

4-H Health Logic Model

Inputs

Health core curriculum
Grants will be pursued by individual counties for program implementation. Facilities to be utilized could include: local county extension offices, community centers, schools, churches, child care facilities, etc.
The efforts of paid staff will be to make connections with local collaborators to either train staff and/or volunteers to implement program or to provide the program themselves.
It will be a total collaborative effort of community partners with the local extension office to provide funding, space,

Outputs

Activities	Participants
<ul style="list-style-type: none"> 4-H School Enrichment Programs 4-H After School Programs 4-H Day or Summer Camps 4-H Clubs 4-H Health Month 	<ul style="list-style-type: none"> Youth, families, staff, volunteers, community leaders, partner organizations, collaborators. Kentucky 4-H Youth Development programs are offered to all youth, ages 9 – 18, in addition to 4-H Clover Buds, ages 5 – 8, and their families.

Outcomes – Impact

Short Term	Medium Term	Long Term
<ul style="list-style-type: none"> Youth will identify healthy lifestyle choices Youth will understand risky behaviors and their consequences Youth will aspire to have higher self esteem Youth will identify healthy ways to handle stress 	<ul style="list-style-type: none"> Increased adoption and mastery of healthy behaviors that lead to a healthy lifestyle that include making healthy lifestyle choices, not engaging in risky behavior and handling stress. 	<ul style="list-style-type: none"> Increased number of youth maintaining positive health habits; Increased number of youth at a lower risk for serious disease and illness; Increased number of youth at a lower risk for physical and emotional distress Youth will develop into competent, capable, contributing adults as important developmental assets are met through their participation in 4-H Health programs.

Situation:
Healthy living is one of three 4-H mission mandates. Components of Kentucky 4-H Health Core Curriculum include: physical activity, substance abuse, bullying, safety, and character education. Moderate physical activity can reduce the risk of developing heart disease, diabetes, colon cancer, stress and high blood pressure. Early substance use in childhood/adolescence affects later drug use (National Healthy Living Task Force). Almost 30% of youth in the United States (or over 5.7 million) are estimated to be involved in bullying as either a bully, a target of bullying, or both (<http://www.safeyouth.org/scripts/faq/bullying.asp>). More persons aged 1-34 years die as a result of injuries than any other cause of death with motor vehicle crashes accounting for approximately half of those deaths (National 4-H Healthy Living Task Force). Individuals, their organizations and their societies effectiveness and wellbeing depend on character development (Charactercounts.org).

External Factors

Demands on family time will continue to be a factor in the programs they choose to participate in over time; families will continue to face resource constraints; changes in society and health practices/services/access will impact young people and their families; research will continue to inform the connections between healthy living and positive youth development; obesity prevention and health improvements will continue to be a core mission of USDA/AGRI and state Extension systems

Assumptions

Extension is ready to make unique contributions to the health and well-being of young people and their families; youth and their families will need to be involved in meaningful learning experiences; 4-H Healthy Living program development and implementation will focus on the risk and protective factors that influence the health outcomes of young people; health behaviors are complex and there will continue to be risk and protective factors on which 4-H HL programs will have little impact; youth will have more variety and opportunities in all facets of their lives, allowing 4-H HL programs to evolve accordingly; youth and their families can improve their health through increased healthy living knowledge, taking advantage of resources, and by reducing health risk factors; youth and their families have the ability to reach optimal physical, social/emotional health, and well-being