



University of Idaho
Extension

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Nurturing leaders since 1912



4-H Youth
Development

2014 Annual Report





2014 Idaho 4-H Statistics



31,946
NONRURAL YOUTH



23,796
RURAL YOUTH



55,742
STATEWIDE YOUTH
IN 4-H PROGRAMS

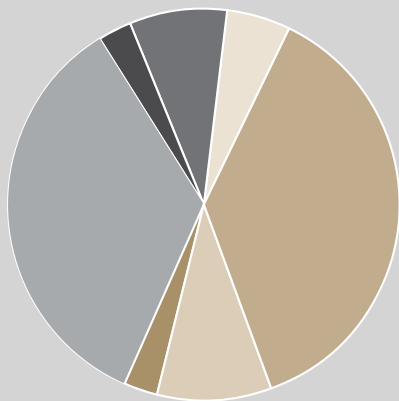


6,889
HISPANIC YOUTH



4,600
REGISTERED
VOLUNTEERS

2014



Budget Allocations

FISCAL YEAR 2014

■ Youth-centered programs	41,021
■ Volunteer development	10,400
■ Friends of 4-H board operations	3,000
■ Staff/faculty professional development and support.....	38,000
■ Marketing and program development	3,000
■ College scholarships	9,000
■ County programs	5,611
Total^a	\$110,032

^aOf the total, \$51,495 came from the 4-H Endowment and \$58,538 from the 15 additional endowments that support 4-H.



Show your 4-H pride.

Request the new 4-H license plate from your county vehicle licensing department.

Statewide 4-H Faculty and Staff Positions

Total FTEs:

66

Number of youth served per FTE:

846

Assets in Endowments Supporting 4-H

FISCAL YEAR 2014

\$1,191,261

4-H ENDOWMENT

\$1,543,313

OTHER ENDOWMENTS (15)

\$2,734,574

TOTAL ASSETS





TOMORROW'S LEADERS

Dear 4-H Friends and Family,

Success of 4-H—the University of Idaho's premier statewide youth development program—is documented in the recent national Tufts University study showing 4-H programs develop youth leadership, civic engagement, interest in science and technology, and the pursuit of higher education.

Idaho's 4-H youth are tomorrow's leaders, likely to fill careers critical to Idaho's and the nation's future. Why?

Each year, with staff members in nearly every Idaho county, UI Extension 4-H Youth Development leaders work with volunteers and community partners to bring research-tested programs to 75,000 Idaho youth aged 5 to 18. Some 15,000 of them engage in traditional 4-H club programs. They learn to plan, complete, and document projects, give public talks, and judge animals and peer performances. Our additional 60,000 youth participate through a variety of programs—environmental and healthy-living camps, leadership training events, and afterschool programs in science, civics, healthy living, and more.

4-H raises awareness of local and global issues and prepares young people to step up to challenges in their community and world. The decade-long Tufts University study of 4-H participants nationwide documented ways 4-H youth excel beyond their peers. To review it, enter "4-H Tufts study" in your web search engine.

Compared to non-4-H participants, 4-H boys and girls are:

- Four times more likely to contribute to their communities
- Two times more likely to be civically engaged
- Two times more likely to make healthier, less risky, choices—including avoiding drugs and alcohol

Thanks to so much hands-on practice — including travel to and participation in state, national, and international events—4-H club members are twice as likely to go on to college than are their peers. And these college students pursue science in higher numbers.

4-H's impact continues beyond school and college. Young adults who were 4-H members are three times more likely to contribute to their communities than their peers.

This folder shares more about UI Extension's 4-H programs that lead to success. I am always happy to hear your thoughts and suggestions.

Sincerely,

Jim Lindstrom, Director
University of Idaho Extension 4-H Youth Development
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CITIZENSHIP

Empowering young people to be engaged, well-informed citizens

4-H teaches service, civic engagement, leadership

A NEW STUDY in the *Journal of Personality and Social Psychology* finds that in comparison to young Baby Boomers and Gen Xers, today's high school seniors and college freshmen are less interested in government, spend less time thinking about social problems, and are less likely to be involved in efforts to help the environment. If those trends continue, a void of leadership could result in fewer adult role models for civic responsibility and less community connection.

For a century, 4-H has emphasized the importance of civic engagement and community service as part of positive youth development. The structured, out-of-school learning, leadership experiences, and adult mentoring that young people receive in 4-H help teens achieve success and become tomorrow's leaders.

Research findings in the recent Tufts University's study—*The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development*—show that 4-Hers in grades 7 to 12 are nearly four times more likely to make contributions to their communities and in grades 8 to 12 are twice as likely to be civically active than their non-4-H peers.

Each February, the Know Your Government Conference (KYG) is a model for effective youth community engagement. Some 200 Idaho teens from 4-H clubs around Idaho arrive at the state capitol and Ada County Courthouse to watch the legislative, executive, and judicial systems at work. They meet and dine with Idaho's political leaders, and then they actually fulfill civic roles themselves—trying legal cases and introducing, arguing, and passing (or rejecting) legislation.

Through KYG, 4-H members experience the decision-making process. This strengthens their connection with our political and social networks through education, application, and inspiration. Delegates to the KYG Conference

- Learn how teens can participate politically to influence state government
- Learn how to bring a case to court
- Develop a positive attitude toward government



Selected 4-H Citizenship Opportunities

- Teen Conference
- Know Your Government Conference
- Teen Leaders
- Citizenship Washington Focus
- Teen Ambassador Leadership Retreat

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SCIENCE

Engaging youth in exploration and discovery

4-H generates excitement for science

A RECORD 3,700 IDAHO YOUTH participated in robotics programs coordinated and developed by UI Extension 4-H Youth Development in 2014. Idaho's 4-H science programs finished the year riding a fine trajectory, thanks to dedicated volunteers, our first summer interns in STEM (science, technology, engineering, math), and our highest-ever participation in October's 4-H National Youth Science Day.

From 26 counties, hundreds of Idaho youth made, programmed, and maneuvered robots through complex challenges in team competitions. For ages 9 to 14, a record 1,100 boys and girls competed in Nature's Fury *FIRST* LEGO League Challenge. For ages 12 to 18, a record number of *FIRST* Tech Challenge teams came to UI's Moscow campus for February's Idaho FTC Block Party Championship.

For even younger children—ages 5 to 9—University of Idaho Extension Robotics, formerly Idaho ROKS, piloted the WeDo Robotics program for 100 students in Magic Valley's Boys & Girls Club, Idaho County's Extension office, and Moscow's Montrose Academy. WeDo engages children's creative thinking, teamwork, and problem-solving skills as they make and program robots using simple drag-and-drop software. 4-H will expand WeDo in 2015.

Also in 2014, four University of Idaho summer interns expanded delivery of STEM programs to youth in Adams, Bannock, Bingham, Bonnevile, Twin Falls, and Washington counties. Results: Youth learned sheep husbandry using "sheep taters" (potatoes); a science summer camp at the Central Idaho 4-H Camp near Ketchum was invigorated; reading programs illustrating robotics' simplicity are now in some rural Idaho libraries; and interest increased for 4-H science programs including rocketry, entomology, and embryology.

October saw amateur rocketeers across Idaho stomp their homemade rockets to deliver a critical payload of raisins to an island needing supplies. Twelve Rockets to the Rescue events, featuring 357 "rocket scientists" and 48 volunteers, made this year's 4-H National Youth Science Day a booming success.



Selected 4-H Science Opportunities

- Animal Projects
- Afterschool Science Projects
- Rocketry
- Robotics Competitions for All Idaho Youth

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HEALTHY LIVING

Achieving physical, social, and emotional well-being

4-H makes Idaho healthier

"We made whole-wheat pancakes at home."

"At a summer migrant program, teachers shared that during lunch their students were being very conscious about their food options – reading labels on milk and juice containers and discussing low-fat amounts."

"During an Eating Out lesson, a child, surprised at the fat in one meal, suggested a fruit smoothie instead of a shake."

These are just a few examples of the kinds of impacts the **4-H Food Smart Families** program had on Idaho kids in 2014.

UI Extension 4-H Youth Development delivered the innovative healthy living program in partnership with UI Extension's Eat Smart Idaho—an educational program for the Gem State's food stamp recipients. 4-H Food Smart Families integrates 10 trained college interns, UI Extension nutrition advisors, and 19 teens into teams to be advocates for healthy living. Most of the teens are 4-Hers trained with 14 hours of hands-on lab instruction.

4-H teens each spent 20 to 100 hours sharing what they'd learned with 2,581 children in schools, recreation departments, Boys & Girls Clubs, YMCA, summer migrant programs, summer feeding sites for low-income families, housing authorities, and 4-H programs across Idaho. Each child learned to make healthy snacks, took home 15 healthy recipes, and learned ways to exercise more.

The teams used Up for the Challenge, an evidence-based healthy living curriculum from University of Maryland Extension. Survey results document a change in knowledge in food safety practices, hand washing, label reading for sugar and fiber contents, importance of a nutrient-rich diet, and being physically active.

4-H delivered the continuing program thanks to a \$166,000 grant from the National 4-H Council and ConAgra Foods Foundation.



Selected 4-H Healthy Living Opportunities

- Food Smart Families
- 4-H Cooking Projects
- ChooseMyPlate.gov
- Community Garden Projects
- Exercise Programs for Youth After School

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