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
Ladder of Youth Participation

Youth-initiated, shared decisions with adults
Youth-initiated and directed
Adult-initiated, shared decisions with youth
Consulted and informed
Assigned but informed
Tokenism
Decoration
Manipulation

Capacity Building

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

Grinnell

Rock Springs 4-H Center celebration

Alton mapping

Cunningham celebration

Salina training
Randolph bridge

2013-2014
Evaluation
Community Participation (pre and post)

• **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 AND HYPOTHESIS

Programs that include the whole community are the most effective in improving the health of residents (CDC, 2009). While some programs increase the social and human capital of communities, they often fail to improve health. Even those programs that are designed and led by external experts are unlikely to be sustained by communities (Cornwell & Jekich, 1985). Consequently, the Get It – Do It program tested whether youth-led health promotion projects increased social capital (basic, social bonding and bridging) among youth and adults in small towns.

However, many small towns lack resources to implement anti-violence programs that build social capital to improve health. More often, programs that are designed and led by external experts are unlikely to be sustained by communities (Cornwell & Jekich, 1985). Consequently, the Get It – Do It program tested whether youth-led health promotion projects increased social capital among youth and adults in small towns.

PROCEDURES

Data Collection

COMMUNITY BELONGING SURVEY
On a 5-point scale with 1 being a high sense of belonging to a group.
Overall, Post: 1.96 (Geddes) 1.96 (Gilbert) 1.96 (Mil-Hope) 1.96 (Moore) 1.84 (Overall)

Youth Participation in the community

YOUTH INVOLVEMENT AND ENGAGEMENT SURVEY
On a 10-point scale with 10 being very involved and engaged.
Overall, Post: 6.50 (Geddes) 6.50 (Gilbert) 6.50 (Mil-Hope) 6.50 (Moore) 6.50 (Overall)

RESULTS

Four youth-led partnerships in small towns designed and implemented community health promotion projects between February-November, 2011. Those projects included: food development, city park improvements, after-school health programs, community health festivals, and healthier school lunches. The youth-led 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.

Perceptions of youth, adult, and partnership involvement and engagement in communities increased.

Qualitative data collected during group discussions revealed that youth participants:

- Expressed satisfaction with their involvement in the project.
- Identified community members who 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 project.

CONCLUSIONS

Since 2009, 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 is limited due to the small sample size, uniqueness of the communities, and lack of a comparison, the Get It – Do It program process provides a model to engage youth in health promotion projects that have positive results for both community health and youth behavior change.

This research supports the idea that youth-led projects can 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.

REFERENCES


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KANSAS GET IT – DO IT PROGRAM SITES

Community Capital: Media Workshops
Cultural Capital: Cultural Tourism
Political Capital: Public Health Initiatives
Human Capital: Youth Leadership Development
Social Capital: Community Engagement

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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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