



FFY2019 UCCE Kern County

SUCSESSES

In FFY 2019, Kern County CFHL, UC delivered food resource management and nutrition education classes to 120 sites that included:

- Public schools
- Family resource centers
- Early care and education centers
- Public housing sites

A total of 12 teachers were trained to implement CATCH curriculum reaching 195 youth participants age 3-5.



RESULTS

Adult

- 87% reported learning to use resources to make money go further.
- 86% reported being more knowledgeable about easy ways to save money on food.
- 91% reported they will eat foods from all five food groups more often each day.

Organizational

- 8 policy, systems and environmental changes were achieved through CATCH, and walking clubs.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

CalFresh Healthy Living, UC (CFHL, UC) helps alleviate pressing economic and health concerns faced by Kern County residents by teaching adults the skills they need to manage their resources more wisely, thereby improving their ability to purchase healthy food.

Serving Individuals and Communities

- Kern County's 2019 median household income was 30.5% less than California's median household income (\$17,800).
- Kern County's food insecurity rate was 13%.
- 31% of Kern County adults are obese.
- Kern's 23% physical inactivity rate was higher than California's (17%).
- Kern County CFHL, UC reached over 3,000 SNAP-Ed participants
- Kern County CFHL, UC reached 1,699 direct education participants, and 2,246 indirect education participants at 120 sites.

Providing Education

Making Every Dollar Count classes teach participants:

- Goal setting and how to make sound choices
- How to stretch personal and community resources
- Strategies to save money on food

Plan, Shop, Save & Cook classes teach participants:

- Meal planning using MyPlate guidelines
- Techniques to save money on food
- How to understand food labels

Healthy, Happy Families classes teach participants:

- Positive parenting skills that teach healthy eating habits
- How to create healthy habits and healthy routines
- Ways to try new foods

Helping to Make Organizational and Environmental Changes

- Provided training, resources and support for implementation of CATCH curriculum in Kern County.
- Implemented and supported two parent walking clubs at elementary and middle schools.
- Provided training support for playground stencil projects at early childcare centers.

Building Partnerships

- Bakersfield City School District
- Community Action Partnership of Kern
- Kern County Department of Human Services
- Kern High School District
- Dignity Community Wellness
- Community Action Partnership of San Luis Obispo (CAPSLO). A total of 12 teachers were trained to implement CATCH curriculum reaching 195 youth participants.



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