

CalFresh Healthy Living, University of California

One of California's four SNAP-Ed State Implementing Agencies

California's SNAP-Ed Mission

Inspire and empower underserved Californians to improve their health and the health of their communities by promoting awareness, education, and community change through diverse partnerships, resulting in healthy eating and active living.



Delivered through UC Cooperative Extension County Offices (UCCE)

In 32 Counties*

- 17 UCCE Nutrition and Family/Youth Advisors (no SNAP-Ed funding)
- 21 UCCE Program Managers and Supervisors
- 119 UCCE Community Educators
 - 24 Physical Activity Leads
 - 47 trained Smarter Lunchrooms Movement of California (SLM of CA) Technical Advising Professionals (TAPs)

*FFY 2019

YOUTH PROGRAMS

Evidence-Based Direct Education

Early Care & Preschool Education

10,244 preschoolers (<5 years) reached

302 Early Care and Education sites receiving SNAP-Ed education

386 extenders - Early Care and Education staff - trained to provide nutrition and physical activity education

GO GLOW GROW

A Nutrition and Physical Activity Curriculum designed for 3-to-5-year-old children.



HAPPY HEALTHY ME...

Moving, Munching & Reading Around MyPlate

A nutrition and literacy curriculum for 4-to-6-year-old children which includes reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities.



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Schools, Afterschool & Youth Programs (Grades K-12)

76,075 youth (5-17 years) reached

632 schools, afterschool programs and other youth program sites receiving SNAP-Ed education

2,405 extenders - classroom teachers, and afterschool staff - trained to provide nutrition and physical activity education to school-aged youth

Based on the Teacher Tasting Tool...

Before today's class how many of you have tasted this food **before**?

46%

How many of you are **willing to eat the food** again at **school**?

71%

How many of you are willing to ask for this food at **home**?

66%

*Over 2,000 tastings with over 53,000 students (duplicate) in FFY 2019

ADULT PROGRAMS

Evidence-Based Direct Education

- 9,550** adults reached with direct education (unduplicated)
- 1,276** seniors reached with direct education (unduplicated)
- 137** additional adult only SNAP-Ed delivery sites



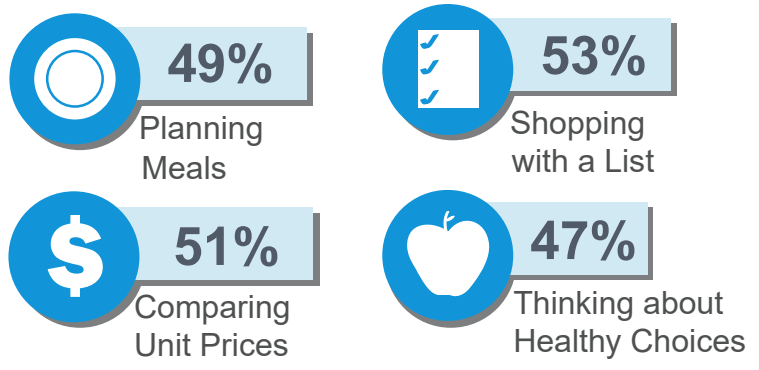
Food Resource Management

Stretching food dollars and fostering learning strategies to improve household food security to maximize nutrition and health return on limited resources.

PSS&C Plan, Shop, Save and Cook

A curriculum designed to help adult participants stretch food dollars by learning shopping strategies and meal planning.

After completing the series, % reporting improvement...

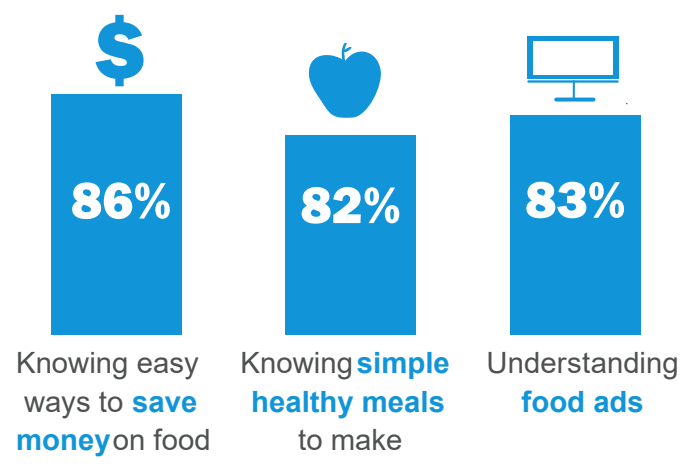


Results based on over 950 participants' pre and post-tests in FFY 2019

MEDC Making Every Dollar Count

A curriculum designed to help adult participants gain the tools needed to take control of their money.

After completing the series, % reporting improvement...



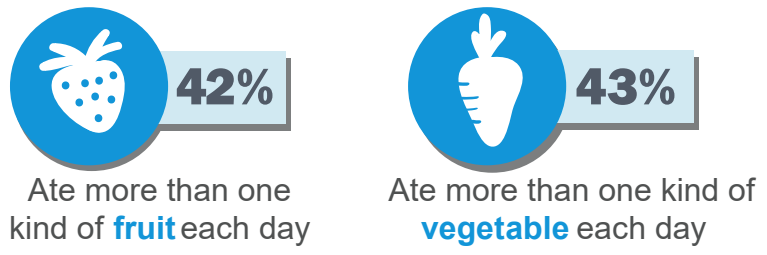
Results based on over 700 participants in FFY 2019

Physical Activity & Nutrition

Eating Smart, Being Active

A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.

After completing the series, % reporting improvement...



Results based on over 650 participants' Food Behavior Checklist's pre/post-tests primarily (88%) collected from ESBA in FFY 2019

Family-Centered Nutrition Education

Healthy, Happy Families

A curriculum composed of eight mini-lessons to help parents promote healthy eating habits in preschool-aged children.



205 family-centered sites for SNAP-Ed delivery where education efforts are focused on the family

Eat and Play Together!

A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children's lives.



COMPREHENSIVE PROGRAMMING

Together education, marketing, and policy, systems, and enviromental (PSE) changes are more effective than any of these strategies alone for preventing overweight and obesity.



Working with partners, UCCE programs reported **PSE changes at 397 SNAP-Ed sites** reaching more than **170,000** people in FFY 2019.



Smarter Lunchrooms Movement of California

Encouraging the selection of healthy options, through cafeteria makeovers using evidence-based, low-cost/no-cost strategies.

UCCE programs:



-  conducted over 78 SLM cafeteria assessments at schools with over 34,000 total students – (2018/19 School Year)
-  have 47 trained SLM Technical Advising Professionals (TAPs) across 27 counties who provide assistance to school and district partners



Edible Gardens and Farm to Table

Growing, trying, and eating local produce.

In FFY 2019, UCCE programs helped to...






-  establish new, reinvigorate or expand **edible gardens at over 143 sites**
-  initiate or expand **farm-to-table use of fresh or local produce at 30 sites**



Physical Activity

Over 223 sites in 31 counties made at least one PA-related PSE change in FFY 2019.

Top PSE changes for PA include improved:




-  **Opportunities** for structured (154 sites) and unstructured PA (43 sites)
-  **Quality** of structured PA (129 sites) and PE (19 sites)
-  **Restrictions** on use of PA as punishment (44 sites)
-  PA **facilities/equipment/structures** (33 sites)
-  **Playground stencils** (17 sites)

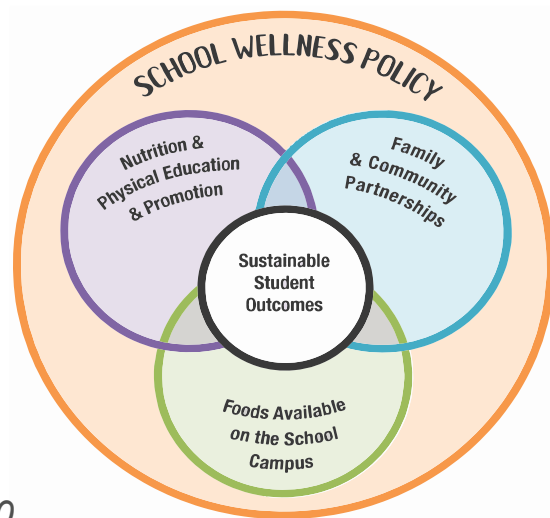


COMPREHENSIVE PROGRAMMING



Shaping Healthy Choices Program

-  Comprehensive research-tested program combining inquiry-based education, cooking, gardening and changes to the cafeteria
-  Partnership with University of California, Davis' Center for Nutrition in Schools (CNS)
-  Integrating Physical Activity in existing curricula through Healthy Choices in Motion



In FFY 2020...
UCCE county programs are implementing Shaping Healthy Choices in **7** counties

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