



4-H Youth Development

GOAL# 1

4-H Youth Development: Enriching Arkansas children's lives through 4-H Positive Youth Development priority programs, activities and volunteer development.

OBJ.# 1

4-H Healthy Living - (Non Snap Ed/EFNEP) will increase knowledge and skills to lead healthy lives that balance physical, emotional and social health. **Contact - Amanda Welch**
- awelch@uaex.edu

INDICATORS

1. Number of youth surveyed who pay attention to how much fruit they eat each day (answered "yes" or "usually" in the Common Measures Healthy Living Core Survey).
2. Number of youth who pay attention to how many vegetables they eat each day (answered "yes" or "usually" in the Common Measures Healthy Living Core Survey).
3. Number of youth who pay attention to how much water they drink each day (answered "yes" or "usually" in the Common Measures Healthy Living Core Survey).
4. Number of youth who eat breakfast (answered "every day" or "most days" in the Common Measures Healthy Living Core Survey).
5. Number of youth who learned about healthy choices in 4-H (Answered "yes" or "sort of" in the Common Measures Healthy Living Core Survey).
6. Number of youth who pay attention to how active they are each day (answered "yes" or "usually" in the Common Measures Healthy Living Core Survey).
7. Number of youth who encourage others to be active (answered "yes" or "usually" in the Common Measures Healthy Living Core Survey).
8. Number of youth who pay attention to how much time they spend in front of a screen (TV, computer, tablet, or smart phone) each day (answered "yes" or "usually" in the Common Measures Healthy Living Core Survey).
9. Number of youth who encourage friends to make responsible choices (answered "yes" or "usually" in the Common Measures Healthy Living Core Survey).
10. Number of unduplicated youth participants in multi-session CATCH My Breath program

11. Number of unduplicated multi-session CATCH My Breath programs conducted
12. Number of unduplicated youth participants in single-session CATCH My Breath lessons
13. Number of unduplicated single-session CATCH My Breath lessons conducted
14. Number of unduplicated youth entering health-related contests (e.g. quiz bowls, skills, speeches, etc.).
15. Number of unduplicated participants who were taught healthy living practices.
16. Number of unduplicated healthy living programs conducted.
17. Number of adult volunteers trained to deliver healthy living programs.
18. Number of military-connected participants ages 5 - 8 /grades K - 3
19. Number of military-connected participants ages 9 - 12 /grades 4 - 7
20. Number of military-connected participants ages 13 - 18 /grades 8 - 12
21. Number of volunteers assisting with military-connected youth programs/events