

V(A). Planned Program (Summary)

Program # 14

1. Name of the Planned Program

Choosing Healthy Lifestyles

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: 2010	Extension		Research	
	1862	1890	1862	1890
Plan	3.1	0.0	0.0	0.0
Actual	11.0	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
308880	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
313646	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

4-H Food and Nutrition Projects; Physical Activity 4-H Projects; Camp Food and Fitness; Steppin' Out Fitness Guide; FNEP and 4-H; Couch Potato Challenge Guide; Fight BAC Food Safety; 4-H Shooting Sports; 4-H Child Development Project; 4-H Sportsfishing; Stress Connection Project; 4-H Outdoor Adventures; Develop curricula for teen depression and suicide; Gardening; 4-H Safety Projects; Farm/Rural Safety Days.

2. Brief description of the target audience

Adults (youth staff, local leaders, parents, volunteers, teachers, organizational leaders), youth aged 5 - 19.

V(E). Planned Program (Outputs)

1. Standard output measures

2010	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Plan	1650	4000	2000	10000
Actual	1391	670	5408	19974

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	0	0	
Actual	0	0	17

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Attendance of project leaders at workshops for foods/nutrition, physical activity, shooting sports, healthy relationships and/or safety.

Year	Target	Actual
2010	230	532

Output #2

Output Measure

- Number of youth enrolled in foods projects, physical activity projects, leisure projects, safety

projects, camps, educational events and afterschool.

Year	Target	Actual
2010	5200	239039

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	4500 youth will competently demonstrate knowledge and skills gained through demonstrations and project exhibition.
2	75% of the participants of Camp Food and Fitness will indicate they are continuing to make healthy food choices 6 months after the camp experience.

Outcome #1

1. Outcome Measures

4500 youth will competently demonstrate knowledge and skills gained through demonstrations and project exhibition.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	5000	3120

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Missouri citizens expressed through the University of Missouri Extension Plan of Work process concerns over the high incidence of obesity in children and youth and the need for wholesome choices for physical and leisure activity. Communities want youth to learn more and have opportunities for healthy food and other lifestyle choices.

What has been done

Healthy lifestyles include eating a healthy diet, maintaining a healthy weight, exercising regularly, quitting (or not starting) smoking, and minimizing stress. By providing education, programs and experiences that promote healthy behaviors, 4-H can help youth, adults and families integrate healthy behaviors, which include physical, mental and emotional well being, into their everyday lives.

Results

5,327 youth demonstrated knowledge that met or exceeded established criteria through public presentations or exhibition; 2,663 youth demonstrated knowledge that minimally met established criteria through public presentations or exhibition; 887 youth demonstrated knowledge that could improve based on established criteria through public presentations or exhibition.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #2

1. Outcome Measures

75% of the participants of Camp Food and Fitness will indicate they are continuing to make healthy food choices 6 months after the camp experience.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Quantitative Target	Actual
2010	20	60

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Missouri citizens expressed through the University of Missouri Extension Plan of Work process concerns over the high incidence of obesity in children and youth and the need for wholesome choices for physical and leisure activity. Communities want youth to learn more and have opportunities for healthy food and other lifestyle choices.

What has been done

By providing education, programs and experiences that promote healthy behaviors, 4-H can help youth, adults and families integrate healthy behaviors, which include physical, mental and emotional well being, into their everyday lives.

Results

56 youth are well positioned to make healthy food and fitness choices by attending Camp Food and Fitness. A survey completed immediately following the event. 92% of the youth indicated they learned healthy food choices, 88% indicated increased knowledge of food safety procedures, 100% of the youth completed a Healthy Lifestyle Plan. We are in the process of following-up with the individual youth to determine the success rate of the 4-H member to follow their plan.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

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.)

Brief Explanation

The ability to provide volunteer training and educational experiences for youth is dependent on having a well educated, motivated local and state faculty and volunteers. Four vacancies in faculty and staff positions reduced the ability to provide program leadership for volunteers who work directly with youth.

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

1. Evaluation Studies Planned

- After Only (post program)
- During (during program)
- Other (Demos, Judging, Exhibs of Knowle)

Evaluation Results

In 2007, Missouri 4-H joined the national 4-H Study of Positive Youth Development. The longitudinal study has surveyed 4,793 adolescents in 34 states in its first five years. This landmark investigation is helping us better understand the factors that lead to positive growth and decreased risk during adolescence. Between March and August of 2007, 338 adolescents from Missouri participated in Wave 5 of the 4-H Study of Positive Youth Development. In 2008, 296 Missouri adolescents were surveyed. One hundred, sixty-five of those youth were new to the study and 131 were students who had been surveyed in 2007. Another 127 teens were surveyed in 2009 with 23 being new to the study. The students were from 26 sites in Missouri 4-H Youth Development Specialists from the University of Missouri and Lincoln University recruited students in grades 6 to 12 to complete a written survey. Parents could also complete an optional survey.

In addition to contributing to the national study, we particularly wanted to know about the value of Missouri 4-H participation. In order to explore this, we grouped Missouri students based on their self-reported 4-H participation in the past year. Groups were:

- Non-4-H - Never participated in a 4-H club
- 4-H - Participated in a 4-H club at least once a month
- Active - Participated in a 4-H Club two or more times a month

Two findings jump out from the Missouri data:

- Young women in 4-H increased their interest in science significantly over their non-4-H female peers.
- Active 4-H members expect to complete higher levels of education.

These findings were mostly consistent with the national sample and the longitudinal data. These data suggest that young people who are active in 4-H are likely to report more positive behaviors and fewer negative behaviors. Additional information on the 4-H Study of Positive Youth Development can be found at: <http://mo4h.missouri.edu/resources/evaluation/pydstudy.htm>.

Key Items of Evaluation

In addition to contributing to the national study, we particularly wanted to know about the value of Missouri 4-H participation. In order to explore this, we grouped Missouri students based on their self-reported 4-H participation in the past year. Groups were:

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