



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources



## FFY2023 UCCE Kern

### Successes

In FFY 23, CFHL, UCCE Kern delivered food resources management nutrition sessions to 78 sites and partnered with 1 coalition.

CFHL, UCCE Kern reached 2,707 SNAP-Ed, eligible adults and youth participants.

40 extenders provided 545.75 hours of CATCH and nutrition lessons reaching 550 youth participants

### Results

#### **Youth**

- 1,720 students increased structured physical activity.

#### **Adult**

- Of the 225 adult participants who completed PSSC pre-post surveys, 85% increased at least one of five behaviors (plan, prices, shop, think, facts) and 35% are more food secure

#### **Organizational**

- 11 PSEs (policy, systems, and environmental changes) were achieved by CATCH
- 1 environmental assessment



### **Improving California's Health Through CalFresh Healthy Living**

#### *County Statement:*

CalFresh Healthy Living, UCCE Kern helps alleviate pressing economic and health concerns faced by Kern County residents by providing the knowledge and skills they need to manage their resources, thereby improving their ability to purchase healthy food.

#### **Serving Individuals and Communities**

CFHL, UCCE Kern delivered comprehensive nutrition and physical activity education sessions to reach SNAP-Ed eligible participants. Reach included

- 2,707 eligible adults and youth through direct education
- 708 participants through indirect education

#### **Providing Education**

CFHL, UCCE Kern educators, and 40 extenders provided evidence-based nutrition education to adults and youth. Evidence-based curriculum used were:

- Healthy, Happy Families, Plan, Shop, Save, and Cook, Making Every Dollar Count, Coordinated Approach to Child Health Early Care Educations (CATCH ECE), Glow, Grow, Go, My Amazing Body

#### **Helping to Make Organizational and Environmental Changes**

CFHL, UCCE Kern supports PSE initiatives by providing training, resources, and support to implement CATCH at migrant Head Start and schools in the outlining areas of Kern.

#### **Building Partnerships**

Collaborated with 78 sites which included: Bakersfield City School District, Kern High School District, Dignity Community Wellness, Southeast Neighborhood Partnership Family Resource Center, Community Action Partnership of Kern, and Community Action Partnership of San Luis Obispo, Arvin Union School District

"We learned how to stay active and stay healthy"  
- 5<sup>th</sup> grade youth



"I learned how to eat healthier and the importance of eating vegetables"  
- adult participant

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[https://cekern.ucanr.edu/Custom\\_Program804/](https://cekern.ucanr.edu/Custom_Program804/)