



FFY2019 UCCE Tulare/Kings Counties

SUCCESSES

- **Gardens:** 10 gardens were established across preschools, schools, & community settings in Tulare/Kings Counties.
- **Physical Activity:** Of the 38 adult participants who completed the APAS were significantly more likely from pre to post to report making small changes to be more active ($p < .001$).
- **Partnership & Coalition:** Tulare/Kings collaborated with 39 partners and 3 coalitions.
- **National & Regional Awards:** CFHL, UC /EFNEP Tulare/Kings team received 1st place in the Western region & 3rd place in the Nation for the SNAP-Ed/EFNEP category, awarded by the National Extension Association for Family & Consumer Sciences.



RESULTS

Youth:
Of the 5,132 students tasting the target food in Tulare County preschool & school settings, 64% are willing to ask for this food at home. Of the 2,198 students tasting the target food in Kings County preschool & school settings, 74% are willing to ask for this food at home. *One student stated, "I have seen avocado before and never tried it. I tried it today and I like it!"*

Adult:
In Tulare County, of the 64 adult participants who completed PSSC pre-post surveys, 95% increased at least one of five behaviors (plan, prices, shop, think, facts) and 34% are more food secure. In Kings County, of the 69 adult participants who completed PSSC pre-post surveys, 97% increased at least one of five behaviors (plan, prices, shop, think, facts) and 55% are more food secure. One participant stated, *"I love the way we can make something using canned food and it still tastes good."*

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

Tulare/Kings counties in Central Valley California is characterized by high rates of poverty, overweight/ obesity, and food insecurity. In Tulare county, 14% of children (age 2-11) and 47% of teens (age12-17) are overweight, 78% of adults (SNAP-Ed eligible) are overweight/ obese, and 27% of children under the age of 18 are living in food insecure households. Similarly, in Kings county, 17% of children (age 2-11) and 40% of teens (age12-17) are overweight, 81% of adults (SNAP-Ed eligible) are overweight/obese, and 24% of children under the age of 18 are living in food insecure households. To address obesity and food insecurity issues in FFY19, CalFresh Healthy Living, University of California (CFHL, UC) Tulare/Kings Counties goal focused on educating SNAP-Ed eligible populations to increase knowledge, skills, and practice related to nutrition, physical activity, and food resource management.

Serving Individuals and Communities

- In FFY19, CFHL, UC Tulare/Kings Counties delivered comprehensive, multi-level nutrition and physical activity (PA) education to reach the SNAP-Ed eligible population across LEARN settings. The CFHL, UC REACH included:
 - 10,761 children/ youth and 822 adults through direct education.
 - 31,421 participants through indirect education.
 - 21,087 participants with Policy Systems, Environment (PSE) change at 42 sites.
 - 59 PSE changes occurred across all settings focused in the areas of nutrition, PA, and nutrition/PA.

Providing Education

- CFHL, UC Tulare/Kings nutrition educators and 358 volunteers/extenders provided evidence-based nutrition education to SNAP-Ed eligible children, youth, and adults completing 5,207 total in-kind hours and 6,025 direct education delivery hours.

Helping to Make Organizational and Environmental Changes

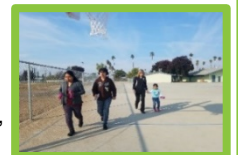
- CFHL, UC Tulare/Kings supported PSE through direct education using evidenced-based UC curricula, indirect education through community health events and fairs, and PSE change initiatives such as gardens, Shaping Healthy Choices, CATCH, Stencils, Smarter Lunchrooms Movement, school wellness policy, walking clubs, and Bailoterapia (dance exercise).

Serving California Agriculture

- CFHL, UC Kings County continues to increase access and consumption of fresh fruits and vegetables through collaboration with a local foodbank reaching approximately 700 SNAP-Ed eligible seniors and families every month. Additionally, garden-based education occurred at 3 sites.
- CFHL, UC Tulare County continues to work with the local food bank to increase access and consumption of fresh fruits and vegetables at qualifying school sites reaching SNAP Ed eligible youth and families through School Farmer's Market at 3 sites reaching approx. 1,500 students. Tulare County continues to collaborate with the UC Master Gardner program to provide garden mentors to help educate and support school gardens across three school districts.

Building Partnerships

- **Kings County** collaborated with 22 partners including Kings Community Action Organization, School Districts, Commission on Aging, READY Program, West Hills Community College, West Hills College Preschool Site, KPFP, City of Avenal, & Family Resource Centers.
- **Tulare County** collaborated with 17 partners including school districts, after School Programs, Local Health Department, Tulare County Food Bank, Family Health Care Network, Altura and United Healthcare, Tulare Office of Education (TCOE), Kaweah Delta, Family Resource Centers, Tulare County Farm Bureau, International Agri-Center, CHOICES Program, and UC programs Master Gardeners and 4-H.



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