

# BUILDING A ONE HEALTH CURRICULUM FOR COLORADO 4-H

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## PROJECT INTRODUCTION

The project goal was to develop a One Health 4-H curriculum. Existing 4-H curriculum notes the connections between animal, human, and environmental health, but this project aims to make the relationships more explicit and tangible, by encouraging critical systems thinking.

This was done by exploring five topic areas:

- One Health,
- Immunization,
- Zoonotic Disease,
- Food Safety and
- Climate Change.

The first module creates a foundation by defining One Health and provides youth with activities allowing them to apply those concepts to their own experiences. The four supplemental modules encourage critical thinking by exploring topics of interest identified by the youth.

One particularly timely module topic is immunization. Colorado 4-H youth explore the topic of immunity and the importance of animal immunization in existing Veterinary Science curriculum, but this project aims to bridge the gap between animal and human health by educating youth on what vaccines are, how they are developed and why they are important.

By delivering this One Health curriculum in a non-school setting, students will be encouraged to take a proactive role in their own and their family's immunization.

## INTERNSHIP GOALS

To conduct a curriculum review, translate complex concepts and ideas into a medium that is appropriate for youth ages 11 to 18, coordinate and communicate with a diverse set of stakeholders, and identify and/or develop engaging hands-on activities to solidify One Health concepts for 4-H youth.

To work as a team with the support of the CSU One Health Institute, faculty on campus, Colorado 4-H, and field-based Extension agents.

To create an age-appropriate and engaging curriculum that exposes Colorado youth to One Health concepts and provides them with vaccine education with the goal of overcoming vaccine hesitancy and increasing vaccination rates.

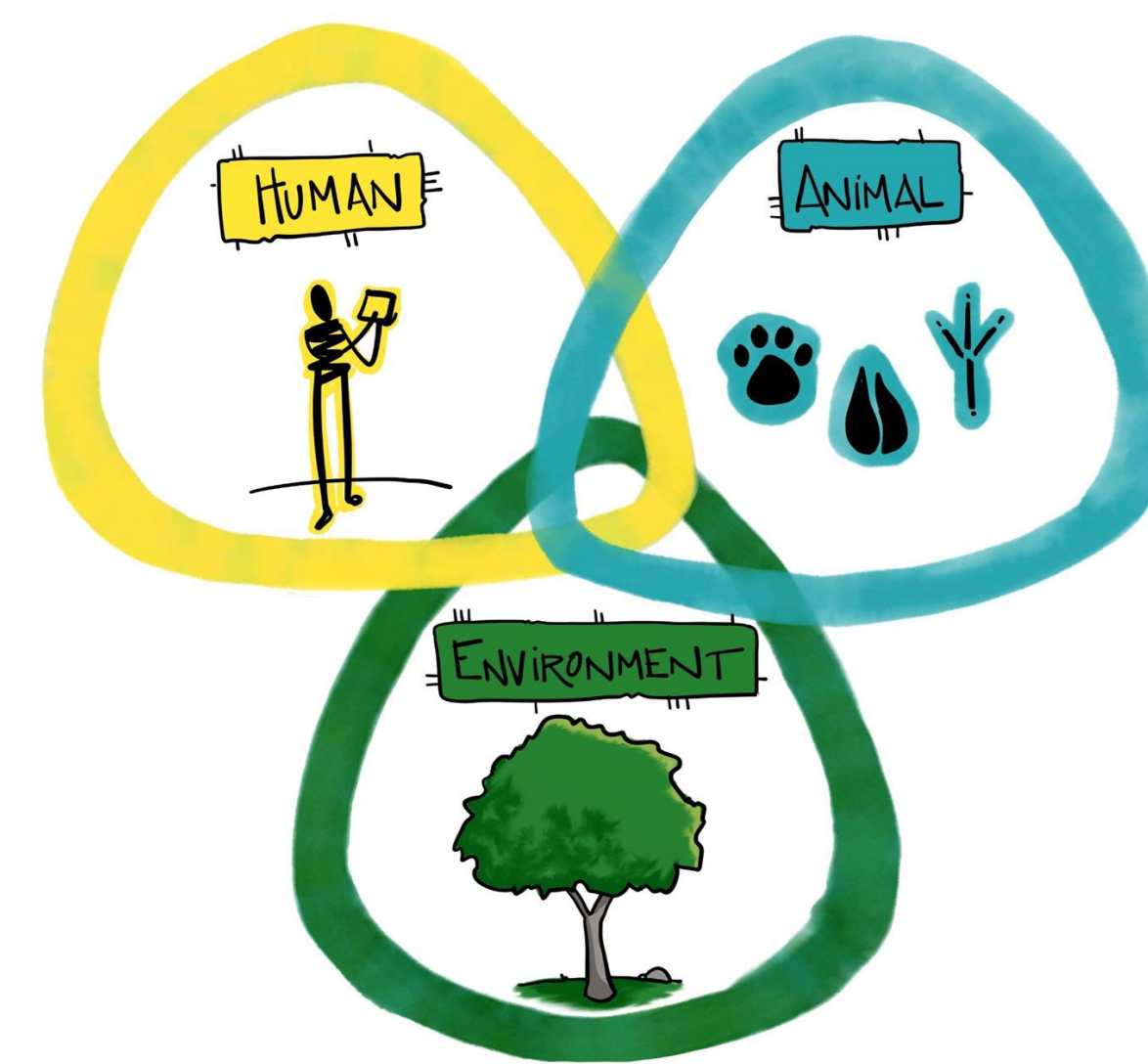


## WHAT YOU DID

At the start of this project, I conducted informational interviews with content experts and delivery specialists. This allowed me to become familiar with current 4-H programming and delivery methods, as well as determine which topics would be relevant to the youth. I assessed where content could be delivered through concise, low-cost, and easily accessible activities. The activities create tangible connections to real world scenarios.

After analyzing available One Health curricula and the current 4-H Veterinary Science curriculum, I began research on the topics for each module guided by suggestions from experts in Human, Animal and Environmental Health.

Ultimately, our team was able to create a One Health curriculum exploring five major topics. These modules seek to not only serve as educational tools for 4-H youth, but also to encourage the application of the concepts in their own lives.



## HOW DOES THIS APPLY TO YOUR EDUCATION

Working on this project allowed for me to cultivate skills that will be invaluable as I continue my journey in Veterinary Medicine. Specifically, this project granted me the opportunity to network with a wide range of professionals in Veterinary Medicine, Public Health, and Education. This was especially meaningful to me, as a first-year student navigating Veterinary School during the COVID-19 pandemic.

Further, this project allowed me to use my background in Veterinary Medicine and STEM in order to provide engaging and tangible educational experiences for our communities and youth.

Designing the curriculum gave me the skills to take complex concepts and make them accessible at a community level which deeply resonates with my passion for serving communities and the next generation of students invested in STEM.

## WHAT YOU LEARNED

I learned the skills required to analyze curricula and create programming for youth. This project gave me a new understanding of the complexities of curriculum design. I have a newfound appreciation for the work and time that goes into creating engaging content. Additionally, writing curriculum for youth aged 11 – 18 challenged my ability to explain concepts in an accessible way. During this project, I was able to draw connections to my own vet school curriculum, which ultimately allowed me to gain a greater understanding of my own classes.

While the goal was to make One Health tangible for 4-H youth, this project made One Health tangible for me. I have had the opportunity to work with a diverse group of health professionals who are experts in their field. This group of individuals were incredibly valuable as they each brought their own perspective and expertise. This allowed for our team to create a well-rounded One Health curriculum. Being a part of this project truly allowed for me to see One Health in action.

This project reaffirmed my passion to reach youth, using the skills that I gained throughout my journey in Veterinary Medicine to provide the tool necessary to make young students' journey into health, research, education, or trade more accessible.



## NEXT STEPS

In Fall of 2021, we will begin beta-testing the curriculum. Testing will occur in two counties, Larimer and Routt, with large 4-H Vet Science Programs and high COVID-19 vaccination rates. This stage will allow us to refine the educational campaign, ensuring it is age-appropriate and engaging.

In January 2023, the One Health educational campaign will be delivered to youth in Colorado. Data will be collected longitudinally by local Extension and 4-H staff and compared to youth who were not exposed to this novel campaign. If the educational campaign is shown to improve vaccination attitudes across target populations, we will apply for the curriculum to be reviewed and recommended at the national level.