



# Extension helping North Dakota through 4-H: A SNAPSHOT

NDSU EXTENSION SERVICE

4-H prepares youth for success and the challenges that face North Dakota. It contributes to the development of new leaders, encourages innovation and entrepreneurship, teaches good stewardship, and helps youth acquire important life skills that prepare them to be career- and work-ready.

Current priorities include helping youth develop science interests, skills and abilities in the areas of agriculture, energy, environmental stewardship and technology. Youth learn the importance of food access, where their food comes from, and how to make healthful food choices and live healthy lives. They develop leadership skills and understand the importance of giving back to their communities and society.

Youth throughout the U.S., including North Dakota, participated in research to define and measure positive youth development (Source: Lerner and Lerner 2011). **Compared with their peers, youth involved in 4-H programs are:**



**2X** more likely to participate in STEM activities

**98%** of youth who attended GEAR-Tech-21 camp reported they would feel comfortable **teaching robotics** to others

**75%** of youth participants in the Drone Discovery/National Youth Science Day Experiment reported it made them **more interested in science**

**2X** more likely to make healthier choices

**90%** of youth participating in the Healthy Camp Challenge said they planned to continue to **practice healthful activities**

**28** 4-H clubs with **433** youth earned the designation of **Healthy 4-H Club** in 2016

**2X** more likely to be civically active

**76%** of youth attending **Civic U** reported an increased effort to allow everyone to have a voice in **decision making**

**1,000+** youth demonstrate **leadership skills** through 4-H club offices, 4-H Ambassadors, or special projects

**4X** more likely to give back to their communities

**777** volunteer service hours contributed to the state by North Dakota 4-H Ambassadors

**49** blankets made and donated to the Project Linus program by youth attending the Extension Youth Conference



## North Dakota 4-H Camp

record **558** youth at North Dakota 4-H Camp near Washburn

**86%** of campers reported learning **new skills**

**89%** of campers **made new friends**

**59%** of campers demonstrated **more independence**

**50%** of campers are **more willing to participate** in other activities

**50%** of campers improved in **problem solving**



**19%** 4-H enrollment increase in past five years

## North Dakota 4-H in 2015-16

**29,306** youth participants

**6,247** enrolled 4-H members

**1,007** youth in 4-H camping programs

**2,534** volunteers

**342** youth volunteers

For more information on these and other impacts of the NDSU Extension Service, go to [www.ag.ndsu.edu/extension](http://www.ag.ndsu.edu/extension) or contact Brad Cogdill at 701.231.7259 or [brad.cogdill@ndsu.edu](mailto:brad.cogdill@ndsu.edu).