

# IMPACT

 University of Idaho  
Cooperative  
Extension System

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## Owyhee County Expands 4-H to 1762 Youth in 2001

### *The Situation*

According to **Idaho Kids Count**, data gathered by Mountain States Group, Inc., 79% of Owyhee County women with children under 18 work outside of the home. Due to the number of parents in the work force, there are fewer available volunteers for youth programs. Forming partnerships with other agencies and schools is necessary to expand the 4-H program.

### *Our Response*

With funding provided by the Laura Moore Cunningham Foundation and the Extension Nutrition Program, a 4-H Program Coordinator and two part-time 4-H Youth Nutrition Advisors are reaching expanded audiences with the 4-H program. Increased numbers of youth are being reached with non-traditional, special interest, school enrichment, and the traditional 4-H programs. The Extension Nutrition Program is educating more youth. Youth from diverse audiences and at-risk youth are learning life skills through the following expanded 4-H activities.

#### **Traditional 4-H projects**

|                |                       |
|----------------|-----------------------|
| Clothing       | Join the Fitness Team |
| The Total Look | Fit It Altogether     |
| Modeling       | Teens Entertain       |
| Teen Leader    | Fun with Frozen Dough |
| Child Care     | International Foods   |
| Etiquette      | Self-Determined       |
| Art            | Cloverbuds            |
| Handwork       | Gardening             |

#### **Food and Nutrition School Enrichment projects**

|  |                      |
|--|----------------------|
| Sports Nutrition                           | Creative Bread Dough |
| International Holiday                      | Food Heritage        |
| Goodeater Farm                             | Smart Snackers       |
| Pyramid Exploration                        | Holiday Mixes        |
| The Food Guide Pyramid                     | Jr. Chef             |
| A Taste of Space                           | Diet Analysis        |
| Summertime Foods                           | Fight Bacteria       |
| Smart Summer Snacks                        | Chef Combo           |
| Microwave Connection                       |                      |
| Food and Nutrition Cleanliness             |                      |
| Prenatal and Infant Nutrition-Teens at MHS |                      |
| Toddler and pre-K Nutrition-MHS            |                      |
| Eating Disorders- MHS Teens                |                      |

#### **Non-traditional 4-H projects**

|                     |                   |
|---------------------|-------------------|
| Fit for Flight      | Aerospace         |
| Early Dreamers      | Edible Bugs       |
| Quilting            | Cake Decorating   |
| Bicycle             | Wildlife of Idaho |
| Looking Your Best   | Food Fun and Art  |
| Plant Pals          | Entomology        |
| Natural Heritage    | Go Glow Grow      |
| Pledge is a Promise | Citizenship       |

### *Program Outcomes*

In 2001, 4-H reached 1,762 youth in Owyhee County with traditional and non-traditional 4-H projects. These youth completed from 7 to 13 lessons for each project. Of these youth, 555 (31%) were Hispanic, an audience traditionally underserved by the 4-H program.

One of the popular programs was Aerospace, offered to the Marsing Elementary After School Program. The children learned about the force of gravity, food in space, spacesuits and much more. Building straw rockets, making and launching Gnome rockets and a demonstration by area remote control airplane enthusiasts were highlights. The children enjoyed a visit from the Idaho Air National Guard Blackhawk helicopter. The finale to the project was touring the Idaho Mobil Space Station. Two hundred ten youth participated in the Space Station visit.



Teachers are attesting to the positive impact of the programs. Marsing Middle School ESL teacher said, “The activities you’re doing with the kids are great! They have me for a teacher all day and I don’t have the expertise in every area—they miss out on the science experiments and field trips. These kids are left

behind because of their language. Now they have a chance to do some hands on learning.”

In addition to the large increase in 4-H enrollment, over 721 4-H nutrition projects from the non-traditional program and many traditional projects were exhibited at the county fair. The Laura Moore Cunningham Foundation funded many of the 4-H project supplies, special activities, and field trips.

Children are learning healthy eating habits while learning about the Food Guide Pyramid in the Extension Nutrition Program. After a lesson comparing milk to soda pop and the importance of drinking milk, a mother reported her daughter making the following statement after they stopped for dinner at a fast food drive-thru. Her first grader was drinking soda when she suddenly turned to her mother and said, “Now I will have to eat 4 dairy foods to make up for this soda!” The mother was impressed with her daughter’s learning.

### **Cooperators and Co-Sponsors**

The Laura Moore Cunningham Foundation  
Bruneau Elementary School  
Grand View Library Reading Program  
Grand View Elementary School  
Homedale Elementary School  
Homedale Summer Camps

Marsing After School Program  
Marsing School District  
Marsing Resource Center  
Marsing Summer Camps  
Pleasant Valley School  
USDA Food and Nutrition Services in cooperation with the Idaho Food Stamp Program, Department of Health and Welfare provide funding in support of the Extension Nutrition Program

## ***The Future***

The non-traditional program’s success—project completion by diverse and at-risk audiences—indicates the potential exists to continue reaching significant numbers of youth.

Partnerships with Marsing, Homedale, Pleasant Valley and Grand View Schools are in place, and the potential for expanding programs is evident with a 4-H program coordinator in place. Partnerships with Bruneau Elementary School and Rimrock High School will be developed over the next three years to expand 4-H.

The 4-H Program Coordinator position continues with funding being provided by the Laura Moore Cunningham Foundation.

## ***For More Information***

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