



WHAT CAN HEALTH AMBASSADORS DO?

Healthy Texas Youth Ambassadors are local, high-school aged youth recruited by agents and trained to serve as a community health and wellness leader. *Healthy Texas Youth Ambassadors* assist county extension agents in providing leadership to the youth components of health programs and projects within Healthy Texas, Texas 4-H, and/or other Texas A&M AgriLife health programs.

HEALTH AMBASSADOR SPOTLIGHT

IMPROVING LEADERSHIP & CHANGING LIVES

"The Healthy Texas Youth Ambassador program offers opportunity for youth to have leadership experiences on the local level up to the national level. These ambassadors are making a difference among their peers by being a positive influence when faced with the difficulties of today's teenagers: vapes, energy drinks, online engagement with strangers"

Kelli Brown | Haskell County

"The Healthy Texas Youth Ambassadors in Gray County have served the community and changed lives. This program has developed leadership skills, confidence, and a sense of caring in our Ambassadors. Through their efforts with Meals on Wheels and Souper Bowl of Caring, our valued senior citizens have been fed. Our Ambassadors present at health fairs, civic programs, and in-service trainings. One Health Fair participant's life changed when the Re-Think Your Drink program motivated her to cut down on sugary drinks resulting in a 50+ pound loss."

Joan Gray-Soria | Gray County



HOW CAN AMBASSADORS SERVE?

When developed as leaders and utilized to serve and lead based on interest, Healthy Texas Youth Ambassadors can be an additional source of outreach and advocacy similar to Master Wellness Volunteers. County Extension agents provide oversight & assistance for Youth Ambassador programming.

Ideas for Healthy Texas Youth Ambassadors:

- Assist with Walk Across Texas kick-off and celebration event, recruiting school teams and entering class miles
- Recruitment of Learn, Grow, Eat & GO! schools and assist with program delivery
- Advocates for health and nutrition in schools, at health fairs, or during community events
- Provide demonstrations in schools & the community
- Lead social media efforts on general health topics or marketing programs
- Research & map critical health issues in the county
- Develop & deliver programs for 4-H club meetings
- So many other options!!!

HOW CAN I RECRUIT AMBASSADORS?

Recruiting youth with an interest in health and wellness projects will help agents in developing youth volunteers who can extend Healthy Texas outreach.

Healthy Texas Youth ambassadors do not have to be Texas 4-H members to apply for the program, but they must commit to enroll for the upcoming year. While utilizing 4-H members who are involved in Healthy Lifestyle projects may be one obvious method, consider other groups for recruitment as well:

- Members of School Health Advisory Committees
- High school health career programs
- High school culinary programs
- Home school associations
- Utilize the Healthy Texas Youth Ambassador one-page overview, social media, word of mouth, posts in 4-H newsletters, and speaking opportunities at other youth events to help recruit applicants.

HOW IT WORKS

January - March, 2024 – Market and recruit for the Healthy Texas Youth Ambassador Program

February 1 - April 1, 2024 – Online application available

April 1, 2024 – Deadline for completion of online applications

April 1-15, 2024 – County Extension Agents review applications & determine selection criteria

April 15, 2024 – Agents submit roster of selected ambassadors to Julie

May 1, 2024 – State Coordinator will notify youth of acceptance

June 4-5, 2023 – State-wide Healthy Texas Youth Ambassador Summit to train ambassadors.

Ambassadors MUST attend a summit to continue in the program.

State-wide Summit | June 2-3, 2024 | College Station, TX

Join us Sunday and Monday before Texas 4-H State Roundup in College Station for the 2024 Healthy Texas Youth Ambassador summit.

Registration will open in May 2024 for all accepted ambassadors.

FOR MORE INFORMATION
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