



## FFY2024 UCCE Butte Cluster Butte, Colusa, Glenn, Sutter, and Yuba



### Results

#### Youth

The **Eating and Activity Tool for Students** was administered to a total of **162** fourth - sixth grade students in Colusa and Butte Counties. Percent improvements from pre to post are listed below.

- 46% increase "Ate Fruit (with 100% Juice) Yesterday"
- 44% increase "Ate Vegetables (with beans) Yesterday"
- 37% increase in "Days with 60+ min. of Physical Activity Last Week"

#### Adult

Improvements from pre to post for the **Plan, Shop, Save and Cook** (PSSC) Lesson Series

- 26 participants responded to the PSSC survey
- 38% Increase in comparing unit prices before buying food
- 35% Increase in thinking about health choices when feeding family



### Improving California's Health Through CalFresh Healthy Living

#### *County Statement:*

CalFresh Healthy Living, UC Cooperative Extension (CFHL, UCCE) Butte Cluster collaborates with over 300 school and community-based partners, UC Master Gardeners, Farm Advisors, and 4-H programs in Butte, Colusa, Glenn, Sutter and Yuba Counties to provide comprehensive, research-based nutrition, garden, and physical activity programming to diverse, low-income communities. Recognizing that nutrition and physical activity behaviors are dependent on many factors including individual knowledge and skills and social determinants including access to resources, opportunities and regional and institutional policies, CFHL, UCCE Butte Cluster works with partners to identify and address barriers to health and wellness.

#### Serving Individuals and Communities

- The Butte Cluster reached 137 adult participants including parents/caregivers, newcomers to the area, and individuals transitioning back into the community. Direct education empowered participants to make healthier food and lifestyle choices within a limited budget.

#### Providing Education

- Over 324 Extenders participated in our monthly packet program, which provides teachers with in-class nutrition and physical activity lesson materials and supplemental activities reaching over 10,000 youth with nutrition, gardening and physical activity education.

#### Serving California Agriculture

- 52,346 tastings were provided to school-aged students across 42 separate sites covering a 5-county region. There were 1,070 Teacher Tasting Tool surveys collected in the Butte Cluster. Monthly tastings highlighted local produce: Asian Pears, kiwis, jicama, purple snap peas and Romanesco.

#### Building Partnerships

- CFHL, UCCE Butte cluster participated in 26 community events
- School districts, low-income housing, and community organizations to implement nutrition, gardening, and physical activity Direct Education and Policy, Systems, and Environmental changes.

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