



The Environment and Healthy Living

25%

of the overall population are youth.

That is 1.8 billion youth in the world!

Source: United Nations

Youth will inherit the environmental problems of today, and have already developed many of the solutions for tomorrow.

Young people are increasingly aware of environmental challenges and opportunities, including climate change. They are joining the global dialogue on solutions, getting involved and taking action.

Source: United Nations Joint Framework Initiative on Children, Youth and Climate Change

4-H is committed to offering programs and activities that promote the health and well-being of youth, their communities and their planet.

It's important to know how to protect your own health, and how to support others in taking care of themselves. Being aware of the environmental impact of our everyday behavior, routines and habits is a responsibility youth take very seriously. Through experiential and outdoor educational programming, 4-H offers opportunities for youth to:

- Be stewards of the environment and develop sustainable solutions
- Take care of themselves and others
- Learn positive ways to stay healthy and active
- Make informed choices about their health and the health of the planet
- Dig in and get their hands dirty!

31% of Canada's youth are overweight or obese.

source: StatsCan

1 in 5 Canadian youth will be diagnosed with a mental health issue.

source: CAMH

Suicide is among the leading causes of death in 15-24 year old Canadians, second only to accidents; 4,000 people die prematurely each year by suicide. source: CAMH

Learn To Do By Doing
4-h-canada.ca