



Youth Engagement in 2013-14

Self-Assessment Results for FFI Regional Youth Leadership Team, Cafeteria Coaches and Cross-Age Teaching

The NE Iowa Food & Fitness Initiative is present in 14 schools with a total of 198 students active in the organization of programs focused on improving the health and well-being of their communities. The following charts provide the results of the students' perception of how much they have grown as leaders and the impact this past year's experiences have had on their own behavioral changes related to healthy living, leadership, and communication. Their responses to questions are organized below as well as personal quotes distributed throughout the document.

FFI Regional Youth Leadership Team

Two students from each school are selected as the youth leaders to represent their school FFI team. These students attend 3-4 Regional Youth Leadership Team meetings throughout the school year that focus on leadership training, character building and prepare students to lead their teams toward successfully implementing programs in their respective communities. Out of the 29 RYLT members, 19 attended the final meeting in April 2014 and completed the self-assessment survey.

Schools with Youth Teams

Central
 Cresco
 Decorah
 Clayton Ridge
 Maynard
 MFL
 North Fayette Valley
 North Winn
 Postville
 Riceville
 St. Benedict
 St. Joseph
 Turkey Valley
 Waukon



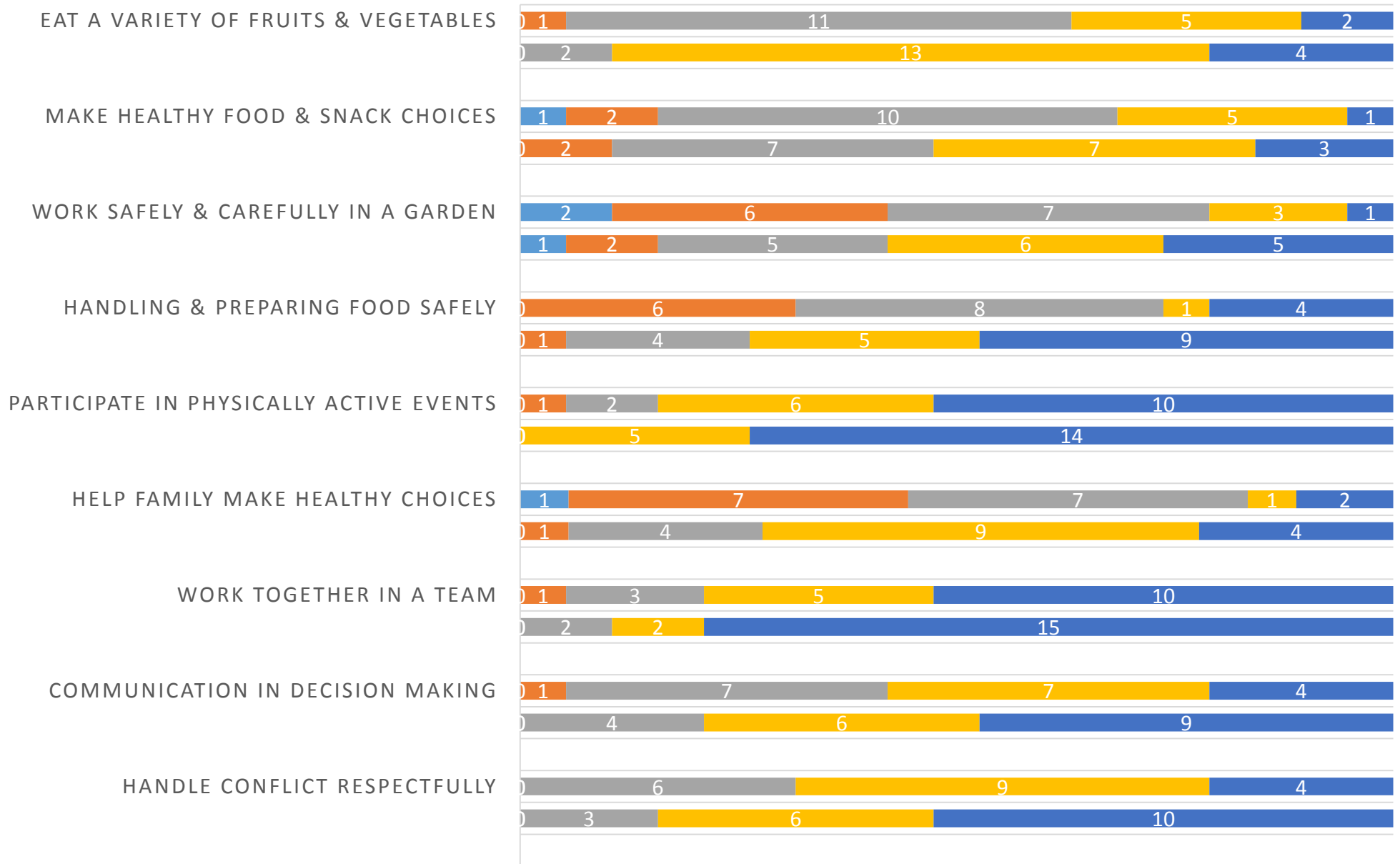
IOWA STATE UNIVERSITY
 Extension and Outreach

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REGIONAL YOUTH LEADERSHIP TEAM SELF-ASSESSMENT RESULTS

BEFORE (TOP BAR) / AFTER (BOTTOM BAR)

■ Not at all ■ Very Little ■ Some ■ Quite a Bit ■ Great Deal



“Because of FFI, I have decided my future career will have something do with nutrition and fitness.” – RYLT student

2014 Regional Youth Leadership Team Evaluation Summary of Open-Ended Questions

(19 Surveys Completed)

The most important thing I've gained from my experience with the FFI Regional Youth Leadership Team is:

Better understanding of and willingness to try healthy food: 53% (10)

Improved ability to communicate: 21% (4)

Teamwork and social skills: 21% (4)

General knowledge of health: 10.5% (2)

Leadership skills: 5% (1)

How did your participation in the program influence you overall, with regard to a future career or otherwise?

Indicated they learned important job skills, such as communication, leadership, and teamwork skills: 22% (4)

Indicated involvement with the RYLT has influenced their future career choice: 17% (3)

Indicated they are more open to the idea of different career choices than before as a result of participation in the RYLT: 11% (2)

"Becoming involved in FFI is a great way to make your school more active and healthy while you become a great contributor and leader." – RYLT student

How did your behavior change as a result of being involved on the FFI Regional Youth Leadership Team?

Improved eating habits and/or more positive attitudes toward healthy food: 58% (11)

Teamwork and social skills: 32% (6)

Self-confidence: 5% (1)

Healthier behaviors: 5% (1)

Understanding of oneself as a role model: 5% (1)

Being more active 5% (1)

If someone were to ask, "Why should I become involved on the FFI Youth Team at your school?" what would you tell him/her?

The RYLT gives them opportunities to serve: 40% (8)

Teamwork and social skills: 35% (7)

Learn to be healthier: 20% (4)

It's fun: 15% (3)

Gain leadership skills: 10% (2)

Gain self-confidence: 5% (1)

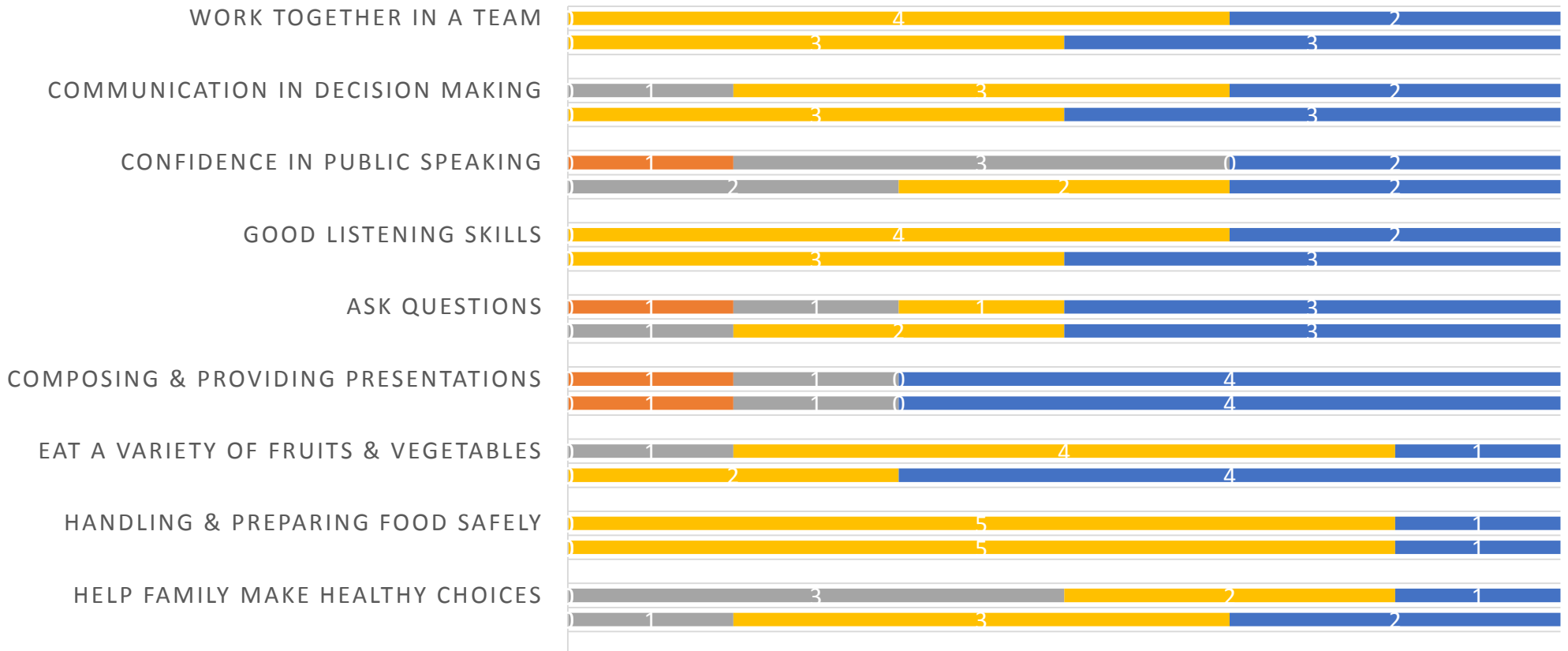
"It opened up my mind to many new ideas and I am excited to spread my knowledge in the future." – RYLT student

Cafeteria Coaches

Students from Decorah Middle School, St. Joseph’s school in New Hampton and St. Benedict’s school in Decorah, were active in their cafeterias as Cafeteria Coaches. These leaders are present in their elementary school cafeterias where they serve as healthy role models encouraging the younger students to try new foods and eat nutritious school meals. Their efforts are to help improve consumption of whole grains, fruits and vegetables, while also working with school nutrition staff to introduce new recipes/foods on school menus, and to offer samples of new items including local foods. Six 8th graders from Decorah Middle School completed the self-assessment survey about the lessons they learned in the past year.

CAFETERIA COACHES SELF-ASSESSMENT RESULTS BEFORE (TOP BAR) / AFTER (BOTTOM BAR)

■ Not at all ■ Very Little ■ Some ■ Quite a Bit ■ Great Deal



2014 Cafeteria Coaches Evaluation Summary of Open-Ended Questions

(6 surveys completed)

What was the most beneficial thing about participating as a Cafeteria Coach?

Interacting with the younger kids: 83% (5)

Try new foods: 33% (2)

What things did you learn?

Working with youth: 50% (3)

Healthy choices: 33% (2)

Healthy choices: 33% (2)

How do you feel your participation in the program benefited your group and your school?

Teaching children healthy choices by role modeling: 83% (5)

Social skills: 17% (1)

Why did you choose to become involved?

Open to new experiences: 50% (3)

Interest in food: 33% (2)

Working with kids: 33% (2)

Leadership opportunity: 33% (2)

How did your behavior change as a result of being involved as a Cafeteria Coach?

Team Player: 33% (2)

Leadership Building: 33% (2)

Healthier Choices: 17% (1)

Did you feel your attitude or perspective on things changed as a result of your participation in the program? If so, how?

Positive attitude change: 66% (4)

No change in attitude: 33% (2)

How did your participation in the program influence you, overall, with regard to a future career or otherwise.

Didn't make a difference: 50% (3)

Opened up new options for future career: 33% (2)

New skills learned: 33% (2)

If someone were to ask, "Why should I become involved as a Cafeteria Coach in the Food & Fitness Initiative?" What would you tell him/her?

Fun experience: 66% (4)

Healthy role model to younger kids: 50% (3)

Building relationships: 17% (1)

Leadership building: 17% (1)



"I like helping people and being a leader to the younger generation." – Cafeteria Coach

Cross-Age Teaching

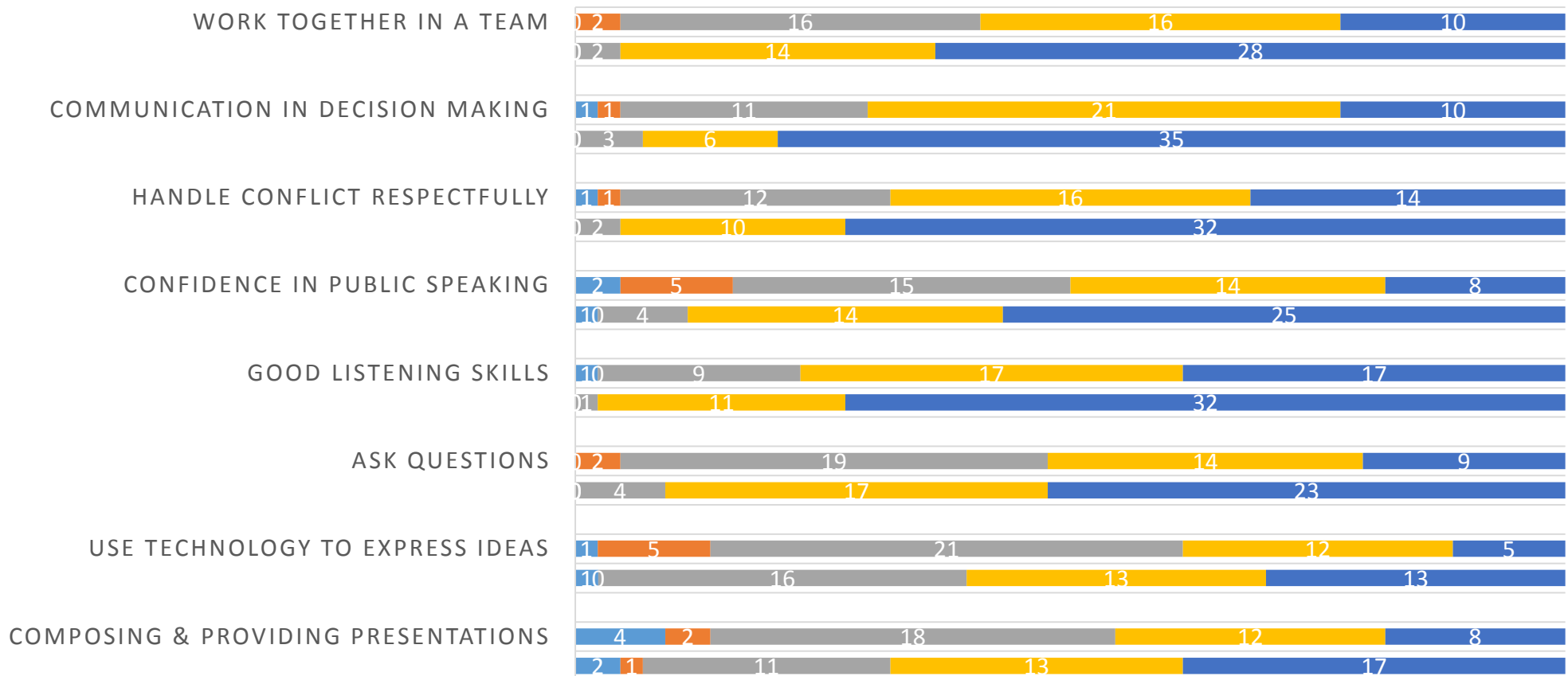
Ninety-nine student leaders from five area high schools are actively engaging elementary age youth with classroom lessons concerning local foods and their nutritious attributes. The youth are formed into teaching groups. Together they organize their lesson plans and present a new lesson to the same classrooms monthly. The following survey results come from 44 of the students involved in cross-age teaching.

Cross-Age Teaching Schools
 Decorah
 Turkey Valley
 Howard-Winneshiek
 Postville
 Allamakee

CROSS-AGE TEACHING SELF-ASSESSMENT RESULTS

BEFORE (TOP BAR) / AFTER (BOTTOM BAR)

■ Not at all ■ Very Little ■ Some ■ Quite a Bit ■ Great Deal



2014 Cross-Age Teachers Evaluation Summary of Open-Ended Questions

(44 surveys completed)

What was the most beneficial thing about participating as a Team Teacher?

Interaction with kids: 54.5% (30)

Working with peers: 20% (11)

Being a good role model: 14.5% (8)

Public speaking: 11% (6)

What things did you learn?

Teaching skills: 34% (15)

Food/Health facts: 30% (13)

How to interact with youth: 25% (11)

How to eat healthier: 11% (5)

How do you feel your participation in the program benefitted your group and community?

Healthy impact on kids' choices: 54% (26)

Outreach to kids: 25% (12)

Local food impact: 10.5% (5)

Team building: 10.5% (5)

Why did you choose to become involved?

Interaction with kids: 49% (24)

Fun leadership opportunity: 26.5% (13)

Referral from former students: 24.5% (12)

How did your behavior change as a result of being involved as a Team Teacher?

Communication & public speaking: 33% (16)

Improved behavior qualities: 27% (13)

Better at interacting with kids: 21% (10)

Better team player: 19% (9)

Did you feel your attitude or perspective on things changed as a result of your participation in the program, how?

Better at interacting with youth: 48% (21)

Positive attitude change: 36% (16)

Same attitude: 16% (7)

How did your participation in the program influence you, overall, with regard to a future career or otherwise?

Help build resume for future career: 40% (14)

Confidence in public speaking: 31% (11)

Career exploration focused on kids: 29% (10)

If someone were to ask, "Why should I become involved as a Team Teacher in the Farm to School Program?" what would you tell him/her?

Teach kids: 36% (20)

Great experience: 18% (10)

Fun: 18% (10)

Learn new skills: 16% (9)

Make a difference in community: 12% (7)

"I've made great memories being a part of this program, and I am so glad I made the decision to join. It's a great thing to be involved in and I'm thankful for the opportunity." – Cross-Age Teacher



In evaluating these surveys completed by the students participating in the RYLT meetings, Cafeteria Coaching and Cross-Age Teaching, common outcomes were observed. According to the graphs, after participating in Food & Fitness for at least one school year, students reported a positive change in their behavior related to lifestyle choices, leadership skills, improved teamwork and communication, and confidence in public speaking.

In their responses to the open ended questions, the students reported positive learning experiences from the various projects. Across the three various project categories, students commonly reported the value of Food & Fitness on their middle school or high school experience. The skills they are learning will prepare them for future careers, and they are improving their outlook on a healthy lifestyle that they can model to their family and community.

“I like how we as high school students are role models. It makes me want to be a better person; I like that the children look up to us.” – Cross-Age Teacher