

**V(A). Planned Program (Summary)**

**Program # 4**

**1. Name of the Planned Program**

Youth, Family and Community 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	8%		2%	
801	Individual and Family Resource Management	6%		19%	
802	Human Development and Family Well-Being	35%		32%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	10%		14%	
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	2%		10%	
805	Community Institutions, Health, and Social Services	9%		5%	
806	Youth Development	30%		7%	
903	Communication, Education, and Information Delivery	0%		11%	
	<b>Total</b>	100%		100%	

**V(C). Planned Program (Inputs)**

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

Year: 2011	Extension		Research	
	1862	1890	1862	1890
Plan	17.0	0.0	3.6	0.0
Actual Paid Professional	18.0	0.0	3.7	0.0
Actual Volunteer	38.3	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
246166	0	96915	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
1454809	0	459349	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
53040	0	1085596	0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

More than any other social institution, the family has profound influence on the health and well-being of its members, particularly its youth and elderly. CTAHR strengthens families in Hawaii's rural and urban environments by providing assistance in areas such as family health and lifespan development, financial and time management, youth development, parenting, and caring for the elderly. Colleagues from UH community colleges, nonprofit organizations, and government agencies are partners on several CTAHR projects.

4-H is the major youth development program of the Cooperative Extension Service. This educational program provides hands-on learning experiences to help youth develop inquiring minds, learn practical skills, strengthen decision-making abilities, improve communication and interpersonal skills, and share their skills and experiences in leadership roles. An external review of the program was conducted in 2011, which found significant value, as well as problems of organizational structure, coordination and assessment which needed to be addressed. CTAHR is now working to implement program changes. The number of 4-H members have increased from 9,437 in 2009 to 11,744 in 2011 while the number of volunteers has increased by 185 during that same period. An increase in the number of members has increased the participation in the annual statewide youth conference (Ahaolelo) which had 47 participants in 2009 and 92 in 2011. We have increased the diversity of 4-H educational experiences exhibited at the State Farm Fair, and more than tripled the number members and leaders (to 400) participating from 2009 to 2011.

"Get Moving for Health" is a 4-H Healthy Living project to motivate youth to be more physically active. In partnership with adults, youth leaders planned programs to reach at least 100 youth and 50 adults in their community. Youths and adults partner to implement projects in their communities statewide which encourage healthy lifestyle choices and changes through daily physical activities. This program was funded by the Walmart Foundation to involve Hawaii 4-H members, leaders, parents, and community members to be active and exercise more frequently. Hawaii's program was recognized by the Walmart Foundation as one of 8 superior programs nationwide and was invited to submit a follow up proposal for a program to improve nutrition in young people. The "Get Fueling for Health" program was developed in Hawaii and awarded \$55,000 to continue in 2012.

CTAHR extension staff worked with over 200 youth and adult leaders to partner in planning and implementing community service projects in West Hawaii County. Projects addressed the homeless and hungry, intergenerational connections, military deployment, healthy living and safe communities. For example, the youth with their adult partners raised more than \$12,000 to benefit the Ronald McDonald House, the Food Basket, the Japan-Hawaii Relief Fund and the American Red Cross Hats Off Project. The

charities were thrilled with the support, and the youth gained experience in life skills such as communication, public speaking, decision making, empathy, working together and taking responsibility.

Youth development was further fostered by supplemental science activities and curricula developed and implemented in K-12 classrooms throughout Hawaii explaining biotechnology in a manner reflecting Hawaii's cultures and values; and by the "Kids Saving" project implemented in 24 public schools statewide to provide training in achieving financial security. This program was recognized by both Senator Daniel Akaka and the Hawaii State Legislature, and participating students have saved over \$174,000 to date.

Over 78% of older adults who live in the community and need long term care services (transportation, bathing, eating, cleaning, shopping, etc) depend on family and friends. In Hawaii, there are 169,000 family caregivers who provide these critical services. These family caregivers have an increased risk of health problems, rate of depression and burnout, disruption of family relationships, and decreased effectiveness in the workplace. The professional caregiving infrastructure (home health aides, nursing homes, etc) is already stretched thin. As a result, the best option is to help family caregivers maintain their health, and manage caregiving responsibilities. To do this, Maui County introduced an evidence-based educational series that focuses on providing resources and educational support for the caregiver. This 6-week program is called Powerful Tools for Caregivers (PTC) and is utilized by Cooperative Extension systems across the nation. It has documented that participants increase their levels of self-care (exercise, eating right, stress management) and confidence in finding and accessing services.

## 2. Brief description of the target audience

- Academic researchers in the fields of family science, human development, sociology, economics, public policy, education, and social services.;
- Administrators of state and local nonprofit agencies relating to health, human services, education, and economic development.;
- Service providers and advocates who work with children, families, or the aging, especially those who work with at-risk groups; State legislators and policy makers;
- The general public

## 3. How was eXtension used?

eXtension was not used in this program

## V(E). Planned Program (Outputs)

### 1. Standard output measures

2011	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	27466	181029	17211	14951

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

**Patent Applications Submitted**

Year: 2011  
Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2011	Extension	Research	Total
Actual	49	10	59

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Number of people completing non-formal education programs on parenting, youth development, and leadership development

Year	Actual
2011	16136

**Output #2**

**Output Measure**

- Number of volunteer hours

Year	Actual
2011	73550

**Output #3**

**Output Measure**

- Presentations at international and national meetings.

Year	Actual
2011	12

**Output #4**

**Output Measure**

- Grant proposals submitted.

<b>Year</b>	<b>Actual</b>
2011	14

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Number of stakeholders who increased knowledge in at least one issue
2	Number of stakeholders completing non-formal education programs on parenting, youth development, and leadership development, who adopt one or more parenting principles, behaviors, or practices
3	Total dollar value of grants and contracts obtained.

## **Outcome #1**

### **1. Outcome Measures**

Number of stakeholders who increased knowledge in at least one issue

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2011	16136

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Residents want a better quality of life.

#### **What has been done**

Workshops, demonstrations, presentations, website and publications gave residents the knowledge to have a better quality of life.

#### **Results**

Hawaii families in both rural and urban environments are assisted in areas such as family health and lifespan development, personal and family financial and time management, youth development, parenting, and caring for the elderly. This improves quality of life and productivity of Hawaii's residents and builds stronger communities.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures
806	Youth Development

## **Outcome #2**

### **1. Outcome Measures**

Number of stakeholders completing non-formal education programs on parenting, youth development, and leadership development, who adopt one or more parenting principles, behaviors, or practices

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2011	16136

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Residents want a better quality of life.

#### **What has been done**

Workshops, demonstrations, presentations, website and publications gave residents the knowledge to have better skills on parenting, youth development and leadership.

#### **Results**

Residents have changed their behavior so they have a better quality of life.

### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
724	Healthy Lifestyle
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures
806	Youth Development



### **Outcome #3**

#### **1. Outcome Measures**

Total dollar value of grants and contracts obtained.

#### **2. Associated Institution Types**

- 1862 Extension
- 1862 Research

#### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

#### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2011	3537800

#### **3c. Qualitative Outcome or Impact Statement**

##### **Issue (Who cares and Why)**

Resources are needed for research and extension programs to assist Hawaii's families and communities.

##### **What has been done**

Funds were obtained.

##### **Results**

Hawaii economy was improved as external funds were received and Hawaii's communities are better off as a result of the research and extension programming.

#### **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures
805	Community Institutions, Health, and Social Services
806	Youth Development
903	Communication, Education, and Information Delivery

## **V(H). Planned Program (External Factors)**

### **External factors which affected outcomes**

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

### **Brief Explanation**

The economic downturn and cuts in social services over the past several years have place great strains on many social institutions and social safety nets (eg. counseling, social services, food banks, charitable organizations) with serious implications especially for disadvantaged populations. It is under these circumstances that community based volunteer organizations such as 4H Youth Development, Master Gardeners and intergenerational programs (eg Grandparents Raising Grandchildren) become especially important and valuable. CTAHR is one of the main supporters and proponents of these programs in Hawaii.

## **V(I). Planned Program (Evaluation Studies)**

### **Evaluation Results**

All projects conducted under this program were peer-reviewed before initiation. Annual progress reports were collected and evaluated by the associate deans for research and extension. Funds are not released for those projects which did not show tangible progress.

### **Key Items of Evaluation**

None.