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 FFY 2021, across 32 Counties
- 10 UCCE Nutrition and Family/Youth Advisors
  (no SNAP-Ed funding)
- 21 UCCE Program Managers and Supervisors
- 81 UCCE Community Educators
  - Over 850 extenders or volunteers trained to provide nutrition and physical activity education
  - Over 525 SNAP-Ed eligible sites received direct education
  - Due to COVID-19, the majority (74%) of direct education activities were delivered virtually e.g. webinar platforms like Zoom

YOUTH PROGRAMS
Evidence-Based Direct Education

Early Care & Preschool Education

3,893 preschoolers (<5 years) reached

139 Early Care and Education sites receiving SNAP-Ed education

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

28,558 youth (5-17 years) reached

220 schools and 35 after-school program sites receiving SNAP-Ed education

Based on the Teacher Observation Survey
Compared to before the lessons, students are more aware now...

- of the connection between food and health
- of the importance of physical activity to good health

*Over 200 survey responses from teachers working with over 3,000 students across 12 counties in FFY 2021
ADULT PROGRAMS
Evidence-Based Direct Education

3,536 adults reached with direct education (unduplicated)

173 seniors reached with direct education (unduplicated)

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...

- **Planning Meals**: 65%
- **Shopping with a List**: 65%
- **Comparing Unit Prices**: 60%
- **Thinking about Healthy Choices**: 57%

Results based on over 400 participants’ pre and post-tests in FFY 2021

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 “yes” they had...

- **$66%** Used one of the easy ways to save money on food
- **64%** Made food last until they had money to buy more
- **49%** Determined if using a coupon was better than buying store brand

Results based on over 130 participants in FFY 2021

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...

- **64%** Ate more than one kind of fruit each day
- **71%** Ate more than one kind of vegetable each day

Results based on 323 participants’ Food Behavior Checklist’s pre/post-tests primarily (73%) collected from ESBA in FFY 2021

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.

Eat and Play Together!
A nutrition and physical activity curriculum for 6-8 year old children and significant adults in the children’s lives.
Together education, marketing, and policy, systems, and environmental (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 210 SNAP-Ed sites reaching more than 28,400 people in FFY 2021.

Edible Gardens and Farm to Table
Growing, trying, and eating local produce.

In FFY 2021, UCCE programs helped to...

- establish new, reinvigorate or expand edible gardens at 93 sites
- initiate or expand a mechanism for distributing seedlings and/or other materials to families or communities for home gardening at 84 sites
- initiate or expand use of garden produce for meals and snacks at 22 sites
- initiate or expand a mechanism for distributing produce to families/communities at 17 sites
- initiate or expand farm-to-table use of fresh or local produce at 10 sites

Physical Activity
60 sites in 11 counties made at least one PA-related PSE change in FFY 2021.

Top PSE changes for PA include:

- **Improved opportunities** for structured (45 sites) and unstructured PA (10 sites)
- **Improved quality** of structured PA (42 sites) and PE (7 sites)
- **Incorporated** PA in school day or classroom (not recess/PE) (34 sites)
- **Initiated or expanded** PA professional development opportunities (25 sites)
Across 12 counties, over 130 youth led direct education activities and over 370 youth actively shaped PSEs in FFY21. Key Youth Engagement strategies include:

**Teens as Teachers:** Trained older youth deliver curricula to younger youth.

**Youth-led Participatory Action Research (YPAR):** Youth research issues that impact them to support PSE efforts.

**Student Nutrition Advisory/Action Council:** Youth leaders support nutrition and physical activity in their school community.

After participating in this YPAR project, I have learned that I can make a difference in my community (n=54):

- Yes, **probably** 31%
- Yes, **definitely!** 63%

When asked what, if any, impact YPAR had on future education plans, one student responded, “I was not planning on going to college but now I am.”

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