



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2023 UCCE Contra Costa County

Successes

- 149 students created colorful fruit and vegetable posters, decorating the school walls to promote healthy choices.
- One participant from the Adaptive Learning Center, a support program for adults on the autism spectrum, shared that he reduced his A1C to normal levels and lost 15 pounds after participating in nutrition education programming.



Results

Youth

- "I have expanded my interest in health and fitness, especially when it involves helping other kids" – HJHS YPAR Student member

Adult

- Four participants from a section 8 housing community received certificates for completing the "Plan, Shop, Save and Cook" program over a two-month period.

Organizational

- HJHS replaced expired filters on the only two existing water bottle hydration stations, and the principal also invited the youth team to meet with district staff as the district is seeking youth input to develop renovation plans for the construction of a new school.

Improving California's Health Through CalFresh Healthy Living

County Statement:

Food insecurity, lack of access to healthy food, and physical inactivity among children and youth are concerns in the community served by Contra Costa CFHL, UCCE. The frequency of grocery stores and produce vendors is 38% lower than the state average, and more than 1 in 5 youth are obese, which exceeds the state average. (2019 Community Health Needs Assessment, Kaiser Foundation: Antioch)

Serving Individuals and Communities

- Recruited 10 Hillview Jr. High School (HJHS) students for a new Youth-led Participatory Action Research (YPAR) project.
- Enrolled 423 youth using CFHL, UC-approved youth nutrition education curriculum.
- Enrolled 69 adults using CFHL, UC-approved adult nutrition education curriculum, garden-based nutrition education, food demonstrations, and garden training.

Providing Education

- Provided nutrition education, physical activity, and/or garden-based nutrition education at 9 SNAP-Ed qualified middle schools, and other community-based organizations.
- Educators delivered 161 sessions of direct education.



Helping to Make Organizational and Environmental Changes

- HJHS YPAR team completed an environmental scan to determine total number of drinking water sources, their condition, and overall appeal. The team presented their assessment results to the principal at a year-end meeting.

Serving California Agriculture

- Students who participated in the EatFit program learned the importance of eating more fruits and vegetables.
 - "I started eating more fruits and vegetables and started mixing my foods up and stopped eating the same things"
 - EatFit student participant

Building Partnerships

- Youth and Adult programming would not be possible without the the partnerships from the following schools and community organizations:
 - Carquinez Middle School
 - Rodeo Hills Elementary School
 - Hillview Junior High School
 - UC Master Gardeners Contra Costa
 - Martin Luther King, Jr. Junior High School
 - John Muir Land Trust
 - EFNEP Contra Costa
 - Adaptive Learning Center
 - Monument Crisis Center
 - 4-H Contra Costa

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