San Joaquin County

UC CalFresh reached a total of 15,163 youth and adults:

- 4440 youth and 2433 adults with nutrition education lessons and workshops
- 8290 through health fairs, AgVenture, and other community events.
- Over 3378 preschool age children and 738 of their parents improved their understanding of the connection between healthy eating, physical activity, and a healthy body.

IMPROVING CALIFORNIA’S HEALTH THROUGH COMMUNITY-BASED NUTRITION EDUCATION

County Statement:
San Joaquin County is home to an ethnically diverse population of over 700,000 residents, of which 38% are CalFresh-eligible (at or below 185% of the Federal Poverty Level). Many of the county’s children live in households where adults struggle with poverty, food insecurity, and unemployment. Physical inactivity and unhealthy eating contribute to high rates of obesity and chronic disease such as diabetes and heart disease. Forty-one percent (41%) of CalFresh-eligible adults are obese and more than 40% of the children (grades 5, 7, and 9) are overweight. 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 the Communities, Serving Families, Serving Individuals
The University of California CalFresh Nutrition Education Program (UC CalFresh) works with community partners to help families, youth and adults, develop the knowledge and behaviors necessary to improve their health-related behaviors. Together with our partners adults and youth are empowered to make positive changes in their home, school, and community environments. UC CalFresh has been offering evidence-based nutrition education tailored to the needs, culture and languages of our communities in San Joaquin County for over 19 years. Current offerings include both 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

Building Partnerships
Our Nutrition, Family and Consumer Science Advisor and Family Nutrition Educators collaborate with a long list of community-based organizations to provide direct nutrition education workshops or to train their educators to teach, as extenders, UC CalFresh approved nutrition education lessons. Examples of UC CalFresh partnering agencies and organizations include:

- First 5 San Joaquin
- UCCE Master Gardeners
- Public Health Services
- Wellness WORKS!
- Creative Child Care, Inc.
- Human Services Agency
- Commissioner
- Catholic Charities
- Local School Districts
- Local Health Plans
- Haven of Peace
- Emergency Food Bank & Family Services
- NAACP Stockton Branch
- Lao Family Empowerment
- San Joaquin County Office of Education
- Migrant Education Area 23
- Family Resource & Referral Center Agricultural
- Farm Bureau
- El Concilio
- Head Start Child Development Council
- Community Partnership for Families
- Salvation Army of Lodi

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