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


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).

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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*

| 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”

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

References