



National Youth Summit on Healthy Living

February 12-15, 2021

Agenda

Friday, February 12, 2021

6:00 PM: Summit Kick-off and Welcome

Welcome to attendees with an introduction of collegiate facilitators and leadership team.

6:15 - 6:45 PM: Keynote Speaker

Kazi Manann, Sakina Halal Grill, Washington DC

Mr. Manaan is the owner of the Sakina Halal Grill and in the midst of the COVID-19 pandemic and dwindling business, contributes to the community through free meals for those in need.

6:45 - 7:15 PM: Action Plan Overview

Justin Crowe, Summit Coordinator

Mr. Crowe will share information on the action planning process for the delegation.

7:15 - 7:30 PM: Fitness Break

BOKS Kids

This virtual fitness break will engage all participants in hands-on activities that will get the participants moving but also teach them new methods for incorporating physical activity into their 4-H programs.

7:30 – 8:15 PM: Program Showcase

The program showcase provides state 4-H programs and partners the opportunity to highlight an innovative program or activity that focuses on healthy living.

8:15 – 9:00 PM: Debrief

Nightly debrief led by our collegiate 4-H facilitators. Friday night will focus on the action plan process.



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Saturday, February 13, 2021

1:00 - 1:15 PM: Afternoon kick-off

Kick-off led by one of our national 4-H Youth in Action winners.

1:15 - 2:00 PM: Workshops (by tracks)

- Food Insecurity
- Health Equity
- Physical Fitness
- Substance Abuse
- Nutrition
- Mental Health
- Adult Track

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

2:00 - 2:15 PM: Fitness Break

BOKS Kids

This virtual fitness break will engage all participants in hands-on activities that will get the participants moving but also teach them new methods for incorporating physical activity into their 4-H programs.

2:15 - 3:00 PM: Workshops (by tracks)

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

3:00 - 3:15 PM: Wrap Up

Wrap-up session led by our collegiate 4-H facilitators.

3:15 - 3:45 PM: Debrief

Nightly debrief led by our collegiate 4-H facilitators. Saturday night will focus on an emerging topic in a healthy living content area.



National Youth Summit on Healthy Living

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Sunday, February 14, 2021

1:00 - 1:15 PM: Afternoon kick-off

Kick-off led by one of our national 4-H Youth in Action winners.

1:15 - 2:00 PM: Workshops (by tracks)

- Food Insecurity
- Health Equity
- Physical Fitness
- Substance Abuse
- Nutrition
- Mental Health
- Adult Track

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

2:00 - 2:15 PM: Fitness Break

BOKS Kids

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2:15 - 3:00 PM: Workshops (by tracks)

Workshops will be offered for individuals based on tracks. The adult track will provide professional development for staff and volunteers.

3:00 - 3:15 PM: Wrap Up

Wrap-up session led by our collegiate 4-H facilitators.

3:15 - 3:45 PM: Debrief

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Monday, February 15, 2021

12 - 1 PM: Healthy Lunch Preparation (option)

Join the University of Arizona 4-H Healthy Living Ambassadors as they prepare a healthy lunch. Participants will be able to join in and follow along.

1 - 1:45 PM: Career Panel

Each track will feature three career panelists who will engage with the teens and discuss their career paths.

1:45 - 2:00 PM: Fitness Break

BOKS Kids

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2 - 2:30 PM: Cap Note Speaker

To be announced

2:30 - 2:45 PM: Wrap Up

Wrap-up session led by our collegiate 4-H facilitators.