



## SUCCESSSES

UC CalFresh reached a total of:

- ✦ 7140 youth and 2207 adults with nutrition education and physical activity lessons and workshops
- ✦ 7413 through health fairs, AgVentures, and other community events.
- ✦ 4244 with policy, systems, and environmental change activities that supported their nutrition education lessons.



## RESULTS

- ✦ Vegetables — "The confetti salsa was excellent, we will make it at home."
- ✦ Sugar-sweetened Beverages — "Helped me get an idea of what my daughter drinks and the amount of sugar it contains. Reducing those bad habits is what this class has helped me with."
- ✦ Making Every Dollar Count curriculum — "I will create a shopping list and only go by what is on my list."

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*San Joaquin County is home to an ethnically diverse population of over 726,106 residents. Many of the county's children live in households where adults struggle with poverty, food insecurity, and unemployment. Forty-six percent (46%) of low-income households are food insecure. Seventy-five percent (75%) of the County's schools are SNAP-Ed eligible. The County has a total of 117,956 CalFresh participants and 95,917 students are enrolled in the free/reduced price meals program. Seventy-seven percent (77%) of the adults and 41% of the children (grades 5, 7, and 9) are overweight or obese. Physical inactivity and unhealthy eating contribute to high rates of obesity and chronic disease such as diabetes and heart disease. The rates of overweight and obesity as well as the rates of chronic disease are higher for low-income children and adults of all ages.*

### Serving Individuals and Communities

The University of California CalFresh Nutrition Education Program (UC CalFresh) works with community partners to help families, youth, and adults develop the knowledge necessary to improve their health-related behaviors. UC CalFresh (a SNAP-Ed funded program) has been offering evidence-based nutrition education tailored to the needs, culture and languages of our communities in San Joaquin County for over 23 years. Current offerings include series-based lessons and mini-workshops focused on:

- ✦ Family Centered Nutrition Education
- ✦ Healthy Eating and Active Living
- ✦ Food Resource Management
- ✦ Garden Enhanced Nutrition Education
- ✦ Youth Nutrition Education for all ages

### Helping to Make Organizational and Environmental Changes

UC CalFresh partners with agencies/organizations serving SNAP-eligible youth and adults to not only bring healthy eating and physical activity education to high need populations but also to work together to create policy, systems and environmental changes that make a difference to our participants. Smarter Lunchroom Movement strategies facilitate students making the healthy choice their first choice. Our gardening program links school and community gardens to nutrition education workshops and healthy food demonstrations. Our Structured Physical Activity program motivates adults and children to move more and live healthier. AgVentures and school health fairs focus parents and children on the benefits of increasing fruit and vegetables. The UC CalFresh Nutrition Education Program and our partners are making a difference in the health and wellness of San Joaquin County children and their families.

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