



Oklahoma 4-H Healthy Living Ambassador Application

Oklahoma 4 H Healthy Living Youth Ambassador Roles and Responsibilities

Overview

Oklahoma 4-H Healthy Living Ambassadors work both individually and as a team, bringing wellness awareness, programs, and initiatives to communities across Oklahoma. Oklahoma 4-H Healthy Living Ambassadors provide support and programming to local 4-H clubs, county, district, and state programs. Oklahoma 4-H Healthy Living Ambassadors will also be called upon to attend health related programs and events.

The team will consist of up to 10 Oklahoma 4-H members.

Oklahoma 4-H Healthy Living Ambassadors will:

- Help set and achieve goals in the 4-H Healthy Living framework
- Support the work of 4-H Healthy Living
- Participate in 4-H Healthy Living Summit and conference calls
- Work closely with Healthy Living Ambassador Advisors and other team members

Oklahoma 4-H Healthy Living Ambassador

Time Required: 4-5 hours per month minimum requirement

Length of Term: 1 year (August 1, 2026 - July 31, 2027). Oklahoma 4-H Healthy Living Ambassadors must reapply each year

Age of applicants: 4-H members who will be High School Freshmen, Sophomores, Juniors or Seniors during the 2026 - 2027 school year

Oklahoma 4-H Healthy Living Ambassadors Provided: shirt and name badge

Oklahoma 4-H Healthy Living Ambassadors will have the opportunity to attend Leadership Team Retreat, Healthy Living Ambassador Retreat and possible out of state travel.

Responsibilities:

- Selected Ambassadors will be required to attend and assist at the 4-H State Healthy Living Summit
- Participate in scheduled trainings and team meetings which includes: monthly zoom meetings and annual retreat (held in central location based on participant's locale)
- Selected Oklahoma 4-H Healthy Living Ambassadors will determine a project goal and are expected to follow through with plan by July 31, 2027
- Deliver 8 hours or more of programming on Healthy Living programming topic to youth and/or families at the county, district or state level
- Embody the role of a Oklahoma 4-H Healthy Living Ambassador to be a voice in your community advocating for healthy changes

- Work with State 4-H Staff and Extension Educators to help plan and support 4-H Healthy Living programs
- Share program ideas and resources with peers that will help strengthen and expand 4-H Healthy Living programs
- Represent 4-H in a positive light and serve as a youth voice for 4-H Healthy Living
- Submit a workshop application for Roundup as an individual or with fellow Oklahoma 4-H Healthy Living Ambassadors

Qualifications:

- Must be active in ZSuites
- A passion for and active engagement in at least one of the key areas of 4-H Healthy Living:
 - Health, Nutrition & Fitness
 - Social and Emotional Well-Being
- An interest in sharing knowledge to enhance youth educational experiences
- Ability to be a team player working with local club, district, county, community and state level professionals to share resources and opportunities
- The ability to communicate effectively both written and verbally
- Age of applicants: 4-H members who will be High School Freshmen, Sophomores, Juniors or Seniors during the 2026 - 2027 school year

Benefit Received:

- Enhance and promote 4-H Healthy Living educational experiences
- Enhance your 4-H Healthy Living understanding and skills
- Network with peers and healthy living leaders around the nation
- Play a leadership role in moving forward the 4-H Healthy Living mission
- Enhance your professional development opportunities
- Increase your knowledge and skills for implementing and managing 4-H Healthy Living programs

Timeline:

6/30/26 Oklahoma 4-H Healthy Living Ambassador application due to State 4-H Office via email to gail.taylor@okstate.edu

7/6 -10/26 Zoom Interviews to be arranged

7/13/2026 Announcement of 2026 - 2027 Healthy Living Ambassador Team

Date listed is when information is due to the State 4-H Office. Please check with your local Extension office as each county may establish a due date prior to the date posted. Forms that require an Extension Educator's signature will not be processed if signature is not present.

Disclaimer and Signature

I certify that my answers are true and complete to the best of my knowledge.

Signature:

Date:

Signature Parent/Guardian:

Date:

Signature Extension Educator:

Date:

- *E-mail:* gail.taylor@okstate.edu (Subject line: Oklahoma 4-H Healthy Living Ambassador Application) before 5:00 p.m. June 30, 2026.

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