



# ADULT PROGRAMS

## Evidence-Based Direct Education

- 🌱 **10,453** adults reached with direct education (unduplicated)
- 🌱 **1,318** seniors reached with direct education (unduplicated)
- 🌱 **206** additional adult only SNAP-Ed delivery sites



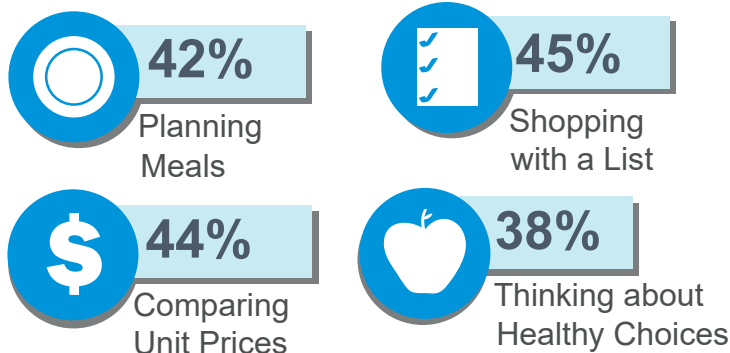
## Food Resource Management

*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...



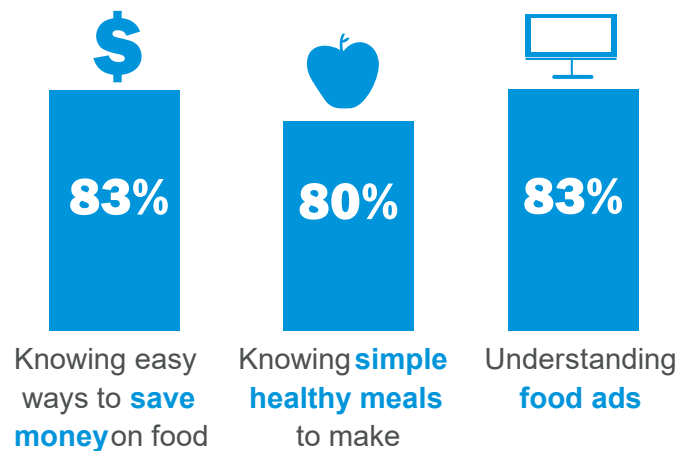
Results based on over 1,200 participants' pre and post-tests in FFY 2018



## 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...



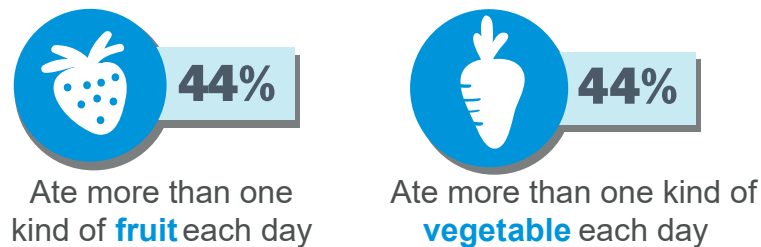
Results based at 1000 participants' pre and post-tests in FFY 2018

## Physical Activity & Nutrition

After completing the series, % reporting improvement...

### Eating Smart, Being Active

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



Results based on over 800 participants' Food Behavior Checklist pre and post-tests in FFY 2018

## Family-Centered Nutrition Education

- 🌱 **160** family-centered sites for SNAP-Ed delivery where education efforts are focused on the family

### Healthy, Happy Families

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



### 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 350 SNAP-Ed sites** reaching more than **140,000** people in FFY 2018.



## 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 90 SLM cafeteria assessments at schools with over 39,000 total students – (2017/18 School Year)
- 🌱 have 55 trained SLM Technical Advising Professionals (TAPs) who provided assistance in their counties at 71 sites in FFY 2018



## Edible Gardens and Farm to Table

*Growing, trying, and eating local produce.*

*In FFY 2018, UCCE programs helped to...*

- 🌱 establish new, reinvigorate or expand **edible gardens at over 130 sites**
- 🌱 initiate or expand **farm-to-table use of fresh or local produce at 30 sites**



## Physical Activity

*Over 180 sites in 27 counties made at least one PA-related PSE change reaching over 80,000 in FFY 2018.*

*Top PSE changes for PA include improved:*

- 🌱 **Quality** of structured PA (88 sites) and PE (28 sites)
- 🌱 **Access/opportunities** for structured (on site—86 sites, before/afterschool—19 sites) and unstructured PA (44 sites)
- 🌱 PA **facilities/equipment** (43 sites)
- 🌱 **Playground stencils** (30 sites)



# COMPREHENSIVE PROGRAMMING



## Shaping Healthy Choices Program



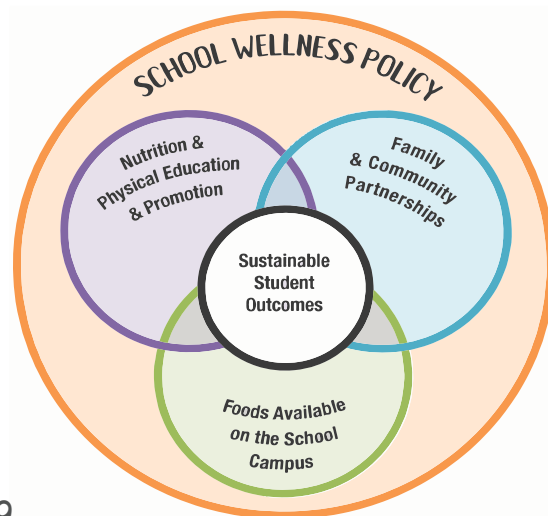
Comprehensive research-tested program combining inquiry-based education, cooking, gardening and changes to the cafeteria



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 2019...*

UCCE county programs are implementing Shaping Healthy Choices in **10** schools in **8** counties

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