



HEALTHY LIVING

4-H COMMON MEASURES REPORT
2017-18



University of California

Agriculture and Natural Resources

■ 4-H Youth Development Program

Healthy Living



Introduction

4-H learning experiences are based on the principles and practices of Positive Youth Development. The structured learning, encouragement, and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve future life success. Positive Youth Development views young people as vital resources with assets and potentials to be developed rather than as problems to be managed. 4-H staff and volunteers intentionally address youths' basic needs by intentionally integrating elements within 4-H experiences that create environments conducive to optimizing youth development.

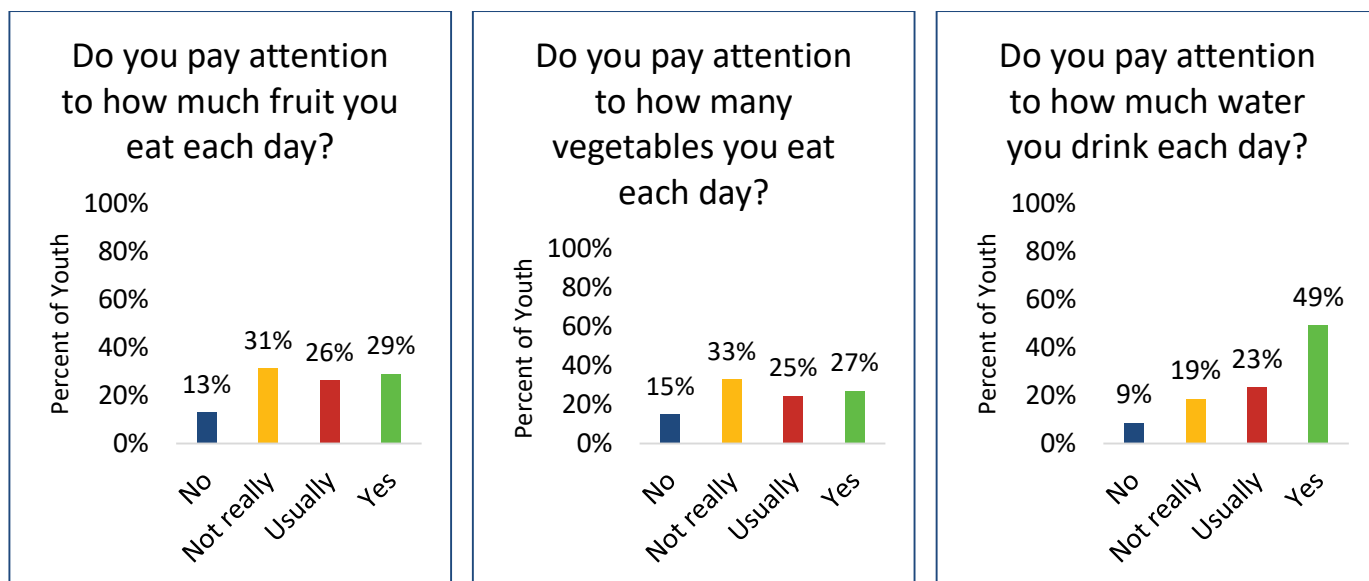
This report summarizes the impact of our 4-H Positive Youth Development programs on our youth.

Participants' 4-H Experience

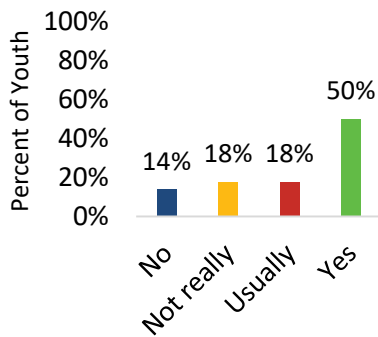
1,044 youth completed the Healthy Living survey during the 2017-18 program year. Youth were between the ages of 9 and 19, with the average age being 12.29 years (standard deviation= 2.36 years). The average number of years in 4-H was 3.98 (standard deviation=2.49). The sample was 64% female and 36% male. The racial breakdown of the sample was: 79% White, 1% African American, 4% Asian, 2% Native American, 0.1% Pacific Islander, 7.8% Multiple, and 6% Undetermined. 18% of youth were Hispanic. Youth lived in farm (27%), rural (21%), town (21%), suburb (19%), and city (11%) areas.

Youth were asked a number of questions about what they may have learned during this program. Results are shown in the figures that follow. These results are based on youth who had permission to use their data. (Percentages may add up to 99% or 101% due to rounding.)

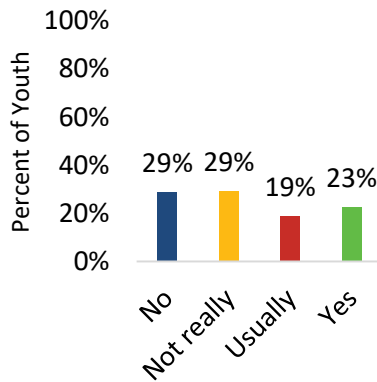
Healthy Eating Habits



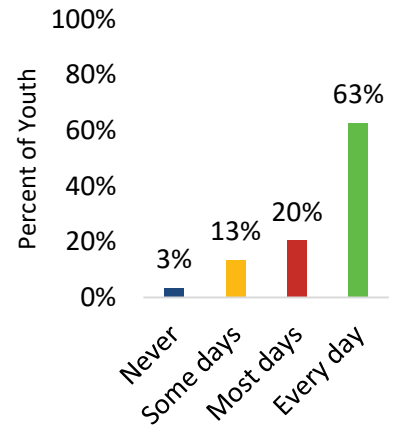
Do you pay attention to how many sugary drinks you drink each day?



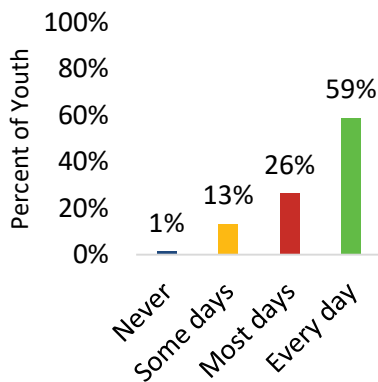
Do you pay attention to the food label for the food you eat?



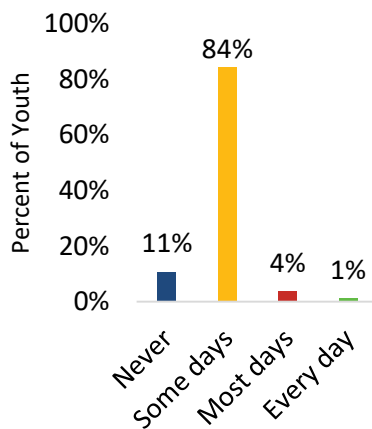
How often do you eat breakfast?



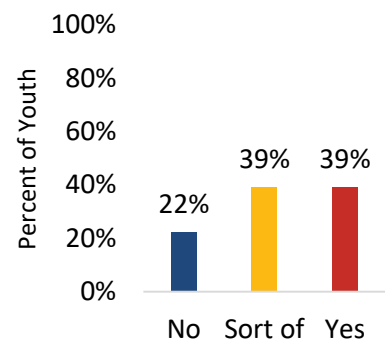
How often do you eat a meal with your family?



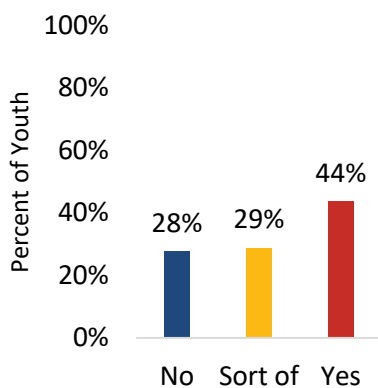
How often do you eat fast food?



Have you given your family ideas for healthy meals or snacks?

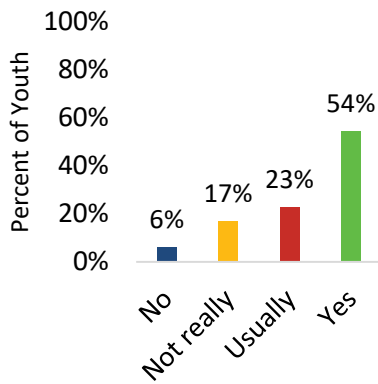


At 4-H, did you learn about healthy food choices?

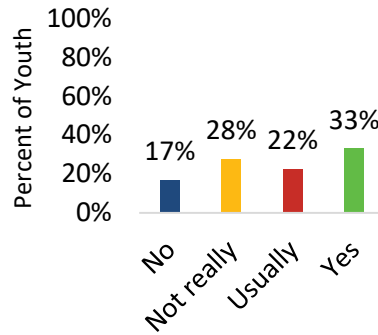


Being Active

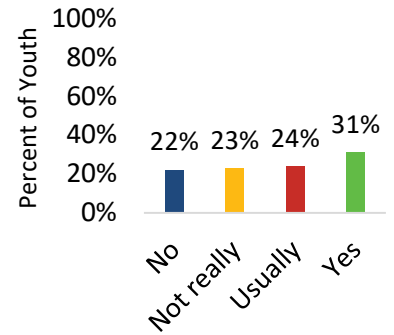
Do you pay attention to how active you are each day?



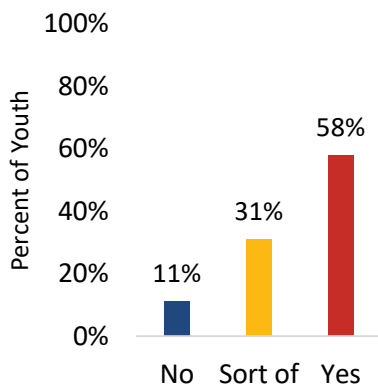
Do you pay attention to how much time you spend in front of a screen?



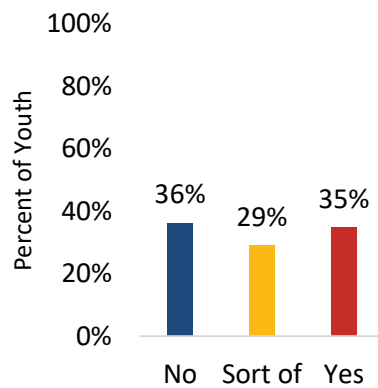
Do you get to decide how much time you spend in front of a screen?



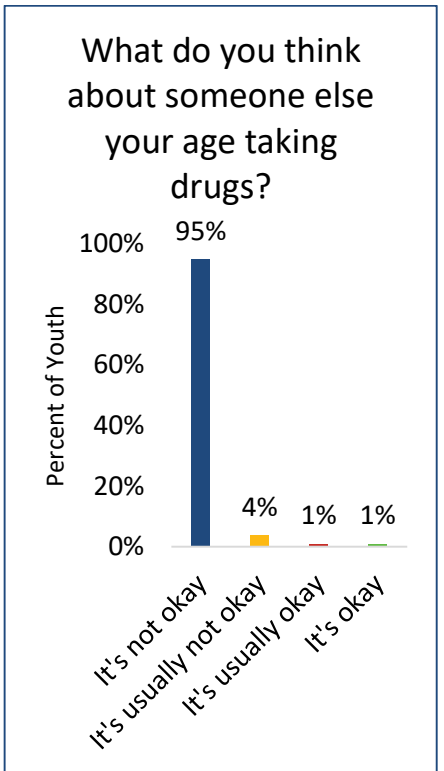
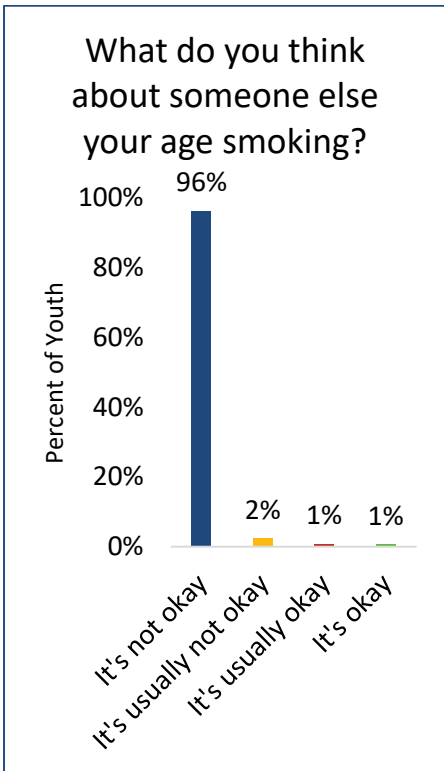
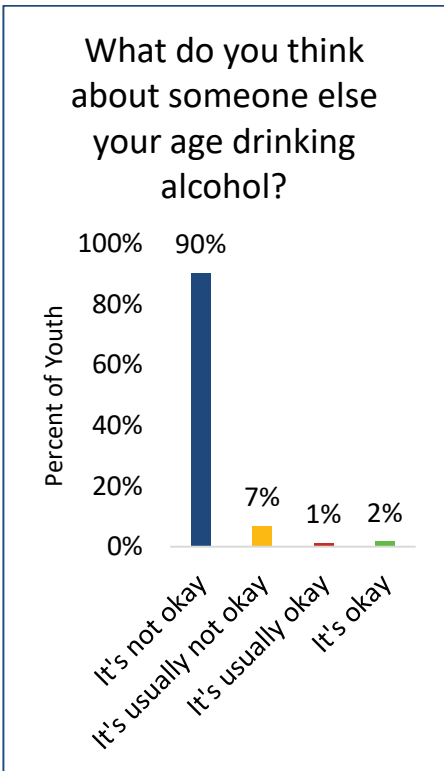
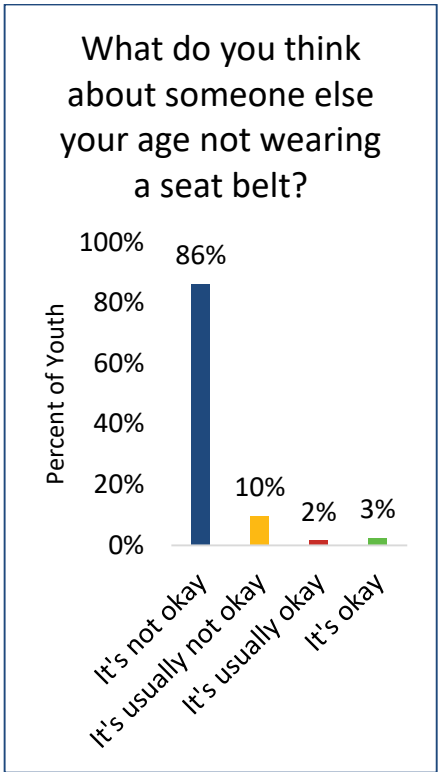
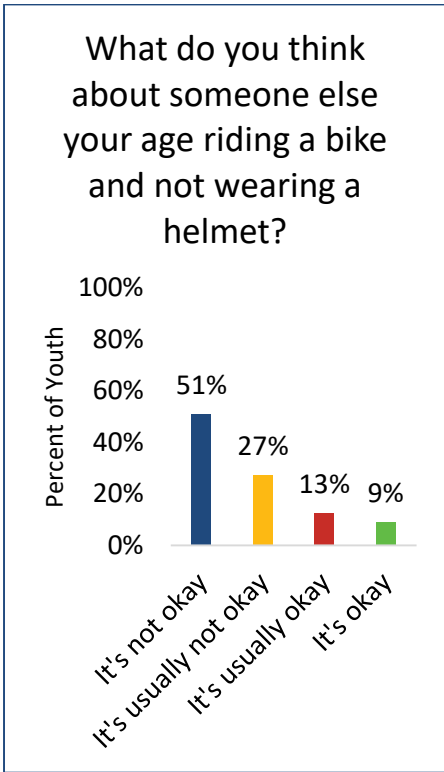
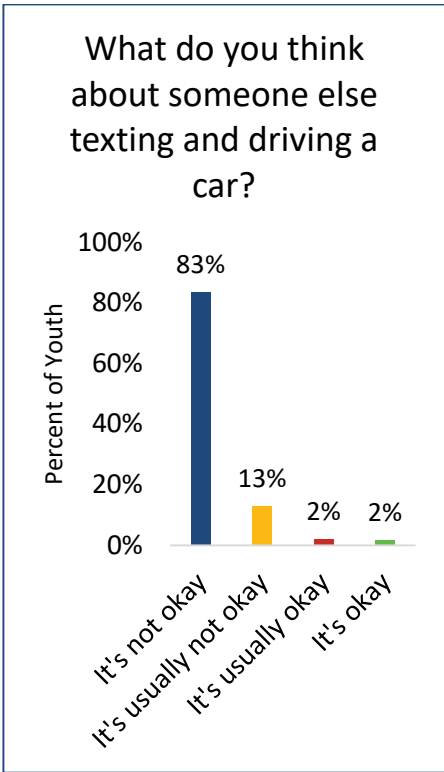
Have you encouraged others to be active with you?



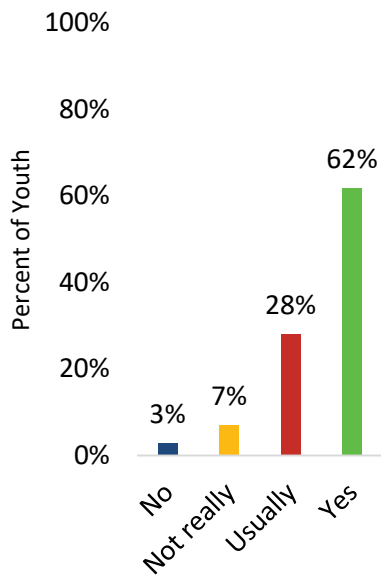
At 4-H, did you talk about the ways to be active?



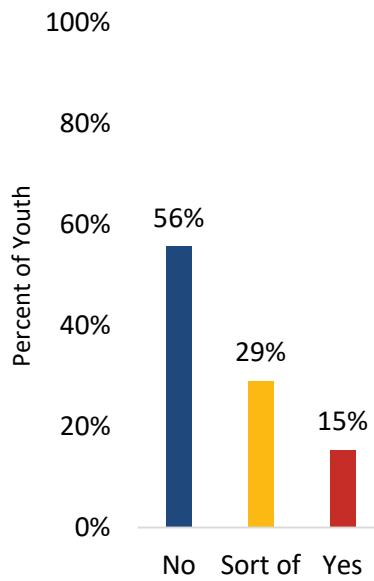
Healthy Decision Making



Do you encourage your friends to make responsible choices?

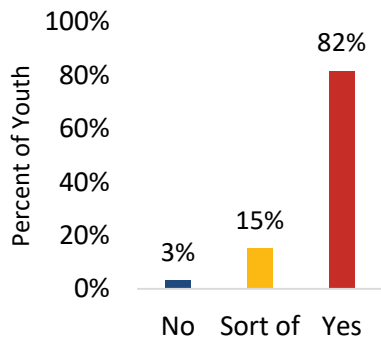


At 4-H, did you talk about risky behaviors?

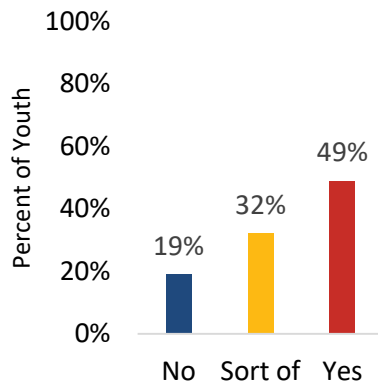


Food Preparation

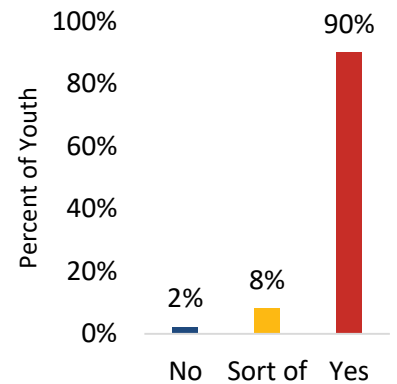
Do you know how to follow a recipe to make something to eat?

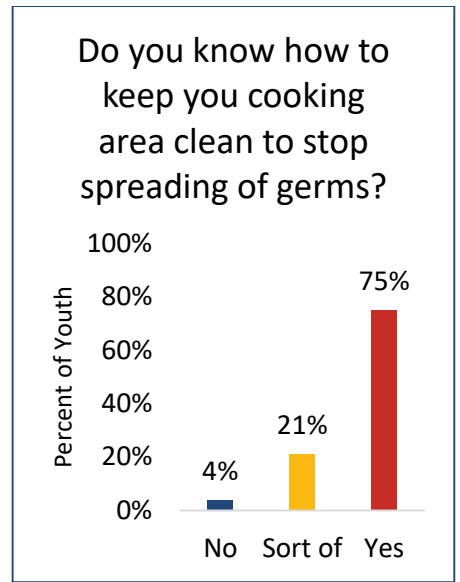
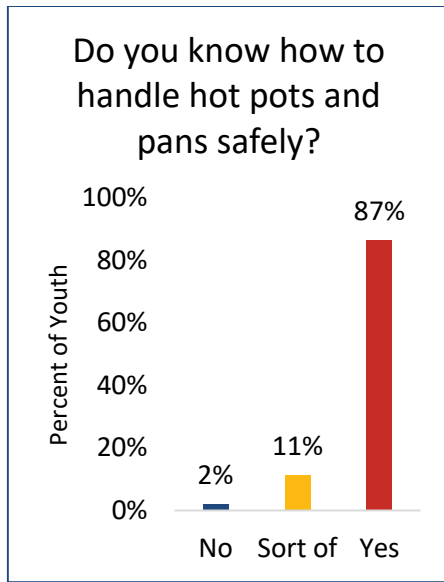
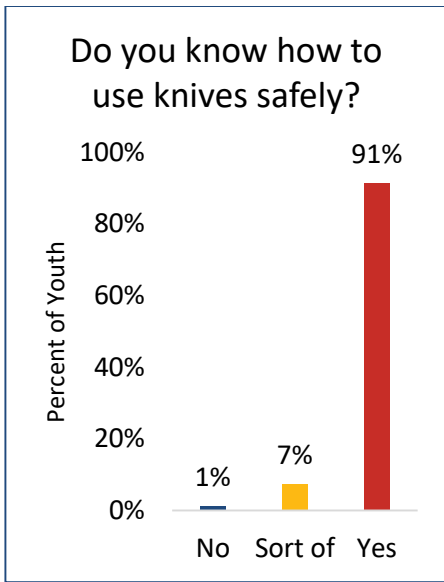


Do you know how to make changes to a recipe?



Do you know how to use measuring cups and spoons?





Conclusion

Youth-driven 4-H experiences provide young people access to safe learning environments; challenging experiences that build skills, competencies, and resiliency to address life's challenges and to actively contribute to society; and partnerships with caring adults to help meet youths' basic needs of belonging, mastery, independence, and generosity. Youth who participate in 4-H report better grades, higher levels of academic competence, and an elevated level of engagement at school. They are also nearly two times more likely to plan to go to college. The structured learning, encouragement and adult mentoring that young people receive through their participation in 4-H plays a vital role in helping them achieve future life successes.