



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2022 UCCE Riverside County

SUCCESSES

- Facilitated a YPAR project with 20 sixth graders concurrently enrolled in TWIGS with Villegas Middle's Gardening & Nutrition CTE class.
- Partnered with CVUSD to update the district Wellness Policy reaching 16,625 students and supporting the Fresh Fruit & Vegetable Grant with 4 schools through nutrition ed. reaching 2,363 youth.
- Completed with positive results 16 Smarter Mealtimes and SLM pre/post scorecards.



RESULTS

Youth

- After YPAR, 70% of middle school youth enrolled in TWIGS reported they "generally stay away from sugary beverages".

Adult

- Provided 5 PSSC series (25 lessons) at the Coachella Valley Unified Adult School reaching 73 participants. 75% of participants reported "increasing the use of MyPlate to build healthy meals".

Organizational

- 23 partner sites made policy, systems and environmental (PSE) changes, including 20 schools/ECE.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement

According to Shape Riverside County the adult obesity (33%) rate remains higher than the state (28.5%) and national (31.9%) rates. The CalFresh Healthy Living, UCCE Riverside program (CFHL, UCCE) works with low-resource schools and community organizations to promote healthy eating, active living and adopt policy, systems, and environmental changes that can contribute to improved long term health outcomes.

Serving Individuals and Communities

In FFY22, the CFHL, UCCE Riverside team of 4 provided direct education to 3,056 participants, including 2,719 youth and 337 adults countywide to help them adopt healthy eating behaviors and be more active. The team supported 60 teacher extenders and worked in 36 locations including 19 schools, 12 ECE/Head Starts, 6 school districts, 1 DPSS office and 3 community organizations, reaching a total of 19,401 residents directly and/or indirectly through policy, systems, and environmental changes.

Providing Education

Youth from preschool to high school received lessons from an age appropriate, evidence-based curriculum such as *Go Glow Grow*, *TWIGS*, *UP4it* and *Let's Eat Healthy: Teens*. Parents and adults also received lessons from *Eating Smart Being Active* and the *Plan, Shop, Save, Cook* series or a single workshop focusing on one healthy eating behavior.

Helping to Make Organizational and Environmental Changes

The multi-layer comprehensive programming (*Shaping Healthy Choices*) was implemented virtually at Loma Vista Middle (AUSD) and in-person at Nicolet Middle (BUSD) Schools resulting in an increase in fruit and vegetable consumption, and physical activity.

Serving California Agriculture

CFHL, UCCE Riverside supports Community Settlement Association, Riverside Faith Temple, and Torres Martinez community gardens, and 8 school gardens, to increase opportunities for healthy food access and garden-based learning with TWIGS and *Fresh From the Garden* curriculum.

Building Partnerships in Health & Wellness

UCCE Riverside Master Gardener Program & Farm Advisors
Riverside University Health Systems, Dairy Council of CA, and Safe Routes for All
Desert Sands Unified School District, & Coachella Valley Unified School District
Alvord Unified Family Engagement Center
Torres Martinez Desert Cahuilla Indian Tribe
Community Settlement Association & Riverside Faith Temple Ministries



2980 Washington Street, Riverside, CA 92504
Indio office 81-077 Indio Blvd., Ste. H Indio, CA 92201