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.

**2,185 YOUTH**

- **15.35** Average age of youth was 15.35 years.
- **11.12** Youth started in 4-H at an average age of 11.12.
- **4.23** Youth averaged 4.23 years in 4-H.

**Youth Self-Identified As:**
- **86%** White or Caucasian
- **67%** Female

**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

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

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.

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

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

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.

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

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

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

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

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

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

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

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

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

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

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

© 2023 National 4-H Council. All rights reserved. 4-H is the youth development organization of our nation’s Cooperative Extension System and USDA.
LONG-TERM OUTCOMES

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

DEVELOPMENTAL CONTEXT
(4-H Programs)

- Sparks
- Belonging
- Relationships
- Engagement

DEVELOPMENTAL OUTCOMES
(Positive Youth Development)

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

YOUTH THRIVING
(Social, Emotional & Cognitive Learning)

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

4-H THRIVING MODEL