

## Project Updates and General Information

### CONTENTS

- 2 Lenna Ontai's Specialist Update
- 3 Nicki King's Specialist Research Update
- 4 4-H CYD Holiday Hours

### 4-H Pilot Leadership Implementation and Evaluation: Year 2 Update

by Aarti Subramaniam

The three cluster teams have continued to make progress in their goals in Year 2.

North Coast and Mountain Region (NCRM). After establishing a structure for program representative networking, communication and training, the NCRM cluster is exploring how to most effectively utilize the existing sub-regional structure for more effective resource sharing. One program representative from each of the sub-regions was selected by the group as a key contact person to work with the academic coordinator as a team. In addition, advisors from both within and outside the region have been invited to conferences on Adobe Connect to present on relevant topics.

Central Valley Region (CVR). The CVR cluster worked with the Volunteer Development Workgroup to host a series of workshops for staff and volunteers based on the Digest modules. The CVR also successfully launched their joint four county newsletter to increase efficiency and streamline staff workload.

Central Coast and Southern Region (CCSR). The CCSR

cluster is continuing to train their program representatives through utilizing advisors in the region, experimenting with streamlining workload and initiating joint program development at the cluster level, in line with the SET initiative.

The 4-H Pilot Leadership Team met in Fall 2008 with the Regional Directors and the Program Leader to discuss progress made and identify issues. In line with the recommendations, a committee will be appointed to address inequities in program representative positions (FTE, funding and classification). Also, Regional Directors will be communicating with cluster personnel to ensure clarity on supervisory and other roles of the academic coordinator. In addition the team is developing measurable objectives to aid in systematic evaluation and to work on increasing communication about pilot activities statewide. Other evaluation activities this year have included interviews with non-cluster advisors and focus group interviews with the three sub-regions in the North Coast and Mountain Region.

## Specialist Update: Lenna Ontai

Recently, I have been focusing much of my time and attention on the development and evaluation of the “Healthy, Happy Families” program (formerly titled “Creating Healthy Families”). I have worked on this project in collaboration with the Families with Young Children Workgroup for several years now. Most recently, we have been busy completing the scope of work from the second year of our 2-year Core Issues grant. The grant focuses on the development and pilot testing of workshops for the Healthy, Happy Families lessons. Each workshop lesson aims to merge fundamental parenting skills with healthy feeding so that each aspect of this parent-child relationship can be fostered. The research indicates that supporting parenting in addition to child feeding behaviors is more likely to produce long-term nutritional changes, and we hope our program can demonstrate such effects. In addition to this effort, we have also been preparing to launch a small-scale social marketing project in partnership with Radio Latina in the San Diego area. The social marketing campaign will use key messages from the Healthy, Happy Families program to deliver messages about positive parenting behaviors that foster a healthy eating environment. Participating families will also receive parent brochures by mail to reinforce the messages and encourage practicing the

behaviors. This program will begin broadcasting in February of next year. I and other members of the workgroup have also been working on preparing manuscripts based on the last 3 years of work on parenting and child feeding that we have done during the development stages of the materials. Be on the lookout for those in print. In addition to this work in California, I have also spent much of my time working on a national project to evaluate the new online delivery of “Just in Time Parenting” through Extension. After two years developing the evaluation tool, we will begin to collect data next year. I hope that this effort provides valuable information to guide future online program activities.

In addition to my Extension activities, I have been hard at work conducting research on parenting and children’s social development which has resulted in several publications this last year. This work has focused on analyzing various predictors of positive parenting, and the impact of parenting on children’s social development. I have also just begun to work on the first wave of data from the California Families Project on which I serve as a co-investigator. This is a 5-year longitudinal study of Mexican immigrant families of 5th grade children in the Sacramento area. I hope to learn more about risk and resiliency factors within this population. Keep an eye out for results from this study coming out soon!

## 4-H Center for Youth Development

“The 4-H Center for Youth Development fosters collaborations in research and evaluation among UC Cooperative Extension professionals and UC campus-based scientists that deepen our understanding of youth development in the contexts of family and community.”

### Hours:

Monday - Friday 8 a.m. - 5 p.m.  
3325 Hart Hall (Third Floor)  
Department of Human and  
Community Development  
<http://fourhcyd.ucdavis.edu>

### Director

James Grieshop, Ph.D.  
Community Education Development Specialist  
(530) 752-3008

### Associate Director

Richard C. Ponzio, Ph.D.  
Science & Technology Specialist  
(530) 752-8824

### Specialists

Nicki King, Ph.D.  
CAES Youth and Family Development  
(530) 752-3863

Lenna L. Ontai, Ph.D.  
Child and Family Development  
(530) 752-6410

### Research Associates

Ramona Carlos, M.S.  
Academic Coordinator  
(530) 754-8435

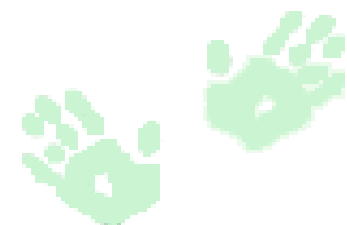
Katherine E. Heck, MPH  
Specialist in AES  
(530) 754-8755

Pascale Dennerly, M.S.  
Staff Research Associate  
(530) 754-8856

Arti Subramaniam, Ph.D.  
Assistant Project Scientist  
(530) 752-3006

### Administration

Carrie Matthews  
CYD Assistant/Production Coordinator  
(530) 754-8433



## Specialist Research Update by Nicki King

I have been working on three articles. One will be a chapter in the Winter 2008 edition of *New Directions for Evaluation*. The abstract is below:

*Multilevel programs—that is, programs with multiple levels of administration, funding, and implementation—present dynamic and challenging environments for the conduct and use of evaluation. The challenges include questions, priorities, audiences, and purposes that vary at each level. This chapter discusses the challenges as well as the opportunities for increasing the value of evaluation at the federal, state, and local levels. Five areas of information are used as a framework for the discussion: (1) Who came? (2) Who cares? (3) What was the intervention? (4) What changed, and what difference did it make? (5) How much did it cost? Using the Cooperative Extension System and other cases as illustrations, the authors describe the relative emphases given to these questions at the different levels, the motivations for those emphases, and the opportunities evaluators can take to make multilevel evaluations useful to audiences at all levels.*

The second article will be in a special issue of the *Journal of Black Psychology*. It is an article with Prof. Carolyn Murray from UCR on how the

self-esteem and body image of African American kids at risk of overweight are affected by their weight status and their participation in a nutrition education intervention. I'm also doing an article for the *Journal of Extension* on the intervention itself. The abstract for that article is below:

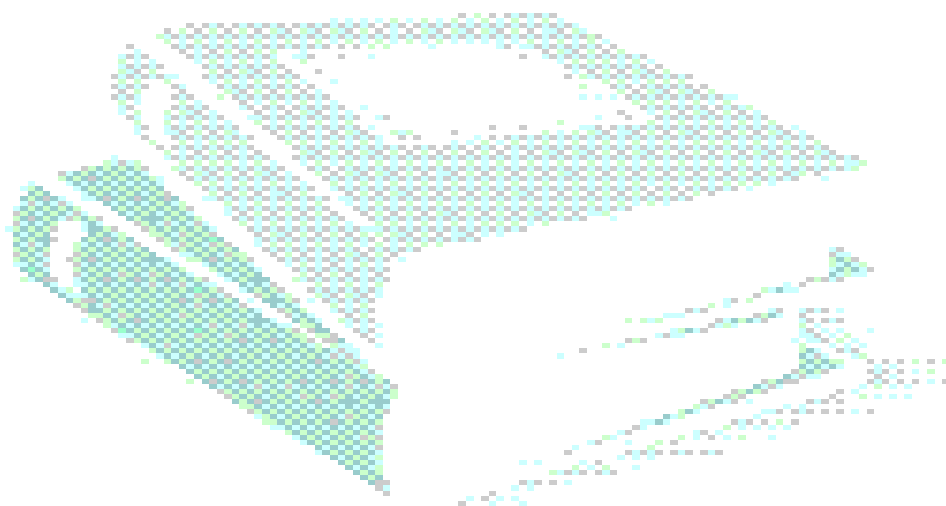
*This paper examines the relationship between African American youth's body weight (BMI) and their self-reported body image. The literature indicates that Black children, especially those who are at risk for overweight and those that are overweight, tend to underestimate their weight. This lack of congruence was investigated in two groups of obese African American children between the ages of 9 and 10 who were considered at high risk for developing Type 2 Diabetes later in life. A total of 165 subjects participated in this study; 72 were males. Eighty-eight (88) were assigned to the intervention group, and 77 were assigned to the information group. Both group programs were designed to help them improve their eating habits and to increase their physical activity, but the intervention group consisted of a one-week day camp with monthly follow-ups for a year, while the information group consisted of monthly nutrition education materials mailed to their homes for a year. The two research*

*questions considered here were: a) How do African American youth at risk of Type 2 Diabetes view their body image? And b) How does body image influence other perceptions of self, including self-esteem, perceptions of competence, and social acceptance? The results indicated that participants, whose mean BMI percentile at baseline was at or above the 85th percentile, saw themselves as having an average or slightly below average silhouette. In addition, a gender effect occurred for BMI and the other self-esteem factors: for girls as BMI increased, so did their perception of their academic competence, while boys self-worth and perceptions of social acceptance decreased dramatically as BMI increased. These results are discussed in terms of cultural differences regarding the psychological correlates of obesity and could be used to formulate appropriate strategies for public health policy and interventions to reduce obesity while supporting self-esteem in African American children.*

The third article is an attempt with Katherine Heck to use the ADDHEALTH database to empirically test the "5 C's" model of youth development. The advantage of using this database is that it is national, longitudinal and has a large cross-section of youth.

## 4-H CYD Holiday Hours

Not all of the 4-H Center for Youth Development staff will be available through the holidays. The center staff will be returning on January 5, 2009. We would like to wish you and your family a Happy Holiday Season.



# update

- James Grieshop, Ph.D., Director
- Richard Ponzio, Ph.D., Associate Director
- Ramona Carlos, Editor
- Carrie Matthews, Publications Coordinator

4-H Center for Youth Development  
Dept. of Human and Community Development  
University of California  
One Shields Avenue/3325 Hart Hall  
Davis, CA 95616-8523

(530) 754-8433 Phone  
(530) 754-8440 Fax  
<http://fourhcyd.ucdavis.edu>