

# 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 2023, across **34** Counties

- **9** UCCE Nutrition and Family/Youth Advisors  
(no SNAP-Ed funding)
- **23** UCCE Program Managers and Supervisors
- **105** UCCE Community Educators
  - **Over 1,600** extenders or volunteers trained to provide nutrition and physical activity education
  - **895** SNAP-Ed eligible sites received direct education
  - With return to in-person programming, the majority (95%) of direct education activities were delivered face-to-face and just 5% 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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**6,721** preschoolers (<5 years) reached

**226** Early Care and Education sites receiving SNAP-Ed education

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

**75,475** youth (5-17 years) reached

**324** schools and **181** 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**?

**35%**

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

**70%**



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

**64%**

\*Over 3,200 tastings with over 66,000 students (duplicate) in FFY 2023.

# ADULT PROGRAMS

## Evidence-Based Direct Education

-  **5,427** adults (18-59 yrs reached with direct education (unduplicated)
-  **645** seniors (60+ yrs) 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 1000 participants' pre and post-surveys in FFY 2023

## 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 will help to provide my family with healthier meals/snacks & help to save money by meal planning".

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 546 participants' Food Behavior Checklist's pre/post-surveys primarily (68%) collected from ESBA in FFY 2023

## 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 377 SNAP-Ed sites** reaching more than **137,000** people in FFY 2023.



## Edible Gardens and Farm to Table

*Growing, trying, and eating local produce.*

*In FFY 2023, UCCE programs helped to...*






-  establish new, reinvigorate or expand **edible gardens** (134 sites)
-  provide **opportunities for parents/students/ community to work in the garden** (95 sites)
-  initiate or expand **use of garden produce for meals and snacks** (58 sites)
-  initiate or expand **a mechanism for distributing seedlings and/or other materials to families or communities for home gardening** (24 sites)
-  initiate or expand **farm-to-table use of fresh or local produce** (8 sites)



## Physical Activity

*163 sites in 22 counties made at least one PA-related PSE change in FFY 2023.*

*Top PSE changes for PA include:*

-  **Improved opportunities** for structured (84 sites) and unstructured PA (41 sites)
-  **Improved quality** of structured PA (83 sites) and PE (12 sites)
-  **Improved PA** facilities, equipment, structures, or outdoor space (34 sites)
-  **Incorporated** PA in school day or classroom (not recess/PE) (29 sites)
-  **Initiated or expanded** PA professional development opportunities (17 sites/ org)



# Youth Engagement

Building youth leadership and skills for healthier schools and communities.

Across 17 counties, over 800 youth actively shaped PSEs and over 190 youth led direct education activities in FFY 2023. Key Youth Engagement strategies include:



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



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



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



**Youth-led Gardening:** Youth leaders support PSE and education in the garden

After participating in this YPAR project, I have learned that I can make a difference in my community (n=130):

- Yes, **probably**

40%

- Yes, **definitely!**

40%

After participating in this Teens as Teachers project, I gained skills through serving my community that will help me in the future (n=25):

- **100% agree or strongly agree**

100%

When asked what, if any, impact YPAR had on future job/career interests one student responded, "[YPAR] helped me identify skills I didn't know I had."

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