



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources



# FFY2020 UCCE Contra Costa County

## SUCCESSES

- Engaged 4 teens, who did not give up when school closed, to complete their YPAR Project addressing healthy hydration.
- Teens implemented a weeklong virtual campaign during RYD week (May 11-15) via social media.
- Conducted PSE via virtual presentations to the school principal, superintendent and District Board members.



## RESULTS

### Graduating Teen Leader

"This was one of my favorite experiences in high school, Thank you"

### School Board Member

"Thank you, that was really interesting and appreciate all your work"

### School Superintendent

Responding to recommendations, "We can work on that together"

## 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 9th 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 4 teens leaders to:

- Give voice to the 274 students who completed a water access and appeal survey (48% of the 568 student population) – used in PSE.
- Conducted a virtual Rethink Your Drink (RYD) messaging campaign to promote healthy hydration while at home. Each of the 4 teens made 2 videos each based on RYD activities. With the help of their principal, the videos were shared through the school Facebook account during RYD week – which has 490 follows.

### Providing Education

- Teen leaders were educated with YPAR using the Stepping Stones curriculum and healthy hydration using the RYD curriculum.
- In turn, the teens created healthy hydration at home (i.e., making fruit infused water, bringing water bottle while taking a walk) messaging to their peers via the school social media.

### Helping to Make Organizational and Environmental Changes (PSE)

- The 4 teens virtually presented their YPAR findings and along with suggested actions to their School Principal, School District Board members and the School Superintendent.
- Beyond the continued installation of water stations, the Board confirmed support for overall student healthy hydration – including following up with the YPAR recommendations.

### Building Partnerships

- The new school principal was instrumental with her enthusiastic support, following up with our requests, and facilitating school social media messaging when the school closed.
- The school board relationship continued to be key to the teen advocacy efforts for expansion of district policy to making free and appealing drinking water available ALL day throughout the school.

**2380 Bisso Lane, Suite B, Concord, CA 94520 (925)608-6681**