



## SUCCESSSES

UC CalFresh reached a total of 15,434 youth and adults:

- 5236 youth and 2028 adults with nutrition education lessons and workshops.
- 8,166 through health fairs, AgVentures, and other community events.

Notably, over 4200 children under 5 years of age and their parents improved their understanding of the connection between healthy eating, physical activity, and a healthy body.



## RESULTS

- Preschool Teacher—"I now have random conversations with the children about healthy foods that help us "Go, Glow, and Grow"
- Fresh From the Garden participant—"I gained confidence in starting my own garden, trying to grow and eat new, less familiar vegetables."
- Elementary Teacher—"The Shaping Healthy Choices Program changed the culture of our school."

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*San Joaquin County is home to an ethnically diverse population of over 725,000 residents. Many of the county's children live in households where adults struggle with poverty, food insecurity, and unemployment. Forty-six percent (46%) of low-income households are food insecure. Seventy-two percent (72%) of the County's schools are SNAP-Ed eligible. The County has a total of 112,470 CalFresh participants and 90,487 students eligible for free/reduced price meals. Physical inactivity and unhealthy eating contribute to high rates of obesity and chronic disease such as diabetes and heart disease. Seventy-seven percent (77%) of the adults are overweight or obese and more than 41% of the children's (grades 5, 7, and 9) body composition is not in the healthy fitness zone. The rates of overweight and obesity as well as the rates of chronic disease are higher for low-income children and adults of all ages.*

### Serving Individuals and Communities

The University of California CalFresh Nutrition Education Program (UC CalFresh) works with community partners to help families, youth and adults, develop the knowledge necessary to improve their health-related behaviors. UC CalFresh (a SNAP-Ed funded program) has been offering evidence-based nutrition education tailored to the needs, culture and languages of our communities in San Joaquin County for over 20 years. Current offerings include series-based and mini-workshops lessons focused on:

- Family Centered Nutrition Education
- Healthy Eating, Active Living
- Food Resource Management
- Making Every Dollar Count
- Garden Enhanced Nutrition Education
- Youth Nutrition Education for all ages

### Helping to Make Organizational and Environmental Changes

UC CalFresh partners with agencies/organizations serving SNAP-eligible youth and adults not only to bring healthy eating and physical activity education to high need populations but to work together to create policy, systems and environmental changes that make a difference to our participants. Smarter Lunchroom Movement strategies facilitate students making the healthy choice their first choice. Our gardening program links school and community gardens to nutrition education workshops and healthy food demonstrations. AgVenture and school health fairs are focusing parents and children on the benefits of increasing fruit and vegetables as well as drinking healthier beverages - water and milk. The UC CalFresh Nutrition Education Program and their partners are making a difference in the health and wellness of San Joaquin County children and their families.

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