



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources



# FFY2025 UCCE Alameda

## Successes

Our total direct education reach to underserved Alameda County residents is 2,152 ages 3-75+.

We serve a very diverse SNAP eligible community made up of Hispanic/Latino residents and Not Hispanic/Latino, Black or African American, Asian, American Indian, and Pacific Islander Alameda County residents.

## Results

### **Youth**

100% of teachers surveyed reported that more students can now identify healthy food choices. One teacher said, "Students understand the importance of healthy eating and regular physical activity for their overall wellbeing."

### **Adult and Older Adult**

- 68% of participants surveyed reported that they ate more cups of fruits and vegetables and 68% reported that they drink sweet beverages less often. One participant shared that she, "learned a lot about how to shop better and save money."

### **Organizational**

#### *ENVIRONMENTAL CHANGE:*

- 21 Early Childhood Education sites, 2 senior sites and 1 transitional housing site have active gardens integrating a variety of evidence-based curricula.
- 1 Early Childhood Education site received Playground Stencils

#### *SYSTEMS CHANGE:*

- 28 Early Childhood Education sites have integrating structured Physical Activity using the Coordination Approach to Childhood Health curriculum or BEPA 2.0



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

### *County Statement:*

#### **Serving Individuals and Communities**

California SNAP participation rate ranks 45 among all states (USDA).

Alameda County has a Program Access Index of 70% which estimates CalFresh utilization among low-income individuals (USDA).

Around 10.1% of Alameda County residents live below the poverty level. The rates of poverty are highest in the age groups 18-34 (13.7%), under 5 years of age (11.9%), and over 65 years (11.6%) (Census 2022). 22.8% of single parent families are living below the poverty line in Alameda County (Source of data is Population Reference Bureau, analysis of U.S. Census Bureau American Community Survey summary files and public use microdata (Oct. 2020), referenced at kidsdata.org).

As a program, Alameda County UCCE strives to provide a comprehensive model to all the sites we serve. We serve communities from preschool age students, to families at schools to seniors living in public housing and adult transitional housing sites. Our programs provide not only direct education, but also indirect education and outreach and work centered around policy, systems, and environmental changes.

#### **Providing Education**

Evidence-based nutrition education, edible gardening and physical activity interventions were provided to:

- 28 preschool sites serving students (1,411), teachers (80) and direct education classes to parents (591).
- 265 Seniors at 25 public housing sites with direct education.
- 1 adult transitional living housing, 25 residents, with direct education.

#### **Helping to Make Organizational and Environmental Changes**

- 1 Playground Stencil Project was completed this year with the goal of supporting and enhancing the school learning environment while also increasing opportunities for structured and unstructured physical activity.

#### **Serving California Agriculture**

We currently support:

- 21 preschool gardens serving 686 students and 48 teachers with nutrition enhanced garden lessons, activities and taste tests. Food from the garden is also shared with families.
- 2 Senior Housing site gardens serving up to 50 residents with lessons, activities.
- 1 Adult Transitional Housing site serving up to 25 residents. Harvest is integrated into resident meals.

#### **Building Partnerships**

Alameda County UCCE's key partners include Oakland Unified School District, Oakland Housing Authority, East Bay Asian Development Corporation, The City of Oakland and Alameda County Nutrition Services. Together we serve a vast and diverse population, initiating innovative projects, providing education, and supporting statewide Campaigns such as Re-Think Your Drink and Healthy Heart Month.

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