

2024

# Mind Body Whole Wellness Tracker: Empowering Youth to Create Positive Health Habits



UNIVERSITY OF DELAWARE  
**COOPERATIVE  
EXTENSION**

## RELEVANCE

Chronic stress and lifestyle-related health issues continue to rise, impacting both mental and physical well-being.

According to the Centers for Disease Control and Prevention data 2023

**18%** of adolescents aged 12-17 experienced a major depressive episode.



## Growing need for integrated health solutions



It is **critical** to track and manage **wellness** from a holistic standpoint, addressing the **mind, body,** and overall **life balance.**

## RESPONSE

The Mind Body Whole Wellness Tracker focuses on helping youth **manage stress,** mood and well-being through **reflection** and **behavioral** tracking.

## Mind Body Whole Wellness Tracker

### Mental health indicators

- Stress
- Anxiety levels
- Physical activity
- Sleep patterns
- Nutritional intake.



### Offers:

- personalized insights
- self-reflection
- recommendations



Developed in 2022 by the **University of Delaware Cooperative Extension** in collaboration with the **National 4-H Council**

Sessions demonstrating how to use the tracker have been conducted

## RESULTS

Using the **Thrive Model** as the basis of evaluation, UD Cooperative Extension initiated the collection of post-survey data with youth.



**1,400**

Users from **44** states

have engaged with the **Mind Body Whole Wellness Tracker**



The changes in attitude and behavior not only improve individual **well-being** but may also contribute to broader **societal benefits**, such as reduced **healthcare costs** and improved **productivity.**



Early results from the first **25 surveyed** reported the following outcomes:

**80%** Affirmed the importance of persistence (if I keep working at something, I get better at it)

**64%** Recognized the value of reframing thoughts for emotional regulation (When I want to feel a more positive emotion, I change the way I am thinking about a situation)

**64%** demonstrated increased confidence in their planning and goal-setting skills (I can develop step-by-step weekly plans to reach goals)

---

## RELEVANCE

Chronic stress and lifestyle-related health issues continue to rise, impacting both mental and physical well-being. According to recent Centers for Disease Control and Prevention data, youth in the U.S. are facing significant stress and mental health challenges. In 2023, approximately 18% of adolescents aged 12–17 experienced a major depressive episode. With the growing need for integrated health solutions, it is critical to track and manage wellness from a holistic standpoint, addressing the mind, body, and overall life balance.

---

## RESPONSE

The Mind Body Whole Wellness Tracker focuses on helping youth manage stress, mood and well-being through reflection and behavioral tracking. Developed in 2022 by the University of Delaware Cooperative Extension in collaboration with the National 4-H Council, the tracker offers an innovative platform for individuals to monitor their overall well-being. This journal provides users with the ability to track mental health indicators (e.g., stress and anxiety levels), physical activity, sleep patterns, and nutritional intake. The goal is to create a comprehensive, user-friendly tracker that empowers youth to take control of their health. By offering personalized insights, self-reflection, and recommendations, the tracker helps youth achieve a balanced approach to wellness.

Sessions demonstrating how to use the tracker have been conducted at DE 4-H Camp for Military Affiliated Youth, 4-H and Partners Afterschool Settings, Teen Wellness Retreat, NAE 4-H YDP conference in 2024, and the National 4-H Council.

---

## RESULTS

Since its launch, more than 1,400 users from 44 states have engaged with the Mind Body Whole Wellness Tracker. Using the Thrive Model as the basis of evaluation, UD Cooperative Extension initiated the collection of post-survey data with youth. Early results from the first 25 surveyed reported the following outcomes:

- 80% of youth affirmed the importance of persistence (if I keep working at something, I get better at it)
- 64% recognized the value of reframing thoughts for emotional regulation (When I want to feel a more positive emotion, I change the way I am thinking about a situation)
- 64% demonstrated increased confidence in their planning and goal-setting skills (I can develop step-by-step weekly plans to reach goals)

While results are early, these changes in attitude and behavior not only improve individual well-being but may also contribute to broader societal benefits, such as reduced healthcare costs and improved productivity.

---

## RECOGNITION

This project was made possible through the support of the National 4-H Council and the Land Grant University System.

---

## PUBLIC VALUE STATEMENT

By equipping youth with the tools to understand the connections between stress and health, the Mind Body Whole Wellness Tracker fosters long-term emotional and physical well-being. This initiative encourages healthier decision-making, building a foundation for lifelong wellness.

*This information is brought to you by the University of Delaware Cooperative Extension, a service of the UD College of Agriculture and Natural Resources – a land-grant institution. This institution is an equal opportunity provider. Learn more at [www.udel.edu/extension](http://www.udel.edu/extension).*