



SUCCESSSES

UC CalFresh reached a total of 27,623 youth and adults:

- ✦ 6,255 youth and 2,337 adults with nutrition education and physical activity lessons and workshops.
- ✦ 8,952 through health fairs, AgVentures, and other community events.
- ✦ 2,423 with policy, system, and environmental change activities that supported their nutrition education lessons.



RESULTS

- ✦ Vegetables—"I learned to put more veggies for snacks in baggies so easy to grab-n-go."
- ✦ Sugar-sweetened Beverages—"I learned to not drink sodas because our kids drink what we drink."
- ✦ Plan, Shop, Save, Cook—"Making a list helped save time and money."
- ✦ Food Labels—"Food wise, healthy wise and budget wise. Really educational!"

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement

San Joaquin County is home to an ethnically diverse population of over 733,000 residents. Many of the county's children live in households where adults struggle with poverty, food insecurity, and unemployment. Forty-six percent (46%) of low-income households are food insecure. Seventy-five percent (75%) of the County's schools are SNAP-Ed eligible. The County has a total of 117,956 CalFresh participants and 92,218 students are enrolled in the free/reduced price meals program. Seventy-seven percent (77%) of the adults and 42% of the children's (grades 5, 7, and 9) are overweight or obese. Physical inactivity and unhealthy eating contribute to high rates of obesity and chronic disease such as diabetes and heart disease. The rates of overweight and obesity as well as the rates of chronic disease are higher for low-income children and adults of all ages.

Serving Individuals and Communities

The University of California CalFresh Nutrition Education Program (UC CalFresh) works with community partners to help families, youth and adults, develop the knowledge necessary to improve their health-related behaviors. UC CalFresh (a SNAP-Ed funded program) has been offering evidence-based nutrition education tailored to the needs, culture and languages of our communities in San Joaquin County for over 23 years. Current offerings include series-based and mini-workshops lessons focused on:

- ❖ Family Centered Nutrition Education
- ❖ Healthy Eating, Active Living
- ❖ Food Resource Management
- ❖ Making Every Dollar Count
- ❖ Garden Enhanced Nutrition Education
- ❖ Youth Nutrition Education for all ages

Helping to Make Organizational and Environmental Changes

UC CalFresh partners with agencies/organizations serving SNAP-eligible youth and adults not only to bring healthy eating and physical activity education to high need populations, but to work together to create policy, systems and environmental changes that make a difference to our participants. Smarter Lunchroom Movement strategies facilitate students making the healthy choice their first choice. Our gardening program links school and community gardens to nutrition education workshops and healthy food demonstrations. Our Structured Physical Activity program motivates adults and children to move more and live healthier. AgVentures and school health fairs focus parents and children on the benefits of increasing fruit and vegetables. The UC CalFresh Nutrition Education Program and their partners are making a difference in the health and wellness of San Joaquin County children and their families.

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