

## SUCCESES

The Trinity County University of California CalFresh Nutrition Education Program is accomplishing important changes in the community and makes a vital impact by providing the most vulnerable population with the information they need to make healthier food choices and to stay physically active.

### Youth

- 1,973 Children Served
- 19 Schools Served
- 76 Teachers Served

### Adult

- 285 Adults Served
- 21 Non-Profit Community Agencies Served



## IMPACTS

Due to the UC CalFresh Nutrition Education Program, on average:

- 66.0% of the children increased acceptability of fruits, vegetables and other healthy foods.
- 91.0% of the teachers agreed that this year children chose more fruits and vegetables, are willing to try new foods, can identify healthy choices, wash hands more often and bring more fruits and vegetables as snacks.

For adults and families who received UC CalFresh nutrition education, on average:

- 95.0% increased acceptability of fruits and vegetables and other healthy food choices.
- 89.0% are willing to serve new fruits and vegetables and other healthy choices at home to their families.
- 53.0% improved healthy plan meal practices.
- 50.0% used MyPlate to make food choices.
- 42.0% used the nutrition facts labels to select healthy choices.

## IMPROVING CALIFORNIA'S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

### County Statement:

Trinity County is a large, rugged, mountainous and heavily forested county located in the northwestern part of California. It covers an area of over two million acres, and has an estimated population of 13,170 as of 2014.

### Serving the Community

The unemployment rate is 6.2%. Currently, 19.2% live at or below the poverty level. Over one-quarter (26.0%) of the students eligible for free and reduced price meals do not participate in the National School Lunch Program. Nearly one-third (31.4%) of adults are obese and 68.7% are overweight or obese; 26.7% of children are overweight for their age; 12.5% of adolescents (ages 15 to 17) are overweight or obese; and 14.6% of children (ages 0 to 5) are overweight.

### Serving Individuals

The University of California CalFresh Nutrition Education Program provides evidenced-based nutrition education to CalFresh Recipients and other low-income individuals and families in collaboration with local partners. The program acts as a bridge tailoring the latest science, curriculum and information to the needs, culture and language of the low-income communities.

### Serving California Agriculture

Agriculture is an integral part of the Nutrition Education Program which includes recognition of local farmers, lessons at the Farmer's Market, Seed Exchange, School Gardens, Farm to School and the Master Gardener program. Local farmers are our first source in purchasing produce for our tastings and lesson demonstrations.

### Serving Education

UC CalFresh Nutrition Education Program provides quality evidence-based nutrition lessons, based on the 2010 USDA Dietary Guidelines, and physical activities to schools, afterschool programs, summer camps, and at school events.

### Building Partnerships

Dedicated to working together to Maximize our Success!

- Area Agency on Aging
- Growing Local Coalition
- Trinity 4H
- Trinity Coalition for Activity and Nutrition
- Trinity County Resource Conservation District
- Trinity County Farm Bureau
- Trinity County Office of Education
- Trinity County School Districts
- Trinity Public Health Department
- Watershed Research & Training Center
- And others....

