



FFY2020 UCCE Tulare/Kings County

SUCCESSES

- Gardens: 9 gardens were established or maintained across preschools, schools & community settings in Tulare/Kings Counties.
- Afterschool Youth Learn Cooking Skills: CFHL, UCCE Tulare team partnered with school program to give students the opportunity to have a meaningful learning experience developing and applying cooking skills. Of the 13 participants who completed the survey, 85% reported that they were "extremely" adept at "preparing a healthy snack for themselves."
- Partnership & Coalition: Tulare/Kings collaborated with 41 partners and 4 coalitions.
- National Awards: UCCE Tulare/Kings County nutrition education team received the National Extension Association of Family & Consumer Sciences (NEAFCS) 2nd Place Western Region Award under the SNAP-Ed/EFNEP category.



RESULTS

Youth

- Of the 7,514 students tasting the target food in Tulare County school settings, 79% are willing to ask for this food at home. Of the 1,920 students tasting the target food in Kings County school settings, 82% are willing to ask for this food at home.

Adult

- Of the 60 adult participants who completed PSSC pre-post surveys, 88% increased at least one of five behaviors (plan, prices, shop, think, facts) and 26% are more food secure.
- "This class has been so education for me; to be able to shop healthier choices for my family and I check food labels"

Organizational

- CFHL UC Tulare/Kings actively collaborated with school administrators, teachers, after school programs, and community partners to support remote learning with evidence-based nutrition and physical education resources and services.

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 (age 12-17) 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 (12-17) 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 FFY20, CalFresh Healthy Living, University of California (CFHL, UC) Tulare/Kings Counties' goal focused on educating SNAP-Ed eligible populations to increase knowledge, skills and practices related to nutrition, physical activity, and food resource management.

Serving Individuals and Communities

In FFY20, CFHL, UC Tulare/Kings Counties delivered comprehensive, multi-level nutrition and physical activity (PA) education to reach the SNAP-Ed eligible population across the LEARN setting. The CFHL, UC REACH included:

- 9,042 children/youth and 249 adults through direct education
- 19,917 participants through indirect education
- 5,406 participants with Policy Systems, Environment (PSE) changes at 111 sites
- 53 PSE changes occurred across all setting focused in the areas of nutrition, PA, and nutrition/PA.

Providing Education

CFHL, UC Tulare/Kings nutrition educators and 304 volunteers/extenders provided evidence-based nutrition education to SNAP-Ed eligible children, youth and adults completing 2,394 total in-kind hours and 2,832 direct education delivery hours.

Helping to Make Organizational and Environmental Changes

CFHL, UC Tulare/Kings supports PSE through direct education using evidence-based UC curricula, indirect education through community health events and fairs, and PSE change initiatives such as gardens, Shaping Healthy Choices, CATCH, SLM, School Wellness, and walking clubs.

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 400 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. 1,350 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 19 partners including Kings Community Action Organization, School Districts, Commission on Aging, READY Program, West Hills Community College, West Hills College Preschool Site, and KPFP.

Tulare County collaborated with 22 partners including school districts, after School Programs, Local Health Department, Tulare County Food Bank, FamilyHealth Care Network, Altura and United Healthcare, Tulare Office of Education (TCOE), Kaweah Delta, and UC programs Master Gardeners and 4-H.

Tulare County Office: 4437 S Laspina St., Tulare CA, 93274 (559) 684-3300

Kings County Office : 680 N Campus Drive, Suite A. Hanford, CA 93230 (559) 852-2730