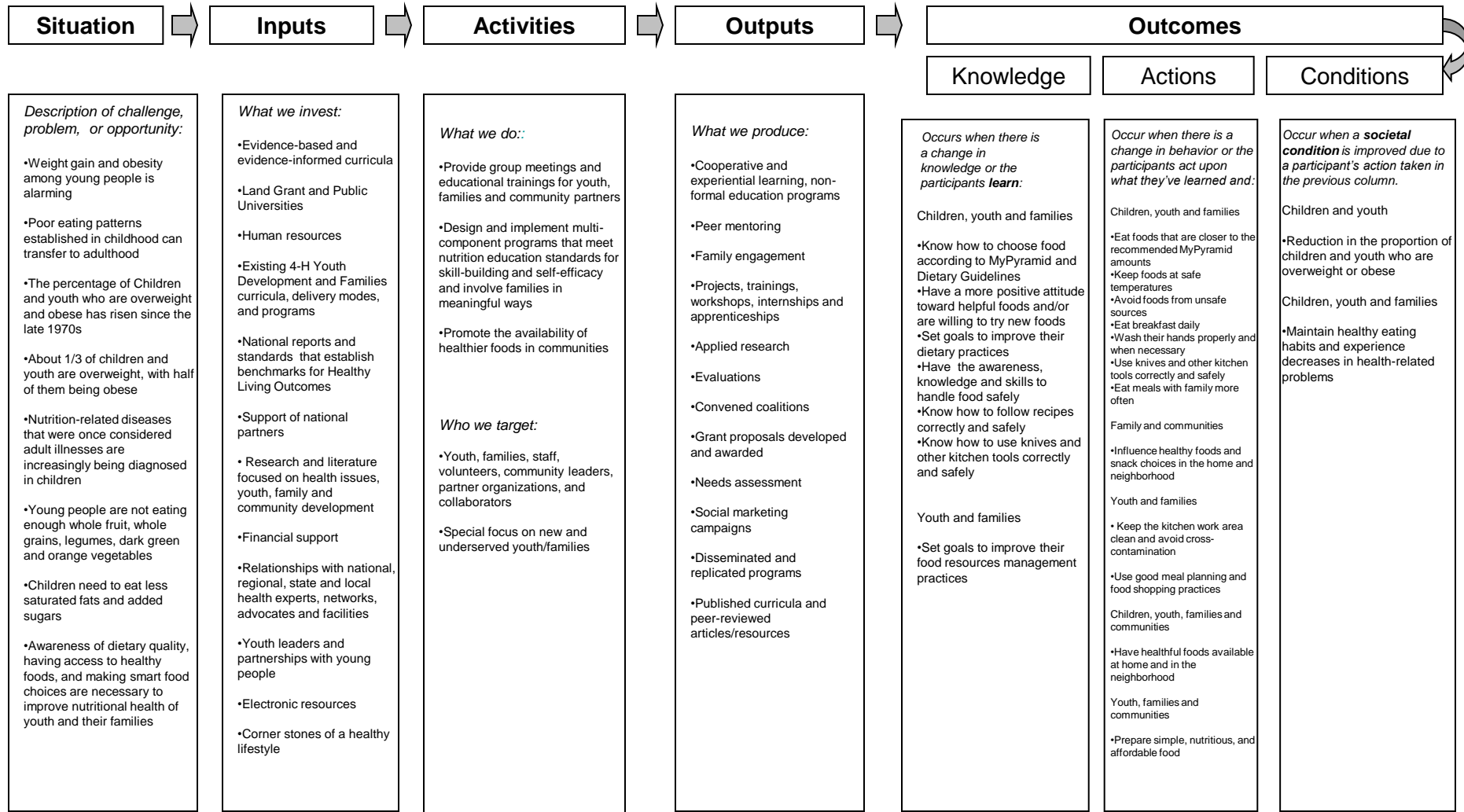


4-H Healthy Living Logic Model – Improved Nutrition Intake and Healthy Eating



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; 4-H HL program development and implementation will focus on the risk and protective factors; health behaviors are complex and there will continue to be risk and protective factors on which 4-H will have little impact; youth will have more variety in choices and opportunities, 4-H HL programs will evolve; 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

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 health living and positive youth development; obesity prevention and health improvements will continue to be a core mission at the USDA/NIFA, state and local Extension systems; high priority will be placed on policy changes for individuals and communities; peer influence has a strong impact on creating changes.