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.

**WHAT CAN HEALTH AMBASSADORS DO FOR YOU?**

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**HEALTH AMBASSADOR SPOTLIGHT**

**IMPROVING LEADERSHIP & CHANGING LIVES**

“Healthy Texas Youth Ambassadors are changing lives through a peer to peer approach. For an entire month, my youth ambassador explained how he privately coached and convinced a friend to stop vaping. The educated health ambassadors are making great strides, even if it is one child at a time.”

Gayle Bludau | Victoria County

“The HTYA program has improved the leadership skills of Hood County’s 4-Hers to make connections with 11 partners to establish educational programs. They have taken ownership of their involvement and reached an average of 650 youth and adults in Hood County to share information about nutrition and physical activity. Not only are the HTYAs fine-tuning their leadership skills, they are also exploring career options and developing skills that will advance them into their career paths as they attend college.”

Kelli Brown | Hood County

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**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* do not have to be Texas 4-H members to apply for the program, but they must commit to enroll for the upcoming year. 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, 2020** – Market and recruit for the Healthy Texas Youth Ambassador Program

- **April 1 – May 1, 2020** – Receive applications in county office
- **May 1, 2020** – Deadline for applications to the county office

**May 1 - 10, 2020** – County Extension Agents review applications & determine selection criteria

- **May 11, 2020** – Upload roster of selected ambassadors to Julie

**June 1, 2020** – Notify youth of acceptance

**Summer 2020** – 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.*

FOR MORE INFORMATION

CONTACT JULIE GARDNER

1470 William D. Fitch Parkway, College Station, TX 77845
979 845 1484 | j-gardner@tamu.edu

https://healthytexas.tamu.edu/youth-ambassadors/