

FFY2022 UCCE San Mateo County

SUCCESSSES

- Provided standards-aligned nutrition education and the promotion of physical activity to 1,893 individuals
- Supported 1,970 San Mateo County residents with indirect education
- Encouraged policy, system, and environmental (PSE) improvements reaching 9,241 individuals



RESULTS

Youth

- It allowed students to build skills and confidence and set goals. Since they were not competitive sports, they only tried to improve themselves! ~San Mateo County Principal*

Adult

- 36% of *Plan, Shop, Save & Cook* graduates reported that they ran out of food less often, indicating their food security had improved

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Approximately 134,443 people in San Mateo County live at or below 185% of the poverty level and 18% are SNAP-Ed eligible. Inflation and a potential recession may further challenge budgets for low-income families. Of the SNAP-Ed eligible population, 59% of adults are overweight/obese.

Serving Individuals and Communities

- In FFY2022, CalFresh Healthy Living, UC (CFHL, UC) provided evidence-based nutrition education and/or structured physical activity lessons to 1,652 youth and 241 adults. The program supported PSE improvements that encourage physical activity and healthy eating at 30 sites.

Providing Education

- Provided education focused on expressed needs from partner sites, emphasizing training staff to deliver *CATCH Kids Clubs* and *CATCH Physical Education*, and providing youth with garden-based nutrition education.

Helping to Make Organizational and Environmental Changes

- CFHL, UC supported Farm to School efforts and Smarter Lunchroom Movement techniques by hosting fruit and vegetable tastes tests in school cafeterias. Provided and supported structured physical activity to schools and afterschool programs.

Serving California Agriculture

- Encouraged CalFresh recipients to use their benefits for fresh fruits and vegetables through the distribution of farmers market coupons at education sites. Member of San Mateo County Farm to School Committee promoting local produce in school meals.

Building Partnerships

- Partnered with Redwood City Elementary School District, Jefferson Elementary School District, South San Francisco Unified School District, Pescadero Elementary School, Community Alliance with Family Farmers, San Mateo County Office of Education



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