

V(A). Planned Program (Summary)

Program # 21

1. Name of the Planned Program

Childhood Obesity: 4-H Youth Development

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
724	Healthy Lifestyle	40%		0%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	20%		0%	
806	Youth Development	40%		0%	
	Total	100%		0%	

V(C). Planned Program (Inputs)

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

Year: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	18.5	0.0	0.0	0.0
Actual	19.0	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	1890 Extension	Hatch	Evans-Allen
343063	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
343063	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
1208863	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

The Childhood obesity and 4-H Youth Development team is made up of 55 faculty members contributing a total of 19.0 FTEs to this project. Team members generated \$750,879 in external grant support and made 128,910 direct teaching contacts. Team members produced six peer-reviewed Extension publications and eight articles in professional and scientific journals. The Team has five major focus areas:

- Expanding Science, Engineering and Technology Programs
- Healthy Living Programs-Childhood obesity
- Youth and Adult Leadership/Volunteer Development Programs (more than 3,400 volunteers attended training)
- Reaching Underserved Audiences Programs
- Youth-Adult Partnership Programs

Childhood Obesity-relevant activities of the 4-H Youth Development Team are found in the Healthy lifestyles project area, and include health and nutrition training for volunteer leaders and resulting projects for youth such as cooking projects, eating right projects, and physical activity projects. These educational programs are delivered through the regular 4-H club program, afterschool and classroom enhancement programs, and through an array of camps and special events.

Efforts in Science, Engineering and Technology include participation in a variety of robotics projects, participation in the National Science Experiment, Junior Master Gardeners, and hundreds of clubs working on animal husbandry and plant science projects.

All project areas generate trained volunteers and many contribute toward our goals of building youth-adult partnerships.

2. Brief description of the target audience

Target audiences vary by county and by project area, but include traditional rural youth as well as urban and suburban youth for the traditional club programs. Many of the afterschool programs are conducted in schools with large numbers of children from disadvantaged families, including specific outreach for Hispanic children and their families.

Volunteers are also recruited to lead the wide array of youth programs delivered by Idaho 4-H, and are targeted to reflect the communities from which youth emerge,

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	50100	4225	70100	30100
Actual	49152	44630	79758	62641

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

Patent Applications Submitted

Year: 2010

Plan: 0

Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2010	Extension	Research	Total
Plan	4	0	
Actual	6	8	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of youth in educational classes and workshops.

Year	Target	Actual
2010	32000	31888

Output #2

Output Measure

- Number of volunteers in educational classes and workshops.

Year	Target	Actual
2010	4200	3462

Output #3

Output Measure

- Number of opportunities to promote 4-H Youth Development (publications, newsletters, columns, radio PSA's, radio/TV appearances)

Year	Target	Actual
2010	250	494

Output #4

Output Measure

- Number of educational classes, workshops, trainings, seminars taught (teaching contacts)

Year	Target	Actual
2010	343	1047

Output #5

Output Measure

- Number of 4-H clubs or groups.

Year	Target	Actual
2010	1425	1402

Output #6

Output Measure

- Number of youth attending statewide 4-H events.

Year	Target	Actual
2010	475	704

Output #7

Output Measure

- Number of volunteers attending county, multi-county, district, state, regional, and national events

Year	Target	Actual
2010	3000	1639

Output #8

Output Measure

- Number of hits on the web site each year.

Year	Target	Actual
2010	20000	124273

Output #9

Output Measure

- number of youth participating in robotics tournaments

Year	Target	Actual
2010	{No Data Entered}	1114

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	O: Youth will expand science, engineering, and technology skills through participation in 4-H Youth Development Programs. I: Number of youth participating in 4-H Youth Development programs designed to expand science and technology skills.
2	O: Youth participating in 4-H Youth Development programs will increase their knowledge of healthy lifestyle behaviors. I: Number of youth who increase their knowledge of healthy behaviors.
3	O: More youth and adult volunteers will be available to lead 4-H Youth Development programs. I: Total number of volunteers receiving training.
4	O: More youth and adult volunteers will be available to lead 4-H Youth Development programs. I: Number of new volunteers certified.
5	O: Underserved youth will learn life skills through 4-H Youth Development. I: Number of underserved youth participating in 4-H Youth Development.
6	O: Underserved youth will learn life skills through 4-H Youth Development. I: Number of programs designed and marketed specifically for underserved youth.
7	O: A greater number of organizations will benefit from effective youth-adult partnerships. I: Number of committees, councils and boards with youth and adults serving together.
8	O: Youth will learn life skills through participation in 4-H Youth Development programs. I: Number of youth indicating life skill development

Outcome #1

1. Outcome Measures

O: Youth will expand science, engineering, and technology skills through participation in 4-H Youth Development Programs. I: Number of youth participating in 4-H Youth Development programs designed to expand science and technology skills.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	8100	15228

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A critical need in the U.S. today is providing opportunities for youth in authentic science, engineering, and technology fields.

What has been done

Two of our two primary programs for engaging youth in SET programs are the geospatial program and the robotics program for youth 6-18.

Results

Youth in these programs report through their leaders/parents that they have improved in their ability to conduct science inquiries, engineering tasks, and use technology.

4. Associated Knowledge Areas

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #2

1. Outcome Measures

O: Youth participating in 4-H Youth Development programs will increase their knowledge of healthy lifestyle behaviors. I: Number of youth who increase their knowledge of healthy behaviors.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	8400	8844

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Youth are inactive and overweight causing chronic health problems. Over weight youth have a reduced quality of life, social stigmatization, and discrimination. There is an increased risk of coronary heart disease, hypertension, stroke, diabetes, and cancer. All leading to higher medical costs.

What has been done

Five classes were taught to Native American youth regarding the new USDA food guide pyramid and how to choose the right types of foods to eat. Youth were also taught what serving sizes were and how to stay active and healthy.

In another county, Youth were taught basic food preparation skills, to improve their knowledge base and skills that can be used for food preparation for the rest of their life.

Results

Youth were verbally surveyed to determine actual impacts of these programs. An estimated 65% adopted improved eating habits and tried to incorporate more exercise in their daily lives.

Youth were successful in preparation of whole grain muffins. Day camp youth learned to work together as a team to prepare a meal.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
806	Youth Development

Outcome #3

1. Outcome Measures

O: More youth and adult volunteers will be available to lead 4-H Youth Development programs.I:
Total number of volunteers receiving training.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	1425	1238

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Volunteers need to diversify and add to their skills and abilities to teach and work with 4-H youth and families. Training programs help spark new areas of interest and keep volunteers energized in their role.

What has been done

Trainings were offered during each 4-H Leaders Council meeting and as needed to satisfy volunteer needs. Volunteers were encouraged to attend the annual State 4-H Leaders Forum and Western Regional Leaders Forum.

Results

In most several counties, the number of volunteers attending 4-H Leader Council meetings increased slightly, resulting in more informed leaders. Many volunteers attended either the State 4-H Leaders Forum or the Western Regional Leaders Forum and will be able to share what they learned with their clubs and peers.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #4

1. Outcome Measures

O: More youth and adult volunteers will be available to lead 4-H Youth Development programs.I:
Number of new volunteers certified.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	500	667

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Youth need adult volunteers to lead clubs Stakeholders such as commissioners, parents and teachers want to provide youth education opportunities to help the youth become productive in the community.

What has been done

Training opportunities were held. Newspaper articles were written. Adults were recruited to teach an expertise through day camp projects.

Results

Adults volunteered to lead clubs and teach projects. Enrollment numbers increased.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #5

1. Outcome Measures

O: Underserved youth will learn life skills through 4-H Youth Development. I: Number of underserved youth participating in 4-H Youth Development.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	200	6403

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

At the 5-County Correctional Facility in St. Anthony, there are youth who are either Federal, State, or county detainees. These youth are frequently from limited resource families, but even those from non-limited families are underserved by Extension and by the government because of their status.

What has been done

On four separate days, classes were taught to incarcerated students on the topics of anthropology, horticulture, prison horticulture therapy, forest management, fish and game management, and other topics.

Results

Students learned basic gardening skills, grew their own container gardens, learned about animals and the natural world, and also about anthropological exhibits at the Museum of Idaho.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #6

1. Outcome Measures

O: Underserved youth will learn life skills through 4-H Youth Development. I: Number of programs designed and marketed specifically for underserved youth.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	32	160

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Idaho is experiencing rapid changes that dramatically affect our youth and adults who work with them. While 10% of the total population is Hispanic, 25% of the 4-H age youth are Hispanic. Hispanic and Native American youth are a significant population base in Idaho and are currently underserved by 4-H Youth development programs. Just under 17% of Idaho's youth live in poverty and many of these youth are also underserved.

What has been done

Through a grant with National 4-H called Children, Youth and Families At Risk Sustainable Communities an afterschool program in Cassia County was formed. This program offers 30 youth in Cassia County a safe and educational environment afterschool four days per week.

Results

As a result of this program the participants had a 67.9% increase in communication life skills, 46.4% increase in healthy lifestyle choices life skills, 53.6% had an increase in critical thinking life skills and 39.3% had an increase in positive identity life skills.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #7

1. Outcome Measures

O: A greater number of organizations will benefit from effective youth-adult partnerships. I: Number of committees, councils and boards with youth and adults serving together.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	90	78

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The Bear Lake "Made it Happen" Club is not a project focus group but a service group where the youth and adults work together.

What has been done

Once a month they meet to socialize, plan and organize. Youth planned service projects such as visiting elderly, cleaning up ball fields after tournaments, cleaning up buildings or wherever they see a need. Members participated in fund raisers for the Bear Lake County 4-H program. They also plan recreation activities to reward their hard work. Each year the club is slowly building and the members are becoming more responsible and more aware of the community.

Results

Bear Lake County "Make It Happen" Club completed five activities with 80 members participating. Two Service Projects were accomplished with 27 members participating. Three Fund Raisers which served different activities in the community were fulfilled with 49 members helping. The "Make It Happen" Club has been instrumental in serving the community when there is a need and building the 4-H program to help make things possible. The youth involved have been able to increase their leadership skill.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #8

1. Outcome Measures

O: Youth will learn life skills through participation in 4-H Youth Development programs. I: Number of youth indicating life skill development

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	300	9268

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

All 4-H programs are designed to provide youth with opportunities to improve life skills. In 2006, UI 4-H Youth Development sought out an evaluation tool to measure the extent to which youth are learning those skills. Consistent administration of the tool will help justify the impact of our programming efforts.

What has been done

We used the Life Skills Evaluation Tool to measure life skill development in 200 teens at Idaho 4-H Teen Conference. The evaluation uses a retrospective pre-post test design that asks participants to measure their knowledge of a particular life skill indicator both before and after an activity.

Results

Teen Conference Evaluation results showed that 52% reported gains in the "wise use of resources" life skill; 48% showed gains in "positive identity;" and 58% of the respondents reported gains in the "accepting differences" life skill. These results remain consistent from last year's results, and show that the measured gains in life skills are consistent from year to year. While only half of the youth are reporting gains in each life skill, it is probable that the number of youth reporting gains in at least one life skill is much higher. Further, the population that attends Teen Conference is self-selected, and rated themselves above-average on all three life skills before the program.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

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

1. Evaluation Studies Planned

- After Only (post program)
- Retrospective (post program)
- Before-After (before and after program)

Evaluation Results

Participants were given a pre- and post-tests at the Beef Quality Education Program. The scores increased from 42.5% on the pre-test to 90.7% on the post-test. This was a 113.2% improvement in knowledge. The participants were also given an evaluation after the program. On a scale of 1-5 (1 outstanding and 5 unacceptable) the scores received for the overall experience of the program and the educational materials provided was 1.4. All attendees of the Beef Quality Education Program also indicated that they learned something new regarding the relationship of livestock management and beef quality.

Key Items of Evaluation