



# FFY2019 UCCE Alameda

## SUCCESSSES

- Early Childhood teacher extenders (68) at 28 preschool sites, used the *Go Glow Grow Curriculum* (6 lessons) to reach 1,794 children less than 5 years old with nutrition education averaging 2,230 hours of extender education.
- Reached 1,230 adults and seniors: 442 with series-based nutrition education and 788 with one-time only workshops.
- 850 Seniors were reached through Senior Quality of Life education and Gardening.



## RESULTS

### Youth

- 96% of 55 teachers state that students can now identify healthy food choices and 95% report that students are now more willing to try new foods at school.

### Adult

- Baseline assessments of 229 Adults and Seniors found 66% reported drinking a sweet beverage (SSB). Results post intervention found 74% stating they will drink SSB's less often.

### Organizational

- Playground Stencils
- School Gardens
- CATCH
- Community Gardens

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*California SNAP participation rate ranks 48 among all states (USDA). Alameda County has a Program Access Index of 53.2% which estimates CalFresh utilization among low-income individuals (CFPA). Over 16% of individuals in Alameda County live below the poverty level; 20.7% are under the age of 18; 30.9% are single parents; and over 13.5% are 65 and over (Census). The Food Bank reports that 40,000 (40% children, 18% seniors) seek food weekly; over 82% run out of CalFresh benefits monthly; 47% choose between paying rent and food. One in 4 Alameda County residents are food insecure and those hungry are 38% families with children and 39% seniors.*

### Serving Individuals and Communities

- 1,794 youth ages 3-5 were reached with evidenced-based nutrition education curricula conducted with over 2,200 hours of extender education.
- 1,230 low income adults and seniors were reached with 13 series, and 48 one-time only workshops -- over 2,845 sessions of direct education with evidence-based nutrition education curricula.

### Providing Education

- Go Glow Grow curriculum used in 28 Early Childhood Education (ECE) sites by 68 teachers reached 1,794 students ages 3-5
- Grow it! Like it! Try it! Curriculum used in 20 ECE sites by 54 teachers reached 1,403 students ages 3-5
- Eat Smart Live Strong, Making Every Dollar Count and Eating Smart Being Active Curriculum reached 442 Adults and Seniors at 25 sites including: schools, low income housing sites, shelters, and recovery centers.
- Choosing Healthy Beverages, My Plate, Food Safety for Seniors and Gardening in Containers workshops reached 788 adults and seniors at 33 sites.

### Helping to Make Organizational and Environmental Changes

- Playground Stencils were installed at 4 ECE sites
- Healthy Eating Active Living Murals were installed at 3 ECE sites
- CATCH Activity Box for ECE is implemented at 28 ECE sites
- ECE school gardens operating at 20 sites
- Senior Quality of Life education and Gardening at 7 sites

### Serving California Agriculture

- 850 Seniors at 7 low income housing sites have been reached through our new Senior Quality of Life and Wellness Program focused on increasing food security, food safety, fruits and vegetable intake, and wellness of those 65 and over.

### Building Partnerships

- Oakland Unified School District
- Fresh Approach
- Alameda County Public Health Department
- Oakland Housing Authority
- Satellite Affordable Housing
- Eden Housing
- Alameda County Resource Conservation District

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