University of Delaware
Post-Program Evaluation Results
4-H Healthy Living
Funded by Walmart

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About the Data

The results presented in this report are based on data from 1266 post-program questionnaires from 4-7 graders that were entered into the 4-H Common Measures database. Graphs display percentages of respondents.

Part One: Tell us about your 4-H Experiences

How many years have you been participating in 4-H? (N: 764)

How many hours do you typically spend in 4-H programs/projects? (N: 761)

Involvement
Part Two: Healthy Choices

How hard would it be for you to...

<table>
<thead>
<tr>
<th>Choice</th>
<th>Not Hard at All</th>
<th>A Little Hard</th>
<th>Very Hard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat fruit for a snack (N: 1248)</td>
<td>3.6</td>
<td>11.7</td>
<td>84.7</td>
</tr>
<tr>
<td>Eat vegetables for a snack (N: 1233)</td>
<td>10.9</td>
<td>35.4</td>
<td>53.7</td>
</tr>
<tr>
<td>Choose water instead of soda pop or Kool-Aid when you are thirsty (N: 1238)</td>
<td>8.9</td>
<td>30.6</td>
<td>60.5</td>
</tr>
<tr>
<td>Drink 1% or skim milk instead of 2% or whole milk (N: 1230)</td>
<td>18.6</td>
<td>29.2</td>
<td>52.2</td>
</tr>
</tbody>
</table>

How hard would it be for you to...

<table>
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<tbody>
<tr>
<td>Choose a small instead of a large order of French fries (N: 1240)</td>
<td>10.7</td>
<td>27.8</td>
<td>61.5</td>
</tr>
<tr>
<td>Eat smaller servings of high fat foods (N: 1240)</td>
<td>13.5</td>
<td>38</td>
<td>48.5</td>
</tr>
<tr>
<td>Eat a low-fat snack like pretzels instead of chips (N: 1242)</td>
<td>7.2</td>
<td>25.8</td>
<td>67</td>
</tr>
<tr>
<td>Drink less soda pop (N: 1242)</td>
<td>11.9</td>
<td>26</td>
<td>62.1</td>
</tr>
<tr>
<td>Drink less Kool-Aid (N: 1246)</td>
<td>9.3</td>
<td>22.6</td>
<td>68.1</td>
</tr>
</tbody>
</table>
I learned the foods that I should eat every day (N: 1166)
I learned what makes up a balanced diet (N: 1163)
I learned why it is important for me to eat a healthy diet (N: 1167)
I learned how to make healthy food choices (N: 1156)

As a result of participating in this 4-H Healthy Living Program...

I eat more fruits and vegetables (N: 1172)
I eat more whole grains (N: 1162)
I eat less junk foods (N: 1160)
I drink more water (N: 1162)
I encourage my family to eat meals together (N: 1112)
Part Three: Physical Activity

I do moderate physical activities like walking, helping around the house, raking leaves, or using the stairs (N: 1237)

I exercise 60 minutes every day (N: 1216)

Physical Activity

- Helping around the house, raking leaves, or using the stairs (N: 1237)
  - Always: 59.6%
  - Usually: 26.7%

Being active is fun (N: 1221)
- 86.8%

Being active is good for me (N: 1221)
- 94%

Physical activity will help me stay fit (N: 1223)
- 93.9%
Part Four: Tell Us about You

**Age (N: 1230)**

- 7 years: 0.1
- 8 years: 0.5
- 9 years: 0.7
- 10 years: 2.9
- 11 years: 26
- 12 years: 31.6
- 13 years: 26.9
- 14 years: 9.9
- 15 years: 1.3
- 16 years: other

**Grade (N: 1230)**

- 2nd: 0.4
- 3rd: 0.7
- 4th: 1
- 5th: 3.2
- 6th: 42.2
- 7th: 30.9
- 8th: 21.6
- 9th: other

**Gender (N: 1221)**

- Female: 47.9
- Male: 52.1
Race (N: 1256)

- American Indian or Alaskan Native: 6.0%
- Asian: 3.1%
- Black or African American: 32.0%
- Native Hawaiian or Other Pacific Islander: 2.0%
- White: 56.9%

Ethnicity (N: 1171)

- Hispanic or Latino: 19.1%
- Not Hispanic or Latino: 80.9%

Which of the following describes the primary place where you live? (N: 1221)

- Farm: 12.9%
- Rural (non-farm residence/town under 10,000): 17.7%
- Town or City 10,000 - 50,000: 55.1%
- Suburb of a City over 50,000: 6.1%
- City over 50,000: 8.2%