



# FFY2024 UCCE Contra Costa County

## Successes

- Provided garden-enhanced nutrition education at three sites, reaching 110 adults, and worked with participants and partners to continue implementing two policy, systems, and environmental changes (PSE).
- Delivered nutrition education lessons to 306 jr. high school students using EatFit, a CFHL, UC-approved curriculum designed to challenge middle school students.
- 174 students at Hillview Jr. High School (HJHS) created colorful fruit and vegetable posters to display on school walls, promoting healthy choices among their peers.

## Results

### Youth

- A group of 12 Youth Participatory Action Research (YPAR) students at HJHS collected eight water samples for testing, and the results revealed that their school's water was safe to drink.



### Adult

- CFHL, UCCE delivered quality in-person nutrition and garden-enhanced nutrition education to adults on the autism spectrum, transitional-aged youth in foster care, and women placed in residential treatment.

### Organizational

- After almost one year of partnering with Contra Costa Master Gardeners and La Casa Ujima Residential Treatment Program, CFHL UCCE worked with mothers in this residential treatment program to turn a dull outdoor concrete space into a vibrant edible garden.



## Improving California's Health Through CalFresh Healthy Living

### County Statement:

The association between income inequality and health disparities affecting communities in Contra Costa County is of primary concern to the local CalFresh Healthy Living (CFHL) University of California Cooperative Extension (UCCE) program. In 2021, the Census data estimated that of the county's 207 census tracts, five tracts have over 50% of residents living below the Federal Poverty Level (FPL), with the majority living in Antioch, Bay Point, Pittsburg, Richmond, and San Pablo (US Census and the 2019 California Community Obesity Profiles). Parallel to income, the rates for coronary heart disease and diabetes diagnosis trended upward at 10.77% and 11.9 %, respectively, and sedentary levels are rising, with over 92% of adolescents and nearly 97% of adults reporting being sedentary 2+ hours per day (2019 California Community Obesity Profile). In response, CFHL UCCE helps low-income communities have an equal chance at good health by providing effective, evidence-based nutrition and physical activity education classes and PSE change strategies that result in healthy eating, active living, and long-lasting community change.

### Serving Individuals and Communities

- Implemented YPAR at two school sites with 20 youth researchers.
- Served 331 youth using CFHL, UC-approved nutrition education curriculum.
- Reached 115 adults using CFHL, UC-approved adult nutrition education curriculum, and garden-enhanced nutrition education.

### Providing Education

- Reached 446 participants by delivering 173 nutrition education sessions at 7 SNAP-Ed qualified sites.

### Helping to Make Organizational and Environmental Changes

- Using garden-enhanced nutrition education curriculum, CFHL, UCCE empowered over 120 mothers at La Casa Ujima to plant and harvest produce that is now used in their kitchen for daily meals.



### Serving California Agriculture

- Students participating in the EatFit program learned the importance of eating more foods from the USDA MyPlate, such as fruits, vegetables, grains, protein foods, and dairy, and drinking water over sugar-sweetened beverages.

*"One thing I'll do differently is that I'll eat is more vegetables and drink at least ten cups of water each day." - EatFit student participant*

### Building Partnerships

- Youth and Adult programming would not be possible without partnerships with the following schools and community organizations:
  - John Muir Land Trust
  - Adaptive Learning Center
  - Independent Living Skills Program CCC
  - Hillview Junior High School
  - Martin Luther King, Jr. Junior High School
  - UC Master Gardeners Contra Costa
  - La Casa Ujima Residential Treatment Program

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