

FFY2019 UCCE Imperial County

SUCSESSES

In FY 2019, Imperial County UC CalFresh Nutrition Education Program:

- 🌱 reached 5,015 participants
- 🌱 provided nutrition education at over 34 delivery sites including:
 - DREC Youth
 - Public Schools
 - ICOE Pre-Schools Federal/State
 - Migrant Head Starts
 - Pacific Southwest
 - Fairs/Social Media
 - ESL Adult classes



RESULTS

Youth

- 🌱 80% of youth are willing to ask for the food tasted at home.

Adult

- 🌱 82% of participating adults showed an improvement in 1 or more nutrition practices.

Organizational

- 🌱 "It has made a big impact in my students with disabilities and food adversities. My students are eating more and are excited to eat healthy food." - Ms. Hernandez, DeAnza Magnet Elementary School

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

CalFresh Healthy Living – UC in Imperial County partners with community agencies and school districts to address the nutrition and physical activity needs of the community experiential, evidence-based nutrition education, physical activity, and policy, system, and environmental change supports.

Serving Individuals and Communities

- The program coordinates with school districts, principals, and teachers to provide classroom nutrition education that meets the common core state standards reaching 4,851 youth.
- The adult nutrition education program is coordinated with various partners throughout Imperial County reaching 228 adults.
- The program had 24 sites with one or more healthy change adopted reaching 6,555 participants.

Providing Education

- CalFresh Healthy Living – UC CalFresh focuses on encouraging behavioral changes that educate on and help to prevent the affects of obesity, diabetes, heart conditions and other nutrition related diseases and disorders.
- The **Youth Program** provides no-cost evidence-based curriculum, support, and resources to TK-12th grade low resourced schools to deliver in their classrooms. Training and technical assistance for CATCH Physical Education.
- The **Adult Program** provides no-cost evidence-based nutrition education to CalFresh eligible and other individuals and families in collaboration with local partners.

Helping to Make Organizational and Environmental Changes

CalFresh Healthy Living – UC offers a comprehensive approach to overall health and well-being. We provide technical assistance on Smarter Lunchrooms Movement (SLM), Coordinated Approach to Child Health (CATCH) physical education, enriching School Wellness Policies, Gardening and promoting youth voice/youth choice through Youth-Led Participatory Action Research (YPAR) and Teens as Teachers.

Serving California Agriculture

Connecting youth and adult's nutrition education to school/community gardens, providing hands on experiential learning and growing their own fruits and veggies. Connecting youth to Imperial Farmers through visits to the Desert Research and Extension Center (DREC) where a hands-on experience in harvesting produce is obtained.

Building Partnerships

- Public School Districts-extending nutrition program with teachers
- Youth/Adult Partnership- YPAR group at Meadows Union School and CHS.
- ICOE Pre-Schools-Coordinate and train teachers on nutrition and gardens.
- DREC- offers hands on agriculture at the farm.
- Pacific Southwest apartments-offer nutrition classes and community garden support.



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