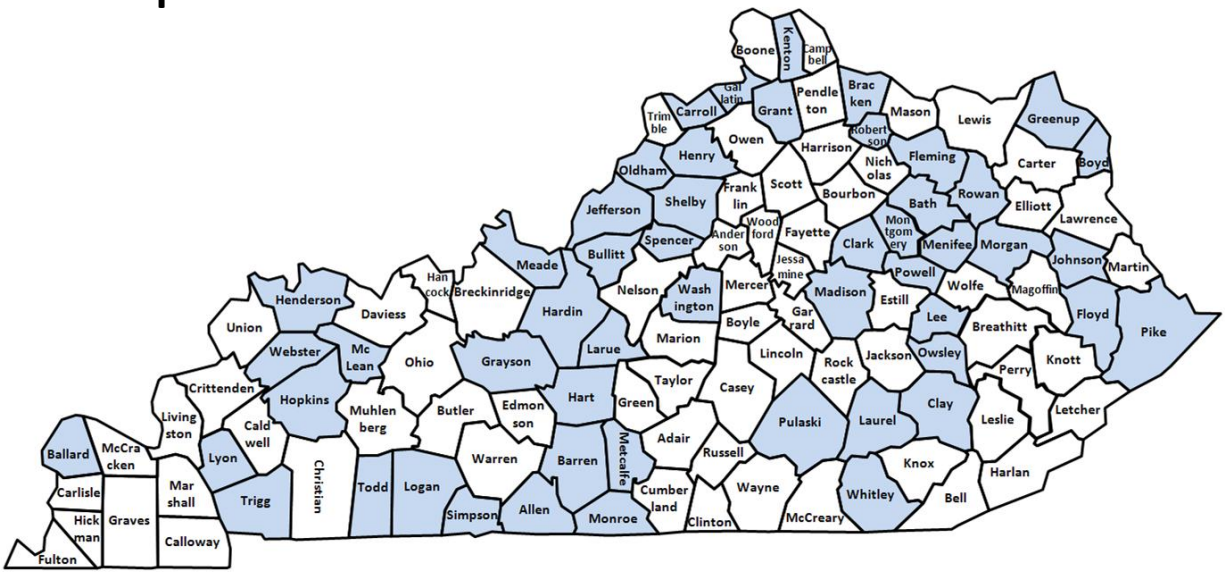
FY08 Report

4-H Jump Into Foods and Fitness



Nearly 7600 youth in 52 Kentucky counties participated in the 4-H Jump Into Foods and Fitness Program this year. Over 97% of these youth have adopted at least one new health or nutrition habit during their participation in the program, with one in five completing a daily personal activity log using pedometers as their measure of activity.

In addition to being more physically active, 91% of Jump Into Foods and Fitness participants understand and can apply the principles of MyPyramid to their eating habits.

4-H Jump into Foods and Fitness 52 Counties Reported Participating

7596 Number of youth who completed a total of 6+ hours of the Jump Into Foods and Fitness Program in your county? (Must include: My Pyramid, increase in physical activity and the adoption of a new nutritional health habit).

1310 Number of youth who completed daily personal activity logs with the use of pedometers as the measure?

7388 Number of youth who adopted at least one new health and/or nutrition habit during their participation in the Jump Into Foods & Fitness (JIFF) program?

6986 Number of youth, after participating in the Jump Into Foods & Fitness (JIFF) program, stated that they understood and can apply the concepts of MyPyramid?