

## **What is the Healthy Texas Youth Ambassador program?**

The Healthy Texas Youth Ambassador program is a peer education program of Texas A&M AgriLife Extension and Texas 4-H Youth Development. These trained youth volunteers are passionate about improving the health and wellness of themselves, their peers, and their communities. Healthy Texas Youth Ambassadors are designed to be an outreach of local AgriLife programs and are supervised by local Extension agents.

## **Who are Healthy Texas Youth Ambassadors?**

Healthy Texas Youth Ambassadors are high school age youth who are current members of the Texas 4-H Youth Development program. Ambassadors are intensely trained at the local, regional, and state level in various health topics. Although they are not healthcare workers, they do have basic knowledge that can impact health, wellness, and safety decisions of others. They share this knowledge through a grassroots effort, addressing local issues.

**MAKING  
A DIFFERENCE  
in HEALTH  
SINCE 2018**





# WHAT DO HTYAs DO?



- Health Rocks! Substance Free Curriculum Implementation
- Learn Grow Eat Go School Gardening Projects
- Dinner Tonight Healthy Cooking Schools
- Dinner Tonight Junior Program
- Community Health Fairs
- Afterschool Healthy Eating and Physical Activity Programs
- Walk Across Texas!
- E-cigarettes and Vaping Programs
- Distracted Driving Programs

## Healthy Texas Youth Ambassadors are trained to become youth health experts

who can motivate others to make changes in their lifestyle and improve overall health. Research has shown that peer-to-peer education can have a positive impact on behavior change. Through a partnership and supervision of the local AgriLife Extension agent, Healthy Texas Youth Ambassadors are able to assist with activities such as school-based health intervention programs, community health events and activities, and service learning to improve the health of others.

**Contact Us |** Healthy Texas Youth Ambassadors are youth volunteers for Texas A&M AgriLife Extension and Texas 4-H Youth Development. To find out more information about the program itself, or others offered through AgriLife Extension, contact:

Texas A&M AgriLife Extension |  
Phone Number |  
Email Address |  
Website |