



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2020 UCCE San Francisco County

SUCSESSES

- Provided nutrition and physical activity education to 573 individuals
- Supported 826 San Francisco residents with indirect education, especially during COVID-19 Stay-at-Home Orders
- Deepened efforts to improve physical activity and nutrition environments at early care sites, rapidly adapting to an all-virtual environment

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

San Francisco County has a population of approximately 883,000 people, with 24% of the residents being SNAP-Ed eligible. Approximately 202,576 people live at or below 185% of the poverty level. Given the pandemic and ongoing economic crisis, we expect this number will grow next year. Of the SNAP-Ed eligible population, 67% of adults are overweight/obese.

Serving Individuals and Communities

In FFY2020, CalFresh Healthy Living, UCCE provided evidence-based nutrition education and/or structured physical activity lessons to 434 youth and 139 adults. The program supported PSE improvements that encourage physical activity and healthy eating at 24 sites.

Providing Education

Education focused on expressed needs from partner sites, emphasizing training staff to deliver CATCH, and providing young children with garden-based nutrition education. We also provided nutrition education in Spanish for parents at a selection of early care sites.

Helping to Make Organizational and Environmental Changes

Leveraging an all-virtual environment, UCCE SF partnered with the Children's Council of San Francisco to help 19 early care sites assess their current nutrition and physical activity practices and identify areas for improvement, and then provide resources and support to make those changes. We also provided one-on-one support for pre-school directors.

Serving California Agriculture

Youth and adult lessons promoted the benefits of fruit and vegetable consumption. Garden-based nutrition education curriculum was offered to all partnering schools and agencies, and the UC School Garden Assessment was completed at two preschools sites to identify supports for sustainability.

Building Partnerships

Strong partnerships with Children's Council of San Francisco, Kai Ming Head Start, and Mission Neighborhood Centers continue to be core to our work.



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RESULTS

Adult

- 100% of surveyed adult participants reported they were more likely to eat foods from all five food groups each day

Organizational

- Guided 11 preschools to achieving Healthy Apple award level practices.