



# FFY2019 UCCE Contra Costa County

## SUCSESSES

- Engaged 5 teens, who successfully completed a YPAR Project addressing healthy hydration.
- Teens designed a 7-week messaging campaign to promote increased water consumption that motivated their peers to consume more water.
- School principal, district board and superintendent, support the project.



## RESULTS

### Project Teens

- "The kids at our school are actually influenced by our weekly messages."

### Teacher

- "I liked the videos featuring students quite a bit!" "Access to the filtered fountain has definitely increased student's willingness to drink water."

### Organizational

- Teens demonstrated skills as effective public leaders influencing the health of the school community.

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement

*In Contra Costa County, 29.5% of children drank one or more sugar-sweetened beverages (SSBs) per day, and in our target school district, 41.7% of 9<sup>th</sup> grade students are overweight or obese (Kidsdata.org). Consuming excess SSBs is one factor that contributes to obesity and substituting zero calorie water in place of SSBs can help reduce weight gain and the risk of developing chronic disease.*

### Serving Individuals and Communities

UC Cooperative Extension (UCCE) 4-H and Nutrition, Family and Consumer Sciences Advisors continued their collaboration to bring a Youth-led Participatory Action Research (YPAR) Project to John Swett High School (JSHS) to address access to healthy hydration at the school. Our program engaged 5 teens who partnered as Project 4-H2O student leaders to provide outreach to:

- 453 students through a 7-week messaging campaign to promote hydration with water over SSBs. Fifty-two percent of surveyed students reported that they drank more water because they were reminded by the campaign signage and video messaging.
- 75 students through a Rethink Your Drink interactive event with fruit flavored water tasting.
- 120 visitors at a community festival providing activities to motivate them to substitute zero calorie water for SSBs and providing them access to free tap water during the event.

### Providing Education

- Research indicates that interventions to increase water intake alone may not reduce SSB intake, so the project teens were trained on the health risks associated with excess SSB intake.
- In turn, the teens created and shared schoolwide messaging about the health benefits of reducing SSBs along with the promotion of drinking more water.

### Helping to Make Organizational and Environmental Changes

- The principal, district school board members and superintendent commended the teens for sharing their YPAR findings and recommendations.
- The school board members confirmed continued support for the teens' efforts to promote healthy hydration and for the installation of water stations at JSHS as part of the school remodel.

### Building Partnerships

- A partnership with East Bay Municipal Utility District and the Nutrition Policy Institute continued and led to shared resources and national recognition of the teens' efforts.
- Project teens continued to develop a relationship with the school board to facilitate their advocacy efforts for expansion of district policy to provide free drinking water during mealtimes - to making free and appealing drinking water available ALL day throughout the school.

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