

V(A). Planned Program (Summary)

Program # 15

1. Name of the Planned Program

Childhood Obesity: 4-H Youth Development

Reporting on this 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
724	Healthy Lifestyle	25%		0%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	25%		0%	
806	Youth Development	50%		0%	
	Total	100%		0%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2014	Extension		Research	
	1862	1890	1862	1890
Plan	14.4	0.0	0.0	0.0
Actual Paid	19.3	0.0	0.0	0.0
Actual Volunteer	0.0	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
518148	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
518148	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
762723	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Project 1: 4-H Science

Youth and adults will increase science processing skills through current 4-H projects. Animal science programs and projects will integrate science processing skills and quality assurance practices. Target areas include robotics at the county, district and state levels and animal evaluation and livestock skill-athons at the local and state levels.

Project 2: Healthy Living

Youth and adults will increase knowledge and practice of healthy living skills by focusing on think-your-drink activities to reduce sugar and calorie intake and redirect participants to increasing fruits, vegetable, whole grains and low-fat dairy foods.

Project 3: Youth and Adult Leadership and Volunteer Development

Develop youth and adult leadership and citizenship skills through recruiting, training and retention programs at the local and state level.

Project 4: Reaching Underserved Audiences

Continue outreach to underserved youth and adults in the University of Idaho 4-H Youth Development programs through afterschool and targeted programs.

2. Brief description of the target audience

- Idaho youth, ages 5-18
- 4-H Volunteers
- Adult and youth volunteers
- Teachers and Out-of-school instructors
- Youth in school enrichment and afterschool programs
- Low income youth and families
- Youth-at-risk
- Youth Development staff
- Community Leaders
- Hispanic youth and adult volunteers
- American Indian youth and adult volunteers
- Children and families with military ties

3. How was eXtension used?

{No Data Entered}

V(E). Planned Program (Outputs)

1. Standard output measures

2014	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	47024	248537	91253	62188

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

Patent Applications Submitted

Year: 2014
 Actual: 0

Patents listed

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2014	Extension	Research	Total
Actual	2	3	5

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Number of youth in educational classes, workshops, trainings, seminars taught (individual teaching contacts).

Year	Actual
2014	33610

Output #2

Output Measure

- Number of volunteers in educational classes and workshops.

Year	Actual
2014	6015

Output #3

Output Measure

- Number of opportunities to promote 4-H Youth Development (publications, newsletters,

columns, radio PSA's, radio/TV appearances) written or developed.

Year	Actual
2014	348

Output #4

Output Measure

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

Year	Actual
2014	1115

Output #5

Output Measure

- Number of 4-H clubs or groups.

Year	Actual
2014	1584

Output #6

Output Measure

- Number of youth attending statewide 4-H events.

Year	Actual
2014	1513

Output #7

Output Measure

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

Year	Actual
2014	2156

Output #8

Output Measure

- Number of hits on the web site each year.

Year	Actual
2014	19329

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Professional Development for 4-H professionals and volunteers, increasing awareness for 4-H Science project areas. Indicator: Number of workshops offered.
2	Youth and adults will learn how their processing skills and practices affect the consumer acceptability of the product/project. Indicator: Knowledge increase and skill gained
3	Increased knowledge of healthy beverage choices Indicator: Number of program participants who are able to identify what a healthy beverage is and why it is a healthy choice.
4	Increase the number of volunteers per year to reflect the needs of 4-H POW project areas. Indicator: A net increase of 200 volunteers per year accounted for on the annual ES237 volunteer categories.
5	Increase youth and adult volunteer participation and knowledge in Essential Elements and experiential learning methodology. Indicator: Total number of youth and adults who attend training and demonstrate knowledge gain.
6	The total number of youth and adults who assume leadership roles will increase. Indicator: The total number of youth and adults trained in communication and teamwork skills.
7	Increase support for culturally appropriate programs. Indicator: Number of grants or other funding sources received specific to reaching underserved audiences.
8	Policy changes and cultural climate support to create acceptance of non-traditional programs and their participants. Indicator: Number of faculty and staff involved in making a systematic review of institutional structure and cultural climate through the lens of underserved audiences.
9	Policy changes and cultural climate support to create acceptance of non-traditional programs and their participants. Indicator: Training on the use of culturally relevant curricula and resources

Outcome #1

1. Outcome Measures

Professional Development for 4-H professionals and volunteers, increasing awareness for 4-H Science project areas. Indicator: Number of workshops offered.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	25

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

There are several developments for engaging youth in authentic STEM activities and in how teachers (leaders) should provide STEM learning opportunities for youth (e.g., Inquiry-based Instruction). 4-H Professionals need training in this area to enhance their abilities to conduct their jobs and provide the best STEM learning opportunities for their clientele.

What has been done

The 4-H Specialist developed and conducted seminars/workshops and webinars to help 4-H professionals learn more about robotics opportunities for youth, how to work with robotics, how to use the curriculum, and how to conduct robotics programs. The specialist also trained another colleague to conduct workshops for 4-H Professionals and developed and conducted a professional development webinar about Inquiry-based instruction for 4-H Professionals.

Results

Participants responded through post-class survey that they better understood how robotics can engage youth in STEM, that they were more comfortable using the robotics equipment, that they knew how to find and use resources, that they were more comfortable with the curriculum and program activities. As a result of the trainings, 15 new WeDo Robotics (ages 5-9) programs were created in counties and have been successfully involving several youth. The trainings have also resulted in the development of 23 new FLL Teams (ages 9-14) and 5 new FTC teams (ages 12-18).

4. Associated Knowledge Areas

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

Outcome #2

1. Outcome Measures

Youth and adults will learn how their processing skills and practices affect the consumer acceptability of the product/project. Indicator: Knowledge increase and skill gained

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	300

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Previous Beef Quality Audits have identified quality challenges in the beef industry including excess external fat, inadequate tenderness, insufficient marbling, and lack of marbling. It is important we educate our youth livestock exhibitors, who are raising a product for human consumption, about factors that affect consumer acceptability of their product.

What has been done

Presented beef end-product quality workshops at State Leader's Forum and the Youth Beef Field Days. Taught classes on quality meat production for clubs and at livestock day camps. Conducted consumer judging contests, taste tests (meat and dairy), and other experiential approaches to learn about meat quality.

Results

Post-program questionnaires received from adult trainees indicate knowledge gained about animal production practices and food quality. Leaders report that youth are more concerned about food quality as part of their animal projects as demonstrated by an increase in questions about meat quality and attention to quality-promoting husbandry practices. Forty percent of youth invited to attend BQA workshop took the exam and became BQA certified.

4. Associated Knowledge Areas

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

Outcome #3

1. Outcome Measures

Increased knowledge of healthy beverage choices Indicator: Number of program participants who are able to identify what a healthy beverage is and why it is a healthy choice.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	2500

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Unhealthy beverages are easy to access and make unhealthy choices quick and easy to choose. They are leading the nation's weight gain and increase obesity in youth.

What has been done

As part of the 4-H Food Smart Families program think-your-drink activity, demonstrations were presented for leaders, youth mentors, and youth about how much sugar is in sport drinks, fruit drinks and soda. Camp Counselor trainings stressed modeling think-your-drink behaviors. Drink choices at 4-H Youth Development venues were limited to healthy selections. Children performed taste tests.

Results

More than 3,000 youth participated in think-your-drink activities. 2,500 of those youth who completed common measures evaluation forms demonstrated their knowledge about sugar content and healthy choices for beverages.

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle

806 Youth Development

Outcome #4

1. Outcome Measures

Increase the number of volunteers per year to reflect the needs of 4-H POW project areas.
Indicator: A net increase of 200 volunteers per year accounted for on the annual ES237 volunteer categories.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	75

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

It is becoming increasingly difficult to find volunteers who are willing to maintain the community club model. Instead, more volunteers are interested in short term or seasonal volunteer opportunities.

What has been done

Two areas in which 4-H has been successful to identify short term volunteers are in robotics and shooting sports. Volunteers are willing to work with youth on their FIRST Lego League team, or for a Sumo Bot competition at the Western Idaho Fair. Shooting sports volunteers in Ada County have started an advisory council and continue to identify short-term opportunities for interested youth, like six-week project sessions and local shoots.

Results

Although not necessarily engaged with the program year-round, volunteers in the robotics and shooting sports areas have increased our capacity to offer more programs to youth in these areas, which are in high demand in several counties where robotics and shooting sports day camps are the most popular. There has been an increase in the number of programs in these areas, providing more opportunities for youth to learn the skills in an area of interest.

4. Associated Knowledge Areas

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and

806 Communities
Youth Development

Outcome #5

1. Outcome Measures

Increase youth and adult volunteer participation and knowledge in Essential Elements and experiential learning methodology. Indicator: Total number of youth and adults who attend training and demonstrate knowledge gain.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	103

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
724	Healthy Lifestyle
806	Youth Development

Outcome #6

1. Outcome Measures

The total number of youth and adults who assume leadership roles will increase. Indicator: The total number of youth and adults trained in communication and teamwork skills.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	895

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

To keep the 4-H programs current and alive, youth and adults need to take leadership roles to run the clubs, events, activities, programs. Communication and teamwork skills are essential to effective leadership in Extension 4-H Youth Development programming. It is important to provide this training to as many youth and adult volunteer leaders as possible.

What has been done

New Leader Trainings, Youth Demonstration Training, and Youth Club Officer Trainings were held throughout the fall, winter, and spring months. Focused programs to develop leadership among youth included the Alpine Leadership College 2014, 4-H Teen Talk Retreat, 4-H Junior Leaders programs, and Teen Camp Counselors training.

Results

Volunteers who receive teamwork instruction more effectively use their individual skills to reach broader goals. For example, teen camp counselors attend over 40 hours of training, much of which includes team building. After a number of years of camp counselor training we have found that trained counselors function as a coherent group and conduct more successful camps.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #7

1. Outcome Measures

Increase support for culturally appropriate programs. Indicator: Number of grants or other funding sources received specific to reaching underserved audiences.

2. Associated Institution Types

- 1862 Extension

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2014	7

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

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

Outcome #8

1. Outcome Measures

Policy changes and cultural climate support to create acceptance of non-traditional programs and their participants. Indicator: Number of faculty and staff involved in making a systematic review of institutional structure and cultural climate through the lens of underserved audiences.

Not Reporting on this Outcome Measure

Outcome #9

1. Outcome Measures

Policy changes and cultural climate support to create acceptance of non-traditional programs and their participants. Indicator: Training on the use of culturally relevant curricula and resources

Not Reporting on this Outcome Measure

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

UI Extension delivered the healthy living and nutrition education program, 4-H Food Smart Families, across the state with an internal partnership between Eat Smart Idaho and 4-H Youth Development. Two significant outputs were:

- 4-H staff, Eat Smart Idaho advisors (SNAP-Ed/EFNEP) and college interns taught 2,581 youth over eight months. They reached each youth with a minimum of 10 hour of nutrition and physical activity education, including hands-on/experiential activities. At the conclusion of the nutrition outreach/education each participant took home enough groceries to make one of the healthy recipes made in class. Eat Smart Idaho youth evaluation and 4-H common Measure evaluation was used (pre and post survey) to measure impact. University of Idaho SSRU on campus is compiling data with numbers due to team in December.
- Another key to the success was the addition of the teen advocates for healthy living (TAHL). A focus group was conducted with TAHL participants in the Treasure Valley. The impact on the teen advocates was greater than anticipated. The program created passionate teens, making them aware of their health and advocating within their communities. The teen advocates showed greater leadership skills, knowledge about eating healthy and moving more, and modeled that behavior for younger children.

Key Items of Evaluation