



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



FFY2023 UCCE Imperial County

Successes

In FFY 23, CalFresh Healthy Living, UCCE Imperial County:

- Delivered direct nutrition education services to **3,426** total adults and youth.
- Supported Policy, Systems and Environmental change intervention strategies at **34** sites reaching **13,422** participants.

Results

Youth

- 85 Teacher Tasting Tool surveys were collected from, showing 91% of total students trying new foods and 66% being willing to ask for the items at home.

Adult

- 106 Intent to Change behavior surveys were administered with 88% of respondents reporting they now intend to plan meals before going to the store.

Organizational

- Provided Smarter Lunchroom Movement Assessments to 19 Imperial County schools.



Improving California's Health Through CalFresh Healthy Living

County Statement:

CalFresh Healthy Living, UCCE Imperial County partners with local agencies and school districts to address community nutrition and physical activity needs using evidence-based nutrition education, physical activity programs, and by supporting policy, system, and environmental change interventions through youth and community engagement

Serving Individuals and Communities

CFHL, UCCE focuses on encouraging behavioral changes that educate on and help to prevent the affects of obesity, diabetes, heart conditions and other nutrition related diseases and disorders. The program coordinates with community partners to provide nutrition education reaching 3,215 youth and 124 adults. It also provides indirect education services to 6,143 individuals.

Providing Education.

The youth program provides no-cost evidence-based curriculum, support, and resources for TK-12th grade schools for classroom delivery. Training and technical assistance is available for physical activity and garden-enhanced nutrition curricula.

The adult Program provides no-cost evidence-based nutrition education for CalFresh eligible individuals and families in collaboration with local partners.

Helping to Make Organizational and Environmental Changes

CFHL, UCCE Imperial County offers a comprehensive approach to overall health and well-being, providing technical assistance on Smarter Lunchrooms Movement (SLM), implementing Coordinated Approach to Child Health (CATCH) physical education, enriching School Wellness Policies, Gardening and engaging participants through Youth-Led Participatory Action Research (YPAR), Teens as Teachers and the Our Voice Discovery Tool App.

Serving California Agriculture

The program connects nutrition education to school/community gardens, providing experiential learning for participants growing their own fruits and veggies. Supporting agriculture by coordinating classroom visits to the Desert Research and Extension Center (DREC) for Farm to School activities.

Building Partnerships

Partnering with Imperial County Office of Education and Best Step Forward to increase nutrition education access for the special needs community in Imperial County.

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