

# Development Programming: A

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4-H SNAC Clubs support the following UC ANR Public Value Statements: promoting economic prosperity in California, developing a qualified workforce for California, safeguarding abundant and healthy food for all Californians, promoting healthy people and communities, and developing an inclusive and equitable society.

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## Method

4-H SNAC Club follows a school year calendar and, typically, youth meet once per week with consistent adult facilitators during or after school for about one hour.

4-H SNAC Club brings together the positive youth development resources of 4-H; the experience working with low-income communities to promote health and nutrition of SNAP-Ed and EFNEP; and the local expertise of school staff, families, and students.

## Results

- Since the first pilot year in 2016, 4-H SNAC has engaged 500 youth leaders living in low-income, predominantly Hispanic or Latino communities in health and nutrition leadership, reaching over 18,000 of their peers and family members.
- To evaluate participant outcomes during the 2018-2019 school year Teens as Teacher Retrospective Surveys were administered during club meetings to all youth in attendance at five clubs (n=59) in two California counties.
- Youth reported that as a result of participating in 4-H SNAC they: make healthier food choices (88%), eat more fruits and vegetables (74%), and eat less junk food (58%).
- Family outcomes were also reported by youth, including that their family has purchased (80%) and prepared (78%) healthier foods.
- Youth reported positive development outcomes responding that because of participating 4-H SNAC, I: can make a difference in my community (86%), am more confident in helping others (90%), am more confident in myself overall (77%).
- For youth-adult partnerships, youth reported that in 4-H SNAC there were dedicated adults who supported me as a [peer] teacher (92%), and I felt "set-up" for success by adults running the program (80%).

## Aim

4-H SNAC Clubs aim to:

- Improve nutritional and physical health knowledge and practices.
- Improve their confidence in leadership and presentation skills.
- Increase their career readiness and,
- Increase their self-efficacy for being an advocate of health.

Through participation in 4-H SNAC Clubs, it is anticipated that youth will:

- Improve nutritional and physical health knowledge and practices.
- Improve their confidence in leadership and presentation skills.
- Increase their career readiness and,
- Increase their self-efficacy for being an advocate of health.

