



FFY2019 UCCE San Joaquin



SUCSESSES

🌱 “I’m trying to eat healthier and I’m encouraging my parents to give their child healthy snacks.”

- Preschool Teacher

🌱 “I don’t drink soda anymore and drink more water and think about how many fruits and vegetables I eat everyday.”

- Student Peer Educator

🌱 “This workshop will help my family and I on reading the labels more for any sneaky names of sugars.”

- Adult Participant



RESULTS

Youth

🌱 97% of teachers surveyed Agreed/Strongly Agreed that “More students now can identify healthy food choices”

Adult

🌱 Of adult participants surveyed, there was a 32% increase in food security and a 68% increase in frequency using the Nutrition Facts label when shopping.

Organizational

🌱 CalFresh Healthy Living, UC staff trained 120 Stockton Unified preschool teachers on *Go, Glow, Grow* and *CATCH*.

IMPROVING CALIFORNIA’S HEALTH THROUGH SNAP-ED

County Statement:

San Joaquin County is home to an ethnically diverse population of over 752,000 residents. Many of the county’s children live in households where adults struggle with poverty, food insecurity, and unemployment. Twenty-two percent (22%) of youth (children < 18 years of age) are food insecure. Seventy-six percent (76%) of schools are SNAP-Ed eligible. The County has a total of 98,789 CalFresh participants and 95,917 students are enrolled in the free/reduced price meals program. Seventy-two percent (72%) of the adults and 23% of teens (age 12-17) are overweight or obese. Physical inactivity and unhealthy eating contribute to high rates of obesity and chronic disease such as diabetes and heart disease.

Serving Individuals and Communities

- 8,259 youth and 1,836 adults were reached with direct nutrition and physical activity education.
- 1,300 participants were reached through indirect education delivered at health fairs, and other community events.
- 4,573 participants were reached with policy, system and environmental change (PSE) activities that supported their nutrition education efforts.
- The CalFresh Healthy Living, UC (CFHL, UC) Program partnered with a total of 106 different organizations and agencies. These included schools and preschool sites, non-profit organizations, government programs/agencies, and shelters.

Providing Education

- The CFHL, UC program in San Joaquin County provides low-income participants hands-on nutrition and physical activity education through series-based and workshop classes. Priority class focuses included food resource management, garden-enhanced nutrition education and structured physical activity. For greater reach, the CFHL, UC San Joaquin County team uses an extender model and trains community educators and teachers on CFHL, UC approved curricula.

Helping to Make Organizational and Environmental Changes

- In support of nutrition education efforts, the CFHL, UC San Joaquin County team uses PSE strategies such as school and community gardens, structured physical activity, assistance with wellness policies, and the Smarter Lunchrooms Movement.

Serving California Agriculture

- CFHL, UC San Joaquin is an active partner in the AgVenture Program. This program brings nutrition and agricultural education to almost every 3rd grader in the county.

Building Partnerships

- CFHL, UC successes could not have been accomplished without the support of our partners. Key partners include First 5, Migrant Education, Creative Child Care Inc., Stockton USD ECE, Early Head Start, and Lodi USD ECE.



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