

## Core Program Area: HEALTH and WELLBEING

This evaluation tool should be used for:

- Health and Wellbeing (601)

4-H Program Impact Evaluation for Volunteers who have provided six hours (or more) of education.			
<b>Communications:</b>			
<i>After participating in 4-H...</i>			Yes No
501.18	I taught youth to express their thoughts or opinions.		
501.19	I taught youth how to use information to communicate with others.		
501.20	I provided opportunities for youth to demonstrate a skill they learned.		
<b>Leadership:</b>			
<i>After participating in 4-H...</i>			Yes No
501.21	I provided opportunities for each youth to serve in a leadership role.		
501.22	I facilitated experiences for youth to work in a team/group to accomplish a common task or goal.		
501.23	I helped youth understand how their actions impact others.		
<b>Civic Engagement:</b>			
<i>After participating in 4-H...</i>			Yes No
501.24	I facilitated the identification of the needs of others in my community.		
501.25	I coordinated service activities (community service, service learning, personal service to others).		
501.26	I taught youth to recognize leaders in the community or area of interest.		
<b>Core Program Area: Health &amp; Wellbeing</b>			
<i>After participating in 4-H...</i>			Yes No
<b>Short Term Outputs (Administered Immediately After Program/Event)</b>			
601.1	I helped youth identify their interests in health and wellbeing.		
601.2	I helped youth realize the impact that good daily habits have on the health and wellbeing in their lives.		
601.3	I taught youth ways to be active and how physical activity contributes to their overall health.		
	I introduced concepts, ideas, and coping skills in health and wellbeing and helped youth to understand them.		
<b>Medium Term Outputs (Administered Immediately After Program/Event)</b>			



601.9 601.6	Youth reported identifying one or more jobs that might be a good fit for them in Health and Wellbeing and are making plans to pursue them.		
	Youth reported applying critical thinking and problem-solving skills I taught in 4-H health and wellbeing programs to other areas of their life.		
601.7	Youth reported using the knowledge and skills I taught in health and wellbeing to complete a 4-H project.		
601.10	Youth reported using the skills and knowledge I taught in 4-H to encourage family or friends to make responsible choices related to their health or wellbeing.		
	Youth reported applying positive coping skills I taught in 4-H to help manage stress.		
	Youth reported applying the skills and knowledge I taught in 4-H to make good choices regarding their health and wellbeing.		

