2024 National Index Study of 4-H Youth

HELPING YOUTH THRIVE PYD RESEARCH

4-H COMMON MEASURES

High-Quality 4-H Experiences: The Key to Youth Readiness

The **2024 National Index Study** continues to illustrate 4-H's positive impact on youth in alignment with the **Beyond Ready Initiative**. It shows how **high-quality Positive Youth Development (PYD)**, guided by the **4-H Thriving Model**, fosters youth success and readiness as measured by **4-H Common Measures**. Below are key findings from the third wave of data, demonstrating the stable, positive influence of 4-H on youth.

YOUTH SNAPSHOT

3,253 YOUTH

3,253 youth from **19 states** participated in the study.

15.44

Average age of youth was **15.44 years**.

11.61

Youth **started** in 4-H at an average age of **11.61**.

Youth self-identified as:

84% White or Caucasian

16% Youth of Color

67% Female

30% Male

3% Other or Unreported

3.19 YEARS

Youth averaged **3.19 years** in 4-H.

4-H Program Outcomes: Beyond Ready

HEALTHY!

53% of youth said 4-H is influential in their ability to **care for their physical health**.

42% of youth said 4-H is influential in their ability to **care for their mental and emotional health**.

PRODUCTIVE!



76% of respondents rated **"I fill my time with positive activities"** a **4 or 5** on the five-point scale.

ENGAGED!



65% of youth said 4-H is influential in their desire for **community engagement**.

Only **3.5%** said 4-H had **no influence.**

These findings show that **4-H youth feel prepared for work and life**, and credit their readiness as well as their growth in health, productivity, and engagement to their **4-H experience**.

4-H Program Outcomes: Work Readiness

LEADERSHIP



"I get along with others who are different than me" was the item with the **highest** mean score.

WORK READINESS SKILLS



66%



66% of respondents said 4-H is influential in helping them be ready for **work and careers**.

COLLEGE & CAREER READINESS



57% reported that 4-H is influential in helping them with **college and career readiness**.

STEM



38% reported that 4-H is influential in their **interest in STEM**.

These findings show that 4-H youth develop the **interpersonal**, **professional**, and **technical skills** needed to **excel in today's workforce**. A notably strong relationship between sparks and work readiness skills was also established highlighting the importance of **high-quality 4-H programs** in shaping capable, adaptable, and future-ready individuals.

4-H Program Quality

YOUTH SPARKS

85%

85% reported that they are **passionate about the things they do in 4-H**.

82%

82% reported that 4-H gives them the opportunity to **explore things they care about**.

YOUTH BELONGING



90% of youth reported **feeling safe** in 4-H.



86% of youth reported **feeling welcome** in 4-H.

DEVELOPMENTAL RELATIONSHIPS



87% of youth reported that **adults in 4-H respect them**.

87% reported that **adults in 4-H expect them to do something positive with their life**.

These findings show that when **youth are passionate** about their activities, **feel safe and welcome**, and have **supportive adult relationships**, they not only show **strong work readiness skills** but also excel across a wide range of outcome measures.

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

NATIONAL 4-H COUNCIL

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