



## WHAT CAN HEALTH AMBASSADORS DO FOR YOU?

*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.

**HOLLY  
BLACK**

ANDERSON COUNTY EXTENSION AGENT

*"It has been **great** to have Healthy Texas Youth Ambassadors! They have been a **huge asset** to planning and preparing for my FCH programming. They continue to **inspire** me with their enthusiasm and **fresh outlook** on promoting health and wellness to our community.*

*Although not all of my ambassadors were originally members of 4-H, they have since joined. Now they have become our **biggest advocates** for FCH 4-H projects in our county. Their **innovative ideas** helped to increase participation in our county food & nutrition workshops and contests."*



## HOW CAN AMBASSADORS SERVE OUR COUNTY?

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 should provide oversight and 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 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* may be 4-H members, but do not have to be. 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 – April, 2019** – Market and recruit for the Healthy Texas Youth Ambassador Program

**April 1 – May 1, 2019** – Receive applications in county office

**May 1, 2019** – Deadline for applications to the county office

**May 2019** – County Extension Agents review applications and determine selection criteria or interviews for Ambassadors

**June 1, 2019** – Notify youth of acceptance

**Summer 2019** – Regional Healthy Texas Youth Ambassador Summit to train ambassadors.

If ambassadors are unable to attend the summit in their region, they may attend another location.

Ambassadors **MUST** attend a summit to continue in the program.

### Central Region

July 31, 2019

### East Region

June 25, 2019

### North Region

July 30, 2019

### South Region

July 17, 2019

### Southeast Region

July 16, 2019

### West Region

July 29, 2019

FOR MORE INFORMATION  
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<https://healthytexas.tamu.edu/youth-ambassadors/>



**HEALTHY TEXAS**

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