

Health Officer



The Health Officer informs and educates club members on easy ways to incorporate physical activity and healthy eating habits into their lives. The Health Officer is elected for a one-year term by being nominated and voted into office. The Health Officer works with other officers to provide leadership for all health-related activities throughout the year. In this position, you will educate, inspire, and lead club members as they dedicate their “health for better living.”

Before Meeting

- Meet with other club officers to develop a yearly plan for including health activities in each 4-H club meeting.
- Provide recommendations for club policies related to health.
- Lead by example – model healthy living practices.

During Meeting

- Provide the club with ideas on how to incorporate physical activities and healthy eating into club meetings and members’ personal lives.
- Report activities and accomplishments to club Reporter and Historian.



After Meeting

- Work with local 4-H staff to help facilitate Healthy Living programs.
- Collaborate with other club Healthy Living Officers to set up interactive booths at local community events.
- Assist with the Healthy Living booth at the State Fair.
- Maintain the Healthy Living Club Officer record book. Also keep records of your club’s participation in the Health Club Challenge



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