

4-H Youth Development Health (Signature)

Situation

“Childhood obesity and its health impacts are well known. The rates vary among age groups but rise as children get older. Teens who are obese have a 70 to 80% chance of becoming obese adults. In addition, significant environmental changes have decreased physical activity and increased food intake. These changes include increased amounts of screen time, less outside play, less physical education in school, increased food portion sizes, fast food, and food used as rewards. Since it is much easier to start with health habits at a young age than try to change as an adult, establishing healthy habits among youth is very important.” (Source: <https://www.udel.edu/academics/colleges/canr/cooperative-extension/first-state-impacts/delaware-4-h-for-health-challenge/>) Roughly one in seven U.S. youth ages 10 – 17, 15.5% have obesity according to the 2018-19 National Survey of Children’s Health (NSCH) data. One-third of children in the U.S. are overweight or obese. In Kansas, 10.6% of youth ages 10 – 17 have obesity (NSCH).

One of the K-State Research and Extension Five Grand Challenges is Health, making it a priority programming area. “Thirty-two percent of Kansas adults are obese, and 21 percent of Kansas children live in poverty. Targeting the diversity of Kansans, Extension programs address quality of life, healthy development, and health behaviors across life stages for all socioeconomic groups.” One strategy is to identify and implement practices to help prevent childhood obesity by making healthy food choices.

One of the National 4-H Mission Mandates is Healthy Living. “4-H empowers youth to be healthy – body and mind – with the skills to make healthy decisions and lead healthy lifestyles. Having the confidence and skills to lead healthy lifestyles not only improves overall well-being; it enables youth to tackle life’s challenges today and become leaders in their lives, careers, and communities as they grow into responsible adulthood.” (Source: <https://4-h.org/parents/healthy-living/>) Two of the core areas of Healthy Living are Nutrition and Fitness.

The 2020 – 2021 Kansas 4-H Positive Youth Development Action Plan includes Health and Wellness with a focus on educating youth about how to make healthy and safe decisions in their daily lives.

The fourth H in 4-H represents Health; with members pledging their health to better living when saying the 4-H pledge. In 4-H, health as the 4-H can take many forms including: (Source: <https://u.osu.edu/4hjournal/>)

- Taking a health-related project.
- Learning more about health through reading and hands-on learning.
- Adopting healthy behaviors.
- Encouraging one’s family and friends to do things to be healthier.
- Teaching others about a health-related topic.

Public Value

4-H empowers youth to be healthy – body and mind – with the skills to make healthy decisions and lead healthy lifestyles enabling them to become healthy adults.

Outcomes

Short-Term (Knowledge)

- Youth will learn the importance of replacing sweetened drinks with low-fat milk and water.
- Youth will learn the importance of eating more vegetables, fruits, and whole grains.
- Youth will learn the importance of reading Nutrition Facts label
- Youth will learn the importance of eating fewer high-fat and high-sugar foods.
- Youth will learn the importance of being physically active for at least 60 minutes a day.

Indicators: Youth will respond positively to survey instruments indicating a change in knowledge and skill.

Medium-Term (Behavior)

- Youth will report increased consumption of low-fat milk and water.
- Youth will report increased consumption of vegetable, fruit, and whole grains.
- Youth will report decreased consumption of sweetened drinks, high-fat, and high sugar foods.
- Youth will read Nutrition Fact labels more often.
- Youth will be physically active for at least 60 minutes a day.

Indicators: Youth will respond positively to survey instruments indicating a change in knowledge and skill.

Long-Term (Change in Condition)

- Participants will maintain a healthy and safe lifestyle, leading to increased quality of life, decreased health problems and medical costs.
- Participants will maintain healthy eating and physically active habits and experience decreases in health-related problems.
- There will be a reduction in the proportion of children and youth who are overweight or obese.

Indicators: Youth will respond positively to survey instruments indicating a change in knowledge and skill.

Outputs

Using Cornell University's Choose Health: Food, Fun and Fitness (CHFFF – pronounced CHIF), the Department of Youth Development staff, may work independently or with youth and adult volunteer leaders to present the six-lesson series at 4-H project meetings, in classrooms, after school, or day camps settings. The Kansas SNAP-Ed program will also be utilizing this curriculum. Youth Development staff may work in cooperation with SNAP-Ed staff to teach the curriculum to eligible youth audiences.

Youth Development Staff must present the CHFFF 6-lesson program in its entirety as it is designed and evaluate it with the pre and post evaluation regardless of the audience being reached and whether working in cooperation with SNAP-Ed or not.

Health Curriculum: Choose Health: Food, Fun, and Fitness (CHFFF). Cornell University

This curriculum is aimed at youth 8–12-years-old and targets those behaviors research shows to be most important for preventing childhood obesity and chronic disease. It also supports the 2010 Dietary Guidelines for Americans and USDA's MyPlate initiative. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes a day.

Available to print online at: <https://fnec.cornell.edu/for-partners/curricula/chfff/>

Available to purchase from National 4-H Mall: <https://shop4-h.org/collections/healthy-living-foods-curriculum/products/choose-health-food-fun-fitness-curriculum>

A virtual option is also available. <https://fnec.cornell.edu/for-partners/curricula/chfff/chfff-virtual-version/>

Teen Leaders Teach CHFFF: 4-H Choose Health Action Teens (4-H CHAT). Cornell University

A companion Teen Leader 4-H Choose Health Action Teens (4-H CHAT) focuses on youth development staff recruiting and training teens to teach. “It integrates youth civic engagement with efforts to encourage healthy lifestyles by engaging teens in teaching healthy eating and active living to younger youth. CHAT trains interested teens to help teach the Choose Health: Food, Fun, and Fitness (CHFFF) curriculum to younger youth in after-school programs, summer camps, schools, and other settings.” Youth Development staff provide teen educators with a structured 12-hour training along with follow-up support and mentoring. <https://fnec.cornell.edu/for-partners/programs/chat/> (Password Required)