**SUCCESSES**
- FFY 2014, UC CalFresh Nutrition Education Program reached 3,344 participants or 88.10% of the goal.
- Early childhood programs at 12 sites on nutrition, physical activity, and obesity prevention reached 1,272 children.
- Programs for adult at 9 sites reach 634 adults and seniors and 847 residents at health fairs/events.
- Partnership with the Health Department-Policy, System, and Environment reached 14 early childhood centers with over 1,000 children.
- UCCE gardening education at 18 early childhood sites reached over 1,200 children.

**IMPACTS**
Education was on money management to reduce food insecurity, nutrition to improve eating practices, food safety to prevent food borne diseases, and physical activity to prevent obesity. Participants reporting change in 1 money management and 1 nutrition practice were 82%, and food safety 55%. Specific changes reported by the participants were:
- 51% used grocery list
- 57% planned meals
- 36% compared prices
- 44% used nutrition facts
- 37% did not run out of food
- 33% used more fruits
- 43% used more vegetables
- 27% more variety of food
- 34% Salt reduction
- 35% Fat reduction
- 28% less supersized meals
- 26% drank 4 cups water
- 55% practiced Food Safety
- 36% increased Physical activity

**IMPROVING CALIFORNIA’S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION**

**County Statement:**
California ranks 51 among all states in SNAP participation and has a Food Access Index of 65.2% (FRAC). Alameda County with a SNAP participation rate of 56.9% has a Food Access rate of 66.4%. Over 16% of individuals in Alameda County live below the US poverty level; 20.7% are under age 18; 30.9% are single parents; and over 13.5% are 65 and over (Census). The Food Bank reports 40,000 (40% children, 18% seniors) seek food weekly; over 82% run out CalFresh benefits monthly, 47% choose between paying rent and food, those hungry are 38% families with children and 39% seniors.

**Serving the Community**
The early childhood education component benefited 1,268 children and their parents. Collaborations on Gardening and PSE ventures benefited over 2,000 children. The adult and senior component reached 634 direct and 847 indirect unduplicated participants. Audiences at greatest risk of childhood obesity, food insecurity, and other chronic disease were targeted as seen in the number of ECE centers and senior service centers and low income senior housing units reached.

**Serving Individuals**
Alameda County Adult UC Cal Fresh targeted EC parents, mature and older adults using messages derived from the “Eating Smart and Being Active” (ESBA), Plan Shop Save Cook (PSSC), and Bridging the Classroom to the Home curricula. The ethnic composition of SNAP participants was 801 (42.03%) Hispanic/Latino; 559 (29.33%) African American; 397 (20.83%) Asian; 14 (1%) Hawaiian/Pacific Islander; 890(46.70%) White; 38(2.0%) multiple ethnicity; and 8 (0.42%) American Indians and Alaskan Natives. The gender makeup was 804 male (42.20%) and 1,102 female (57.8%).

**Serving California Agriculture**
UC Cal Fresh tasting of the HOTM fruits and vegetables encouraged small children to eat more fruits and vegetables and increased family awareness of the health benefits of fruits and vegetables. Pre and post Fruit and Vegetable checklist results for EC parent showed a significant increase in fruit intake. And Food Behavior Checklist results for adults and seniors show participants with increased consumption of fruits was 33% and vegetables 43%, and variety in food choices 27%. The increased intakes of fruits and vegetables create more demand for California’s agricultural produce. Increased consumption of California’s healthy agricultural products helps to grow the economy.

**Serving Education**
A research and Demonstration Project assessed the food safety and nutrition education needs, and evaluated knowledge gained of (n=696) low/ fixed income seniors, caregivers, and senior services food handlers in 10 counties was published in the Centennial Issue of the California Agriculture. (Blackburn and Others. 2014, ANR study finds seniors, food handlers and caregivers need nutrition and food safety. Volume 68, Number 1-2, January- June 2014, page 30-37). This research found a great need for nutrition and food safety education for seniors, caregivers, and food handlers, and knowledge gained among seniors was much lower than other groups. This research earned a 2014 National Extension association of Family and Consumer Sciences (NEAFCS) First Place California State, First Place Western Region, and Third place National Excellence Through Research Awards; was presented at the Western Region Biennial Conference, March 28 29, 2014, San Francisco, California, and abstract published in American Association of Family and Consumer Science Regional Biennial Conference Proceedings page 6.

**Building Partnerships**
UCCE Alameda and the County Health Department partnered on Policy, Systems, and Environment for 14 Early childhood centers benefiting over 1,000 children, and UC Cal Fresh on Early Childhood garden education with 18 Early Childhood sites (14 UC CalFresh) reaching 1,200 children.