Please include the following in your report:

1. Full name of your Program Work Team (PWT): Youth Healthy Lifestyles

2. Names, affiliations and e-mail addresses of the PWT Co-Chairs: (With an asterisk [*], please indicate the co-chair responsible for finalizing this report.)

   Wendy Wolfe, Research Associate, Division of Nutritional Science, Cornell; ww16@cornell.edu
   *Barbara Stevens, Albany County CCE; bes13@cornell.edu

3. As a separate attachment, please provide a list of names, affiliations and email addresses only of active members of the PWT. We realize the organizational structure of the PWTs varies widely. We are interested in obtaining contact information about individuals in the core decision-making or planning group of the PWT, not in an exhaustive list of all participants in general meetings or activities.

See attached full list of members from Jan. 2011, after which we divided into 3 sub-committees – reports from subcommittees and a listing of their members as of 9/30/11 is included. Note that these subcommittees are now transitioning into 3 separate PWTs.

4. Please identify your PWT’s activities, accomplishments, and, most importantly, outcomes and impacts over the past year.

PWT Activities and Accomplishments, FY 2011

The Youth Healthy Lifestyles PWT continued our discussion of membership and restructuring that began last year. Led by a Membership Task Force co-chaired by Shawn Smith and Megan Tift, a new structure for our PWT was proposed, with the existing PWT becoming one of multiple sub-committees addressing different healthy lifestyle focuses and not just childhood obesity. Three subcommittees were formed at our January 25, 2011 meeting, with original PWT members each choosing which one to be on: (1) Youth Healthy Eating and Active Living, (2) Risky Decision Making in Adolescents, and (3) Youth, Nature & the Outdoor Environment. Additional members were added to each subcommittee as needed, and each met separately during the rest of the year, with several joint meetings of the subcommittee and PWT leadership. This “steering committee” met on two separate occasions by conference call. The first conference call held on October 17th focused on the idea of separating into three different PWT’s and the need to apply once the decision to do this has been made by each subcommittee. Jennifer Tiffany had also sent information from a report that was compiled by campus to assess the status of current PWTs and what recommendations might be for the future. The group discussed this, noting the importance of external stakeholders and faculty contacts when putting together the membership of a PWT.

During the conference call on December 12th, it was reported that the leaders of each subcommittee had polled their members and all had decided to become full PWTs. Two subcommittees (Youth, Nature, and the Outdoor Environment and Risky Decision-Making in Adolescents) will complete the application process to become a PWT, while the Youth Healthy Eating and Active Living group will remain as the original PWT and change its name to this new title. The “Risky Behaviors” group had also decided to come up with a new name that was more positive, resulting in the “Risk and Thriving in Adolescence” PWT. At the conclusion of the call, the steering committee felt it
would be a good idea to keep this smaller group active, as a way to facilitate communication between the three entities. The next conference call is scheduled for Monday, June 4\textsuperscript{th}, 2012. There was a suggestion to invite other youth PWT chairs to be on the call in June to help connect everyone to the broader base of youth resources.

Another focus of the Youth Healthy Lifestyles PWT was the Choose Health Officer Program, which the PWT was asked to be caretakers of at least during the transition period in the state 4-H office. It was agreed that we would direct our PWT funds for FY11 for this project. Youth Healthy Lifestyles PWT special needs funding in the amount of $1,000 was used to partially defray the cost of printing revised Choose Health: 4-H Club Health Officer materials. Leader and Officer Guides and Calendars were distributed to 30 CCE offices for use in program year 2011-12.

Finally, the Youth Healthy Lifestyles PWT hosted a workshop at the CCE Centennial Conference in October, 2011. The workshop gave participants an opportunity to learn about the work of the PWT and the new direction it was taking to meet the needs of CCE educators involved in youth programming. Each of the subcommittees gave a brief overview of what they have been working on and encouraged participants to join if they were interested.

**Reports from Subcommittees**

**Youth Healthy Eating and Active Living (HEAL) Subcommittee, FY11**

The Youth Healthy Eating and Active Living subcommittee was active this year. As a subgroup of the original PWT, 11 active members include both 4-H Youth Development and Nutrition professionals. Current active members as of 9/30/11 include:

- Wendy Wolfe Research Associate, Div. Nutritional Sciences, Cornell (Chair)
- Josephine Swanson, Temporary State 4-H Specialist focused on Healthy Living
- Brenda Carpenter, Community Educator, 4-H Youth Development, CCE Tompkins
- Debbie SeGuin, Youth and Family Issue Leader (Nutrition and 4-H), CCE Madison
- Holly Gump, Greater Finger Lakes Region Nutrition Coordinator
- Jessica Spence, Team Coordinator, 4-H and Human Ecology, CCE Yates
- Linda Tripp, Issue Leader, 4-H Youth Development, CCE Columbia and Greene
- Mary Breyet, Issue Leader, 4-H and Nutrition, CCE Essex
- Mary Lee Bourbon, Nutrition Team Coordinator, CCE Wayne
- Rachel Williams, Resource Educator, 4-H Youth Development, CCE Seneca
- Susan Prier, Nutrition Education Coordinator, CCE Cortland

At the first meeting of the HEAL subcommittee on May 19 2011, the following was decided:

1. **Overall Goals**
   a. Support and guide research-based CCE and other outreach (both educational programs and environmental changes) that promote healthy eating and active living among children, youth, families and communities.
   b. 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.

2. **Specific Objectives for Next Year**
   a. Support the ongoing Choose Health Action Teen (CHAT) initiative, 4-H Club Health Officers, and other youth healthy eating and active living programs.
   b. Identify potential funding sources, and initiate contact with campus partners to pursue these.
c. Help disseminate the new youth curriculum Choose Health: Food, Fun and Fitness (CHFFF, for 8-12 year olds), and develop a training for educators to be offered to regions or multi-county.

Expansion of the committee to include external stakeholders such as after-school providers, 4-H volunteers, other faculty and colleagues at the NYS Health Department was also discussed.

At a subsequent subcommittee meeting held on Sept. 27 2011, with most joining by distance technology due to budget cuts, etc., the group was joined by the new state 4-H leader Valerie Adams for a rich discussion of current and future state 4-H and HEAL activities, including program evaluation. The proposed CHFFF training was further discussed, although a working meeting was postponed until more could be present in person. It was decided that the training would include a brief webinar followed by a two-day regional training, taught jointly by a youth development and a nutrition educator experienced with the curriculum. Finally, the idea of the three subcommittees becoming three separate PWTs was suggested and all present agreed to the idea, so this was then shared with the other subcommittee leaders.

Youth, Nature and the Outdoor Environment Subcommittee, FY11

Current committee membership includes the following:

◆ Shawn C. Smith, Youth & Family Development Program Issue Leader, CCE Cortland (Chair)
◆ Bruce Monger, Department of Earth & Atmospheric Sciences, Cornell University, and Author of the blog ItsMyOcean.org
◆ Nancy M. Wells, Associate Professor, Director of Graduate Studies, and Director of Gerontology Minor, Department of Design and Environmental Analysis, College of Human Ecology, Cornell University
◆ Beth Myers, new doctoral student of Dr. Wells
◆ Kathy L. Halbig, American Indian Program, Cornell University
◆ Liz Falk, Professional Development Educator, Cornell Garden-Based Learning, Department of Horticulture, and Community Food Educator, CCE Tompkins

GOAL: Working in collaboration with faculty, staff, and educators from across the state, the Youth, Nature, and the Outdoor Environment PWT subcommittee will plan and implement one activity per year, as defined by the logic modeling process and agreed upon by the subcommittee.

PURPOSE: One of the main purposes of the subcommittee is to deepen youths’ connection to the natural environment by helping statewide educators connect/reconnect youth to nature, thus contributing to the holistic concept of healthy body, healthy mind, healthy spirit, and healthy planet.

The subcommittee’s efforts will focus on improving youths’ mental health and wellness by helping educators help youth to re-connect with and reflect on nature; strengthen environmental stewardship by exploring the impacts of climate change on oceans, land masses, and people; and value cross-cultural approaches to caring for the earth via the Native American Studies program.

Some activities we hope to help support educators (via research, curriculum, and/or training) include: camping, nature walks, nature clubs, bird & tree identification, gardening, and educational programs on the impact of climate change in our oceans, land masses, and atmosphere, and how
these changes will impact life on earth for us and the four-legged, finned, and winged animals that we share the planet with.

**TIME COMMITMENT:** The subcommittee will meet for 2-3 hours, four times per year.

**FIRST MEETING:** Took place August 30, 2011 from 10 am to noon. The agenda included the following topics and activities:

I. Welcome & Introductions
II. History of PWT and the new subcommittee
III. The President’s Message of February 16, 2011 regarding America's Great Outdoors Initiative at the White House
IV. Introduction to the Netway and Logic Model Activity

**UPCOMING EVENT:** YNOE participation in the Statewide Centennial Conference

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**Risk and Thriving in Adolescence Subcommittee, FY11**

The subcommittee formed in February of 2011. Current members include:
- Jutta Dotterweich, BCTR, Cornell (chair)
- Melissa Schroeder, CCE Schuyler (co-chair)
- Megan Tifft, CCE Tompkins
- Jackie Davis-Manigaulte, CCE NYC
- Amie Matichak (Cressman), CCE Wayne
- Jessica Spence, CCE Yates
- Mary Jane Rissacher, CCE Albany
- Autumn Lavine, CCE Tioga
- Rachel Williams, CCE Seneca
- Rebecca Ireland-Perry, CCE Cortland
- Linda Schoffel, CCE Tompkins

Subcommittee goals focus on the following:
- Identify and develop resources to educate 4-H educators on adolescent development, positive youth development as well as risky decision making and associated risk behaviors and prevention approaches;
- Support the involvement of 4-H educators in community efforts to prevent and address risk behaviors (funding opportunities/community partners) and promote positive youth development and healthy risk taking opportunities.

Strategies:
- Sponsoring the Annual Youth Development Research Update
- Identify and gather fact sheets and web resources
- Identify new resources and projects with the potential to link researchers and community educators

The subcommittee met several times via web and phone to:
- educate itself about adolescent development and risk taking.
- develop a survey for 4-H educators to assess their knowledge of adolescent risk taking, involvement in community based prevention efforts and training and technical assistance needs.
The survey was administered during the first Youth Development Research Update on June 1 & 2, 2011. Twenty-seven 4-H educators and other extension associates working with young people participated in the survey. After the event, it was posted online. Melissa Schroeder presented the results at the 4-H statewide conference in October.

The survey identified the need for further education on adolescent development, positive youth development, and effective prevention programs to address risk behavior. It also reflected the need for funding and increasing awareness of potential non-traditional community partners.

Initial efforts to develop action steps based on the survey findings were interrupted by the decision of the PWT to make the subcommittees independent PWTs. The subcommittee ended the year by deciding to form a new PWT - the Risk and Thriving in Adolescence PWT.