

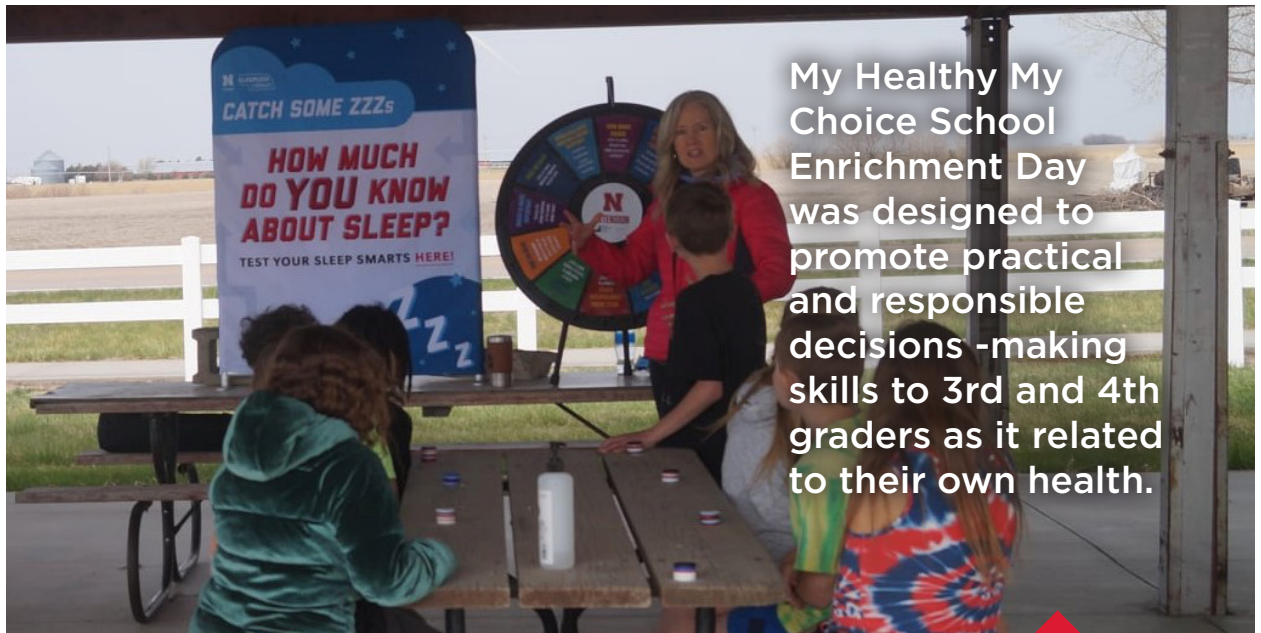
Polk County

Impact At-A-Glance



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My Healthy My Choice School Enrichment Day was designed to promote practical and responsible decisions -making skills to 3rd and 4th graders as it related to their own health.

Positive changes in health values, attitudes and habits in childhood and adolescence are likely to result in healthier adulthood, as well as reducing the risk of developing high risk behaviors. In partnership with Nebraska Extension Educators, Four Corners and Polk County Health Department 132 3rd and 4th graders from local schools participated in My Health-My Choice School Enrichment Day. Through the day the youth rotated through seven different sessions: Whole grains, Choosing Food or Physical Activity, Sleep and Health, Smart Stepping, Mindfulness, Take a deep breath and Hydration station.

Programs At-A-Glance

- Conducted an Unnatural Causes workshop in collaboration with Four Corners Health Department. We identified issues, prepared a brief report of the findings and set up an action plan
- Ag Fest ag literacy festival educates 4th grade students about the various aspects of agricultural and how it affects their daily lives. 70 youth from local schools attended.

100%

private pesticide trainees increased their knowledge of reading and complying with pesticide labels.

742

youth in the county were reached through the delivery of our local School Enrichment programs.