4-H Healthy Living Logic Model – Prevention of ATOD (Alcohol, Tobacco and Other Drugs)

**Description of challenge, problem, or opportunity:**
- Early substance use in childhood/adolescence affects later drug use
- Children and youth with more access and availability to alcohol and drugs are more likely to use them
- Child and youth substance use is affected by social norms
- Parents with positive relationship with their children who provide adequate mentoring and supervision
- Help protect their children from substance use
- Excessive alcohol is the third leading cause of preventable death in the US and is a risk factor for many health and societal problems
- 12-20 year olds drink 11% of alcohol consumed in the US
- Tobacco and prescription drug use increase during youth
- White 12th graders are more twice as likely as their black and Hispanic to use tobacco
- In 2008, about 15.2 million Americans 12 year or older have taken a prescription pain killer, tranquilizer, stimulant or sedative for non medical purposes

**What we invest:**
- Evidence-based and evidence-informed curricula
- Land Grant and Public Universities
- Human resources
- Existing 4-H Youth Development and Families curricula, delivery modes, and programs
- National reports and standards that establish benchmarks for Healthy Living Outcomes
- Support of national partners
- Research and literature focused on health issues, youth, family and community development
- Financial support
- Relationships with national, regional, state and local health experts, networks, advocates and facilities
- Youth leaders and partnerships with young people
- Electronic resources
- Corner stones of a healthy lifestyle

**What we do:**
- Provide tobacco cessation information, resources and support to youth and their families
- Provide multi-component programs targeted to different development stages to intervention in ATOD use
- Model non-use among youth with family and friends
- Engage in community mobilization campaigns to prevent and reduce ATOD use
- Design and implement programs with multiple components such as using environmental changes, policy changes, social marketing campaigns, and curricula that meet ATOD prevention standards for skill building and self-effacy and involve families in meaningful ways

**Who we target:**
- Youth, families, staff, volunteers, community leaders, partner organizations, and collaborators
- Special focus on new and underserved youth/families

**What we produce:**
- Cooperative and experiential learning, non-formal education programs
- Peer mentoring
- Family engagement
- Projects, trainings, workshops, internships and apprenticeships
- Applied research
- Evaluations
- Convened coalitions
- Grant proposals developed and awarded
- Needs assessment
- Social marketing campaigns
- Disseminated and replicated programs
- Published curricula and peer-reviewed articles/resources

**Outcomes**

**Knowledge**
- Occurs when there is a change in knowledge or the participants learn:
  - Youth
    - Increase perception of risk and refusal skills to ATOD use
    - Improve knowledge, attitudes, skills and aspirations toward ATOD avoidance
  - Youth and families
    - Improve their understanding and communication of the consequences of substance use, risk-taking, personal responsibility, and the influences of the media targeting youth and young adults in advertising and promotion

**Actions**
- Occur when there is a change in behavior or the participants act upon what they’ve learned and:
  - Youth
    - Increase use of refusal skills when confronted with ATOD use opportunities
  - Youth and families
    - Reduce in use of alcohol, tobacco, and other drugs among 10-17 year olds
    - Increase positive peer-led messaging related to not using ATOD
    - Reduction in proportion of youth who drove drunk or rode with a driver who had been drinking alcohol
    - Reduction in proportion of youth who engaged in binge drinking of alcoholic drinks
  - Parents, families and community policy makers
    - Engaged in communicating the consequences of access to alcohol and normalizing under-aged drinking and tobacco use

**Conditions**
- Occur when a societal condition is improved due to a participant’s action taken in the previous column.
  - Youth
    - Increase age and proportion of youth who remain alcohol, tobacco and drug free
  - Children, youth and families
    - Restrict minor’s access to tobacco and reduced ATOD use or abuse and reduction in exposure to environmental tobacco smoke for children
    - Increase community partnerships or coalitions that conduct comprehensive substance abuse prevention efforts
  - Youth and families
    - Reduction in unintentional and intentional injuries, including alcohol-related motor vehicle crash deaths and injuries, resulting from alcohol and illicit drug-related use
  - Community and policy makers
    - Reduce minor’s access to alcohol and tobacco

**ASSUMPTIONS** – 4-H makes valuable contributions to youth; Extension contributes to the health and well-being of youth and their families; youth and their families are more involved in meaningful learning experiences; 4-H HL program development and implementation will focus on the risk and protective factors; health behaviors are complex and there will continue to be risk and protective factors on which 4-H will have little impact; youth will have more variety in choices and opportunities, 4-H HL programs will evolve; youth and their families can improve their health through increased healthy living knowledge, taking advantage of resources, and reducing risk factors; youth and their families have the ability to reach optimal physical, social/emotional health, and well-being

**EXTERNAL FACTORS** – Demands on family time will continue to be a factor in the programs they choose to participate in over time; families will continue to face resource constraints; changes in society and health practices, services/access will impact young people and their families; research will continue to inform the connections between healthy living and positive youth development; obesity prevention and health improvements will continue to be a core mission of USDA/AGRI and state Extension systems.