

WHAT CAN AMBASSADORS DO?

Healthy Texas Youth Ambassadors are local, high-school aged youth recruited by agents and trained to serve as a community health and wellness leaders. 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.



HOW CAN AMBASSADORS SERVE?

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 provide oversight & 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 program 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!!!

EMPOWERING
YOUTH, INSPIRING
HEALTH!

"The Healthy Texas Youth Ambassador program offers opportunity for youth to have leadership experiences on the local level up to the national level. These ambassadors are making a difference among their peers by being a positive influence when faced with the difficulties of today's teenagers: vapes, energy drinks, online engagement with strangers"

KELLI BROWN | HASKELL COUNTY



STATE-WIDE SUMMIT

Join us Sunday and Monday before Texas 4-H State Roundup in College Station for the 2026 Healthy Texas Youth Ambassador summit.

1st and 2nd year Ambassadors **MUST** attend a State-wide Healthy Texas Youth Ambassador Summit to continue in the program. 3rd and 4th year Ambassadors are excused from the Summit unless otherwise required by their AgriLife Extension Agent.



MAY 31- JUNE 1



COLLEGE STATION
TEXAS



Registration will open in May 2026 for all accepted ambassadors.



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 - March, 2026** – Market and recruit for the Healthy Texas Youth Ambassador Program
- **February 1 - April 1, 2026** – Online application available
- **April 1, 2026** – Deadline for completion of online applications
- **April 1-15, 2026** – County Extension Agents review applications & determine selection criteria
- **April 15, 2026** – Agents submit roster of selected ambassadors to Julie Gardner
- **May 1, 2026** – State Coordinator will notify youth of acceptance
- **May 31- June 1, 2026** – State-wide Healthy Texas Youth Ambassador Summit to train ambassadors.*

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“... This program has developed leadership skills, confidence, and a sense of caring in our Ambassadors...”

JOAN GRAY-SORIA | GRAY COUNTY



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