

The Design and Implementation of A Multi-Component Positive Youth Development School and Day Camp Program

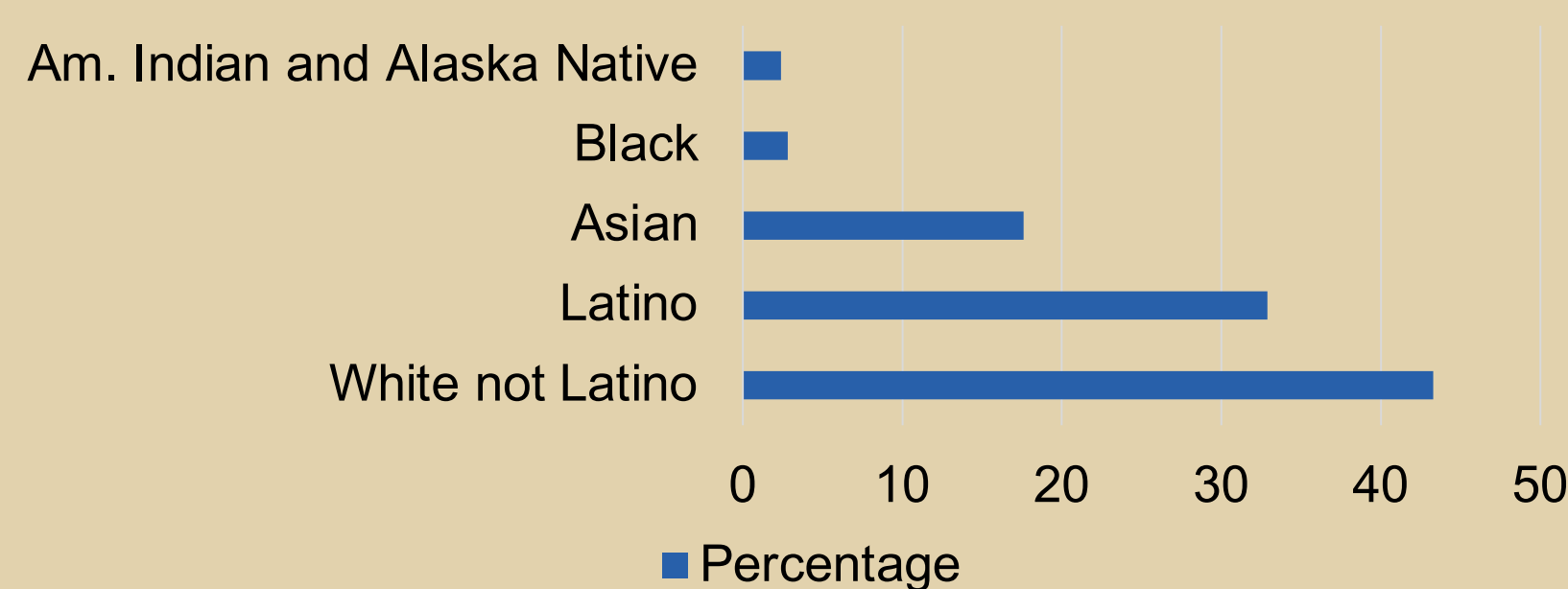
Matthew R. Rodriguez, Johnny Yang, Nicole Marshall-Wheeler, Rayna Barden, Rene McCrory, Melissa Ussery, Jona Pressman, Yasmeen Castro Guillen, Adam Yandel, Jayla Pollard, Alana Logie, and Whitney Brim-DeForest

Introduction

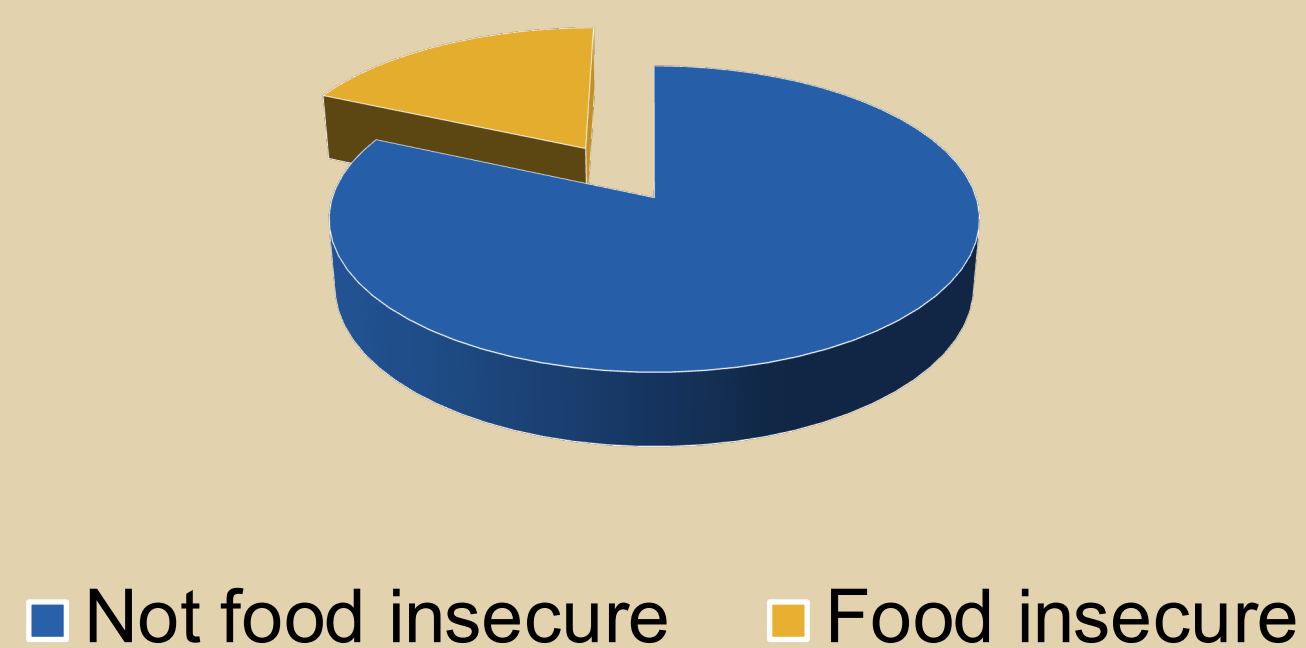
One of the strategic initiatives of the University of California's Division of Agriculture and Natural Resources is to support healthy communities. Three programs that support healthy communities are: 1) 4-H Positive Youth Development, 2) CalFresh Healthy Living, and 3) UC Master Gardener Program.

In Sutter County, which is north of Sacramento, 38% of households have children under the age of 18 (U.S. Census). Nearly 1 in 4 residents are persons under age 18 (U.S. Census). Economically, 16% of families live in poverty (U.S. Census).

Cultural Diversity of All Sutter County Residents



Sutter County Youth Food Insecurity



In 2020, nearly 1 in 5 children under the age of 18 faced food insecurity in Sutter County (Feeding America). Positive youth development programs, such as 4-H, have the potential to provide nurturing developmental contexts that can lead to developmental outcomes (Arnold, 2019). Given that 19% of youth (ages 3-17) in California have one or more mental, emotional, developmental, or behavioral problems (National Survey of Children's Health, 2021), youth programs have an opportunity to provide safe environments for youth to thrive.

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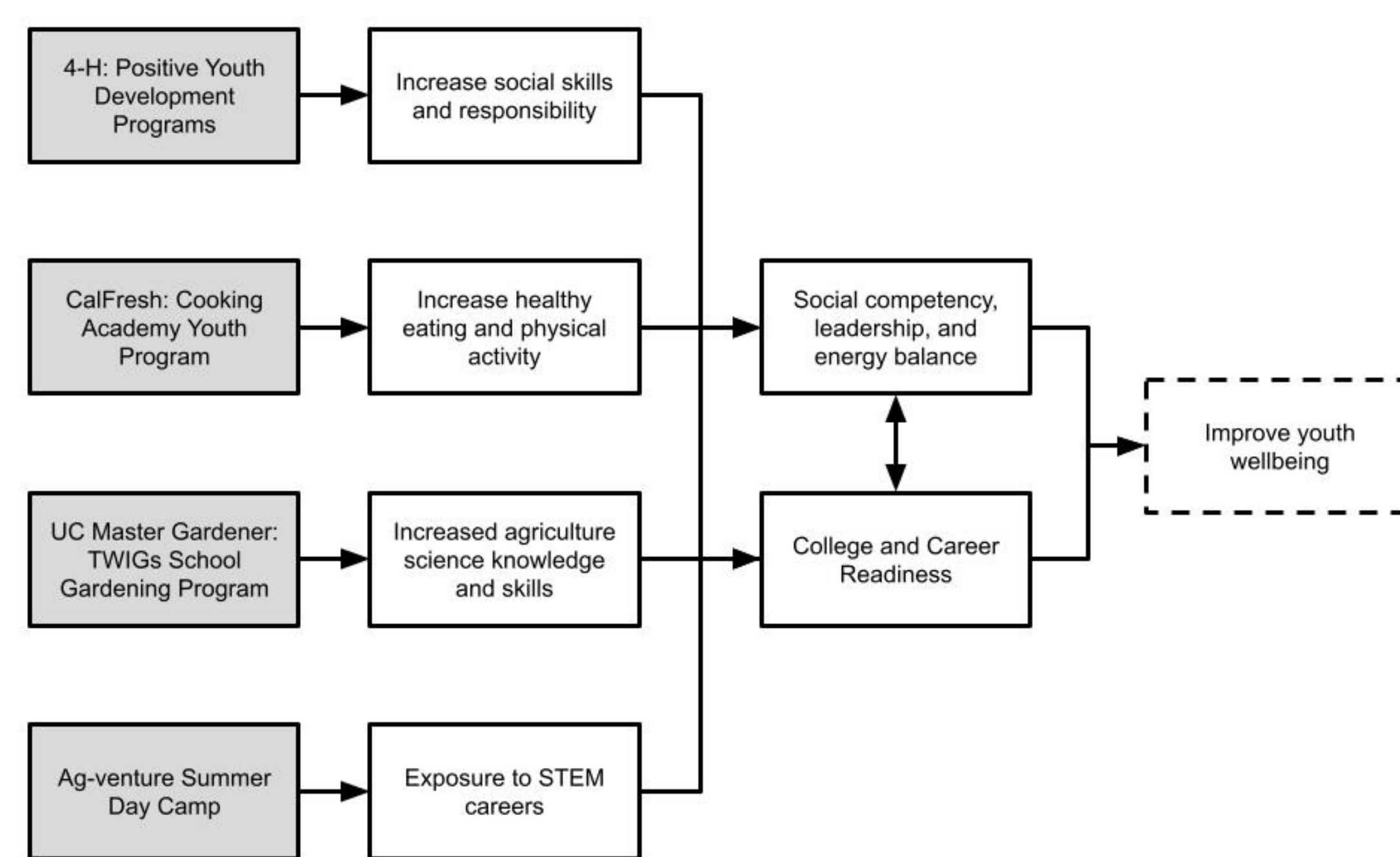


Program Aims

- To increase knowledge and skills (STEM) of young people (ages 5-18) in expanded learning programs in Sutter County schools
- To increase the social, emotional, and wellbeing of youth

Theory of Change

Figure 1: Conceptual Model*



*Youth programs in gray



CalFresh Program Supervisor Melissa Ussery trains school program facilitators on how to teach youth about healthy nutrition.



Park Avenue Elementary School prepares for the upcoming school gardening program.

Methods

- Study design: program evaluation
- Data collection: at the end of each program component to measure program engagement and other outcomes of interest
- Target: underserved youth (ages 5-18) in Sutter county

Program Components

- 4-H Positive Youth Development: Youth will participate in Embryology (i.e. hatching chicks) and Water Wizards (i.e. water resource education) school-based programs
- CalFresh Healthy Living: Youth will participate in Cooking Academy program to learn about healthy energy balance-related behaviors
- UC Master Gardener Program: Youth will participate in the Teams With Intergenerational Support (TWIGS) to learn about school gardening
- Youth will participate in "Ag-venture Day Camp" from July 5-28, 2023 and attend field trips to local agricultural sites to learn about: 1) "Interesting Insects," 2) "Food and Farms," 3) "Woods and Water," and 4) "Awesome Animals"



4-H CES II Rayna Barden trains Sutter county school program facilitators on how to set up an incubator to hatch chicks.



The 4-H Water Wizards program teaches youth about water density and other topics through hands-on experiential learning.

References

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Corresponding author:
Matthew R. Rodriguez, PhD
4-H Youth Development Advisor
Placer, Nevada, Sutter, and Yuba Counties
mro@ucanr.edu

<https://cesutter.ucanr.edu/UCCESYDAYCAMP>

