Head, Heart, Hands, and Health: 4-H Engages America’s Youth

The 4-H Youth Development Program is the youth outreach program of the land-grant universities’ Cooperative Extension Services and the United States Department of Agriculture. 4-H National Headquarters at USDA’s National Institute of Food and Agriculture provides leadership in positive youth development in the areas of citizenship, healthy living, and science. 4-H emphasizes the importance of young people connecting to their communities; being well-informed and engaged in civic affairs; developing leadership skills; and preparing for college, work, career, and life.

THE NAME AND EMBLEM
The 4-H clover represents the program’s focus on head, heart, hands, and health. It is a well-known symbol of more than a century of 4-H achievement.

GUIDING PRINCIPLES
1. POSITIVE YOUTH DEVELOPMENT
2. PARTNERSHIPS
3. INTENTIONAL LEARNING EXPERIENCES
4. DEVELOPING YOUTH POTENTIAL

PARTICIPATION BY THE NUMBERS
URBAN 1.8M
SUBURBAN 1.5M
RURAL 2.6M
TOTAL PARTICIPANTS 5.9M
CLUBS ON MILITARY BASES 900

Activities by the Numbers
5 MILLION SCIENCE ENGINEERING TECHNOLOGY
2½ MILLION HEALTHY LIFESTYLES
2½ MILLION CITIZENSHIP

1 IN 5 YOUTH GOAL BY THE YEAR 2025 FOR THE NUMBER OF YOUTH INVOLVED IN 4-H

Enrollment data source: www.reeis.usda.gov/reports-and-documents/4-h-reports
NIFA invests in and advances agricultural research, education, and extension and seeks to make transformative discoveries that solve societal challenges. Learn more by visiting www.nifa.usda.gov or following @USDA_NIFA on Twitter. USDA is an equal opportunity provider and employer • October 2015