



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2022 UCCE Contra Costa County

SUCSESSES

- The project impacted teen leaders' future education and career goals in the health field.
- "I have learned the social determinants of health which in many cases cause chronic conditions among minorities and underserved communities. Becoming conscious of these realities, I have strengthened my passion for public health and now have a motivation to become a Doctor of Internal Medicine."
- "I've always wanted to become a Physician Assistant and this project made that passion grow because I enjoy helping people."



RESULTS

- Based on a retrospective survey, all five teens:
- want to make a difference in their school or community, a 60% increase from before to after participating in YPAR.
- know where and how to gather valuable data on making their school or community a healthier place, an 80% increase.
- understand how their surrounding affects their health, a 60% increase.
- see themselves as part of a youth community that can solve their concerns, a 60% increase.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Food insecurity, lack of access to healthy food, and physical inactivity among children and youth are concerns in the community served by the Contra Costa CFHL, UC project. The frequency of grocery stores and produce vendors is 38% lower than the state average, and more than 1 in 5 youth are obese, which exceeds the state average. (2019 Community Health Needs Assessment, Kaiser Foundation: Antioch)

Serving Individuals and Communities

The UC Cooperative Extension (UCCE) Youth Development and Community Nutrition Advisor collaborated to provide oversight for the Youth-led Participatory Action Research (YPAR) Project at Dozier Libbey Medical High School (DLMSH) in Antioch. Due to continued restrictions on in-person delivery, the YPAR coordinator continued to engage five 12th-grade teen leaders remotely throughout the 2021-2022 school year.

Providing Education

The teen leaders participated in 27 weekly virtual meetings for 41 hours of interactive educational content, activities, and discussions to prepare them for designing and conducting their research project. The aim of YPAR is for teen leaders to influence SNAP-Ed relevant policy, systems, and environmental change at their high school.

Helping to Make Organizational and Environmental Changes

The teens developed and administered a school-wide needs assessment survey identifying school meals as the main issue. The youth team analyzed survey data from 219 student responses and presented their findings and recommendations to the school student body and administrators via posters and a narrated video. The findings about DLMHS school meals will provide a foundation for a new YPAR team to consider as their research project during the next school year.

Building Partnerships

The Contra Costa YPAR team's partnership with the DLMHS administration and staff during the onset of the COVID-19 pandemic was invaluable for continuing the remote YPAR project. A future team goal is to reach out to the district's child nutrition services director and DLMHS cafeteria staff to discuss survey results, recommendations, and next steps to improve school meals.

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