org.

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_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.