



2022

NATIONAL 4-H INDEX STUDY

Project-based learning and Positive Youth Development (PYD) have long been the intended outcomes of 4-H, and yet those outcomes have not been systematically measured on a national sample to date. The **2022 National 4-H Index Study** is the first study to combine the measurement of program outcomes using **4-H Common Measures** and the assessment of Positive Youth Development through the **4-H Thriving Model**. The following is a summary of our key findings.



4-H COMMON MEASURES

YOUTH SNAPSHOT



2,185 youth from 14 states participated in the study.

15.35

Average age of youth was 15.35 years.

11.12

Youth started in 4-H at an average age of 11.12.

YOUTH SELF-IDENTIFIED AS:

86%

 White or Caucasian

67%

 Female

4.23 YEARS

Youth averaged 4.23 years in 4-H.

4-H PROGRAM OUTCOMES

Youth reported strong and positive experiences in 4-H programs that promote youth **sparks**, foster **developmental relationships**, and provide a place for **belonging**.

POSITIVE YOUTH DEVELOPMENT



Youth who experience a **high-quality developmental context** in 4-H tend to score higher across the four program outcome areas of **civic engagement, college and career readiness, healthy living and science**.

4-H Programs Are

HIGH QUALITY!

Youth reported PYD experiences that promote **sparks**, **relationships** and **belonging**.

4-H Youth Are

THRIVING!

Youth reported strong and positive results across the **seven indicators of thriving**.

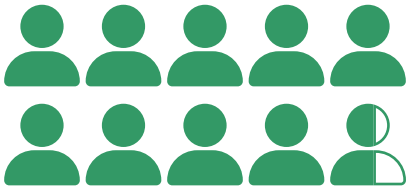
4-H Youth Achieve

PYD OUTCOMES!

Youth reported strong and positive results across all **PYD outcomes**.

Please reference the 4-H Thriving Model on page 3 to learn more about the process of Positive Youth Development.

COLLEGE & CAREER READINESS



96% of youth reported that 4-H has helped them **identify things they are good at**.

82%

82% reported that 4-H helped them **explore career options**.

58%

58% reported that 4-H has helped them with **college decision-making**.



Youth who reported experiencing **high-quality developmental contexts** in 4-H reported better identification of their **personal strengths** and better understanding of **future career options**.

SCIENCE & HEALTHY LIVING



"I LIKE SCIENCE"

85% of youth agreed with the statement "I like Science".

69%

69% said 4-H helped them see how **science** can help solve everyday problems.

65%

65% said they would like **a job that involves using science**.

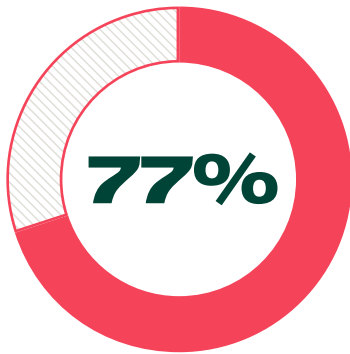


42% of youth reported that they learned about **healthy food choices** in 4-H.



A large majority reported that **learning, applying and enjoying science** was part of their 4-H experience.

CIVIC ENGAGEMENT



77% of youth reported that they like **helping people in their community**.

1/2

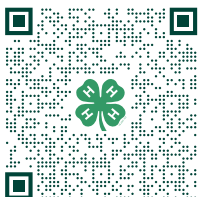
Half reported that 4-H has inspired them to **volunteer in their communities**.



Youth who were inspired to volunteer also tended to **contribute to their community** at greater levels.



Youth who reported higher levels of thriving also reported greater levels of **civic engagement** and greater levels of **inspiration to volunteer** in their community.



Learn more and view the full report at:
bit.ly/2022-index-study



**NATIONAL 4-H
COUNCIL**

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4-H THRIVING MODEL



LONG-TERM OUTCOMES

- Academic or Vocational Success
- Civic Engagement
- Employability & Economic Stability
- Happiness & Wellbeing

- Positive Academic Attitude
- Social Competence
- Personal Standards
- Connection with Others
- Personal Responsibility
- Contribution

DEVELOPMENTAL OUTCOMES

(Positive Youth Development)

YOUTH THRIVING

(Social, Emotional & Cognitive Learning)

- Growth Mindset
- Openness to Challenge & Discovery
- Hopeful Purpose
- Prosocial Orientation
- Transcendent Awareness
- Positive Emotions
- Goal Setting & Management

DEVELOPMENTAL CONTEXT

(4-H Programs)

- Sparks
- Belonging
- Relationships
- Engagement