



UNIVERSITY *of* NEW HAMPSHIRE
COOPERATIVE EXTENSION

Trends for Youth, Family and Community Development Programs

November 17, 2003

Trends in Diversity and Disability

Understanding the needs and characteristics of persons with different experiences, backgrounds, cultures and abilities *and* the strategies for recruiting and serving a diverse client population.

Autistic Spectrum Disorders

- Autism is a complex developmental disability that typically appears during the first three years of life. The result of a neurological disorder that affects the functioning of the brain
- Autism is four times more prevalent in boys than girls and knows no racial, ethnic, or social boundaries. Family income, lifestyle, and educational levels do not affect the chance of autism's occurrence

Numbers of Youth with ASD

- Autism and its associated behaviors have been estimated to occur in as many as 2 to 6 in 1,000 individuals (Centers for Disease Control and Prevention 2001). This translates to 1:500 to 1:167 is a child with autistic spectrum disorder.
- N.H. has published a rate of 1:119 births (Foster's Daily Democrat, 2002).

What does this mean?

FAMILIES & YOUTH NEED:

- ❖ Understanding of the needs of families & youth with ASD
- ❖ Enhanced awareness of 4-H Youth Development
- ❖ Support for childcare, out of school programs, etc.
- ❖ Develop an appreciation for and acceptance of youth with autism

STAFF & PROGRAMS NEED:

- ❖ Training and information for staff and volunteers
- ❖ On-going support for accommodations
- ❖ Program analysis for baseline skills and competencies required
- ❖ To work collaboratively with community based groups which serve families and youth who have autism

Trends in Food and Nutrition

- Economic Trends

- Food security is a growing problem facing many NH families and individuals
- The disparity between the rich and poor is increasing, especially in the aging population

Implications: Assist with the facilitation of community strategies to address food insecurity.

Data Sources: NH Kids Count, US Census, UNH Cooperative Extension FSNEP Telephone Survey

Trends in Food and Nutrition

- Health Trends

- There is a link between the level of education, socioeconomic risk, and health risk.
- Lifestyles with risk behaviors which include poor diet, smoking, alcohol, and physical inactivity will increase the rates of obesity, hypertension, high cholesterol, and diabetes.

Implications: Target interventions to highest-risk audiences. Strengthen programming to address diet and lifestyle behaviors.

Data Sources: NH BRFSS, YRBSS, HP 2010

Trends in Food and Nutrition

- Social Trends

- There is considerable diversity in NH by age, family structure, and socioeconomic risk.
- Consumer access to health improvement resources is being limited by health care plans.

Implications: Programming should be provided for all stages of the lifecycle, and emphasis should be placed on diverse and aging populations.

Data Sources: NH Kids Count, Institute for Health Policy

Trends in Food and Nutrition

- Political Trends

- As dollars for programs become more competitive, the need for evaluating impact increases.
- Legislators and decision-makers are placing increased emphasis on cost-effectiveness and cost-benefit of programs.
- Communicating program results to decision-makers will become more important in the future, especially with increased competition for funding.

Implications: All programs will have strong evaluation components which will be designed to show behavior change. In addition, cost-effectiveness and cost-benefit analysis will be conducted on selected programs.

Agriculture/Youth

- Only 3-4 high schools in NH currently offer vocational agriculture programs with production agriculture as a focus - giving the 4-H YD program a unique niche in this area
- Plant & Animal Science projects are largest Classic 4-H enrollment in NH
- Sources of additional data on youth involvement
 - Annual 4-H Enrollment Statistics
 - NH Department of Education

Youth and Money

- Demographics:
U.S. Census Bureau
- NH Employment:
NH Employment Security
- Financial Literacy Survey for 12th Graders:
Jump\$tart Coalition for Personal Financial Literacy
- Parents, Youth and Money Survey:
American Savings Education Council
- U.S. Teen Expenditures:
Teen Research Unlimited

Adults and Money

Demographics:

U.S. Census Bureau

- Personal Savings Rate:
Bureau of Economic Analysis (BEA)
- Retirement Confidence Survey:
Employee Benefit Research Institute

Survey of Consumer Finances:

Federal Reserve Board

- Credit Usage:
CardTrak
- National Summit on Retirement Savings:
U.S. Department of Labor Pension and Welfare Benefits Administration

The Extension Opportunity...

Out of School Time...

children and youth spend 75% of their waking hours outside of school



Extension's Challenge = 6.5% of NH workers in multiple jobs

- 1 in 5 adults work full time at two jobs
- Most multi-job holders are women
- Most multi-job holders are between 25 and 54
(the age of school-age parents)

Rural Trend To Watch....

Rural states save education \$\$ by slashing school week to 4 days

- Arizona
- Arkansas
- Colorado
- Kansas
- Kentucky
- Louisiana
- New Mexico
- Oregon
- South Dakota
- Wisconsin
- Wyoming

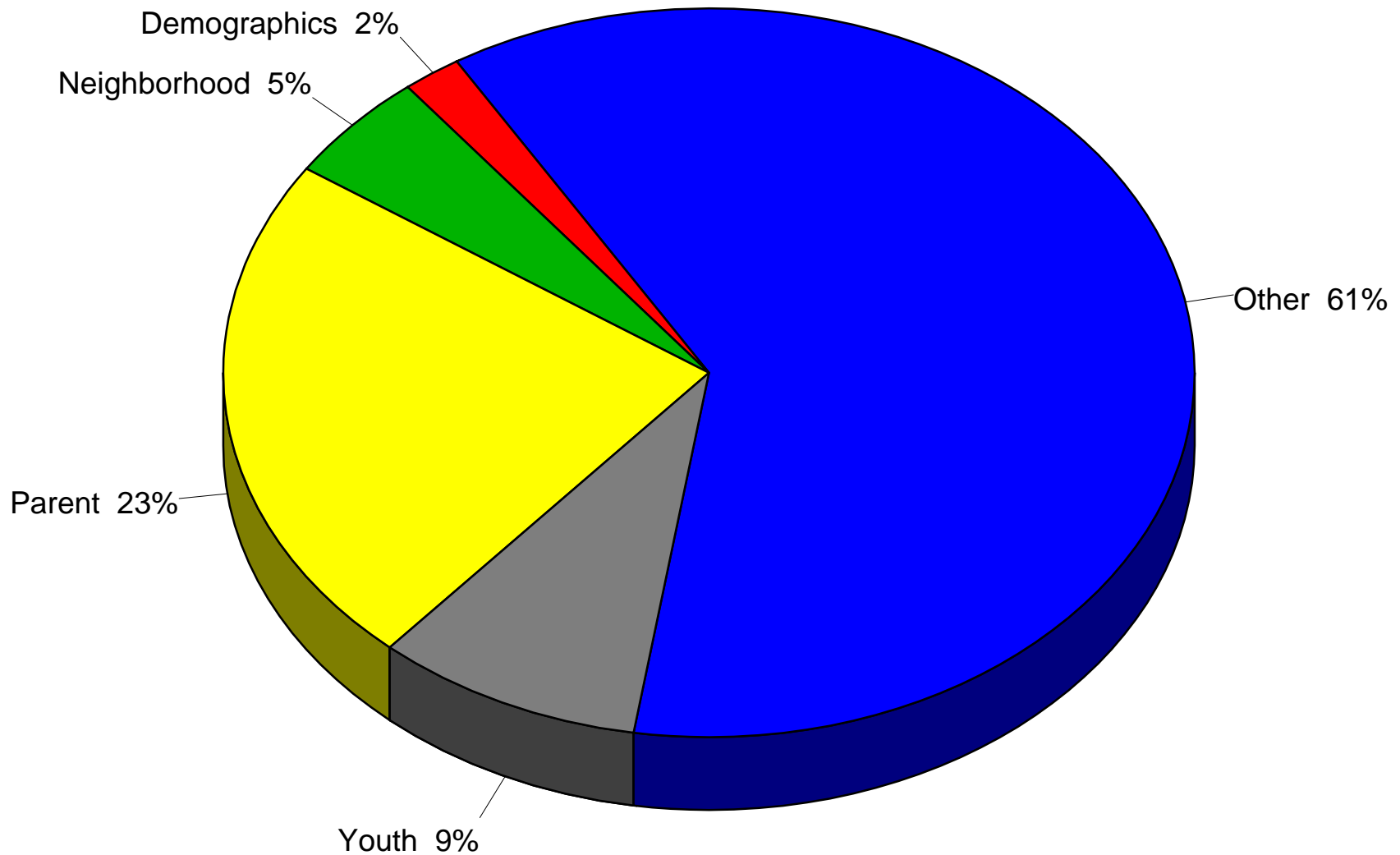
Food Safety

- Facts
 - 76 million foodborne illness
 - 325,000 hospitalizations, 5000 deaths
- Trends
 - Increasing numbers of at-risk consumers (e.g. older adults) / food consumption patterns
 - Need for trained food workers
 - Programs tailored to address needs of each sector of the food system

Food Safety

- Sources of Information
 - USDA, FDA, CDC
- Food Safety GAP Analysis by Educators
 1. Food safety training and education (all food system sectors)
 2. Hazard Analysis Critical Control Point
 3. Good Agricultural Practices
 4. High risk audiences

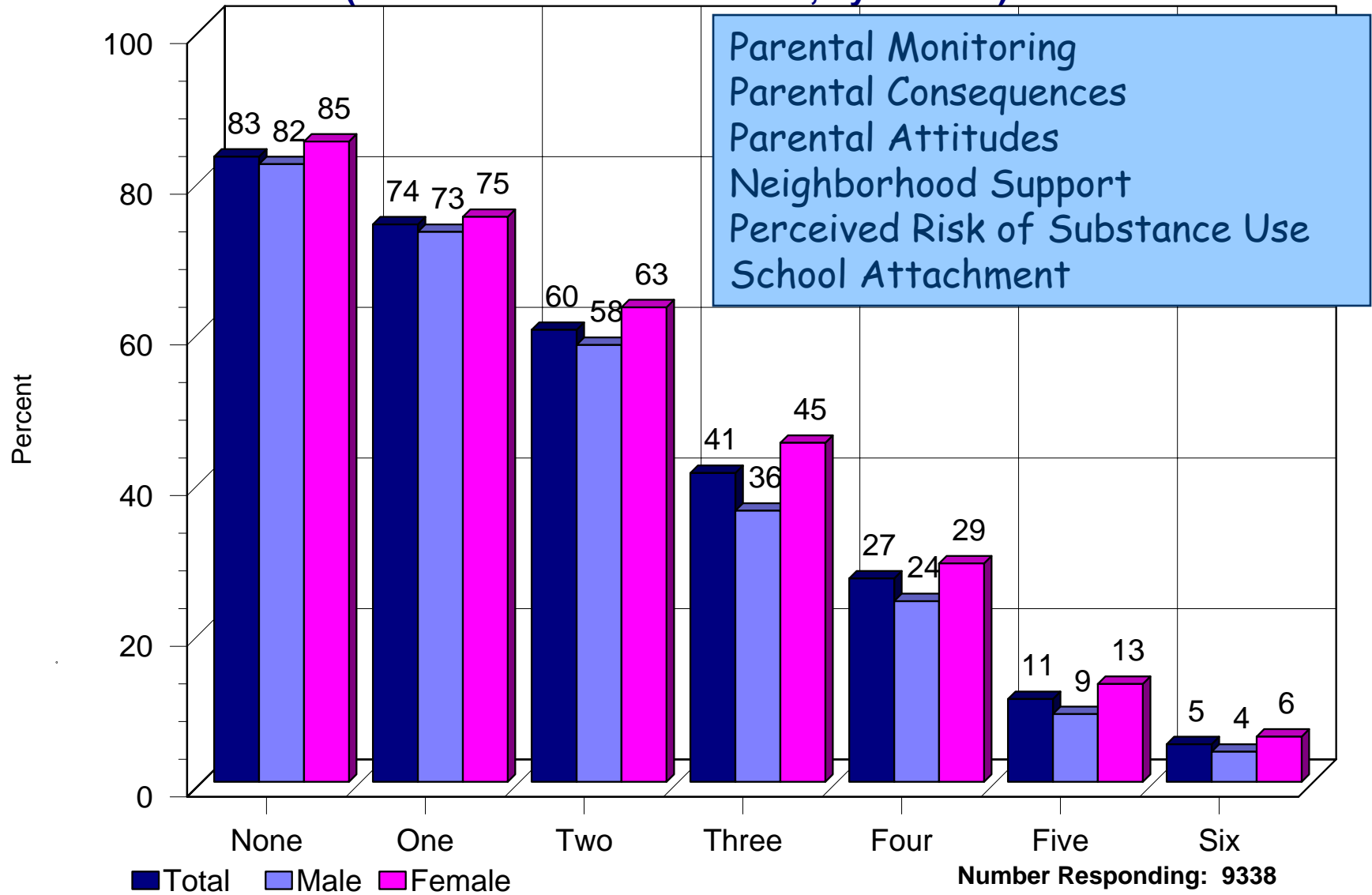
Multivariate Model Predicting Use of ATOD (Alcohol, Binge Drinking, Smoking, Marijuana) (For High School Students)



Number Responding: 5371

Relationship Between Protective Factors and Monthly Substance Use

(Use of at Least 1 Substance, by Gender)



Society for Research on Adolescence: New Paradigm: Emerging Adulthood (Ages 18-29)

- In 1900 only 4% of 18- to 21- year olds enrolled in college; today about 66% enroll in college immediately after graduation.
- But 3 out of 10 who enter college leave after one year.
- Needs of the ‘Forgotten Half’ (those who do not enter college or those who dropout) include more school to work opportunities.
- 40% of young people who leave home return due to financial issues.
- There are few institutional supports (e.g. school, organizations) for this age group.

Community Youth Development...a movement dedicated to improving the quality of life for youth, families and communities.

Characteristics include...

- Partnering with youth to be a catalyst for intentional change
- Stimulating measurable improvement in quality of life indicators
- Collaborating with activists to address community issues
- Establishing mechanisms of dialogue for social policy change
- Creating tools for knowledge development and systems' thinking
- Linking movements with similar values to accelerate the 'tipping point' for social change

Key Issues identified in NH Towns

As a result Community Profiles conducted in 40 New Hampshire towns since 1995, the following high-priority issues emerged

Key Issues identified in NH Towns

- **Communications:** Over 1/2 of Profile communities formed action committees to improve communications and community networks.
- **Natural Resources:** Over 1/2 of Profile communities formed action committees to protect natural amenities and preserve rural character.
- **Master Plan:** Nearly 1/3 of Profile communities formed action committees around balancing growth and commerce via the Master Plan.
- **Civic Engagement:** Nearly 1/3 of Community Profile committees formed action committees to engage citizens in community activities.

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for

Community Profiles

Key Themes Report

Informational Resources on NH Trends

- NH Employment/Labor Market Information
<http://65.202.70.17/analyzer/startanalyzer.asp>
- Data Profiles of NH Communities
<http://www.nhes.state.nh.us/elmi/communpro.htm>
- New Hampshire Health Data Inventory
<http://www.nhhealthdata.org/>