



# FFY2024 UCCE Kern

## Successes

- Provided evidence based curriculums to 71 sites and partnered with 1 coalition.
- Reached 5,014 SNAP-Ed eligible adults and youth
- 49 extenders provided 370 hours of CATCH and nutrition lessons

## Results

### Youth

- 726 students increased structured physical activity.

### Adult

- Of the 138 adult participants who completed FBC pre-post surveys, 70% Ate more Cups of Fruit and Vegetables

### Organizational

- 9 PSEs (policy, systems, and environmental changes) were achieved by CATCH
- 1 environmental assessment



## Improving California's Health Through CalFresh Healthy Living

### *County Statement:*

*CalFresh Healthy Living, UCCE Kern helps alleviate pressing economic and health concerns faced by Kern County residents by providing the knowledge and skills they need to manage their resources, thereby improving their ability to purchase healthy food.*

### Serving Individuals and Communities

CFHL, UCCE Kern delivered comprehensive nutrition and physical activity education sessions reaching

- 5,014 eligible adults and youth through direct education
- 2,119 participants through indirect education

### Providing Education

CFHL, UCCE Kern educators, and 49 extenders provided evidence-based nutrition education to adults and youth.

Evidence-based curriculum used were:

- Healthy, Happy Families, Plan, Shop, Save, and Cook, Making Every Dollar Count, Coordinated Approach to Child Health Early Care Educations (CATCH ECE), Glow, Grow, Go, My Amazing Body

### Helping to Make Organizational and Environmental Changes

- Supported PSE initiatives by providing training, resources, and support to implement CATCH at migrant Head Start and schools in the outlining areas of Kern.

### Building Partnerships

- Collaborated with 71 sites which including schools, head starts, and family resource centers



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