

4-H Healthy Lifestyles Program

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V(A). Planned Program (Summary)

1. Name of the Planned Program

4-H Healthy Lifestyles Program

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
806	Youth Development	100%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	1.0	0.0	0.0	0.0
Actual	1.0	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 18421	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 18421	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

1. Recruit and train teachers, volunteers, or program assistants to support 4-H Family Nutrition Program groups. 2. Provide agents, program assistants, volunteers, and teens who support 4-H nutrition sessions by working directly with youths. 3. Conduct a series of educational experiences for youths in a school-based program or subject area for four to six weeks. 4. Provide Family Nutrition Program curriculum materials and specialists. 5. Provide Family Nutrition Program funding. 6. Provide training to volunteer leaders and health officers on use of the health planner and how to institutionalize the Health Officer as part of the 4-H club. 7. Health officers will guide youths in clubs through lessons related to healthy lifestyle changes.

2. Brief description of the target audience

Youths 9 to 21 4-H is the largest youth development program in West Virginia. More than 49,000 youths are 4-H members, and more than 6,400 adult volunteers work directly with them. The 4-H Healthy Lifestyle Program focuses on training health officers in every 4-H club throughout the state. Indirectly, the Health officer will reach the youths who participate in 4-H clubs.

V(E). Planned Program (Outputs)

1. Standard output measures

Target for the number of persons (contacts) reached through direct and indirect contact methods

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	280	280	2800	2800
2007	1749	27553	4156	17798

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year Target

Plan: 0

2007: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

Increase the number of youths directly involved with the 4-H Healthy Lifestyles Program.

Year	Target	Actual
2007	2800	3364

Output #2

Output Measure

Increase the number of volunteer leaders trained to assist with the 4-H Healthy Lifestyles Program.

Year	Target	Actual
2007	280	430

Output #3

Output Measure

Increase the number of collaborators working with the 4-H Healthy Lifestyles Program.

Year	Target	Actual
2007	200	41

Output #4

Output Measure

Increase development and dissemination of 4-H Healthy Lifestyles materials.

Year	Target	Actual
2007	4000	0

V(G). State Defined Outcomes

O No.	Outcome Name
1	Increase youths' knowledge of importance of good nutrition and increased physical activity.
2	Youths will adopt good nutrition practices and increased physical fitness and make changes in their behavior.
3	A healthier West Virginia. A decrease in the prevalence of overweight and obese youths between the ages of 10 and 17.

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)
- Other (Funding sources)

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

After Only (post program)

Evaluation Results

{No Data Entered}

Key Items of Evaluation

{No Data Entered}