

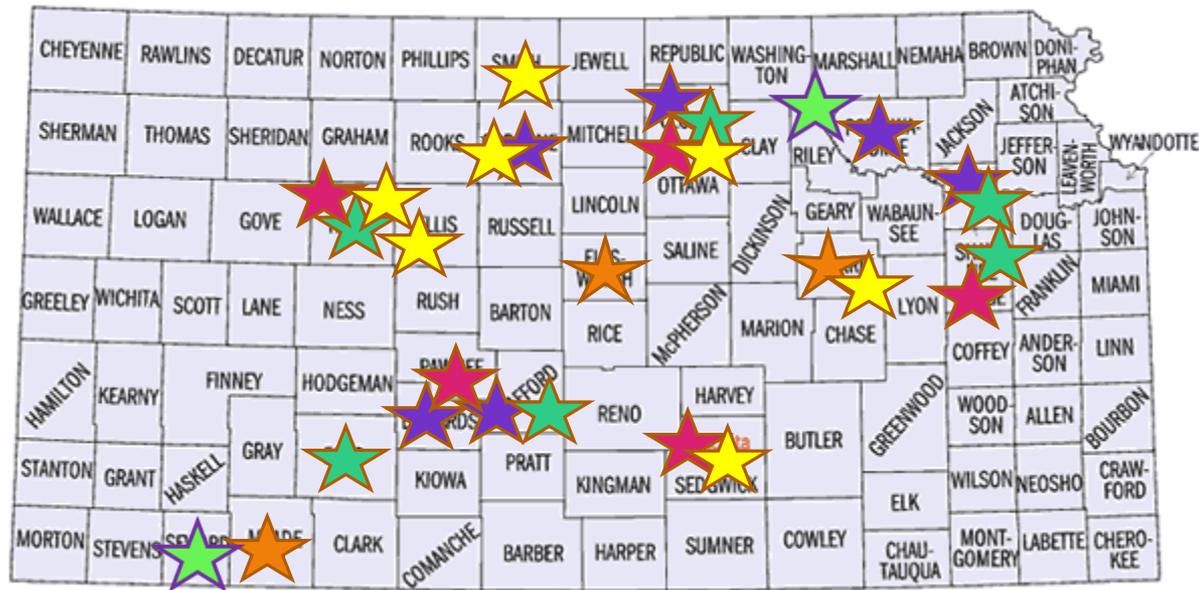
Get It – Do It!

Goals:

- Foster youth-adult partnerships
- Engage youth in meaningful roles
- Enhance social capital (bonding, bridging)
- Support local community development vision
- Increase health-promoting opportunities
(e.g. park improvements, summer camps, trail development, out-of-school health programs)



29 Kansas Get It – Do It! projects



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KS Teen Leaders for Physically Active Lifestyle, 2004-2009
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Get It – Do It 2008
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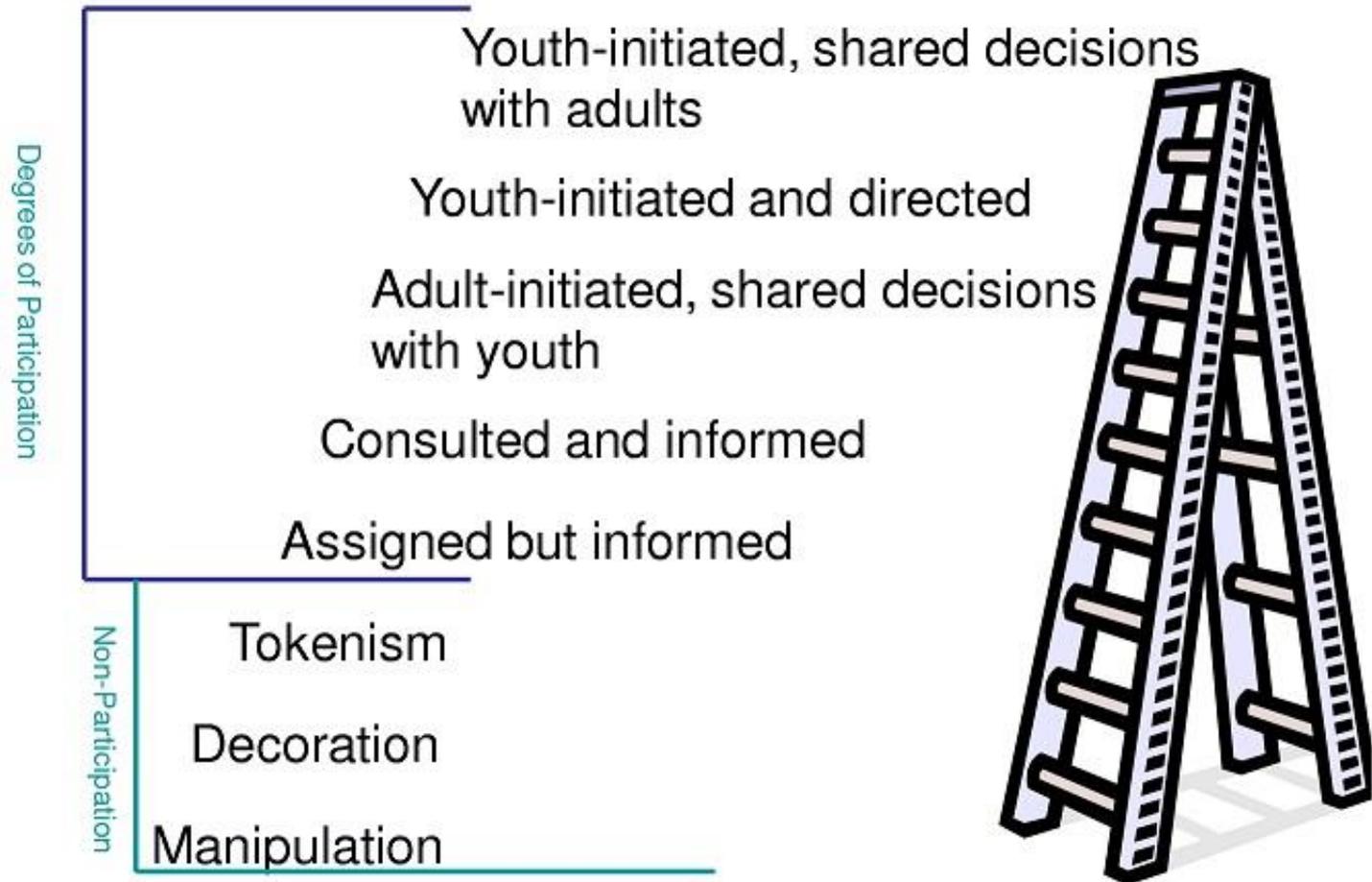
Get It – Do It 2009
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Get It – Do It 2010
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Get It – Do It 2011
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Get It – Do It 2013

Ladder of Youth Participation



Adapted from Hart, R. (1992). *Children's Participation from Tokenism to Citizenship*
Florence: UNICEF Innocenti Research Centre.

Capacity Building

\$2,000 youth-adult grant proposals
On-location training and support



Grinnell



Rock Springs 4-H
Center celebration



Cunningham celebration



Alton mapping



Salina training



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Randolph bridge



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2013-
2014



Evaluation

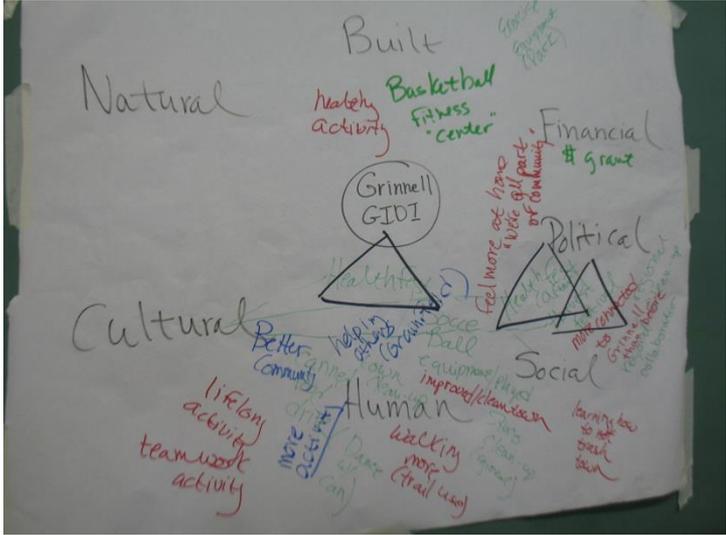
Community Participation (pre and post)



Grainfield

- Youth: Community belonging (Tolan, Gorman-Smith & Henry, 2001)
- Partnership: Involvement and engagement (Jones & Perkins, 2006)
- Building Community Social and Human Capital:
 - ✓ Informal visits by K-State personnel
 - ✓ Community impact mapping “Speak Out”

Ripple Mapping: Culture



Grinnell



Mt Hope

BUILDING SMALL TOWN SOCIAL CAPITAL THROUGH YOUTH ENGAGEMENT AND YOUTH VOICE

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INTRODUCTION & HYPOTHESES
 Programs that include the whole community are the most effective in improving the health of residents (CDC, 2006). If those same programs increase the social, built and human capital of communities then quality of life as well as health improves (Flore & Gleason, 2009).
 However, many small towns lack resources to implement and sustain programs that build social capital to improve health. More over, programs that are designed and led by external experts are unlikely to be sustained by communities (Cornwall & Jewkes, 1995). Consequently, the Get It – Do It program tested whether youth-led health promotion projects increased social capital (i.e., social bonding and bridging) among youth and adults in small towns.

PROCEDURES
Implementation

- Grant proposals and awards
- Health training and capacity-building-HealthFest!
- On-site meetings and support
- Monthly communication, resource sharing
- Documentation of progress-shorthand.com
- Education agents as intermediaries
- Recognition and awards

Participatory Research

- On-site interviews and goal setting
- Pre/Post surveys - Community Belonging (Toien, Gorman-Smith & Henry, 2001) Youth Involvement and Engagement (Jones & Perkins, 2006)
- Site visits and observations
- Photo journals for documentation
- Group identification of impact-mapping changes in community capitals
- Making meaning - final reports

RESULTS
 Four youth-adult partnerships in small towns designed and implemented community health promotion projects between February-November, 2011. These projects included trail development, city park improvements, after-school health programs, summer health and recreation events, community health fairs, and healthier school lunch offerings. The youth-adult partnerships also participated in the evaluation of their projects.
 Descriptive statistics calculated for survey data revealed changes in community belonging and engagement among youth participants:

- Feelings of loyalty, belonging (i.e., bonding) to their communities increased;
- Perception of youth, adult and partnership involvement and engagement in community improved.

Qualitative data collected during group discussions revealed that youth participants:

- Expressed satisfaction with their involvement in the projects;
- Identified community members they had not previously known (i.e., bridging);
- Understood the value that their projects had to their community's social, built and human capital.

Results indicate that community social capital increased with the Get It – Do It health promotion projects.

Community Capitals Framework
 (Folstein, C.B. & Johnson, J.L. 2008)

"The [Get It – Do It] concept of each community building its own project to meet its own defined needs conveys a respect that really promotes the will to deliver."
 -J. Johnson, Green

DATA
 Results for 30 youth, ages 15-17, engaged in Get It – Do It projects in four communities (2011).

COMMUNITY BELONGING SURVEY
 On a 5 point scale with 1 being a high sense of loyalty, belonging, engaged.

Overall Pre: 1.81
 *1.90 = Grinnell (11 youth)
 *1.96 = Mt. Hope (15 youth)

After 10 months Post: 1.79
 *1.73 = Grinnell (11 youth)
 *1.72 = Mt. Hope (13 youth)

YOUTH INVOLVEMENT AND ENGAGEMENT SURVEY
 On a 10 point scale with 10 being very involved and engaged.

Overall Pre:
 Youth perception of their engagement = 6.05
 Youth perception of adult engagement = 6.25
 Youth perception of youth & adult engagement = 6.68

After 10 months Post:
 Youth perception of their engagement = 6.06
 Youth perception of adult engagement = 6.33
 Youth perception of youth & adult engagement = 6.51

GROUP DISCUSSION (Impact map)
 Guided discussions held in each community used community capital mapping for youth to describe their Get It – Do It project activities and how the activities impacted themselves and their community.

"By mapping our work we see connections between youth and adults that used to be ignored. I now know adults and they know me." (female, age 15, from Glasco)

"I now see people – even adults – playing outside, walking and exercising in our park when they didn't before. I really like our town and want to live in a small town when I grow up." (female, age 16, from Glasco)

Kansas Get It – Do It! program sites

★ Grinnell, KS
 ★ Mt. Hope, KS
 ★ Lawrence, KS
 ★ Topeka, KS
 ★ Garden City, KS
 ★ Emporia, KS
 ★ Hays, KS
 ★ Pittsburg, KS
 ★ Manhattan, KS
 ★ Salina, KS
 ★ Emporia, KS
 ★ Lawrence, KS
 ★ Topeka, KS
 ★ Garden City, KS
 ★ Emporia, KS
 ★ Hays, KS
 ★ Pittsburg, KS
 ★ Manhattan, KS
 ★ Salina, KS



CONCLUSIONS
 Since 2005, the Get It – Do It program has partnered with 24 community health projects in 14 small towns across Kansas. Get It – Do It is a collaboration of groups working together in small towns to increase youth led health promoting opportunities for all residents.
 This study of the Get It – Do It program in four small communities revealed that health promotion projects that improve the built, human and social capital of communities can increase the social capital of youth.
 Though the generalizability of the study's results are limited due to the small sample size, uniqueness of the communities, and lack of a comparison, the Get It – Do It program holds promise as a model to engage youth in health promotion projects that have positive results for whole communities and for youth leaders themselves.
 Through these projects, communities increase social capital among residents, strengthen the connection of youth to the community and enhance the likelihood of young people returning to small towns as adults.

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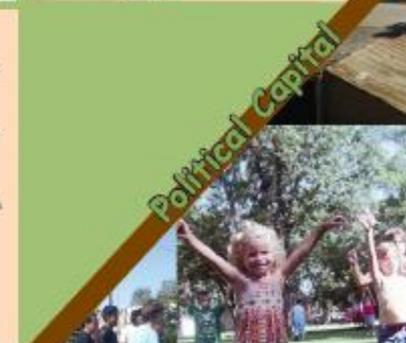
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The Result. . .

“The [*Get It – Do It!*] concept of each community building its own project to meet its own defined needs conveys a respect that really promotes the will to deliver. Thank you.” J. Northern, Glasco, 2009.



For more information. . .

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