

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 2022, across **34** Counties

- **10** UCCE Nutrition and Family/Youth Advisors
(no SNAP-Ed funding)
- **22** UCCE Program Managers and Supervisors
- **81** UCCE Community Educators
 - **Over 1,600** extenders or volunteers trained to provide nutrition and physical activity education
 - **Over 650** SNAP-Ed eligible sites received direct education
 - With return to in-person programming, the majority (74%) of direct education activities were delivered face-to-face and a quarter either online or a mix of online and face-to-face or phone.

YOUTH PROGRAMS

Evidence-Based Direct Education

Early Care & Preschool Education



A Nutrition and Physical Activity Curriculum designed for 3-to-5-year-old children



HAPPY HEALTHY ME...

Moving, Munching & Reading Around MyPlate

A nutrition and literacy curriculum for 4-to-6-year-old children which includes reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities.



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4,725 preschoolers (<5 years) reached

193 Early Care and Education sites receiving SNAP-Ed education

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

49,972 youth (5-17 years) reached

257 schools and **84** after-school program sites receiving SNAP-Ed education

Based on the Teacher Tasting Tool...

Before today's class, how many of you have tasted this food **before**?

39%

How many of you are **willing to eat the food** again at **school**?

71%


How many of you are willing to ask for this food at **home**?


65%

*Over 1,400 tastings with over 24,000 students (duplicate) in FFY 2022

ADULT PROGRAMS

Evidence-Based Direct Education

 **3,761** adults reached with direct education (unduplicated)

 **495** 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.

MEDC Making Every Dollar Count

A curriculum designed to teach participants budgeting and food resource management skills.

After completing the series, % reporting improvement...



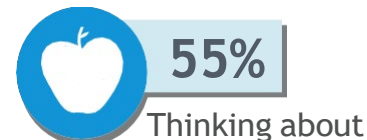
Planning Meals



Shopping with a List



Comparing Unit Prices



Thinking about Healthy Choices

Results based on over 700 participants' pre and post-tests in FFY 2022

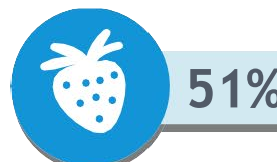
Physical Activity & Nutrition

 **Eating Smart, Being Active**

A curriculum designed to assist low-income families with young children to learn healthy lifestyle choices.

When asked to share how the ESBA workshop would help, one participant responded, "It has informed how to plan better week meals, better understand the labels on products, and... what to add to improve our meals"

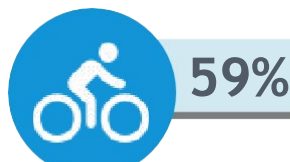
After completing the series, % reporting improvement...



Ate more than one kind of **fruit** each day



Ate more than one kind of **vegetable** each day



Increase number of days **physically active**



Making small changes to be more **physically active**

Results based on 375 participants' Food Behavior Checklist's pre/post-tests primarily (72%) collected from ESBA in FFY 2022

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.



COMPREHENSIVE PROGRAMMING

Together education, marketing, and policy, systems, and enviromental (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 286 SNAP-Ed sites** reaching more than **108,000** people in FFY 2022.



Edible Gardens and Farm to Table

Growing, trying, and eating local produce.

In FFY 2022, UCCE programs helped to...





-  establish new, reinvigorate or expand **edible gardens (86 sites)**
-  provide **opportunities for parents/students/ community to work in the garden (68 sites)**
-  initiate or expand **use of garden produce for meals and snacks (30 sites)**
-  initiate or expand **a mechanism for distributing seedlings and/or other materials to families or communities for home gardening (28 sites)**
-  initiate or expand **farm-to-table use of fresh or local produce (9 sites)**



Physical Activity

111 sites in 19 counties made at least one PA-related PSE change in FFY 2022.

Top PSE changes for PA include:

-  **Improved opportunities** for structured (69 sites) and unstructured PA (36 sites)
-  **Improved quality** of structured PA (61 sites) and PE (2 sites)
-  **Incorporated** PA in school day or classroom (not recess/PE) (15 sites)
-  **Initiated or expanded** PA professional development opportunities (13 sites/ org)



Youth Engagement

Building youth leadership and skills for healthier schools and communities.

Across 13 counties, over 850 youth actively shaped PSEs and over 30 youth led direct education activities in FFY 2022. Key Youth Engagement strategies include:



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.



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

After participating in this YPAR project, I have learned that I can make a difference in my community (n=108):

- Yes, **probably**

40%

- Yes, **definitely!**

45%

When asked what, if any, impact YPAR had on future job/career interests one student responded, "I can make a change with my voice and the help of others."

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