



FFY2019 UCCE Fresno and Madera

SUCSESSES

"Madera Unified School District parents have greatly benefited from our partnership with the UC CalFresh Program. The program offers unique "hands-on" cooking experiences that further impacts the learning and retention of information. Parents participated in all aspects of the program which lead to parents co-sponsoring a school-based health fair where they treated other parents to healthy foods along with the recipes to take home and enjoy with their families. This level of learning and engagement will last a lifetime and MUSD families will continue to influence their children's home environment that supports physical activity and healthy eating."

-David Hernandez,

**Parent Resource Center Director,
Madera Unified School District**



RESULTS

Youth

67% of physical education teachers strongly agreed that, since the beginning of the year, more students enjoy doing physical activities

Adult

83% of adult respondents reported they will eat foods from all five food groups each day more often with in the next week

Organizational

78% of Madera Unified PSE school sites maintaining adopted changes have received staff training

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Fresno and Madera counties are among the top producing agricultural counties in California and the nation. Yet, both counties have some of the highest rates of poverty, food insecurity, and hunger, particularly among children. The CalFresh Healthy Living, UC (CFHL, UC) program in Fresno and Madera in cooperative effort, partner with community agencies to address the nutrition and physical activity needs of the community through experiential, evidence-based nutrition and physical education, and policy, systems and environmental supports.

Serving Individuals and Communities

- 6,098 participants were reached with direct nutrition education
- 13,652 participants were reached through policy, systems and environmental strategies
- 48 total sites implemented a policy, systems or environmental change
- 12 afterschool sites were supported in the implementation of structured physical activity
- 2 school districts were supported in the implementation of a district-wide policy

Providing Education

- CalFresh Healthy Living, UC provides series-based adult nutrition and physical activity education to teach them how to make healthy lifestyle choices for their families. These skills help families eat well and be physically active, despite limited resources. Youth curriculum teach children how to identify healthy foods, increase physical activity and apply what they have learned to make healthy choices at school and home.

Helping to Make Organizational and Environmental Changes

- CalFresh Healthy Living, UC utilizes a variety of Policy, Systems and Environmental (PSE) strategies to enhance and support the delivery of direct nutrition education. Strategies include the Smarter Lunchrooms Movement, school and community gardens, school wellness policy and structured physical activity.

Serving California Agriculture

- CalFresh Healthy Living, UC teaches families to make the connection between nutrition and agriculture, helping to develop the skills needed to grow healthy food. CFHL, UC partners with the UCCE Master Gardeners to enhance program curricula with support for our garden-based nutrition education at schools and community sites.

Building Partnerships

- CalFresh Healthy Living, UC is committed to providing comprehensive approaches to address the nutrition and physical activity needs of Fresno and Madera County families. This year CFHL, UC collaborated with 87 community partners. Partnerships are key to influencing community-wide changes, and multi-sector partnerships benefit the community and accomplish overarching goals.



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