

# 4-H Physical Activity Logic Model

## Inputs

### What we invest

- \* Evidence-based and evidence-informed curricula, delivery modes and curricula.
- \* 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, volunteers or youth leaders to implement program or to provide the program themselves.
- \*It will be a total collaborative effort on community partners with the local extension office to provide funding, space, materials, etc.

Moderate physical activity can reduce the risk of developing heart disease, diabetes, colon cancer, stress and high blood pressure.

Physically active people live longer and have better quality lives than inactive people.

Physical activity levels decrease across the lifespan.

Children and youth should engage in 60 minutes of moderate to vigorous physical activity, ideally everyday.

There is a significant decrease in the amount of physical activity between elementary school and high school students, especially for girls.

## Outputs

### What we Do

- Provide cooperative and experiential learning, non-formal education opportunities.
- Provide access and utilization to physical activity opportunities in communities, including after school programs, schools, camps and other settings.
- Implement intervention that reduce screen time and increase physical activity.
- Advocate for improved indoor and outdoor environments for family physical activity and recreation.
- Design and implement multi-component programs that meet physical activity standards for skill building and self-efficacy, and engage families in meaningful ways.
- Collaborate with community partners to provide adequate physical activity facilities during organized events.

### Who we Reach

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.

***Assumptions***

4-H makes valuable contributions to youth; Extension contributes to the health and well-being of youth and their families; youth and their families are more involved in meaningful learning experiences; youth and their families can improve their health through increased healthy living knowledge, taking advantage of resources, and reducing risk factors; youth and their families have the ability to reach optimal physical, social/emotional health, and well-being.

## Outcomes – Impact

### Short Term

- Gain knowledge, attitudes, skills, and aspirations to increase physical activity.
- Gain knowledge about the relationship between disease and weight,
- Learn that fitness can be fun while being healthy,
- Educate parents to help change attitudes and to understand the importance of being more physically active together.
- Identify safe places in their community where they can be physically active.

### Medium Term

- Adopt new or improved habits and behaviors related to physical activity practices.
- Engage in regular physical activity.
- Maintain physical activity at age-appropriate recommended levels.
- Increased physical activity in families and schools,
- Adopt new strategies for physical and mental relaxation,
- Youth implement changes gradually through the development of their personal physical activity goals.
- Provide access to safe places where youth and their families can be physically active.

### Long Term

- Participants will reduce their risk for weight related or preventable diseases through healthier lifestyle choices resulting in decreased medical and mental health costs.
- Youth and families will increase physical stamina.
- Kentucky culture will accept and promote a more active lifestyle.
- The stereotypical view of Kentuckians will be challenged through improved health indicators.

***External Factors***

Families will continue to face resource constraints, demands on family time will continue to be a factor in the programs they choose to participate in over time; 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; health education will continue to be a core component in the KY 4-H Youth Development program; peer influence has a strong impact on creating changes.