



4-H Healthy Living

4-H COMMON MEASURES 2.0, 2019-20



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

■ 4-H Youth Development Program

Introduction

4-H learning experiences are based on the principles and practices of Positive Youth Development (PYD). The PYD experience through 4-H Healthy Living programs empowers youth to make healthy decisions and adopt healthy lifestyles. 4-H Healthy Living engages with youth and families through access and opportunities that achieve optimal physical, social, and emotional well-being.¹ The 4-H Healthy Living programs address the domains of healthy eating; physical activity; injury prevention; prevention of alcohol, tobacco, and other drug use; and social-emotional health.² The Healthy Living programming efforts seek to increase the knowledge and skills of children, youth, and their families to choose healthy food, handle food safely, and prepare simple nutritious affordable food.³ The 4-H Healthy Living programs have the capacity to mobilize young people and implement sustainable strategies that will create healthy lifestyles for America's families.¹

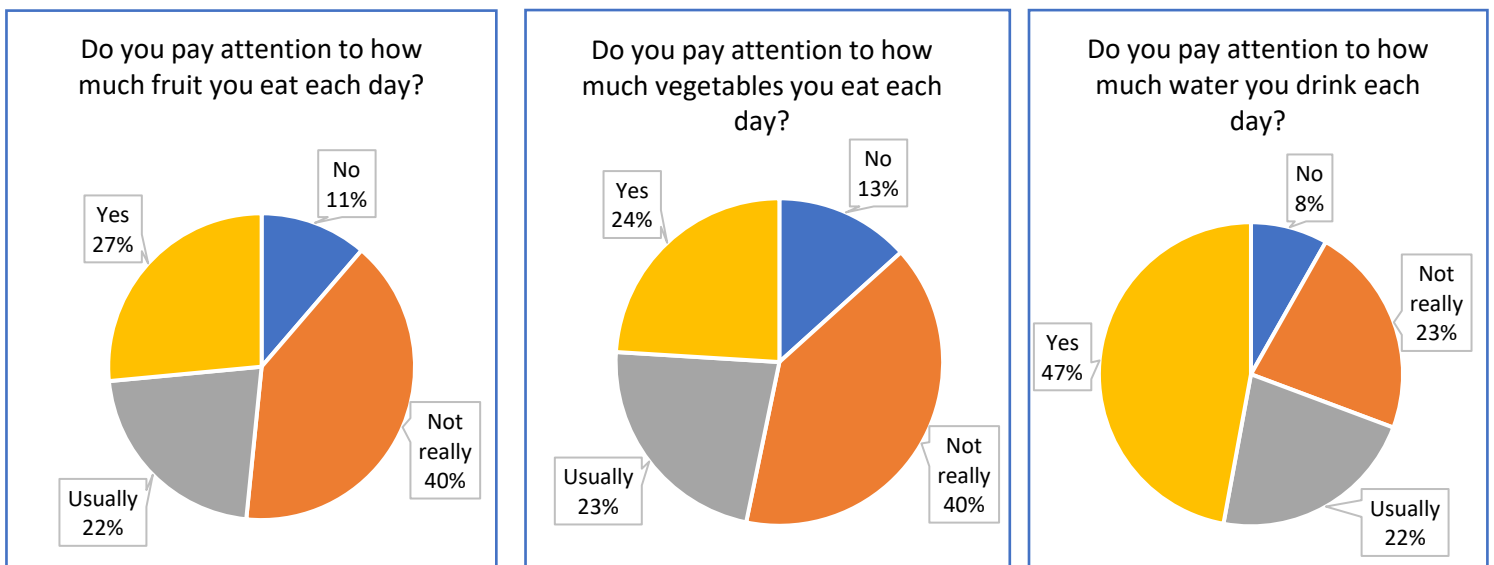
This report summarizes the findings from Healthy Living surveys completed by a sample of 4-H members in 2019-20 program year. The Healthy Living survey is a part of the National 4-H Common Measures 2.0 developed to measure PYD outcomes. The Healthy Living survey focuses on indicators primarily related to healthy eating habits, healthy decision making, and food preparation skills.

Participants' 4-H experience

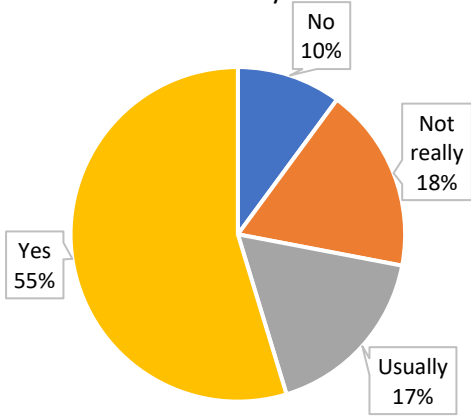
Demographics

In total, 310 youth completed the Healthy Living survey. Youth were between the ages of 8 and 19, with the average age being 13.4 years (standard deviation= 2.4 years). Almost 66.7% of respondents spent three or more years in 4-H. The sample was 66% female and 34% male, and 20.4% Hispanic or Latino and 79.6% are not Hispanic or Latino. The racial breakdown of the sample was: 75.4% White, 1.1% African American, 6.1% Asian, 1.1% Native American, 0.6% Pacific Islander, 7.8% Multiple, and 7.8% Undetermined. Youth reported living on farms (21.4%), in rural areas (28.9%), towns (20.9%), suburbs (10.2%), and city areas (18.7%). Youth were asked a number of questions about what they may have learned during their 4-H program participation. Results are shown in the figures that follow. (Percentages may add up to 99% or 101% due to rounding.)

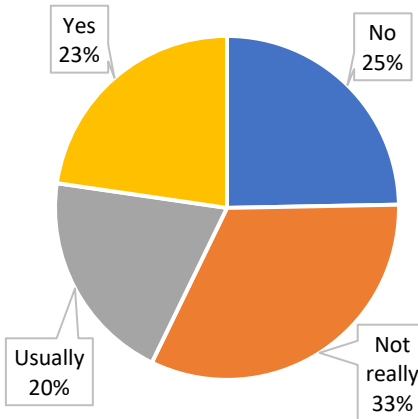
Healthy Eating Habits



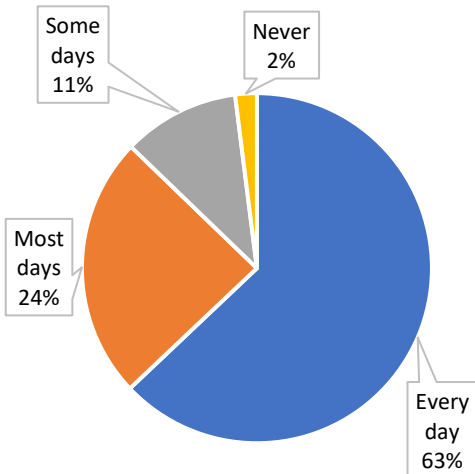
Do you pay attention to how many sugary drinks you drink each day?



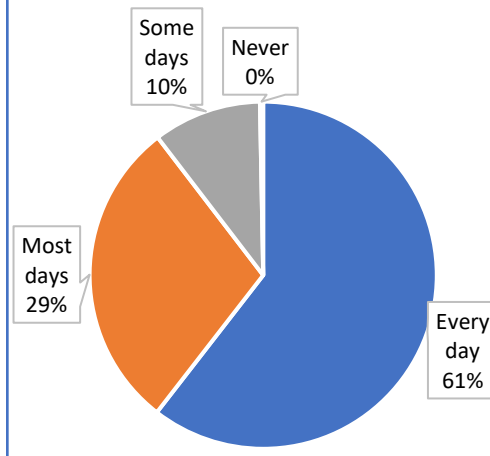
Do you pay attention to the food label for the food you eat?



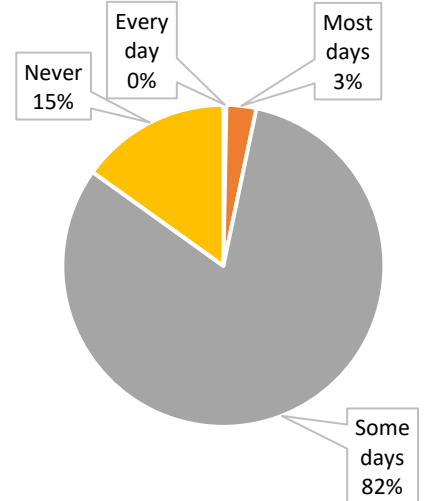
How often do you eat breakfast?



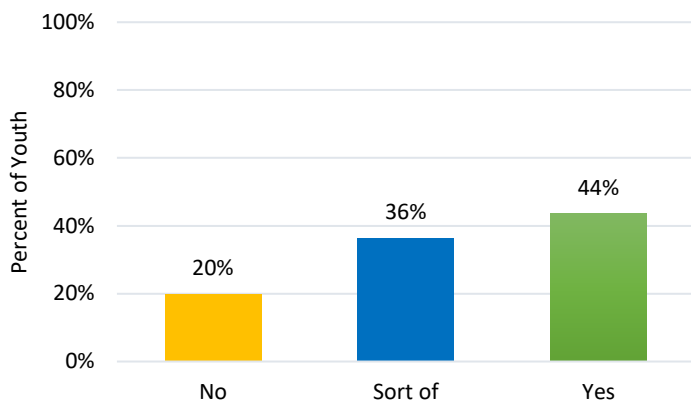
How often do you eat a meal with your family?



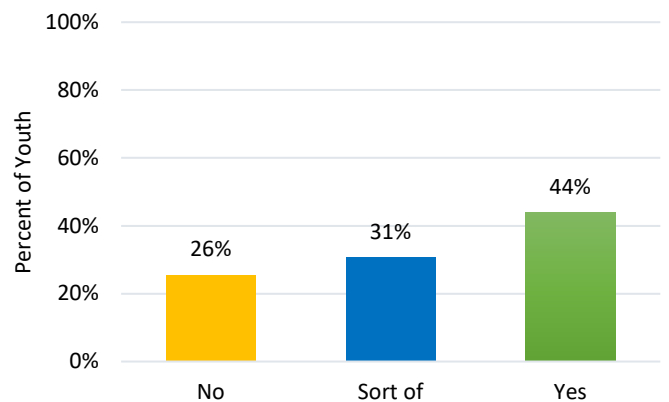
How often do you eat fast food?



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

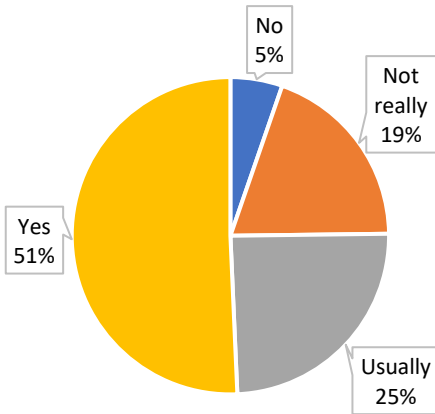


At 4-H, did you learn about healthy food choices?

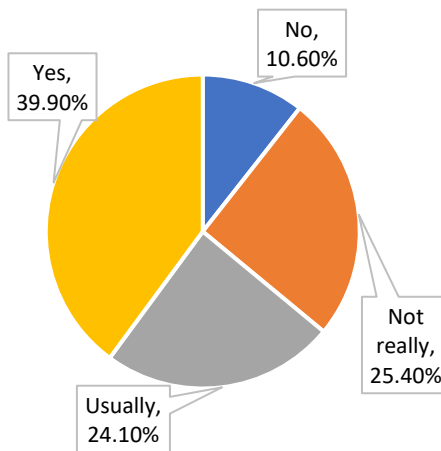


Being Active

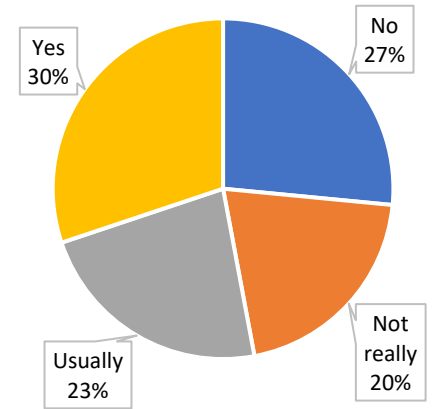
Do you pay attention to how active you are each day?



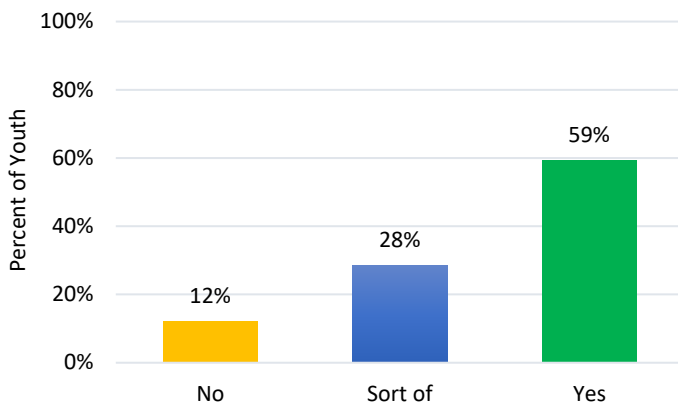
Do you pay attention to how much time you spend in front of a screen?



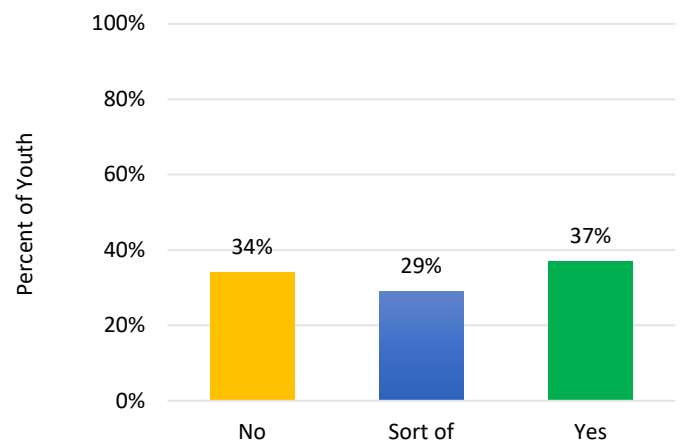
Do you get to decide how much time you spend in front of a screen?



Have you encouraged others to be active with you?

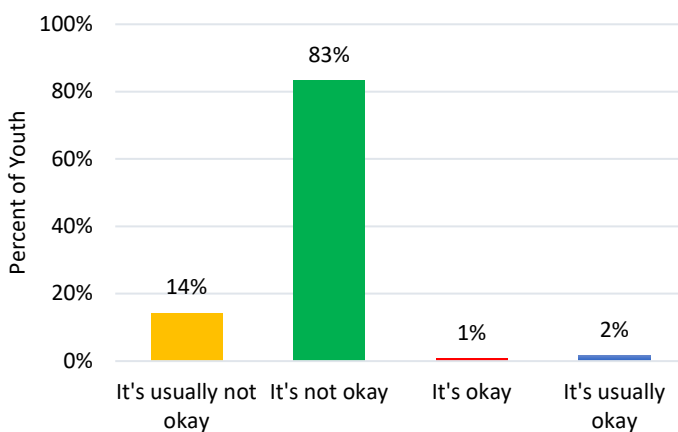


At 4-H, did you talk about ways to be active?

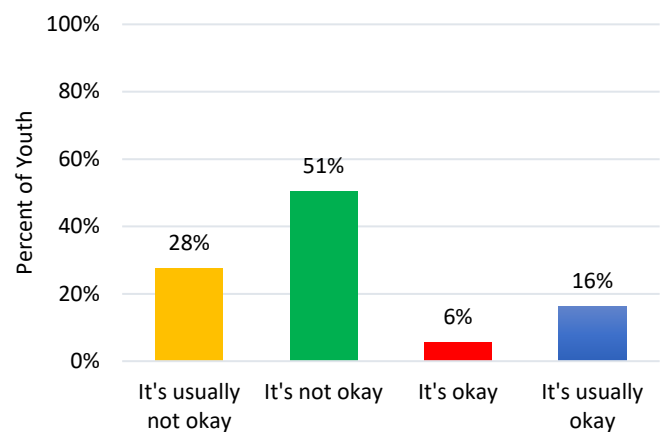


Healthy Decision Making

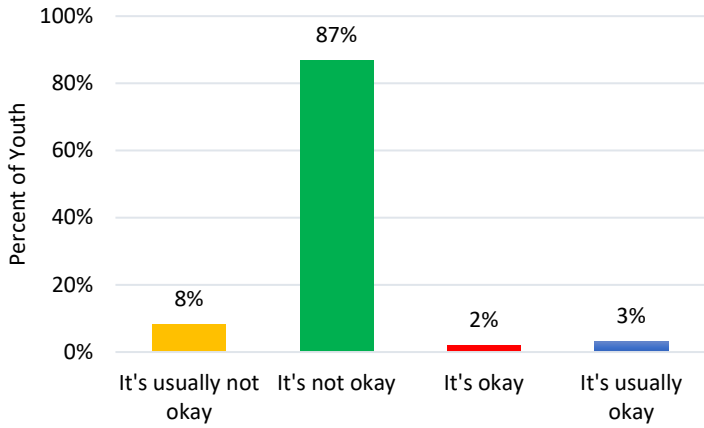
What do you think about someone else texting and driving a car?



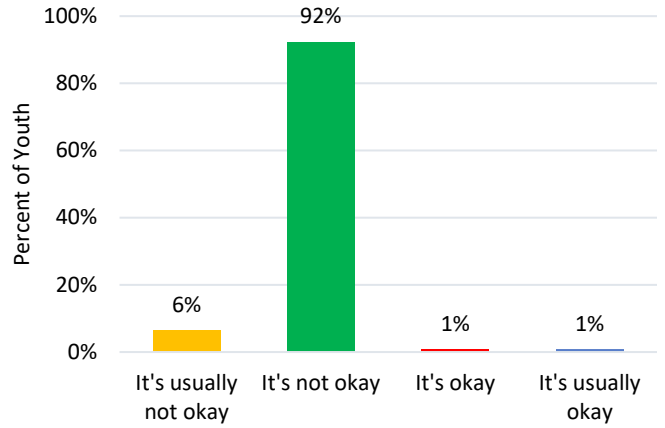
What do you think about someone else your age riding a bike and not wearing a helmet?



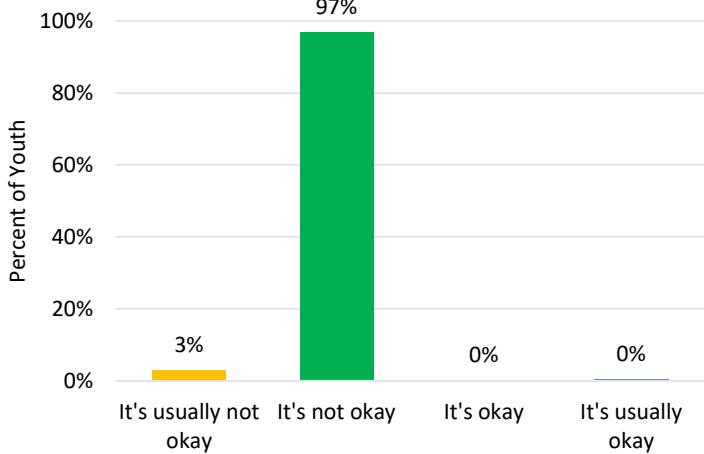
What do you think about someone else your age not wearing a seat belt?



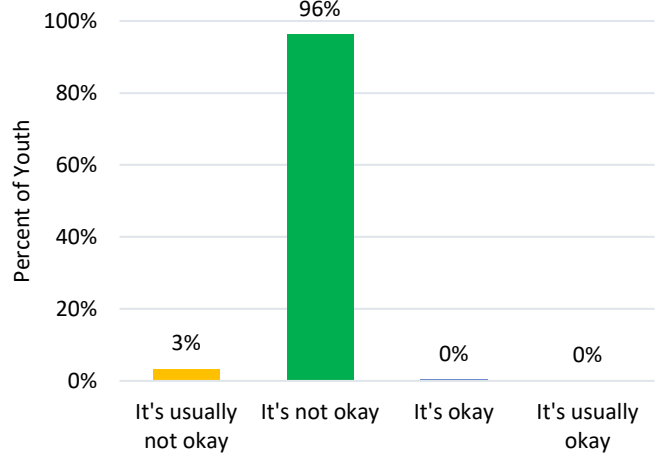
What do you think about someone else your age drinking alcohol?



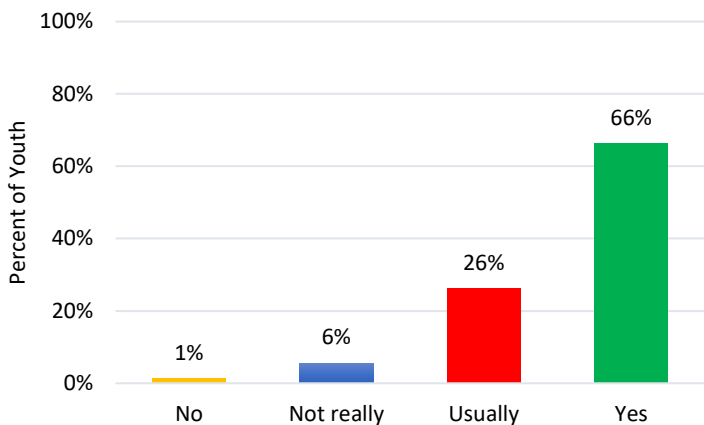
What do you think about someone else your age smoking?



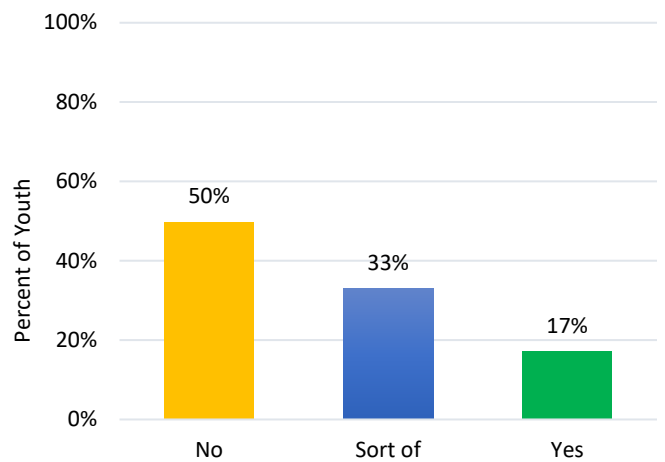
What do you think about someone else your age taking drugs?



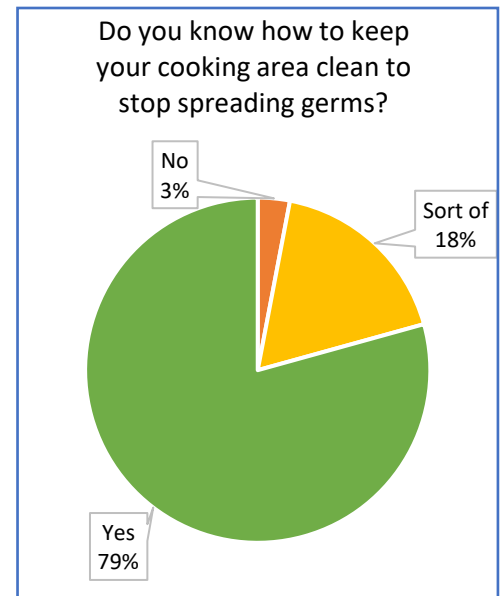
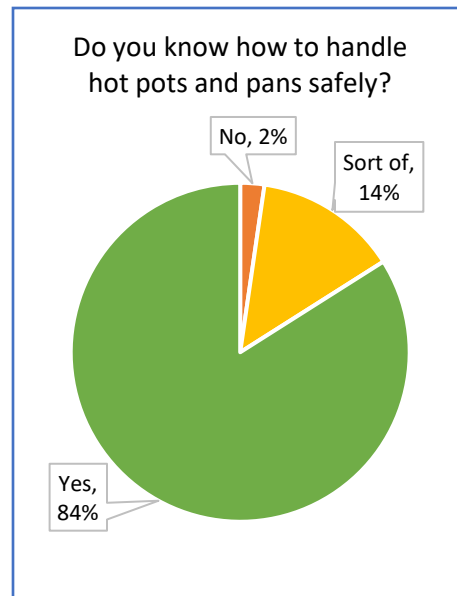
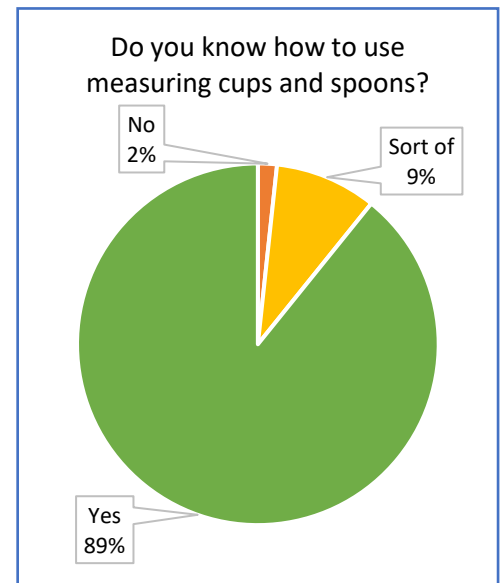
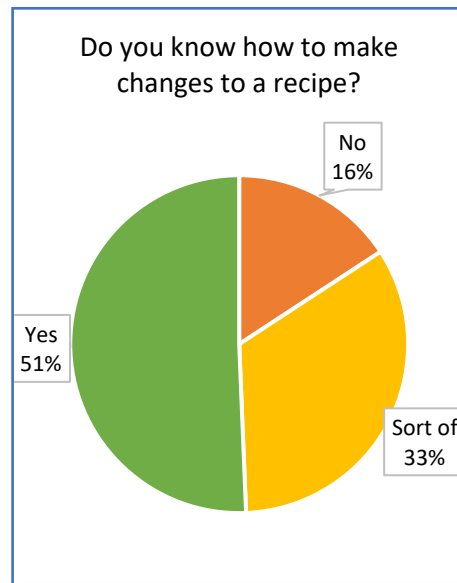
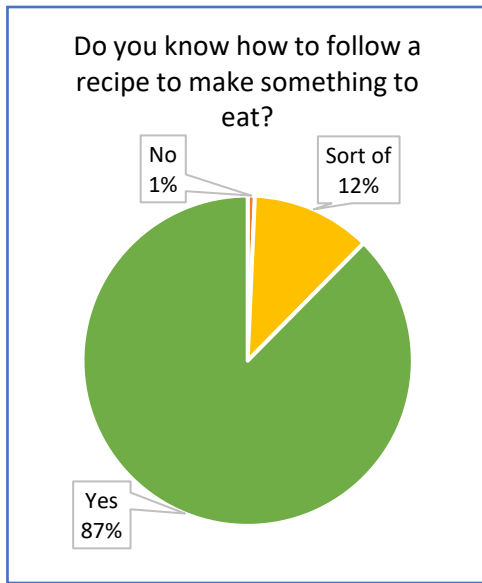
Do you encourage your friends to make responsible choices?



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



Food Preparation Skills



Conclusion

Youth-driven 4-H experiences help youth develop life skills, competencies, and resiliency to address life's challenges to actively contribute to society. The 4-H Healthy Living programs provide youth with a better understanding of the importance of making healthy choices, eating right, and being active.³ 4-H youth are creating change with the issues that matter the most to young people today - nutrition, childhood obesity, drug awareness, bullying, safe driving, suicide prevention, decision-making, and stress management.¹ Previous research and the results presented here begin to build a promising case that the 4-H Healthy Living programs help youth increase their knowledge and skills necessary for being physically active. 4-H Healthy Living programs continue to seek improvement in children, youth, and family's dietary habits and social and emotional well-being.

References

- ¹National 4-H Council. (n.d.). *4-H Common Measures: reporting template, introductions and conclusions*. <https://cdn.4-h.org/wp-content/uploads/2019/08/Common-Measures-Template-Intros-and-Conclusions.pdf>
- ²Downey, L. H., Peterson, D. J., LeMenestrel, S., Leatherman, J., & Lang, J. (2014). 4-H Healthy living programs with impact: A national environmental scan. *New Directions for Youth Development*, 2014(143), 13-24. DOI: 10.1002/yd.20101
- ³National 4-H Healthy Living Task Force (2010). *4-H Healthy living logic model – improved nutrition intake and healthy eating*. <https://4-h.org/wp-content/uploads/2016/02/4-H-Healthy-Living-Overall-Initiatives-Logic-Model.pdf>
- ⁴National 4-H Council. (n.d.). *Healthy living*. <https://4-h.org/parents/healthy-living/>