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| County Emphasis |  |

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| [Concentration](https://extension.ca.uky.edu/2025-situation-statements)  *(select up to 4 from list below or the linked website)* | Health and Wellbeing |

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| [Situation](https://extension.ca.uky.edu/2025-situation-statements)  *(situation statements can be found at the linked website)* | The opportunities and resources available to support the health and well-being of adults and families in Kentucky vary widely. Disparities in health-promoting knowledge, resources, and infrastructure contribute to higher rates of chronic health conditions and lower quality of life. Prevention, early detection, and care are essential to maintain and/or improve quality of life. Yet, this burden is often placed on individuals to navigate the  healthcare system and traditional public health entities. Additionally, for decades, little attention has been given to the external factors that undoubtedly affect health such as access to care, education, nutritious foods, and safe physical spaces. These same issues and concerns were echoed throughout the 2023 UK Cooperative Extension Community Assessment. Within the top 15 priority issues identified by Kentuckians, “ensuring individuals and families have access to affordable nutritious foods” was #4 and “reducing youth obesity through nutrition education and/or exercise” was #8. Guided by the Cooperative Extension’s National Framework for Health Equity and Well-being, UK Extension aims to become a critical public health partner for addressing disparities in health-promoting knowledge, resources, and infrastructure through comprehensive health, nutrition, and wellness programming that supports adult physical health and well-being.  Youth Focus  Thriving youth are healthy, productive, and engaged (Arnold, 2024). According to Kentucky Kids Count Database (AECF, 2023) 41% of Kentucky teenagers are obese or overweight. Youth are also experiencing alarming levels of negativity about themselves, their confidence in the future, and their ability to find contentment in life (McKinsey & Company, 2022). 30% of youth are chronically absent (United States Department of Education, 2024). The University of Kentucky Cooperative Extension Service Needs Assessment (2024) identified key priorities issues related to health and wellbeing as need for improved access to mental health and wellbeing resources, reducing youth obesity through nutrition education and/or exercise, minimizing bullying and/or school violence. To address these issues, Kentucky 4-H creates opportunities for youth in the five domains of physical, emotional, social, spiritual, and intellectual health and well-being. |

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| County Situation |  |

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| Long-term  Outcomes | Adult   * Routinely meeting guidelines and recommendations for health behaviors that promote wellness and quality of life * Community environments that equitably support health-promoting behaviors where people live, learn, work, and play * Increased availability and accessibility to community-based health resources * Reduced rate and burden of non-communicable chronic diseases and injury * Decreased health disparity prevalence in Kentucky counties * Improved quality of life   Youth   * Kentucky 4-H members report decreased obesity. * Increased number of 4-Hers who pursue employment in the health and wellbeing field. * Youth will increase contributions to their communities through applying critical thinking, problem-solving, and effective communication learning in the 4-H Health and Well-Being Core Content Area. |

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| Medium-term  Outcomes | Adult   * Increased health-promoting behaviors that support family, community, and occupational health and safety * Increased and/or strengthened partnerships to address community health or safety issues * Increased organizational/site/community support for health-promoting behaviors that equitably address community health or safety issues   Youth   * 4-H members will practice general wellness habits. * Increased self-reflection and exploration of personal values and beliefs related to health and well-being among 4-Hers. * 4-H members will increase physical activity. |

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| Short-term  Outcomes | Adult  Health promoting behaviors include but are not to, regular physical activity, safe preparation and consumption of nutritious foods, vaccinations, moderate or no consumption of alcohol, avoiding/reducing/eliminating tobacco use, health screenings, sleep, stress management, health literacy, pest prevention/reduction/management, and occupational safety.   * Increased knowledge about health-promoting behaviors. * Increased awareness of community resources to support health-promoting behaviors. * Increased confidence in making decisions related to health-promoting behaviors. * Improved skills related to health-promoting behaviors   Youth   * Increased knowledge of positive mental health practices * Increased knowledge and awareness of healthy habits and practices among 4-Hers. * Improved attitudes and beliefs towards healthy habits and practices among 4-Hers. * Increased knowledge of general wellness practices |

Learning Opportunities

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| Audience | Families and Individuals |
| Project or Activity | Family & Community Health |
| Content or Curriculum | Publications, presentations, trainings, demonstrations, Health Bulletins, Pathways to Wellness, resources for early care and education settings, Health Literacy for the Win, Health Family Guides, Healthy Homemakers, Vaccine and on-site clinic opportunities, chronic disease prevention programs and materials, health fairs, hygiene education |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, health coalitions, healthcare providers, health departments, non-profits, faith-based organizations, schools, company health & wellness, community centers, etc. |
| Date(s) | Ongoing |

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| Audience | Families & Individuals |
| Project or Activity | Physical Activity |
| Content or Curriculum | Publications, Faithful Families, Story Walks, Health and wellness Ambassadors, Shared Space Agreements, Health Coalitions, WIN, Health Partners, Bingocize, Walk Your Way, Families on the Move, County Walking Challenges, Mindfulness Trails, Fit Tips, Hiking for Health |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, facilities, health coalitions, healthcare providers, health department, non-profits, schools, company health & wellness, faith-based organizations, Homemakers, community centers, etc. |
| Date(s) | Ongoing/seasonal |

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| Audience | Families & Individuals |
| Project or Activity | Nutrition Education |
| Content or Curriculum | Nutrition Education Program, SNAP-Ed toolkit, Publications, Faithful Families, Cook Together Eat Together, Savor the Flavor, Dining with Diabetes, Plate it up! Kentucky Proud, Cook Wild Ky, Food as Health Toolkit, Recovery Garden Toolkit, Family Mealtime, maternal and child health program materials, |
| Inputs | Programmatic materials, paid staff, community partners, volunteers, faith-based organization, health coalitions, healthcare Providers and local clinics, health department, non-profits, schools, company health and wellness, Homemakers, farmers’ markets, local farms/growers/producers, commodity groups, community centers, etc. |
| Date(s) | Ongoing |

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| Audience | Families & Individuals |
| Project or Activity | Physical, Environmental, and Occupational Safety |
| Content or Curriculum | Publications, presentations, trainings, demonstrations, In the Face of Disaster, Pest Control Short Course, Stop the Bleed, … … … |
| Inputs | Programmatic materials, paid staff, community partners, businesses, creative entrepreneurs, local farms/growers/producers, commodity groups, housing authorities |
| Date(s) | Ongoing/seasonal |

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| Audience | Communities |
| Project or Activity | Policy, Systems, and Environmental (PSE) Approaches |
| Content or Curriculum | Pathways to Wellness, Faithful Families, Story Walks, Shared Space Agreements, parks and trail development, Active Community Toolkit, resources for early case and education settings, food system work (e.g. farmers’ markets, backpack programs, community gardens), SNAP-Ed toolkit, creating and Maintaining Health Coalitions, Arts in Health publications, CEDIK Healthy Communities toolkit |
| Inputs | Programmatic materials, paid staff, community partners, volunteers, grant funds, local organizations and community partners, health coalitions, Nutrition Education program, local farms/growers/producers, key stakeholders, elected officials, Department of Transportation, employee health and wellness, schools, etc. |
| Date(s) | Ongoing |

Youth

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| Audience | Youth |
| Project or Activity | Nutrition and Food Preparation |
| Content or Curriculum | Jump Into Food and Fitness |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities. * Accredited and certified volunteers in 4-H FCS projects. * Kentucky Extension Homemakers Association * Four residential camping facilities. * Cooperative Extension Educational facilities. * Utilization of approved research-based curriculum. * Outreach of the Cooperative Extension Land-Grant System. * Funding from the Kentucky 4-H Foundation, Inc. * Funding from local, state, and federal sources. * Engagement of youth and volunteers in program delivery. * Engaging communities in identifying and implementing programming based on local needs |
| Date(s) | September 1 – August 30 |

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| Audience | Youth |
| Project or Activity | Health Rocks |
| Content or Curriculum | 4-H Health Rocks! Curriculum.  Additional resources include Healthy Bodies: Teaching Kids What They Need to Know  Substance Abuse  Mental Health Services Administration. |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities. * Accredited and certified volunteers in 4-H FCS projects. * Kentucky Extension Homemakers Association * Four residential camping facilities. * Cooperative Extension Educational facilities. * Utilization of approved research-based curriculum. * Outreach of the Cooperative Extension Land-Grant System. * Funding from the Kentucky 4-H Foundation, Inc. * Funding from local, state, and federal sources. * Engagement of youth and volunteers in program delivery. * Engaging communities in identifying and implementing programming based on local needs |
| Date(s) | September 1 – August 30 |

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| Audience | Youth |
| Project or Activity | Nutrition and Food Preparation |
| Content or Curriculum | Wellness in Kentucky |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities. * Accredited and certified volunteers in 4-H FCS projects. * Kentucky Extension Homemakers Association * Four residential camping facilities. * Cooperative Extension Educational facilities. * Utilization of approved research-based curriculum. * Outreach of the Cooperative Extension Land-Grant System. * Funding from the Kentucky 4-H Foundation, Inc. * Funding from local, state, and federal sources. * Engagement of youth and volunteers in program delivery. * Engaging communities in identifying and implementing programming based on local needs |
| Date(s) | September 1 – August 30 |

Evaluation

**ADULT**

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| Outcome | Increased knowledge about health-promoting behaviors (e.g., how to prepare nutritious foods, benefits of routine vaccinations/screenings) (initial) |
| Indicator | Number of participants who reported/demonstrates improved knowledge, skills, opinions, or confidence regarding a health-promoting behavior as a result of a participating in a health and well-being program |
| Method | Observation by Agent or self-reported surveys |
| Timeline | Post-program/curricula survey administration |

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| Outcome | Increased confidence and motivation to engage in health-promoting behaviors (e.g. add physical activity, consume more nutritious foods, receive vaccination or screen) (initial) |
| Indicator | Number of participants who reported/demonstrates improved knowledge, skills, opinions, or confidence regarding a health-promoting behavior as a result of a participating in a health and well-being program |
| Method | Self-reported surveys |
| Timeline | Post-program/curricula survey administration or follow up evaluation |

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| Outcome | Increased intentions to employ health-promoting behaviors (e.g. vaccinations, screenings, preparation/consumption of nutritious foods, active living, pest prevention) (initial) |
| Indicator | Number of participants who reported intentions to implement a behavior learned from a health and well-being program |
| Method | Demonstration or self-reported surveys |
| Timeline | Post-program/curricula survey administration |

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| Outcome | Increased health-promoting behaviors that support family and community health (e.g., physical activity, consuming nutritious foods, routine vaccinations and screenings) (intermediate) |
| Indicator | Number of physical activity minutes recorded by a participant  Number of participants who reported consuming more nutritious foods and/or beverages  Number of participants who reported a change in a health-promoting behavior as a result of participating in a health and well-being program |
| Method | Self-reported surveys |
| Timeline | Repeated self-reported surveys and/or follow-up evaluations to capture change over time |

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| Outcome | Increased and/or strengthened partnerships to address community health issues (intermediate) |
| Indicator | Number of community partners (community organizations, institutions, agencies, or individuals) worked with to offer health and well-being programming in the community |
| Method | Agent record of community partnerships utilized in programming |
| Timeline | Ongoing; Each partnership should be reported once per reporting period |

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| Outcome | Increased organizational/site/community supports for health-promoting behaviors (intermediate) |
| Indicator | Number of volunteers who supported health and well-being programming in the community |
| Method | Agent record of volunteers utilized in programming |
| Timeline | Ongoing: Each volunteer should be reported once per reporting period |

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| Outcome | Increased organizational/site/community supports for health-promoting behaviors that equitably address community health and safety issues (intermediate) |
| Indicator | Number of projects or initiatives working to improve a community health or safety issue |
| Method | Documentation (direct observation, photo, repeated survey) or interviews |
| Timeline | Ongoing/as changes are made and projects progress |

**YOUTH**

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| Outcome | Short Term |
| Indicator | * Number of youth who reported that they have identified an interest in health or wellbeing initiatives in their community. * Number of youth who reported that they understand the importance of habits or choices that promote health and wellbeing. * Number of youth who reported that they learned ways to be physically active * Number of youth who reported that they learned how physical activity contributes to overall health * Number of youth who reported that they learned how food impacts their overall health. * Number of youth who reported that they have identified at least one job/career in health and wellbeing that fits their interest. |
| Method | Standard Evaluation for 4-H Health and Wellbeing: Survey |
| Timeline | Immediately after program/event |

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| Outcome | Medium Term |
| Indicator | * Number of youth who reported that they have used knowledge and/or skills learned in health and wellbeing programs to complete a project. * Number of youth who reported that they have used nutrition as a way to improve their overall health. * Number of youth who reported that they have taken steps to pursue gaining more knowledge for a job in health and wellbeing based on their interests. |
| Method | Standard Evaluation for 4-H Health and Wellbeing: Survey |
| Timeline | End of Club/Program Year |

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| Outcome | Long Term |
| Indicator | Long-term evaluation will be conducted using the National 4-H Index Study. |
| Method | Standard Evaluation for 4-H Health and Wellbeing: Survey |
| Timeline | 1 or more years |

Data Sources (select any/all that apply)

Extension Community Needs Assessment – Data Dashboard

Extension Community Needs Assessment – Respondent Comment Summaries

Kentucky by the Numbers – Secondary Data for the Community Needs Assessment

Kentucky by the Numbers Data Profiles

CEDIK County Data Profiles

**Concentrations (select up to 4 – copy and paste your selection in the concentration section above)**

Animal Production and Management

Plant Production and Management

Sustainability, Natural Resources and Wildlife Management, and Environment

Financial Security and Economic Well-Being

Food Safety, Quality, and Access

Connected & Resilient Communities

Building Leadership Capacity

Work and Life Skill Development

Health and Wellbeing

Family and Youth Development

Small Farm Development

Substance Use Prevention and Recovery

Mental Health and Well-Being