



# FFY2024 UCCE Imperial County

## Successes

In FFY 24, CalFresh Healthy Living, UCCE Imperial County:

- Delivered direct nutrition education services to **6,029** total adults and youth.
- Supported Policy, Systems and Environmental change intervention strategies at **29** sites reaching **10,965** participants.

## Results

### Youth

- Youth Tasting Tool surveys were collected from **441** participants,, showing **75%** are now more willing to eat the featured food/recipe at home, and **60%** are willing to ask for the featured food/recipe at home.

### Adult

- **131** Intent to Change behavior surveys were administered after a single session, **96%** of participants reported they will eat foods from all five food groups each day, more often within the next week.

### Organizational

- **18** Imperial County school sites, were provided with evidence-based Smarter Lunchroom Movement Assessments, promoting healthy foods in school cafeterias.



## 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 effects of obesity, diabetes, heart conditions and other nutrition related diseases and disorders. The program coordinates with community partners to provide nutrition education reaching **5,409** youth and **620** adults. It also provides indirect education services to **10,527** 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.

### 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 evidence-based 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), and Teens as Teachers.

### Serving California Agriculture

The program connects nutrition education to school/community gardens, providing experiential learning for participants growing their own fruits and vegetables. 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, Imperial County School Districts, County Libraries, senior citizen and adult neighborhood settings to increase nutrition education access, and awareness in Imperial County communities.

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