Youth Healthy Lifestyles PWT Goals and Objectives, revised 5/19/09

Overall Goals:
1. Support and guide educational programs and environmental changes that promote healthy eating and active living among children, youth, families and communities.
2. Support and promote the CCE Choose Health initiative, encouraging a greater emphasis on healthy eating and active living for all youth who participate in CCE programs.

Objectives (each shown in italics):
Completed:
Inventory curricula and other resources currently used in county CCE programming to promote healthy eating and active living.
(Tim Jahn’s survey of counties via Survey Monkey 4/08 – healthy eating/active living programs, curricula, and promotion of environmental changes; Wendy’s survey of county FNEC nutritionists 3/09 – youth nutrition programming and resources)

Short-Term Objectives - with Subcommittees to work on them

Curricula Review Subcommittee:
Find and evaluate curricula and other program resources to recommend in NYS 4-H and Nutrition resource directories

Collaborations/Environmental Subcommittee:
1. Identify existing and promote high-quality integrated, multidisciplinary approaches to programming between CCE program areas, in particular between Nutrition and 4-H, but also with Natural Resources, Gardening, Family and Community Development, etc.
2. Identify and promote ways local CCE associations can influence and/or implement environmental and policy changes at all levels of the ecological model in settings external to CCE.
3. Encourage CCE associations to promote and model healthy eating and active living internally. Suggest recommendations and alternatives for meetings, workplace policies, food projects, exhibits, fund-raising, and in all programming.

Short-term Reporting Task Group: Holly and Joanne
Find ways to promote and facilitate reporting of all youth programming in CCE in the 4-H data reporting system.

Short-term Wiki Task Group: Megan, Joanne, Shawn/Susan
Use technology to foster communication and learning.

Teen Choose Health Ambassadors (make separate committee, not under PWT?):
Support the ongoing teen ambassador initiative [note: this was not an original objective, and is just a draft – this committee supports several of our objectives]
Medium-Term/Ongoing Objectives

Support and promote utilization of positive youth development principles in all CCE youth healthy lifestyles programming.

Compile and share success stories and best practices.

Long-Term Objectives (Later, once more established)

Support professional development, volunteer training, and peer leadership opportunities.
Identify and promote existing training resources.
(Note: All 3 subcommittees will do some of this)

Establish linkages with other program work teams: Youth Community Action, 4-H Science and Technology, Parenting. Explore crossover program initiatives.

Expand work team membership through the inclusion of youth and external stakeholders.

Investigate outside funding to support educational and environmental change programming.

Provide support to educators in evaluating their programs.