

ADULT PROGRAMS

Evidence-Based Direct Education

- 🌟 **10,925** adults reached with direct education (unduplicated)
- 🌟 **1,985** seniors reached with direct education (unduplicated)
- 🌟 **104** total adult only sites for SNAP-Ed delivery



Food Resource Management

Stretching food dollars and fostering learning strategies to improve household food security to maximize nutrition and health return on limited resources.

MEDC Making Every Dollar Count

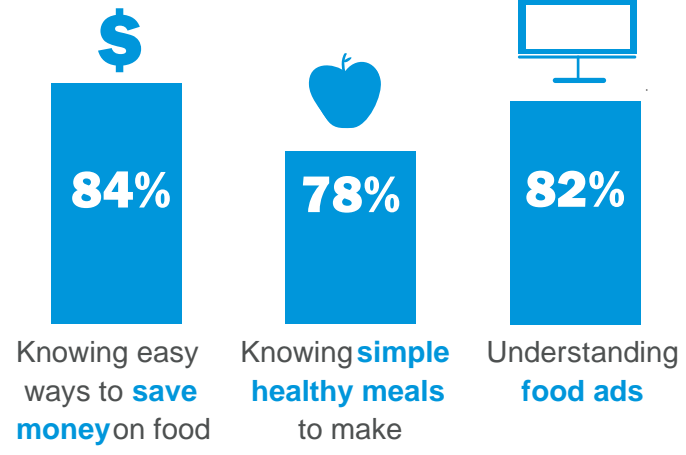
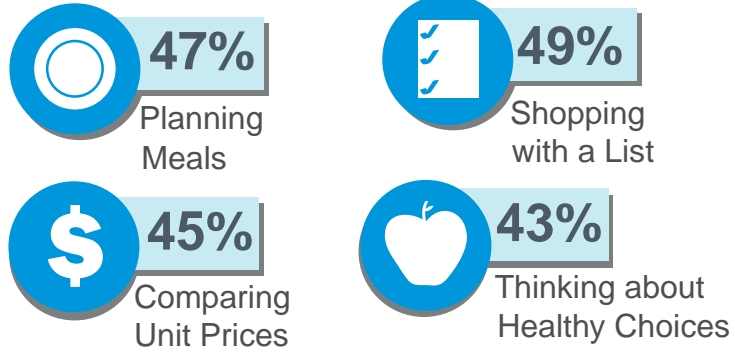
PSS&C Plan, Shop, Save and Cook

A curriculum designed to help adult participants stretch food dollars by learning shopping strategies and meal planning.

A curriculum designed to help adult participants gain the tools needed to take control of their money.

After completing the series, % reporting improvement...

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Results based on over 1,000 participants' pre and post-tests in FFY 2016

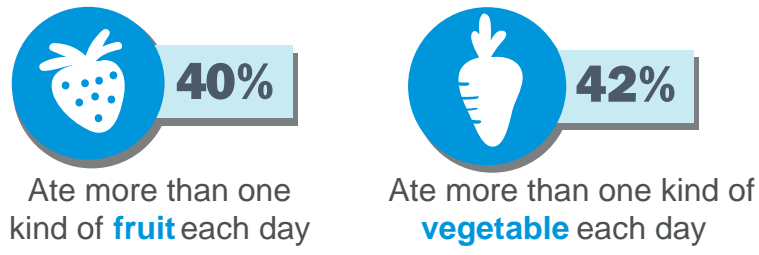
Results based on over 750 participants' pre and post-tests in FFY 2016

Physical Activity & Nutrition

After completing the series, % reporting improvement...

Eating Smart, Being Active

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



Results based on 991 participants' Food Behavior Checklist pre and post-tests in FFY 2016

Family-Centered Nutrition Education

🌟 **113** total family-centered sites for SNAP-Ed delivery where education efforts are focused on the family

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.



NEW DIRECTIONS

Comprehensive Programs (Continued)



Shaping Healthy Choices Program



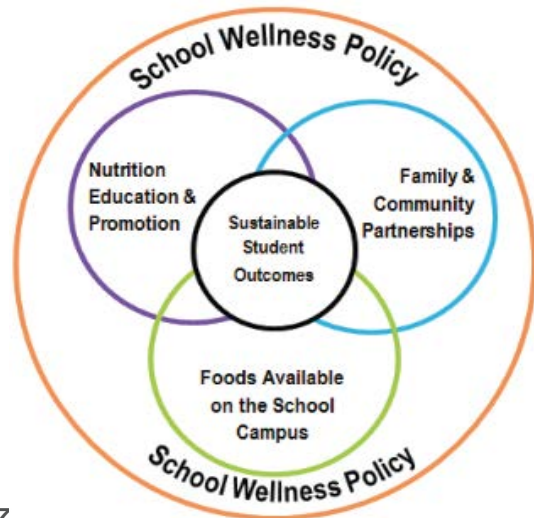
Comprehensive research-tested program combining inquiry-based education cooking, gardening and changes to the cafeteria



Partnership with University of California, Davis' Center for Nutrition in Schools (CNS)



Integrating Physical Activity in existing curricula through Healthy Choices in Motion



Center for Nutrition in Schools

In FFY 2017...

UCCE county programs are implementing Shaping Healthy Choices in **14** schools in **7** counties

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For more information,
visit our website at uccalfresh.org

UC CalFresh Program Excited Student Interest at Torres Martinez Tribal TANF

The Issue

Forty percent of Coachella Valley children aged 2 to 17 are overweight or obese (2013, harcdata.org). Located in a remote area with limited access to fresh fruit and vegetables, the Torres Martinez Desert Cahuilla Indian Reservation covers 24,024 acres of desert spanning part of Coachella Valley and Imperial County, with an estimated population of 4,000. The tribal headquarters, in the unincorporated community of Thermal, is the location of the Temporary Assistance for Needy Families (TANF). TANF is charged with providing assistance and social support to families with children on the reservation. TANF's youth department was interested in nutrition education that would help children develop good eating habits and a healthy lifestyle.

What Has ANR Done?

The UC CalFresh Nutrition Education Program in Riverside County teamed up with a tribal education guidance counselor to offer a summer enrichment program that teaches youth about healthy foods. A series of nutrition classes for 1st and 2nd graders was offered six times during a three-week period in August 2016. UC CalFresh nutrition educator trained the counselor to teach the "Good for Me and You!" curriculum and helped plan the classes. The classes were held in the tribal hall, and with additional funds from the tribal's Family Preservation Department, the children were provided with a healthy snack and a full lunch each time. The youth helped with food preparation, so they learned to both make and try new healthy recipes such as whole-wheat torta. After the series of lessons concluded, the UC CalFresh Educator conducted a review of MyPlate with a short physical activity break. The group also played a game of spinning wheel where the children answered simple knowledge questions such as naming fruits and vegetables of different colors. The nutrition program was promoted as the first of many nutrition programs for TANF children and families and a great way for the families to start taking steps in a healthy direction.



Tribal TANF youth learned about what's good for me and you

The Payoff

Tribal children wanted more nutrition activities

While the program began with six students, it quickly grew to 13 as the children brought friends and relatives. At the last class, the children knew what the MyPlate was by name and were all able to name and sort the food models into their proper food groups. They also knew that they need to eat all of the food groups, especially fruits and vegetables to stay healthy so they can be at their best and have energy for other things like school. The children also helped clean the table before meals with disinfecting wipes. The children learned that "keeping food safe is good for me and you," so when the counselor asked why they were cleaning the table they responded it was to get rid of the germs. The children enjoyed coming to these classes. Most indicated that trying new foods was their favorite part. The family preservation department manager said the program was so successful that the children were asking for more classes! Over six months later the children still knew all of the food groups that were on MyPlate and could sort meals into the different food groups. Several children said they are now interested in nutrition as a profession. Plans are under way to offer another nutrition enrichment program to tribal youth in 2017, and UC CalFresh is currently working with the counselor to bring nutrition information to the parents.

Contact

Supporting Unit:

Riverside County UC CalFresh Nutrition Education Program

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Engaging Youth to Increase Positive Social Determinants of Health in School Communities

The Issue

Addressing the social determinants of health - such as social and economic opportunities, high-quality education, and access to nutritious food - was identified in Healthy People 2020 as a priority for improving the nation's health. Differences in social determinants are major contributors to health disparities among communities. Environmental factors, including adverse experiences and economic stresses, have been found to disrupt adolescents' social-emotional foundation and can impact their future wellbeing. Conversely, successful implementation of youth engagement strategies can increase adolescents' positive social and emotional development; leadership, problem-solving, and decision making skills; a sense of belonging; and a sense of purpose, while decreasing adolescent engagement in high-risk behaviors. Engaging adolescents in identifying and addressing the social determinants of health in their communities can have a compounding impact on adolescent and community wellness.

What Has ANR Done?

To create opportunities for youth to impact positive change in their communities, the Youth, Families, & Communities Program of Santa Barbara County paired existing UC CalFresh Nutrition Education programming with new 4-H Youth Development Programming (YDP) in schools. The objectives of this project were to 1) cultivate youth in historically underserved communities to become leaders for health, while 2) developing scalable, transdisciplinary programming that can become a model for Cooperative Extension across the nation. Adult allies are trained to prepare youth to be leaders and advocates through the development of knowledge, skills, and partnerships to increase access to positive social determinants of health in their communities. The programming was piloted in three schools communities in Santa Maria, CA, which have over 92% Hispanic/Latino students and more than 90% of the students are from low-income families (based on qualification for the Free and Reduced School Meal Program).



Student leading a recess activation activity

The Payoff

Students became leaders in health and nutrition

In total this programming reached more than 2,300 youth from low-income families and initiated three new in-school 4-H clubs with 1,696 group-enrolled and 47 individually-enrolled members. At the end of the school year, over 90% of youth participants surveyed agreed that as a result of the programming, they learned why it is important to eat a healthy diet and how to make healthy food choices. Student leaders collectively engaged in over 600 hours of 4-H youth development programming, including participating on the District Wellness Committee and completing training in nutrition, cooking, leadership, and presentation skills. Student leaders conducted food demonstrations, family education, and physical activity lessons with their peers and community members and produced and acted in Get to Know Your Salad Bar! (link:<http://articles.extension.org/pages/73810/get-to-know-your-salad-bar-video>). The video teaches peers across the country strategies for increasing salad bar use. This transdisciplinary program models the success of 4-H SNAC Clubs in California and may influence programming across the nation.

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