



Recommended 4-H Programs

After reviewing various health and health related programs from across the county, the National 4-H Healthy Living Task Force has identified the following programs as high quality, research based programs. The Hierarchy Level rating and the Program of Distinction status are identified for each program. These two status ratings were two of the many criteria the Task Force used in selecting programs to be recommended for replication or a model for other programs under development.

Hierarchical Classification Framework for Program Effectiveness, Working Group for the Federal Collaboration on What Works, 2004. The classification framework consists of six levels of evidence effectiveness. The five main criteria that determine classification are: randomized control trials; replication with different population and contexts; focus on socially important behavior outcomes; identification of evidence of enduring effects; and dissemination capacity. Those programs noted as ***Effective*** have received top rating for all of the criteria. Those programs noted as ***Promising*** lacked documentation of successful replication. Those programs noted as ***Inconclusive Evidence*** lacked rigorous research design or a preponderance of evidence demonstrating level of effectiveness.

USDA Programs of Distinction (www.national4-hheadquarters.gov/about/pod.htm): *Programs of Distinction* is a recognition program that highlights high quality youth development programs within Cooperative Extension, and occurring in communities throughout the United States. These peer-reviewed programs exhibit strong program development characteristics and contribute to the field of positive youth development; convey new ideas, materials or innovative methods; and demonstrate changes in knowledge, behaviors, attitudes or aspirations of youth and adults. Evidence of impact through documented evaluation is an important component for consideration. Programs of Distinction are supported by the 4-H system partners and coordinated through 4-H National Headquarters, National Institute of Food and Agriculture (NIFA), at the U.S. Department of Agriculture.

The Family Fitness Program

Developed by: Penn State University

Ages/Grades: Ages 8-12

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://extension.psu.edu/familyfitness/>

The *Family Fitness* program targets children and their families, significantly improving family communication, healthy eating and physical activity. Children attend ten sessions to practice making healthy food choices and increasing physical activity via guided discussions and activities. Parents participate in five meetings (three with their child) to receive information, skills, and motivational guidance leading to improved food choices, physical activity, and family support. Parent/family learn-at-home lessons, family discussions and goal setting are included.

4-H Health Jam

Developed by: University of Illinois

Ages/Grades: Ages 8-12

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://web.extension.illinois.edu/state/discover.cfm?DiscoverID=48>

4-H Health Jam engages youth in exploration of health careers, daily physical activity, and the study of body systems. During the nine-week program, youth participate in a two-day overnight camp and an eight-week follow-up. Through *Health Jam*, youth engage in physical activity and identify exercise that appeals to their personal preferences, developing confidence in their ability to perform and enjoyment of the exercise and eliminating perceived barriers to being physically active.

PROSPER: PROmoting School-community-university Partnerships to Enhance Resilience in Pennsylvania and Iowa

Developed by: Penn State University

Ages/Grades: Grade 6

Hierarchy Level: Effective

Program of Distinction: Yes

Complete Description at: <http://prosper.ppsi.iastate.edu/>

PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience) is an innovative model reducing rates of youth substance use and problem behavior and fostering positive youth development. This is accomplished by teaching skills to improve family life and parent-child communication and provide students with skills for planning, problem-solving and peer resistance against problem behaviors. *PROSPER* delivers an estimated \$9.60 return for each dollar investment, in terms of dollars not expended on mental health and substance abuse treatment, juvenile justice interventions, and other costs incurred from problematic youth behavior.

Smart Bodies

Developed by: Louisiana State University

Ages/Grades: Grades K-5

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://smartbodies.org/default.aspx>

Smart Bodies is an interactive educational program designed to help prevent childhood obesity. It integrates classroom activities with hands-on learning to teach children how to build strong bodies and develop active minds.

Strengthening Families Programs for Parents and Youth 10-14 (SFP:10-14)

Developed by: Iowa State University

Ages/Grades: Ages 10-14

Hierarchy Level: Effective

Program of Distinction: Yes

Complete Description at: http://www.strengtheningfamilies.org/html/programs_1999/14_SFP10-14.html

The *Strengthening Families Program* is a parent, youth, and family skills-building curriculum designed to: prevent teen abuse and other behavior problems; strengthen parenting skills; and build family strengths. The program is delivered with seven sessions for parents, youth, and families using realistic videos, role-playing, discussions, learning games, and family projects.

Health Officer

Developed by: West Virginia University

Ages/Grades: Ages 10-12/Grades 5-6

Hierarchy Level: Inconclusive Evidence

Program of Distinction: No

Complete Description at:

http://harrison.ext.wvu.edu/4_h_and_youth_development/4_h_club_officer_resources/4_h_health_officer

The *Health Officer* initiative builds youth leadership and integrates health education into the existing 4-H community network by selecting 4-H members to become their club's 4-H Health Officer. The Health Officer teaches their club members to track daily personal health behaviors related to a monthly challenge. Families receive handouts that reinforce health habits and facilitate interaction.

National Safe Tractor & Machinery Operation Program (NSTMOP)

Developed by: Pennsylvania State University

Ages / Grades: Ages 14 - 15

Hierarchy Level: Promising

Program of Distinction: No

Complete Description at: <http://www.nstmop.psu.edu/>

This certification program is designed to teach general farm safety and safe tractor and machinery operation to 14-15 year olds who want to be legally employed to operate tractors and machinery. The regulation that governs this program does not apply to youth operating equipment on their family farm.

ATV Safety Program

Developed by: National 4-H Council

Ages / Grades: Grades 4-12

Hierarchy Level: Promising

Program of Distinction: Yes

Complete Description at: <http://www.atv-youth.org/>

4-H ATV Safety teaches safe riding principles through “classroom” style experiential learning activities; promotes awareness of proper safety gear, fit guidelines and age/size-appropriate ATVs; and develops decision-making & critical thinking skills for safe and responsible riding.