

# Health & Wellness - Obesity 4-H Youth

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Region: East Circle which primary base program it addresses - 4-H FCS CD

## Section 1. Relevance

### Where did this issue surface?

Texas Community Futures Forum  
County Committees

### What is the issue/problem?

Obesity.

### Problem size and scope? (How many people does it affect? How wide spread?)

- >19 counties across the state of Texas
- >13,053 under 20 have Type 1 or Type 2 diabetes
- >Annual US cost of disease associated with obesity = \$117 billion
- >Overweight and obesity leads to 300,000 deaths
- >\$351 billion on health care

### Problem severity? (How serious is this issue?) **HIGH**

Description **Weight management - health**

### Target Audience? (Who does the problem impact and how many?)

Traditional 4-H Youth

### What are some general characteristics of the audience this program targets? How will you market this program to others?

Youth 4-H members ages 9-18 - Through 4-H Program (leaders, speakers, agents, (etc.)

## Section 2. Response

### State the goal of the program.

*To create a healthy, active lifestyle in 4-H club members.*

### State the outcome objectives.

Client Change	At the end of this program, will....
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<i>Knowledge</i>	<p>increase knowledge on.....</p> <ul style="list-style-type: none"> <li>&gt;importance of food pyramid</li> <li>&gt;portion control</li> <li>&gt;health risks</li> <li>&gt;value of physical activity</li> </ul>
<i>Skills</i>	<p>develop skills....</p> <ul style="list-style-type: none"> <li>&gt;food preparation</li> <li>&gt;food selection / choices</li> <li>&gt;proper exercise / physical activity</li> </ul>
<i>Attitude</i>	<p>change their attitudes pertaining to...</p> <ul style="list-style-type: none"> <li>&gt;willing to try new food items (i.e. vegetables)</li> <li>&gt;develop a positive attitude toward a healthy lifestyle</li> <li>&gt;physical activity</li> <li>&gt;lifestyle</li> </ul>
<i>Behavior Change</i>	<p>adopt....</p> <ul style="list-style-type: none"> <li>&gt;4-H members and families will implement more nutritious foods in their diets</li> <li>&gt;4-H members and families will increase physical activity</li> <li>&gt;4-H members will increase physical activity at club meetings</li> </ul>
<i>New Technology</i>	<p>adopt....</p> <ul style="list-style-type: none"> <li>&gt;4-H members in the F &amp; N project will instruct club members on internet websites and technological advances</li> </ul>
<i>Best Practice</i>	<p>adopt .....</p>

**Program Design**

<b>Topic (Subject Matter) **</b>	<b>Strategy to Deliver Content (Method)</b>	<b>Existing Resource(s)</b>	<b>Contact Person(s) (Includes CEA's Specialists, Commodity Reps)</b>
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physical activity	walking & physical activity	Walk Across Texas <a href="http://walkacrosstexas.tamu.edu/">http://walkacrosstexas.tamu.edu/</a>	Carol Rice
physical fitness	club meetings	Low Ropes course	CEA's, 4-H Specialists, etc.
Nutrition	Club / Project meeting Workshop	Six Easy Bites	CEA's

### **Section 3. Results**

<b>Client Change Level</b>	<b>Sample Questions</b> (Review the objectives section to help place questions or statements in the space below)
<i>Knowledge</i>	<ol style="list-style-type: none"> <li>1. As a result of the 4-H F &amp; N project, how has your diet improved?</li> <li>2. Are you eating smaller or larger portions now?</li> <li>3. What health risks are associated with an unhealthy lifestyle?</li> <li>4. What ways are you more physically active?</li> <li>5. What ways are your 4-H clubs more physically fit?</li> </ol>
<i>Skills</i>	<ol style="list-style-type: none"> <li>1. How have you been able to prepare meals for your family?</li> <li>2. How are you promoting a more healthy diet and active life to 4-H members?</li> </ol>
<i>Attitude</i>	<ol style="list-style-type: none"> <li>1. Have 4-H club members attitudes improved toward more physical activity?</li> <li>2. Are 4-H members and families preparing more nutritious meals?</li> </ol>

**Economic Indicators.** Are there economic indicators that can be measured concerning this issue?

(YES)

NO

Please list them below.

**Health care cost within the county**

**Interpretation.**

Internal to Extension Stakeholders	External Stakeholders
Faculty A & M System Co. VLAT	Commissioners Court State legislators School systems Physical Education teachers Law Enforcement

**Additional Resources.** What additional resources are needed to address this issue? In other words, what is needed to design innovative programs that will impact our audiences? Use the space below or the back if needed.

*Money and prepackaged programs*

