



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2020 UCCE Kern

SUCCESSSES

- In FFY 2020, CFHL, UCCE Kern delivered food resource management nutrition classes to 63 sites.
- CFHL UCCE Kern reached over 1,800 SNAP-Ed participants.
- 2 teacher extenders provided CATCH ECE reaching 32 youth participants age 3-5.
- Continued implementing a walking group with 5 adult participants.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

CalFresh Healthy Living, UCCE Kern helps alleviate pressing economic and health concerns faced by Kern County residents by providing knowledge and skills they need to manage their resources, thereby improving their ability to purchase healthy food.

Serving Individuals and Communities

- Food insecurity rate was 13%.
- 27% of children are living in poverty.
- 32% of Kern County Adults are obese.
- Kern County physical inactivity rate was 22% compared to California's 18%.
- CFHL, UCCE Kern reached 831 eligible participants through direct education and 1,055 participants through indirect activity.

Providing Education

- Making Every Dollar Count
- Plan, Shop, Save and Cook
- Eat Healthy, Be Active Community Workshops
- Healthy, Happy Families
- Coordinated Approach to Child Health Early Care Education (CATCH ECE)
- 100% at Home

Helping to Make Organizational and Environmental Changes

- Provided resources and support for the implementation of CATCH ECE.
- Provided direct education lessons to walking club members at Emerson Middle School to increase the level of sustainability.

Building Partnerships

- Bakersfield City School District
- Kern High School District
- Dignity Community Wellness
- Community Action Partnership of Kern
- Community Action Partnership of San Luis Obispo

RESULTS

Youth

- 32 students increased or improved structured physical activity.

Adult

- 90% reported they will eat foods from all five food groups more often.
- 91% reported they would read the nutrition facts label during their next trip.
- 100% reported they would engage in physical activity more often.

Organizational

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



"The workshops helped me chose healthier foods for my family."- Kern participant

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