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Challenge Topic: Health  
Age: Senior (14-19 as of 1/1/2018)  
Teams: Consist of 2-4 members  
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### **What is Health?**

Health is defined as a person's physical, mental and emotional well-being. Health can be measured by quality of life, development and active behaviors. Where can evidence of health be found in your community?

### **Read More About It:**

Health impacts everyone and each community. Read more about how health can affect you and the people that live in your community. Choose at least one of these article options to use as a reference in your team's written proposal paper. Teams may choose more articles, but at least one is required.

<http://www.healthiestpracticeopenstreets.org/toolkit/overview>

<https://www.rwjf.org/en/culture-of-health/2016/08/6-reasons-why-parks.html>

<https://www.cdc.gov/healthyplaces/toolkit/>

<https://www.policylink.org/sites/default/files/HEALTHYFOOD.pdf>

[https://www.cdc.gov/healthyplaces/healthtopics/healthyfood\\_environment.htm](https://www.cdc.gov/healthyplaces/healthtopics/healthyfood_environment.htm)

<https://www.healthypeople.gov/2020/about/foundation-health-measures/Determinants-of-Health>

<https://www.rwjf.org/en/our-focus-areas/focus-areas/healthy-communities.html>

<http://www.nwcp.org/communications/news/a-6-step-guide-to-program-planning-and-evaluation>

### **FCS Judging Focus Challenge Charge:**

Team up with one to three other 4-H peers. Teams can be 2, 3 or 4 members. Explore your community. What health problems exist in your community?

### **Define a Health Problem.**

Begin by identifying a problem that is affecting health in your community. Be creative! Examples could be: access to your community park is difficult due to uneven sidewalks; or healthy food options are limited due to available grocery store options; or access to a building is difficult due to poor outside lighting.

## **Research the Problem.**

How is this problem affecting health of people in your community? Who, in your community, knows more about why this problem exists? Talk to the local expert(s) in your community to learn more about the problem you identified. How long has the problem been occurring? Does this problem exist in other communities, if so, where? Conduct a survey of community people affected by the problem. Collect additional information by referencing one of these provided articles. Browse websites to learn more.

## **Create a Plan.**

What has already been done or is occurring to solve the problem? How long has the intervention been occurring? What could be done, from your team's perspective to eliminate the problem or make it less of a problem? What needs to happen for your team's plan to be implemented? How much money will it cost to implement your team's solution? What other resources are needed to implement your team plan? How will your proposed plan improve the health of people in your community?

## **Design a Video.**

In 2-4 minute video, created by your team, share the problem your team is working to solve to improve community health. Teams may utilize any video software available to create their video. Share details about the problem. Share information collected from community members about the problem. Outline your team's plan to solve the problem. Use royalty free production music, instead of popular music, due to copyright laws. Send a link to your video by May 15 to Andrea Feldkamp at [afeld@ksu.edu](mailto:afeld@ksu.edu). When a web-link is submitted, please make sure it is a working link. If judges are not able to access web-links, this may result in disqualification. Complete and submit the project rubric with your video.

## **Other Details:**

Each unit may submit as many team entries as desired. Entries will be selected for the State Fair contest, based upon team's ability to achieve rubric criteria. The contest will be held on Saturday, September 15, 2018. At least 2 team members, must be present to participate in the contest, to be award eligible.

## **What Teams Should Submit by the May 15 Deadline:**

- A written proposal paper (typed, double-spaced, in a 12 point font). The following items must be addressed in the written proposal paper –
  - Introduce the team members. Share team member names and why you are participating in this project.
  - Define your team's problem. What problem did you choose? Why is this a problem? How is this affecting your community's health? Who is being affected by this problem? How many people are being impacted by the problem?
  - Reference one of the above provided articles in your written proposal. How does this article relate to your health problem?
  - Talk to local community experts. Survey people who are affected by the problem. What did they tell you? What did you learn? What will you do as a result?
  - Share your team's plan to address the problem. Who will be involved? When will the plan begin? What steps will be taken to address the problem? How will you determine if the problem is solved or progress towards solving the problem is occurring?
- Create a 2-4 minute video highlighting the problem your team selected, plan aspects and other items that you wish to share.