

## Health conscious Valley student wins nationwide 4-H award

By WILLIAM ROLLER, Staff Writer | Posted: Friday, February 24, 2017 1:30 am

Overwhelming hundreds of other competitors across the country, an Imperial native earned the 2017 National 4-H Youth in Action Award for healthy living.

Bryanne Sanchez, 18, is being recognized nationally for her leadership role by being a campaigner for healthy lifestyles in the Imperial Valley and throughout the state.

“I believe I am a 4-H true leader because I’m empowering youth across California to make healthy lifestyle decisions,” said Sanchez. “It started with recognizing a drastic 62 percent obesity rate in my own county and developing ways to combat the problem. I recognize I have the power to enact change by educating others and I plan to do so the rest of my life. I realize there is no better time than now to start living healthy.”

Sanchez became a promoter of healthy living by becoming her 4-H club’s first healthy living officer. She accomplished this by launching the “Color Me Green” run in Imperial County. Every year more than 250 runners compete in a 3-mile race that prompts youths and adults to stay active. And it also includes a local business health fair. She was also a prime supporter in initiating the All 4-Health Fair at the California State Leadership Conference and working to foster partnerships with other organizations to offer healthy living activities.

And recognizing good health includes physical and mental well-being, Sanchez also forged a partnership with Creating Community Solutions to organize a Text, Talk, Act forum that gives 200 youths the opportunity to bring awareness to mental health issues.

Her achievement garnered a \$5,000 scholarship, a visit to Washington, D.C., a \$500 wardrobe allowance for media appearances and the honor of being spokeswoman for healthy living for the entire nation during the next year. She will be officially recognized as the 2017 4-H Youth in Action Pillar Winner for Healthy Living at the National 4-H Council Legacy Awards on March 21 in Washington D.C.



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Bryanne Sanchez, 18, of Imperial, beat hundreds of youth across the country for the 2017 National 4-H Youth In Action Award. Photo Courtesy of National 4-H

The 4-H Youth in Action Awards began in 2010 to recognize 4-H members who have surmounted challenges and used the knowledge they acquired in 4-H to make a lasting impact in their community. The award showcases youth in each of 4-H's core areas of agriculture, citizenship, healthy living and STEM.