

2018 CFHL Forum Posters



**Building Power
Through Stories
of Change**

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Champions for Change/ Campeones del Cambio: Eat Healthy Be Active Community Workshops for Underserved Adults

Andrea Salcedo, Andreia Soares, Claudia Chirino, Anet Piridzhanyan,
Katherine Sutton, Alexis Deavenport-Saman, and Larry Yin

THE NEED

The prevalence of obesity among U.S. adults continue to increase at an alarming rate.

- More than 1/3 of U.S. adults are obese. Adults with obesity have a greater risk of developing type 2 diabetes, heart disease, stroke, and some types of cancer¹
- Healthy diets and routine physical activity assist in the prevention of these health issues, particularly among underserved adults²
- Although various interventions have been implemented to address this epidemic, obesity rates remain high



Purpose: To evaluate participants' healthy eating behaviors

THE WORK

The Eat Healthy, Be Active community workshops intervention was implemented among underserved adults in West Los Angeles to promote healthy eating and active lifestyles.

- Curriculum is based on the 2010 Dietary and 2008 Physical Activity Guidelines for Americans Adults living in underserved communities in West Los Angeles who were recruited for a series of 6 workshops
- A total of 9 workshop cycles were conducted
- Each workshop session included segments on healthy eating behaviors and physical activity behaviors using the Food and Behavior Checklist
- Paired samples t-tests were conducted

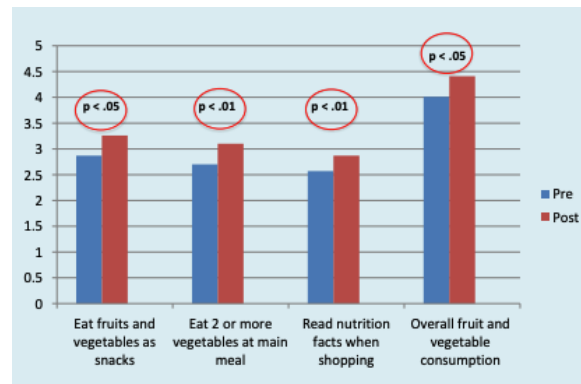


THE IMPACT

A total of 31, primarily Hispanic/Latino adults participated. Post-intervention results include:

- 13% increase in consuming fruit and vegetables as snacks
- 15% increase in consuming 2 or more vegetables at their main meal
- 12% increase in reading nutrition facts when shopping
- 10% increase in fruit and vegetable consumption

The small sample size was a study limitation.



LOOKING AHEAD

In addition to addressing the high prevalence of obesity on an individual level, environmental and institutional level interventions are being applied using the Social Ecological Model.

- Synergy across all levels of interventions will be achieved through collaboration with key stakeholders and community members
- We will continue to examine the impact of the classes on adults.

References

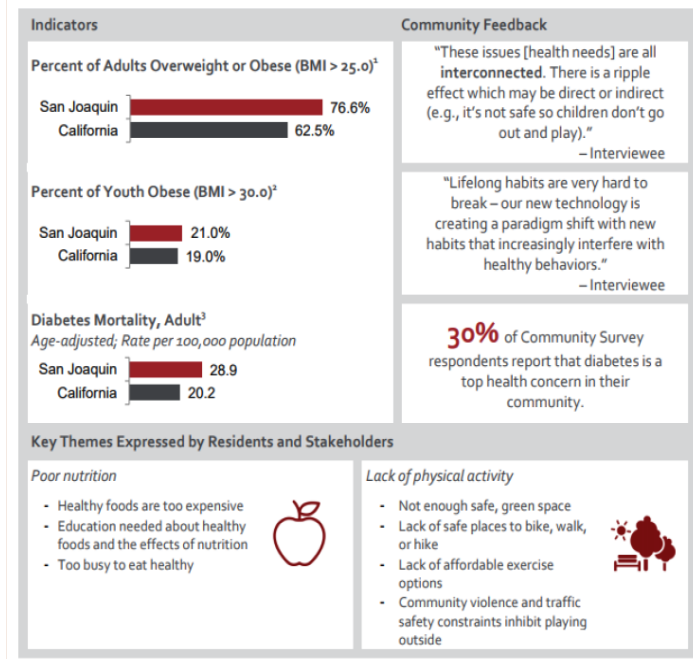
1. Centers for Disease Control and Prevention. (2017). Overweight and obesity: Adult obesity facts. Retrieved from <https://www.cdc.gov/obesity/data/adult.html>
2. Centers for Disease Control and Prevention. (2017). Overweight and obesity: Strategies to prevent obesity. Retrieved from <https://www.cdc.gov/obesity/strategies/index.html>

Partnering To Advance the Community Health Improvement Plan (CHIP)

Anna Martin, University of California Cooperative Extension

THE NEED

- Every three years, nonprofit hospitals and county public health departments, along with community partners, come together to conduct an assessment of county health needs and to prioritize those needs.
- The 2016 Community Health Needs Assessment ranked Obesity and Diabetes as the top health concerns.
- San Joaquin County used the results to develop the CHIP with strategies and actions to achieve short-term and long-term CHIP goals.
- SNAP-Ed LIAs were asked to lead the Health Eating Active Living (HEAL) strategies (S) and supporting activities (A).



THE WORK

- LIAs provided leadership for joint activities, e.g., Activate your Summer, Fruit & Veggie Fests, AgVentures (S6.A1)
- Trained and taught Nutrition and Physical Activity Education (S2.A3)
- Engaged store owners in healthy retail trainings and assessments (S1.A2)
- Coordinated walkability assessments, Safe Routes to School trainings and events (S4.A4 & S5.A1)
- Expanded and supported edible school and community gardens (S2.A2) and



- Partnered with school food service to create Smarter Lunchrooms (S3)

THE IMPACT

- Nutrition and Physical Activity (PA) Education – 5,683 adults, 9,028 youth
- Policy, System and Environmental Strategies’ Reach – 94,801
- Joint Activities – 30 events; 14,277 participants (youth and their families)
- Retail Conversions – 5 stores
- Safe Routes to School – 10 schools
- Edible Gardens – 47 community and school gardens
- Smarter Lunchrooms – 4 schools
- Structured PA – 6 classrooms



LOOKING AHEAD

LIAs will:

- Engage new partners and expand CHIP reach through the County Nutrition Action Partnership (CNAP);
- Increase the depth of organizational relationships to produce more opportunities to build organizational capacity in support of ongoing CHIP activities; and
- Identify ways to maintain and sustain CHIP efforts including diversifying the funding base of CHIP strategies and activities.

Helping Employees and Businesses Thrive: Tools for Real World Application

Ashley Stegall, Deirdre Browner, Chesley Blevins, Adrienne Gilleran, and Tina Zenzola, County of San Diego, Health and Human Services Agency

THE NEED

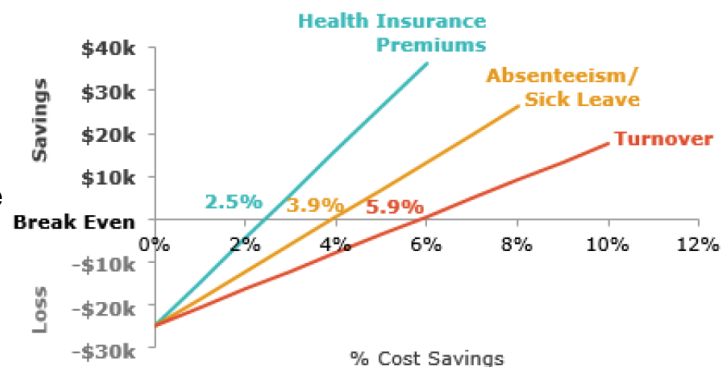
The workplace is an important venue for implementing chronic disease prevention strategies since adults spend a significant portion of their lives at work. Worksite wellness programs can impact a large segment of the workforce. However, costs associated with worksite wellness can impede businesses.

THE WORK

Through the SNAP-Ed program, the County of San Diego Health and Human Services Agency (HHSA) delivers worksite wellness programming, Live Well @ Work, to SNAP-Ed eligible businesses. HHSA, in partnership with Harder + Company Community Research and our contractor, UC San Diego Center for Community Health, developed a tool to assess the economic impact of worksite wellness programs. HHSA worked with Goodwill Industries to evaluate costs, potential savings, and health outcomes.

THE IMPACT

Health insurance premiums represent the largest potential source of savings for Goodwill Industries, as illustrated by the figure at the right. However, only a small percentage of employees receive insurance benefits, and the average time to recoup premium costs is several years. Therefore, Goodwill Industries should focus its efforts on decreasing turnover rates and sick time to increase its savings.



LOOKING AHEAD

The Cost-Benefit Calculator is a valuable tool for our worksite wellness programs. It allows local businesses to track program costs and benefits. It helps guide participating businesses to select wellness strategies with the greatest potential to drive return on investment decisions for the organization.

Nutrition Facts Matter to Seniors

Aurelia (Rely) V. Samonte, and Judy Hamamoto

THE NEED

Assessments in Butte, Colusa, Glenn, Tehama, and Plumas congregate meal sites in FFY 2015 determined the need for more nutrition and physical activity information. Current CDA funding limits the reach and frequency of providing direct education to all congregate meal sites.



To meet this need, a Nutrition and Physical Activity Center (NPAC) toolkit was developed and displayed as environmental support to SNAP-Ed eligible participants at congregate meal sites to increase consumption of healthy foods and physical activity opportunities among seniors.

THE WORK

In seven congregate meal sites in FFY17, the NPAC toolkit displayed the four Eat Smart, Live Strong lessons, rotating once per quarter, along with additional SNAP-Ed approved resources and messages.

The congregate site staff were given the NPAC toolkit elements and supported with additional training and ongoing technical assistance related to the curriculum and use of the toolkit. They received nutrition, physical activity, and food safety training related to SNAP-Ed



seniors.

THE IMPACT

The Food Behavior Checklist (FBC) and the Rapid Assessment of Physical Activity (RAPA) were survey tools used to assess effectiveness.

In FFY17, FBC pre- and post-surveys showed that the NPAC led to a decrease in sugary drink, and fruit and vegetable consumption. FBC results also highlighted the food insecurity in our senior households. Per RAPA results, direct education is needed to encourage our

Table 1. *Food and Behavioral Changes by Recipients of Nutrition and Physical Activity Center in FFY 2017*

Question	Matched Pre and Post			
	Mean Responses †		P-value	Sig
	Pre	Post		
Q1. Eat F&V as snacks (1-4)	2.30	2.27	0.835	ns
Q2. Drink sports drinks or punch (1-4)	1.98	1.56	0.007	**
Q3. Citrus fruit or juice past week (0=N; 1=Y)	0.53	0.58	0.625	ns
Q4. Drink regular soda (1-4)	1.75	1.28	0.000	**
Q5. Consumed milk in past week (0=N; 1=Y)	0.69	0.69	1.000	.
Q6. Fruit eaten per day (0-3)	1.03	1.32	0.031	**
Q7. Vegetables eaten per day (0-3)	0.94	1.25	0.011	**
Q8. Different kinds of fruit daily (1-4)	2.00	2.07	0.626	ns
Q9. Different kinds of vegetable daily (1-4)	2.24	2.25	0.925	ns
Q10. Drink milk (1-4)	2.30	2.03	0.091	ns
Q11. Take skin off chicken (1-4)	2.50	2.60	0.573	ns
Q12. Consumed fish in past week (0=N; 1=Y)	0.35	0.49	0.118	ns
Q13. 2 or more vegetables at main meal (1-4)	2.03	2.17	0.414	ns
Q14. Read nutrition facts when shopping (1-4)	2.38	2.17	0.328	ns
Q15. Run out of food before month end (1-4)	1.38	1.83	0.000	**
Q16. Self-rating of eating habits (1-10)	6.52	6.30	0.035	**

* Significant difference between pre- and post-training responses at the 5% level of significance.

** Highly significant difference between pre- and post-training responses at the 1% level of significance.

ns Non-Significant difference between pre- and post-training responses at the 5% level of significance.]

seniors to be more active.

LOOKING AHEAD

- In FFY18, the NPAC tool kit will be provided to more congregate meal sites and senior housing sites.
- Food insecurity among seniors will be addressed by working with food banks and other community partners.
- The need for a more effective system that encourages seniors to live more actively will also be addressed by involving the seniors in finding solutions and working with community partners.

Collaboration and Partnerships to Address Food Insecurity Among Seniors

Michelle Harris, Aurelia V. Samonte, and Nancy Quirus

THE NEED

Millions of older Americans are at risk for hunger. In 2014, 10.2 million older Americans faced the threat of hunger, representing 15.8% of adults aged 60+ in the US.

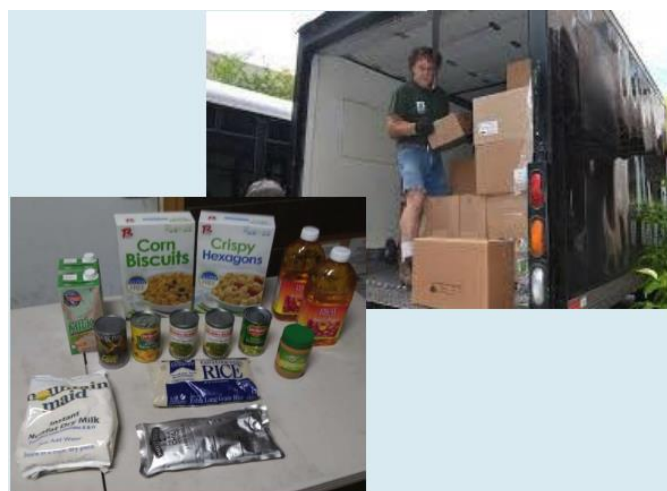
In PSA2 (Lassen, Modoc, Shasta, Siskiyou, and Trinity counties), more than 9,000 seniors



are classified in the low-income bracket and frequently at risk of food insecurity. Frequently, PSA2 congregate participants self-report that the congregate meal is their only meal of their day.

THE WORK

- In AAA-PSA2 (Shasta, Trinity, and Siskiyou counties), networking, collaboration, and partnership with different community organizations help alleviate the causes and consequences of food insecurity among older adults.
- In FFY17, coalitions in PSA2 counties met at least quarterly and were led by passionate partners. Committee members represent a variety of sectors.



THE IMPACT

Food Banks

- Fruit & Veggie Tailgate Parties with FoodLink
- Senior Brown box with SNAP-Ed materials: Every month, Shasta Food Bank distributes to 1250 seniors, while Trinity Food Bank serves 320.
- In Siskiyou, commodity food boxes are delivered to homebound seniors.



Partnering with the medical community

- Screening for food insecurity

Senior Farmers' Market Nutrition Program

- Redemption rate higher than the state average: Trinity- 70%; Shasta -69%

LOOKING AHEAD

Much is still needed. PSA2 SNAP-Ed and other community partners will continue to work together to set or meet the community goals and support community behavior change. To sustain efforts, the coalition needs to find opportunities to leverage funding streams from transportation departments, the medical community, churches, VA offices, social services departments, and other PSA supported programs.

Nutrition Busters at Sierra House Elementary in South Lake Tahoe

Carmela Padilla

THE NEED

Sierra House Elementary School is nestled in the mountainous region of South Lake Tahoe, serving 500 students in grades K-5.

Students participate in UC CalFresh Nutrition Education throughout the school year utilizing the district's adopted curriculum, Eating Healthy From Farm to Fork.

Data: South Lake Tahoe has 10.4% of residents living below the poverty line, which is lower than the national average.¹ Additionally, in the 2016-17 school year, the Free and Reduced Priced Meals rating was reported at 57%.² Weather conditions include nine months of cool conditions, limiting the growing season, transportation, and produce available.

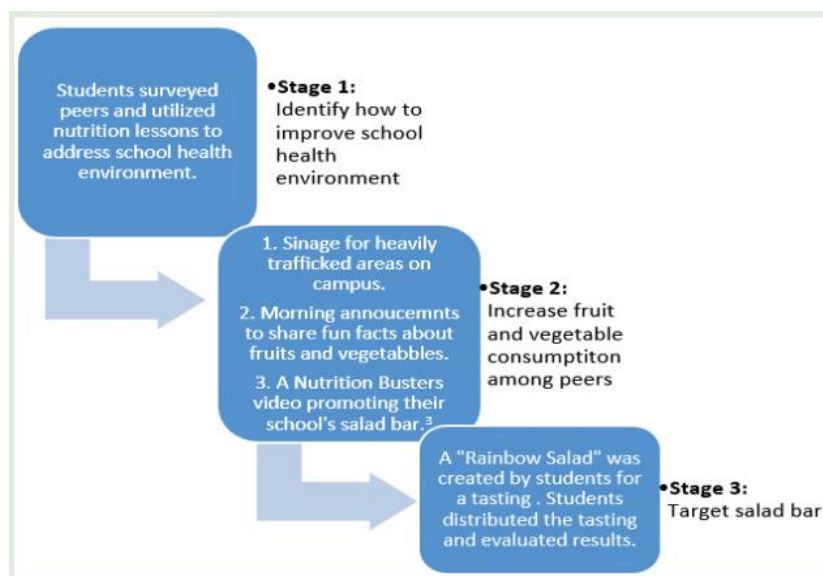


Methods: Teacher Tasting Tool and student-created survey.

Partners: Garden Coordinator and school Principal.

THE WORK

Nutrition Busters is a voluntary after-school enrichment program created to creatively reinforce nutrition education education nutrition and garden programs.



THE IMPACT

Staff were recruited to discuss favorite fruits and vegetables.

“The snap peas from the growing domes are my favorite to snack on.” –Principal Galles

Nutrition Busters distributed “Rainbow Salad” tasting to peers.

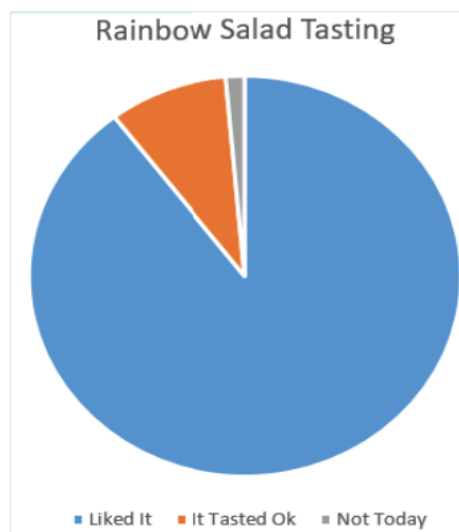
“The salad was so good I wanted more!” –Student at Sierra House Elementary

Rainbow salad was taste tested by 500 students and 20 staff members.

LOOKING AHEAD

The Nutrition Busters program serves as another layer of the socio-ecological model of health that Sierra House Elementary has been building upon throughout the past several years. Future goals to sustain the program include:

- Incorporate produce harvested in the growing domes into the salad bar
- Students lead taste testing and education lessons
- Recruitment of students through peer education



References

1. USA Census Bureau. (2017). El Dorado County Census 2017. Retrieved from <https://datausa.io/profile/geo/south-lake-tahoe-ca/>.
2. California Department of Education. (2017). Student Free and Reduced Data. Retrieved from <https://www.cde.ca.gov/ds/sd/sd/files/sp.asp>.
3. Nutrition Busters at Sierra House Elementary School in South Lake Tahoe <https://youtu.be/KWG11ym-EXE>.

Empowering Food Closet Clientele to Make Healthy Choices

Carrie Yarwood, Kelley Brian, and Rosemary Carter

THE NEED

One in every five residents in Placer County is eligible for SNAP benefits. Many struggle with food security and turn to food pantries to help feed their families. Often, they are unfamiliar with how to use the ingredients given by a food closet to prepare healthy meals.



THE WORK

UC CalFresh partnered with the Auburn Interfaith Food Closet (AIFC) to:

- Conduct monthly tastings of low-cost, nutrient-dense foods that are offered to AIFC clients
- Display informational boards each month highlighting nutrition and food safety topics
- Serve as an integral member of AIFC's Nutrition Committee, providing a SNAP-Ed presence



THE IMPACT

- More nutrient-dense food is being used by clients and not given back to AIFC
- Additional vegetable options are being distributed by AIFC
- Clients look to AIFC for new recipes to prepare for their families
- AIFC clients are more willing to prepare meals using whole-grain pasta and other healthy ingredients



LOOKING AHEAD

- Continue to conduct monthly tastings and offer healthy, low-cost recipe ideas
- Assist with the establishment of an onsite community garden
- Implement cooking classes to encourage participants to use the food they receive to create healthy meals
- Initiate classes



on-site nutrition education

Professional Development Increases Educator Confidence to Teach Nutrition

Chelsey L. Slattery, Anna Jones, and Rachel E. Scherr

THE NEED

Providing professional development (PD) opportunities to educators is a common method of improving self-efficacy to teach nutrition. There is a need for effective PD models aimed at increasing educator self-efficacy. Using self-efficacy to teach nutrition and other health-related topics is important because previous studies have identified teaching self-efficacy to be strongly linked to the following:

- Educator effectiveness
- Teaching competence
- Curricular implementation
- Student outcomes



THE WORK

A PD program was designed for the Shaping Healthy Choices Program and implemented in FFY17. PD activities consisted of a 1-day in-person workshop, a 3-day in-person workshop, and ten hour-long meetings hosted over a webinar platform. The program utilized an action inquiry approach to PD, including formal education, peer-led education, coaching, and advanced professional learning. The program was intended to help educators understand and adopt an inquiry-based approach to learning and teaching while contributing to their knowledge base. Participant self-efficacy was assessed through a 15-question retrospective (post-then-pre) survey.



THE IMPACT

Among the 15 questions in the Retrospective Survey About Teaching Inquiry-Based Nutrition, 11 exhibited statistically significant increases from pre-to-post (some of which are highlighted in the Table to the right). Results indicated that participants (n=10) experienced:

- Increased confidence in teaching nutrition (Q1)
- Improvements in teaching efficacies (Q2)
- Improved facilitation skills for guiding inquiry in the classroom (Q3)
- Increased belief that using an inquiry-based approach is an effective way to learn (Q4) and teach (Q5)

Questions	Post Score Mean (SD)	Pre Score Mean (SD)	p-value
Q1	4.4 (.70)	3.1 (.99)	.002 *
Q2	4.8 (.42)	3.6 (.84)	.003 *
Q3	4.7 (.48)	2.7 (1.34)	.001 *
Q4	4.7 (.48)	3.5 (.85)	.003 *
Q5	4.6 (.70)	3.8 (.92)	.037 *

LOOKING AHEAD

Future directions for research in this specific area as it relates to the Shaping Healthy Choices Program should include the evaluation of student learning outcomes as result of a comprehensive, sustained, and intensive approach to improving educators' effectiveness through collaborative learning and participation in a continual PD program.



Further research should be conducted to investigate how educator self-efficacy is associated with student achievement and academic performance.

Rolling Our Way into Safety Using Bicycle Rodeos

Christina De Los Angeles, San Joaquin County Public Health Services

THE NEED

According to the National Highway Traffic Safety Administration, California leads the nation in the number of bicyclist fatalities. Many students who ride their bikes to school or for play do not practice riding safely and often do not wear helmets.

With an increased number of students walking and biking to school, there has been increased interest among schools in Stockton to host Bicycle Rodeos. To decrease the number of bicycle injuries and fatalities, Bicycle Rodeos are used to provide youth with education and training on the importance of riding safely.



THE WORK

San Joaquin County Public Health Services NEOP collaborates with community organizations, law enforcement, and schools to conduct Bicycle Rodeo events that allow students in 4th-6th grade to learn about bicycle safety and helmet safety. The Bicycle Rodeo event comprises three education stations that educate students on how to wear a helmet properly, use proper hand signals when riding, and the ABCs of a safety bike check. The Bicycle Rodeo also includes an obstacle course that provides students with a hands-on opportunity to practice their skills.



THE IMPACT

In 2016-2017, San Joaquin County Public Health Services NEOP partnered with local schools, law enforcement, and other community partners to host Bicycle Rodeo events, providing over 75



students with an opportunity to learn how to ride safely and practice hands-on skills.

Students and parents who participated in the Bike Rodeos learned about bicycle safety and gained an increased awareness of the importance of wearing a helmet properly.

LOOKING AHEAD

The San Joaquin County Public Health Services NEOP Safe Routes to School (SRTS) Program looks forward to expanding and strengthening partnerships with community-based organizations, law enforcement, local bicycle coalitions, and other champions in the community to promote SRTS. NEOP

will continue to encourage biking and other modes of active transportation using bicycle rodeos and pedestrian safety trainings to build capacity and support for institutionalizing SRTS programs and strategies.



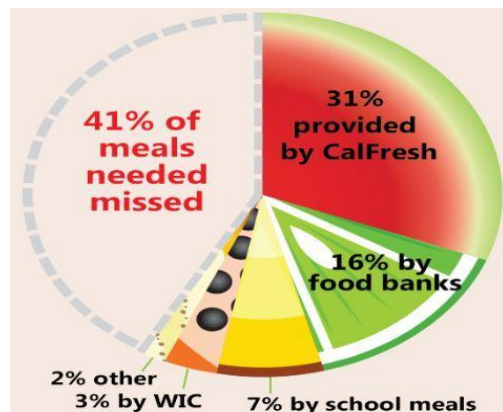
Addressing Food Insecurity Through Community Supported Agriculture

Danielle Baker

THE NEED

The San Joaquin County Public Health Services NEOP Safe Routes

- Sonoma County residents at risk for hunger missed 34 million meals (41% of the meals needed) because they couldn't afford enough groceries.
- Nearly 30 million people live in low-income areas with limited access to supermarkets.
- Living closer to healthy food retail is among the factors associated with better eating habits and decreased risk for obesity and diet-related diseases.
- The need recently increased as many lost their homes and jobs in the North Bay fires this October.



THE WORK

- Partnered with a local farm, Singing Frogs, and the non-profit Interfaith Food Collaborative to create a match program.
- Half the box is paid for through a federal FINI grant awarded from the Interfaith Food Collaborative, and half is paid for with CalFresh dollars.
- It eases the burden on SNAP-Ed eligible participants to pick up their box at the Catholic Charities site where they receive additional services, rather than having to travel to a rural farm.



THE IMPACT

- Families receive fresh fruit and vegetables from a local, sustainable farm at an affordable, incentivized price and accessible location.
- Participants can prepare meals with a variety of fruits and vegetables, thereby increasing their intake of different vitamins and minerals.

- Clients receive one-on-one nutrition education, recipes, and supplemental items from our food pantry, such as brown rice, black beans, lentils, etc., to cook healthy meals at home with their families.

LOOKING AHEAD

- Catholic Charities Santa Rosa (CCSR) will work to increase awareness and participation in the program.
- CCSR is working to transition from simply offering recipes and individual short single-session nutrition education to delivering food demonstrations and tastings while the box is being picked up.

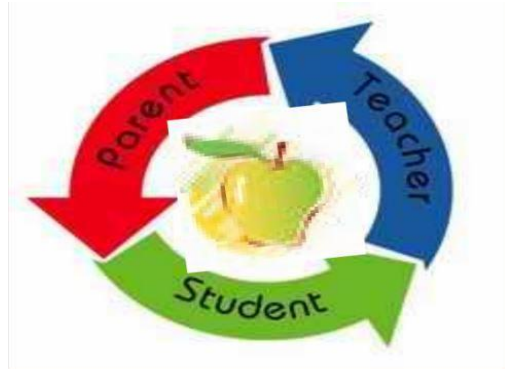


Ready to Make a Change! Empowering School Students, Teachers, and Families to Make Healthful Choices in Kings County

Deepa Srivastava, Susan Lafferty, Denise Cuendett, and Teresa-Rios Spicer

THE NEED

- One of the main avenues that schools can use to positively impact their health is by empowering students, teachers, and parents with nutrition knowledge and skills and providing opportunities for physical activity to help make healthy choices.
- In Kings County, the UC CalFresh Nutrition Education Program and the Hanford Elementary School District Ready Program have collaborated for over four years to support nutrition and physical activity.



THE WORK

- Student tutors & Teacher trainings: Nutrition educators mentored student tutors and provided technical assistance to teachers to teach nutrition and physical activity lessons.
- Curriculum: Students received: A Yummy Curriculum-Serving Up MyPlate, Eat Fit, Choose Health, Food, Fun and Fitness, and CATCH.
- Youth engagement: After school tutors created a “Chef’s Club” where students make a healthy meal/snack and taste test. Youth are engaged in creating murals and nutrition corners.
- Parent nutrition education: Parents received series-based nutrition classes and mini-workshops.



THE IMPACT

- Reach: 818 students are enrolled and reached through the READY After School program in partnership with the UC CalFresh nutrition program. Nine school sites have adopted a tutoring model and the Smarter Lunchrooms Movement. 113 teachers are enrolled to implement nutrition lessons in the classroom.
- Integration: Teachers at one site have aligned nutrition lessons with common core standards for English Language Arts and Health Education.
- Recognition: The Ready After School Program and its partners have received recognition for nutrition education efforts by the California Department of Education.



LOOKING AHEAD

- Plans for expanding the tutoring model to other School Districts in the County are in the process.
- UC CalFresh and Ready programs are always looking for new innovative ways to encourage and engage students and parents to make healthy eating choices and be physically active.



Community Partnerships Harvesting Health in Tulare County

Deepa Srivastava and Teresa Rios-Spicer

THE NEED

- In Tulare County (CA), children living in food insecure households are above the state average (29% compared to 22.9% of California) (Kidsdata.org).
- Additionally, Tulare County has a high percentage of students eligible for free school lunch (74.53% compared to 58.13% in California) (Community Needs Assessment, 2016).
- Key community stakeholders joined efforts to implement the Healthy School Farmer's Market (HSFM) in schools where many students participate in free or reduced-price meal programs.



THE WORK

- Community Partnerships: UC CalFresh Nutrition Education Programs, School Districts, Foodlink of Tulare, and CHOICES After School Program.
- Foodlink of Tulare - local food bank provides fresh fruits and vegetables at two school sites. Students in the CHOICES after school program participated in the event.
- Curriculum: Student Nutrition Ambassadors receive nutrition curriculum-NuGO.
- UC CalFresh Nutrition Educators plan nutrition education & physical activity, prepare healthy recipes for taste tests, and train ten Student Nutrition Ambassadors at each school site to assist in the event.



THE IMPACT

- Reach: Nearly 500 students and community residents at two school sites benefit from access to fresh fruits and vegetables and a multi-agency partnership.
- Youth Engagement: Student Nutrition Ambassadors learn leadership and teamwork to engage in nutrition education and physical activity.
- Parent & Community Engagement: Parent volunteers help in HSFM, families and community residents participate in HSFM.
- Nutrition & physical activity education is provided to students.
- Students and their families can access fresh fruits & vegetables at no cost.



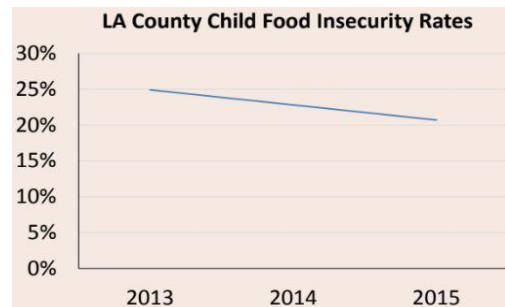
LOOKING AHEAD

- HSFM will continue to collaboratively: REACH large numbers of students, families, and community residents; EFFECT environmental-level change shown to benefit a large group of individuals; Be widely ADOPTED in school settings; Consistently IMPLEMENTED as intended; produce long-lasting effects that can be SUSTAINED at a reasonable cost.
- HSFM will continue to promote students' nutrition knowledge and skills. One fourth grade Ambassador explained, *"I learned how to be nice to the community and help [bag produce], and learned about fruits and vegetables."*



Clinical-Community Approaches to Address Food Insecurity in Los Angeles County

Fatinah Darwish, Mona Patel, Ryan Carpenter, Yendi Linares, Sheela Rao, Ashley Bennett, Lisa Arangua, Mirna Ponce Jewell, Stephani Cook, Tanishia Wright, Andrea Salcedo, Michelle Madrid, Andreia Soares, Claudia Chirino, Anet Piridzhanyan, Patricia Castillo, Alexis Deavenport-Saman, Larry Yin, and Dipa Shah-Patel



THE NEED

In Los Angeles County, 1 out of 5 children are food insecure, defined as limited resources or uncertain access to nutritious food. Food insecure children are at risk for delayed development, asthma, and obesity.

THE WORK

Los Angeles County Department of Public Health and SNAP-Ed funded partners, AltaMed and Children’s Hospital Los Angeles (CHLA) are collaborating to establish a pilot project to



screen for food insecurity among pediatric patients at AltaMed, a Federally Qualified Health Center located at CHLA. If patients screen positive, they will be referred to nutrition assistance programs, including SNAP, and SNAP-Ed classes focused on food resource management and healthy cooking.

THE IMPACT

Best practices and shared from the pilot recommendations to effort. An expected will be screened per

LOOKING AHEAD

Screening for food health clinics is an strategy to leverage bridge the gap between services to reduce food expand the food referral system across 8 AltaMed clinics in Southeast Los Angeles and Venice Family Clinic in West Los Angeles.



lessons learned will be project, including replicate and scale this number of 3,000 patients month.

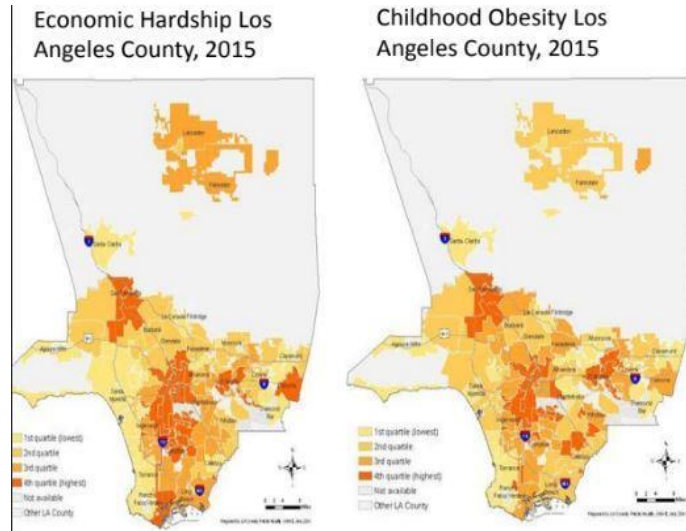
insecurity in pediatric innovative, emerging SNAP-Ed funds to help clinical and community insecurity. We plan to insecurity screening and

Partnership Between LA Department of Public Health and LA County Office of Education to Address School Wellness

Grace Tan, Lisa Arangua, Maryam Shayegh, and Dipa Shah-Patel

THE NEED

Poor nutrition and inactivity can negatively impact child health and academic achievement. In Los Angeles County, over a third of school-aged children are overweight or obese. While the Child Nutrition and WIC Reauthorization Act of 2004 mandated written school wellness policies, the lack of enforcement of the mandate resulted in significant variability of written policies and very little implementation of these policies into health-promoting school practices.



THE WORK

The Healthy, Hunger-Free Kids Act (HHFKA) final rule (July 2016) updates and strengthens the 2004 legislation by enforcing policy and implementation and requiring evaluation of wellness policy adherence. The Los Angeles County Department of Public Health, the Los Angeles County Office of Education, and 8 School Districts are collaborating and using a 54-item tool to assess the quality and comprehensiveness of written school wellness policy before and after integrating standards authorized through HHFKA.





THE IMPACT

Best practices and lessons learned will be shared from the project, including recommendations to develop and scale these efforts that are translational to the local context.



LOOKING AHEAD

Our effort will provide insights into how collaboration between large public health and school agencies could advance the quality and comprehensiveness of school wellness policy.

Making Healthier Neighborhoods Through Community Collaboration

Ingrid Glenn, San Joaquin County Public Health Services

THE NEED

Kelly Drive is an area in North Stockton that has experienced hardships. It is a 1.7-mile corridor that houses 4,687 residents. The main grocery store in the area closed in 2012, and there are no parks or green spaces available for the community to be physically active. Also, the bus does not stop, so many residents have transportation issues. Public Health Advocates and San Joaquin County Public Health Services (PHS) NEOP Program collaborated with Emerald Pointe Townhomes to bring healthy food options and physical activity opportunities to the neighborhood.



The WORK

In November 2016, Public Health Advocates and PHS NEOP partnered with Emerald Pointe Townhomes, a residential complex on Kelly Drive with 22 units and 72 residents, to host a REACH4HEALTH kick-off event. This was a chance to engage residents and for them to voice their opinions and concerns.



Through a series of events, trainings, and classes, the residents expressed interest in gaining access to the mobile farmers market, a community garden, and possible activities for youth.

THE IMPACT

With great community collaboration:

- A thriving community garden was established and should produce enough food for the residents.
- Emerald Pointe Townhomes was added to the Mobile Farmers Market site list and provided free produce for 20-30 families per month.
- It was also a Summer Meals site that provided food to 70+ kids per day.



LOOKING AHEAD

The collaboration between the 3 organizations has been a success. The residents decided they would like to work with the Regional Transportation District (RTD) to focus on getting the bus to stop along Kelly Drive, which will provide them with transportation and access to healthier foods. At the end of the current year, a youth group will be established to work on walkability assessments and Safe Routes to School. There are also plans to work with the neighborhood church to establish a joint-use agreement to expand physical activity opportunities for the residents.



CHEF Collaboration: Cooking. Eating. Healthy. Food

Westbrook, J., Punzalan, A., Ruiz., R., Carrillo, E., Martinez, S., Carrasquilla, D., DiCiano, F., and Spezzano, MCHES

THE NEED



Thirty-four percent of low-income families in Stanislaus County are food insecure.

To meet this challenge, United Way of Stanislaus County targeted elementary students and their families to increase access and consumption of healthy food and beverages.

The CHEF collaboration involved the efforts of the UC CalFresh Nutrition Education Program, Second Harvest Food Bank, Caswell Elementary

School (Ceres Unified School District), and Bret Harte Elementary School (Modesto City School District).

THE WORK



Participants help to prepare the meals during nutrition education classes. They take home ingredients to make the recipe for their families at the end of each 4-6 week series.

The classes teach families about MyPlate, how to make long-term, healthier choices by reading labels, exercising portion control, and shopping on a budget.

CHEF provides over 340 children in the two afterschool programs ~18-pound bags of food. Twice per month.



THE IMPACT

Nutrition Education Classes:
 2016: 45 unduplicated adults participated
 2017: 112 unduplicated adults participated
 2018: 40 unduplicated adult participants in the first quarter alone

Pounds of Food Provided:
 2016: 108,852 pounds of food provided
 2017: 115,240 pounds of food provided

Food Bags Distributed at Afterschool

Programs:
 2016: 6,318 food bags

2017: 6,610 food bags



LOOKING AHEAD

United Way of Stanislaus County is changing their initiative structure. The CHEF Collaborative partners are looking to create sustainability without the full financial support from the United Way. In 2019, UC CalFresh will continue to provide nutrition education classes at both sites. The workshop food bags will be provided with United Way general funds.

Second Harvest Food Bank is attempting to integrate the two elementary schools

into their existing food security projects.

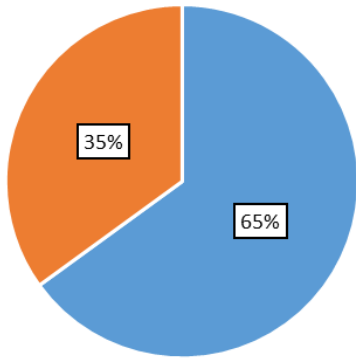
Santee Share Table: Reducing Food Waste and Student Hunger

Chad Monk and Janet Rodriguez

THE NEED

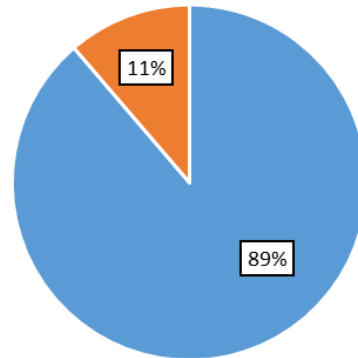
At Santee Educational Complex in South Los Angeles, 88.7% of students are eligible for free/reduced-price meals (live in households at or below 185% of the poverty line). In Los Angeles, 65% of households <199% of FPL are food insecure, which has been shown to be a major contributor to obesity, partly because these households may rely on low-cost, high-calorie,

Food Insecure Households



■ Food Insecure ■ Not Food Insecure

Students Eligible for free/reduced-price meals



■ Students eligible ■ Students not eligible

nutritious foods, which contribute to obesity.

THE WORK

The National Health Foundation utilized youth participatory action research to establish Health Academy, a school-based youth task force. Through peer-to-peer surveys and informant interviews, the task force found the need to address student hunger and lower food waste. The students developed a “Share Table” where students can leave unwanted, nutritious food for other students to pick up additional healthy foods. Students launched a pilot of the table, where three locations for the Share Table were tested to determine the most effective location for visibility and utilization.



THE IMPACT

During the three-day pilot, several students contributed to the Share Table by dropping off or picking up food. By the end of each day, no food was taken back to the cafeteria or left on the table. Students demonstrated a strong understanding of the purpose of the Share Table. There was also an increase in the number of students who were aware of the Share Table.



LOOKING AHEAD

Looking forward, the youth task force plans to launch a campaign for the Share Table to increase awareness and use. The campaign will include a promotional video, posters, and incentives. They also plan to garner the support of the School Wellness Council, the school’s administrative staff and their school district to donate the leftover food on the Share Table in accordance with SB 557. The Santee Share Table will also assist in creating an implementation guide for



other schools to create share tables.

Edible Gardens- Innovative SNAP-Ed Efforts

Steven Trapasso, Erica Nieves, Elyse Wegner, Peyton Hoegh, Tim Alderson, Jennifer Clark, Lana Sklyar, and Dipa Shah-Patel



THE NEED

Los Angeles County Department of Public Health (LACDPH) partnered with Seeds of Hope, the food justice program of the Episcopal Diocese of Los Angeles, to provide SNAP-Ed in faith-based settings and address food insecurity in this population. Approximately 1 out of 3 households are impacted by food insecurity in the areas that they serve.



THE WORK

Seeds of Hope has established a partnership with Food Forward, a food-gleaning organization, through which they can provide fresh produce to food pantries and SNAP-Ed class participants. Gleaning occurs in backyards, farmers markets, and the wholesale produce market in Los Angeles. In addition to distributing produce at nutrition education classes, Seeds of Hope provides hands-on gardening activities with their communities.



THE IMPACT

Seeds of Hope has established 12 edible gardens in FFY 2016-2017 and distributes, on average, 14,000 lbs. of fresh produce per week to communities in need through health events, nutrition classes, garden workshops, and food pantries.



LOOKING AHEAD

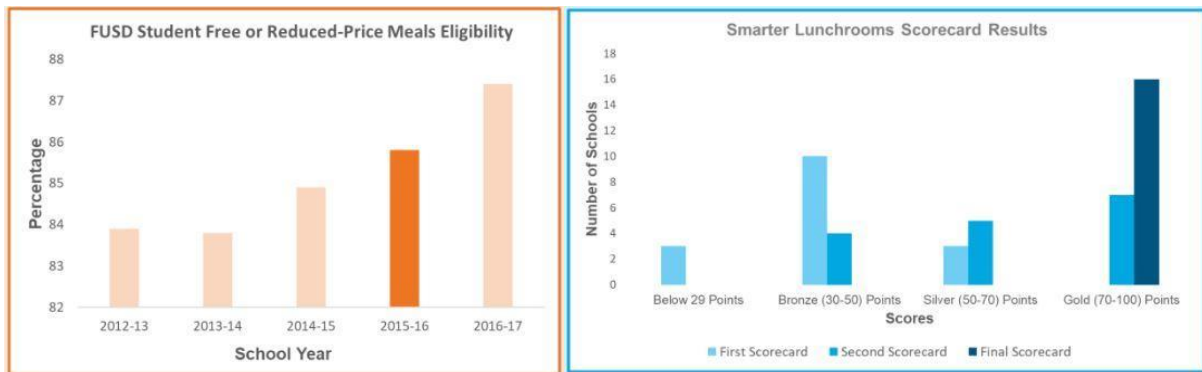
Seeds of Hope will continue to maintain edible gardens that they have previously built and implemented, they also are adding at least 2 additional sites, including a hospital and a non-profit organization that serves homeless youth. Seeds of Hope will continue to provide gleaned produce to their SNAP-Ed participants and to food pantries in areas of high need.

Smarter Lunchrooms Movement: A District-Wide Approach in Fresno County

Karina Macias, MaryAnn Mills and Evelyn Morales

THE NEED

Fresno County is among the top producing agricultural counties in California and the nation, yet it has one of the highest rates of poverty, food insecurity, and hunger, particularly among children. Compared to the rest of the state, Fresno County children are disproportionately affected by poverty and food insecurity. According to recent reports, 38% of children in Fresno County are below the federal poverty level, and 29% are considered food insecure. During the 2015-16 school year, 74% of Fresno County students and 86% of Fresno Unified School District (FUSD) students qualified for free or reduced-price meals through the



National School Lunch Program.

THE WORK

The Fresno County UC CalFresh Nutrition Education Program partnered with FUSD Food Services, and the Dairy Council of California to apply Smarter Lunchrooms Movement approaches. This collaboration enhanced school lunchroom environments to increase food access



and improve healthy food choices. The partners provided schools with the knowledge, motivation, and resources needed to implement SLM in Fresno Unified Middle Schools district-wide. Fresno Unified hired 1 staff person, trained by UC CalFresh, to implement SLM and administer final scorecards.

THE IMPACT

A minimum of two SLM 100-point Scorecards were conducted at all 16 Middle School sites in FUSD, during the 2015-2016 school year, with initial scores below 50%. By the final scorecard, all 16 sites achieved scores of 70% or higher, earning them gold status. This effort led to Wawona Middle School being awarded the Gold Award of Distinction, by the Healthier US School Challenge: Smarter Lunchrooms Award.

LOOKING AHEAD

UC CalFresh will continue capacity-building efforts forged by this successful SLM collaboration. The next step is to implement SLM in all FUSD Elementary Schools district-wide through the following UC CalFresh supports to sustain SLM:

- Link classroom nutrition education & youth engagement activities
- Train Food Service Managers
- Monthly Food Service Director meetings
- UC CalFresh aims to provide a multi-level approach to obesity prevention for Fresno County's most vulnerable populations.



Expanding SNAP-Ed Opportunities Through Relationship Building

Kelley Brian, UCCE Youth, Families and Communities Advisor, Placer and Nevada Counties, Rosemary Carter, Carrie Yarwood, Michele Fisch, Deborah Weeks, and Leah Campbell

THE NEED

The successes of local SNAP-Ed programming rely heavily upon establishing positive and effective relationships with community members, local organizations, schools, school districts, food service departments, government agencies, and other partners.



THE WORK

- Meeting frequently with school administration, teachers, and staff
- Participating in community-based coalitions and collaborations
- Providing support to current and potential partners
- Engaging with schools and organizations
- Integrating activities and efforts with partners to strengthen programming



THE IMPACT

As a result of establishing and nurturing these relationships, opportunities to support comprehensive efforts at school sites and community organizations have increased.

- School, preschool, & adult nutrition lessons
- Physical activity lessons; Zumba
- Garden-based lessons
- Smarter Lunchrooms Movement
- Student Nutrition Action Council
- Cooking Academy
- Afterschool and summer program activities
- Event hosting and participation



LOOKING AHEAD

Although Placer and Nevada UC CalFresh have experienced success in expanding SNAP-Ed opportunities through relationship building, this requires continual effort. Effective and frequent communication with partners, and identifying others to connect with, remain necessary tasks to support a



comprehensive, collaborative program.

Partnerships to Increase Access to Fruits & Vegetables in LA

Kimberely Wu

THE NEED

- Families who experience poverty are at an increased risk of food insecurity and higher rates of obesity.
- Many families served by Para Los Niños' (PLN) Senderos program receive CalFresh dollars but find it difficult to purchase fresh produce due to limited budgets and few options in their neighborhood.
- Commonly identified solutions to increase access to fresh produce and lower obesity for low-income families are to provide nutrition education, incentives for fresh fruits and vegetables, and improve the retail environment in low-income communities.



THE WORK

Para Los Niños partnered with the Healthy Neighborhood Market Network (HNMN) to enroll Senderos participants in HNMN's pilot USDA FINI program for CalFresh participants, "Sam's Plus."

Para Los Niños provides nutrition ed. Workshops, food demos, and convenes a task force of parent volunteers to support healthy changes in the store.



HNMN provides up to \$50/ month in vouchers for fresh produce at a local corner store and technical assistance to implement behavioral economics strategies and retail environment enhancement to promote healthy choices.

THE IMPACT

- 50 families receive an average of ~\$40/month in incentives, with a total of \$8,250 distributed (as of November 1, 2017)
- 96% of participants report increased consumption of vegetables and fruits and have made healthy changes in their families' diet.
- The store owner has made permanent changes to improve the store environment and increase the selection of fresh produce.



LOOKING AHEAD

- Leveraging funding and programs that increase purchasing power and improve access to fresh produce supports healthy eating, and positive changes at the environmental level, and has the potential to influence systems change.
- The next step is to expand the program, increase the number of stores involved, and support community leaders as advocates.



Launching SHOP Healthy Here in Tulare County

Kirstie M. Kampen, María A. Viveros, Patricia J. Gonzales, and Alexandria A. Brinkman

THE NEED

Tulare County is in the heart of California's fertile San Joaquin Valley, part of the state's vast agricultural industry.

But there are also many rural neighborhoods with small corner stores, where access to fruits and vegetables can be limited to low-income residents. This can lead to poor health outcomes.



Tulare County Local Health Department staff launched SHOP Healthy Here (SHH) as an innovative 6-month pilot program from May 2017 to October 2017. SHH focused on two retail stores:

1. United Market, Location: Dinuba, CA, Population: ~23,961
2. La Guadalupana Meat Market, Location: Terra Bella, CA, Population: ~3,310

THE WORK

Step 1: Contact local retailers.

Step 2: Discuss goals and sign the Partner Agreement form.

Step 3: Conduct a store assessment to identify ways to:

- Increase in-store marketing of healthy foods and beverages
- Adjust displays to promote sales of healthy foods and beverages

Step 4: Identify the store's current ranking as being at:

Stage 1: *Community Market*

Stage 2: *Community Partner*

Stage 3: *Community Champion*

Step 5: Work with the retailer to pick a few changes that are right for the store and the community.



Step 6: Make the changes!

THE IMPACT

Overall Successes

- Equipment improved the availability of fruits and vegetables
- Refrigerator
- Freezer
- Freezer wrap designed to be more eye-catching
- Better product placement inside the store
- Documentary video to showcase SHH work

Specific to United Market

- Increased healthy retail advertising
- Floor decals
- Aisle divider for Healthy
- Checkout Aisle
- Overhanging sign for
- Healthy Checkout Aisle
- Shopping cart branding
- Produce area sign

Specific to La Guadalupana

- Additional equipment
- Shopping baskets
- Produce cart
- Increased healthy retail advertising
- Banner
- Produce area sign
- Wobblers



LOOKING AHEAD

United Market

- Plan to renew SHH Partner Agreement form to continue Policy, System, and Environmental (PSE) efforts
- Healthy Checkout Aisle follow-up monthly instead of biweekly
- Currently collaborating with Tulare County Tobacco
- Awareness and Education Program in the City of Dinuba

La Guadalupana Meat Market

- Plan to renew SHH Partner Agreement form to continue PSE efforts
- Grant search and donation requests
- Outside mural on retail store wall
- Larger open refrigeration unit

Los Angeles County Department of Public Health (LACDPH): Ensuring SNAP-Ed Program Fidelity

Naho Fukushima and Lana Sklyar

THE NEED

In Los Angeles County, SNAP-Ed is implemented by 24 funded partners, comprised of non-profit organizations, school districts, and community-based organizations. Los Angeles County Department of Public Health (LACDPH) wanted to learn more about experiences with ensuring SNAP-Ed curriculum fidelity and how DPH can support funded partners to improve the delivery of SNAP-Ed to various low-income populations.



THE WORK

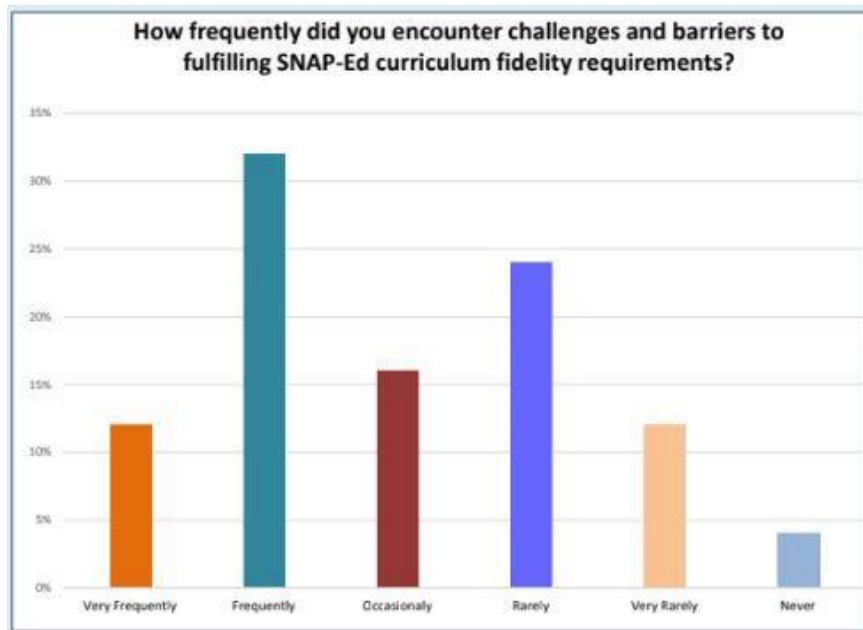
We designed a SNAP-Ed Program Fidelity Project to examine whether agencies consistently demonstrate fidelity to SNAP-Ed guidelines. The methodology included in-person observations at each of the 24 agencies' sites, followed by a nine-question survey, from which recurring responses were aggregated and common themes were identified.





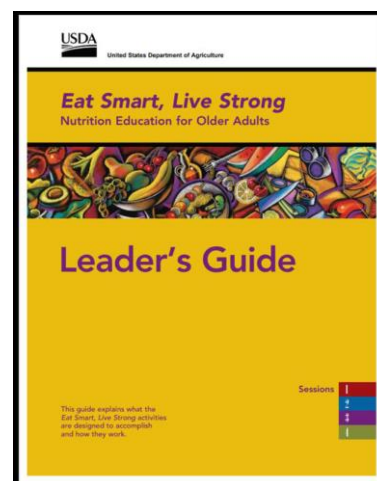
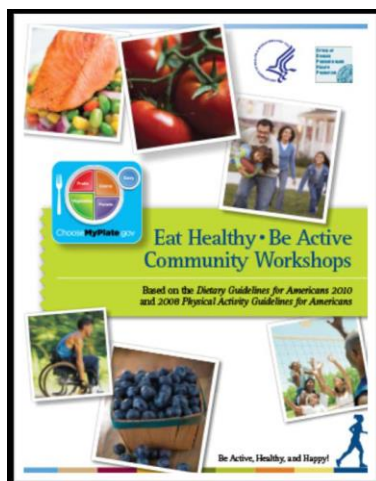
THE IMPACT

Survey results indicated that 44% of respondents frequently or very frequently encountered challenges and barriers to fulfilling SNAP-Ed curriculum fidelity requirements; a common challenge included adapting/translating curriculum to ensure cultural competency, notably among the Asian American Pacific Islander community. Additionally, 54% of respondents indicated that the requirement to implement a curriculum in its entirety and original structure impacted their ability to enter partnerships to advance PSE projects; common barriers included the curriculum being too lengthy or not well-matched for some sites.



LOOKING AHEAD

Survey results highlighted areas of improvement, such as helping to ensure that the curriculum is culturally and linguistically appropriate for target audiences (e.g., Asian/Pacific Islanders). To better meet the needs of this community, LACDPH will translate evidence-based curricula to effectively deliver SNAP-Ed to various AAPI subgroups. Lastly, results will be shared with our funded partners, as well as our funders, including CDPH, CDSS, and the USDA.



Comprehensive Programming: Successes at Kaseberg Elementary

Rosemary Carter and Kelley Brian

THE NEED

While nutrition education can teach children what it means to be healthy and what foods they should eat, a comprehensive, coordinated strategy is needed to change behavior.



THE WORK

Kaseberg Elementary has participated in the UC CalFresh Nutrition Education Program since 2009. Students receive two nutrition lessons and a tasting. During 2016-2017, additional strategies to reinforce nutrition education were established:

- Student Nutrition Action Council (SNAC)
- Cooking Academy
- CATCH Physical Activity
- Zumba
- Parent classes



THE IMPACT

- Cemented relationships with the principal, school staff, and students
- Improved Youth Engagement opportunities
- Empowered students to make changes in the lunchroom

LOOKING AHEAD

Food service has asked SNAC to assist them in surveying students to find out why they do not like some of the new foods being served. SNAC is creating Nutrition board games that they will share with the lower grades. They will also be working with the principal to create healthy messaging videos.

Wait! Don't Waste. Take a Chance to Taste: The Whole Child Joins Forces with Los Nietos School District through Healthy Los Nietos Campaign

Taniahia Wright

THE NEED

In the city of Whittier, 26% of children in grades 5, 7, and 9 are suffering from childhood obesity, one of the highest rankings in Los Angeles County. Childhood obesity is often associated with poor academic performance and a lower quality of life experienced by the child. Los Nietos School District is an unincorporated area of Los Angeles County near West Whittier, where 29.1% percent of residents make less than 200 percent of the Federal



Poverty Level.

THE WORK

The Los Angeles County Department of Public Health and SNAP-Ed funded partner The Whole Child is collaborating with the Los Nietos School District on a health initiative targeting childhood obesity rates in Whittier by delivering fun, innovative, and kid-friendly nutrition education classes to children within the Los Nietos School District. Moreover, students participated in a Student Nutrition Action Committee (SNAC), where they learned to make delicious and healthy snacks.



THE RESULT

Familiar scientific topics with a creative twist, such as “MyPlate Tectonics”, the SELF (Source of Energy and Life Force) Concept, and The Superfood Heroes memory game, were incorporated into the nutrition education curriculum and very well received by the children participating due to the familiarity of the topics.



LOOKING AHEAD

After providing nutrition education to students at Rancho Santa Gertrudes Elementary School, The Whole Child will begin a nutrition education series for parents in January. We aim to create a combined effort between parent-child awareness around healthy behaviors and habits. Additionally, The Whole Child combines Youth-led Participatory Action Research (YPAR) strategies to engage students in health advocacy and promotion.

Cafeteria Promotions Enhance Farm to School Efforts: A PSE Approach

Wei-ting Chen & Mary Vollinger, UC Cooperative Extension
San Mateo/San Francisco/Santa Clara, Jennifer Gacutan-
Galang, Santa Clara County Public Health Department, Nayan
Patel, San Mateo County Family
Health Services

THE NEED

School food service directors in the Bay Area have been working with wholesalers and farmers to include more local or regional produce in school meals despite tight budgets and procurement challenges. However, because students, particularly low-income students, are often unfamiliar with locally grown foods, additional promotional efforts are needed to introduce unfamiliar items to students and reduce potential food waste.



THE WORK

UCCE and LHDs in San Mateo and Santa Clara Counties have been working with school food services to conduct cafeteria promotion events to support farm to school efforts. During each event, a featured produce item is presented in bite-sized samples to students in a fun, pressure-free way.

Information about the produce item and

the farm or farmer is prominently displayed to help students make the connection between the food item and its source. After sampling the produce item, students provide their review of the item via a voting station. Students are also reminded to look for the item in the lunch line or on the salad bar.

THE IMPACT

Following cafeteria promotions of featured produce items, food service directors reported that student interest in the featured produce increased, and remained increased, for the

entire season of the promotion event. At one elementary school in Santa Clara County, only 2 Asian pears were selected before being featured during a cafeteria promotion. After the event, 128 pears were selected. At another elementary school, food service staff reported an increase in student consumption of persimmons from 1/4 case to a full case each week for the entire persimmon season.



LOOKING AHEAD

To date, 36 local produce items have been sampled during cafeteria promotions in the San Mateo and Santa Clara school districts. Increased interest in local produce encourages food service directors to continue farm to schoolwork. The positive results have even inspired a food service director to align the produce she serves in the cafeteria with what is grown in the school garden. Parents also shared the desire to purchase new produce items because their children tried them at school. The three LIAs are assessing possibilities to further this work with non-SNAP-Ed funded local partners.



CONNECTIONS: Changing Community Perceptions and Empowering Refugees to Find Their Voice in a Foreign Land

Wendy Shigenaga and Lina Nasr, Aging & Independence Services, County of San Diego

THE NEED

- Who? Middle Eastern, older adult refugees, mostly of Iraqi descent, in El Cajon, home to the second largest Iraqi community in the United States.
- What was needed? Engagement of culturally isolated, disempowered seniors in adopting healthy eating and physical activity behaviors that will have a positive impact on their physical and mental well-being.



THE WORK

- A four-session course of Eat Smart Live Strong in Arabic offered at the Union of Pan Asian Communities, Elder Multicultural Access and Support Services program.
- Two subsequent Community Engagement sessions designed to help participants critically examine their environment, identifying barriers and resources to healthy eating and exercising.
- Develop recommendations for changes encouraging older immigrants' attendance at the local Farmers' Market, an identified source of fresh produce and community engagement.



THE IMPACT

- The seniors presented their recommendations to the International Rescue Committee (IRC), which manages the El Cajon Farmers' Market.
- The IRC provided accommodations, such as comfortable seating and shade, while also connecting them with an organization that offered Tai Chi at the Market.
- Twenty Middle Eastern women participated in Tai Chi, and by doing so, they countered the perception that all Middle Eastern women would be unwilling to exercise publicly.



LOOKING AHEAD

- By completing the IRC's Resident Leadership Academy, seniors have gained lifelong community advocacy skills.
- Eat Smart Live Strong seniors are now members of the IRC's Healthy Cities, Healthy Residents Coalition, working with key community stakeholders to bring about Policy, System, and Environmental changes in El Cajon.



Step It Up: Tuolumne County Schools Walking Competition

Gretchen Birtwhistle and Wylie Skillman

THE NEED

30% of Tuolumne County is overweight or obese. Physical activity is an important aspect of health in children; some benefits include:

- Improved heart health
- Increased muscle strength and bone health
- Improved weight control
- Decreased risk for many chronic diseases
- Positive effects on mental health
- Inclination to continue healthy lifestyle into adulthood
- Improved educational outcomes
- (Tuolumne County Health Needs Assessment, 2017)¹



Teachers and coaches have an increasing influence on a child's attitude toward physical activity (Brown, 2016).²

THE WORK

- Partnered with Tuolumne County Schools, County Public Health, Local ATCAA Food Bank
- All staff were invited to form a team at their respective schools for a six-week competition, logging their steps along the way
- The data was captured in online spreadsheets and emailed weekly by a designated team captain
- The competition began on April 6, 2017, National Walking Day to May 17, 2017
- Encouraging newsletters were sent weekly



THE IMPACT

The 'Step It Up' competition garnered incredible community support.

- Local businesses donated prizes for winning staff, which were presented at school-wide assemblies with certificates for each participant
- Students contributed to their step count through recess walks, "walk-and-talk" roving lectures, or school-wide walking mornings.

With five teams and over 180 participants, the steppers collectively walked 25,081 miles.

The winning school was acknowledged by their district school board and has enacted a policy dedicating time every Wednesday morning to walk as a school.

Team Awards

3rd Place: Columbia Elementary School
2nd Place: Curtis Creek Elementary School
1st Place: Tenaya Elementary School

Most Improved Steppers

Andrea Fray, Columbia Elementary
Mike McLaurin, Summerville High School
Sandy Welch, Tenaya Elementary
Michelle Prado, TCSOS
Cindy Rhorer, Curtis Creek Elementary

Top Steppers

Holly Azevedo, Curtis Creek Elementary – 415 miles
Susan Gambaro, Tenaya Elementary – 350 miles
Amy Peterson, Summerville High – 346 miles

STEP UP INTO SPRING!
**ANNOUNCING
THE 2ND ANNUAL
TUOLUMNE COUNTY SCHOOLS
WALKING COMPETITION**
FORM YOUR TEAM NOW!

**Step counting begins Wednesday April 4th, 2018
(National Walking Day) through May 16th, 2018!**

HOW TO GET READY:
1) Start walking! Walk with your students! Walk with your staff! Set a good example by getting outside and moving.
2) Keep your eyes peeled for an email from the Tuolumne County Superintendent of Schools office.
3) Email wskillman@ucanr.edu and gbirtwhistle@ucanr.edu with any questions or ideas prior to the competition.

WAYS TO TRACK STEPS

- ✔ Fit Bit
- ✔ Smartphone
- ✔ Pedometer
- ✔ Mileage or GPS
- ✔ Any way you can - just start walking!

Organized by: **UNIVERSITY OF CALIFORNIA**
cal2fresh Nutrition Education

LOOKING AHEAD

Staff and students alike are already asking for another walking competition.

Preparing for the 2018 'Step It Up' Challenge:

- Pre- and post-survey tools from participants
- Attend school walking times
- Integrate more opportunities for student involvement
- Incorporate our County Nutrition Action Partnership to aid in the promotion of the program

References

1. Tuolumne County Health Needs Assessment.

https://www.adventisthealth.org/sonora/Documents/Community_Health_Needs_Assessment.pdf

2. Brown, J. E., Lechtenberg, E., Murtaugh, M. A., Splett, P. L., Stang, J., Wong, R., . . . Sahyoun, N. R. (2016). Nutrition through the life cycle. Boston, MA: Cengage Learning.

Increasing Access to Healthier Foods in a Private Hospital in Los Angeles County

Xochitl Valdivia and Tania Marquez

THE NEED

The Los Angeles County Department of Public Health (LACDPH) Healthy Worksites staff partnered with Adventist Health White Memorial (AHWM), a hospital serving low-income residents in Boyle Heights community where 35% of adults are considered obese. According to the USDA Food Access Research Atlas, AHWM's surrounding community is considered to be a low-income census tract and food desert where a significant number of residents lack access to their own vehicle and are more than half a mile from the nearest supermarket.



THE WORK

Since 2015, LACDPH has partnered with AHWM to provide onsite nutrition and physical activity education, and assistance to help create healthier environments for their employees. As part of this effort, AHWM established the Employee Wellness Task Force, which identified an onsite farmer's market as a means to increase access to healthier food options. LACDPH conducted surveys to gauge interest and assess fruit and vegetable intake, and preferences for the onsite farmers' market. On average, respondents reported consuming 1.4 cups of fruit daily and 1.5 cups of vegetables daily, and about 90% of those surveyed would be willing to shop at a farmers' market (n= 357).

THE IMPACT

After a year of planning, the LivingWell Fair with Farmers' Market officially opened. The farmers' market accepts EBT for fresh fruits and vegetables and offers free health education, community resources, health screenings, and assistance to enroll in programs such as CalFresh. Seeing as farmers' markets are considered to be an evidence-based method to promote wellness at the worksite, AHWM promotes the consumption of fruits and vegetables to their employees by providing a matching program called W@W Bucks which matches \$5 towards the purchase of produce.

LOOKING AHEAD

LACDPH staff plans to coordinate messaging and promotion efforts to increase reach and conduct post-surveys to assess average fruit and vegetable intake, and feedback regarding food offerings and services provided. In partnership with Healthy Worksites staff, the AHWM Employee Wellness Coordinator, Market Manager, and Community Information Center will continuously work towards integrating the community by offering free fruit and vegetable bucks to community members weekly to promote the market and its mission to promote health.



Healthy Lunchroom Changes Nudge Students to Make Better Choices

Ganthavorn C., Sandoval E., and Pulido M., UC Cooperative Extension-Riverside County, MKNelly B., Keitner A., and Mills MA., UC CalFresh State Office, Diane English, Coachella Valley Unified Smarter Lunchrooms Movement in Coachella Valley

THE NEED

Coachella Valley Unified School District's (CVUSD) student population is 97.5% Hispanic/Latino. Forty-nine percent of those students are overweight/obese, exceeding Riverside County percentages. Pre-plate waste study conducted by UC CalFresh shows 93% of trays with 75% or greater waste for vegetable items and 78% for fruit items.



To make healthier changes in the lunchroom and nudge students to make better choices, CVUSD Nutrition Services and UC CalFresh joined forces with the support from the USDA Team Nutrition's Smarter Lunchrooms Movement (SLM) of California grant to implement SLM strategies.

THE WORK

Funds awarded helped the implementation of SLM strategies in select schools, including Bobby Duke Middle. The focus areas included:

- 1) Focus on fruit
- 2) Promoting vegetables and salad
- 3) Signage, printing, and communication

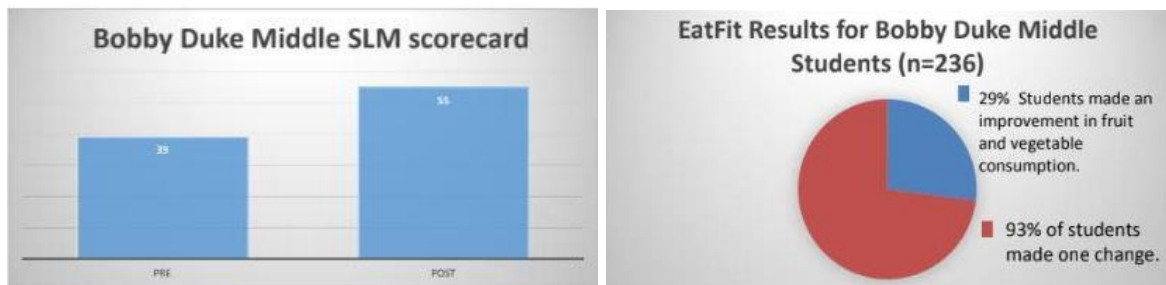
The provided funds, along with



strong support from the UC CalFresh Nutrition Education team, allowed for:

- SLM trainings (6 sessions during FFY 17)
- Student taste testing of recipes with fruit & vegetables such as Elotes Locos, Mango Avocado Smoothie and Chicken Pesto.

THE IMPACT



- The student tastings in the cafeteria and the SLM trainings for the cafeteria staff generated excitement about healthy changes in the lunchroom and strengthened the partnership between UC CalFresh and CVUSD Nutrition Services.
- The school food service has added "Elotes Locos" to the regular lunch menu because of the overwhelmingly positive response from the students.
- EatFit student pre/post survey shows 29% of students made improvements in fruit and vegetable consumption.

LOOKING AHEAD

Plans for next year include:

- Possible grant support for more SLM changes & student art in the cafeteria
- Continued building school synergy such as Principal eating in the cafeteria
- Continued nutrition education with youth and parents
- Continued TAP as needed
- Expand SLM to other schools
- Possibly adding a YPAR project



THE IMPACT

The California Department of Social Services, CalFresh Branch partnered with PHI to implement statewide efficiencies.

These efforts include:

- Leading, coordinating, and convening the State Nutrition Action Committee (SNAC)
- Implementing a Statewide Branding Project with the Rescue Agency
- Developing a County Social Services CalFresh Nutrition Field Guide
- Integrating Statewide Evaluation through the Program Evaluation and Reporting System (PEARS)



LOOKING AHEAD

The California Department of Social Services, CalFresh Branch will:

- Promote the Market Match program at Farmers' Markets to maximize CalFresh purchasing power of fruits and vegetables.
- Rebrand California SNAP-Ed to a recognizable brand that resonates with low-income families.
- Connect CalFresh recipients to SNAP-Ed resources.
- Collect common evaluation measures to assess the effectiveness of the program.



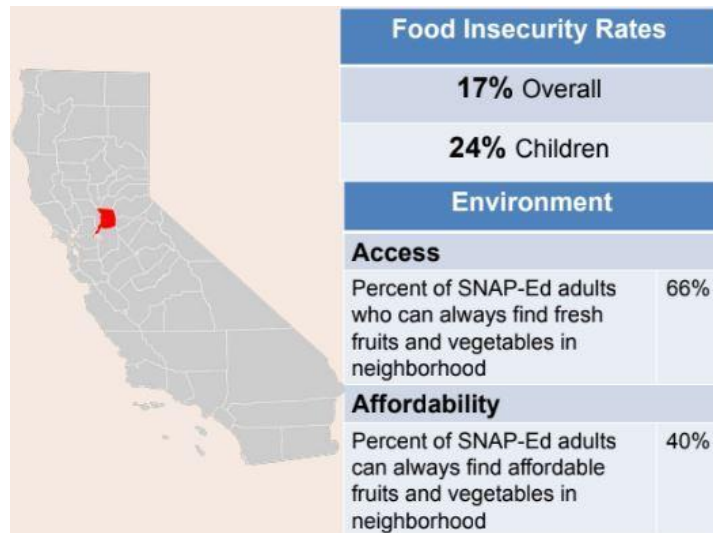
Healthy Retail Strategies

Stephanie Carillo, Montserrat Papias, and Kyli Gallington

THE NEED

Sacramento is recognized as the Farm to Fork Capital and renowned for the diversity, quality, and vitality of food and agriculture throughout the region. However, food insecurity continues to be a serious problem for many County residents, with rates higher than state and national averages.

Although 66 percent of SNAP-Ed adults have regular access to fresh fruits and vegetables, only 40 percent can find them at affordable prices.



By working with retailers in low-income, low-access census tracts the goal is to expand the quality and quantity of affordable healthy foods and, in turn, sustainably increase profits. Store owners need support and resources on how to stock and sell fresh fruits and vegetables at a reasonable price.

THE WORK

In partnership with the Sacramento County Obesity Prevention Program, PHI Center for Wellness and Nutrition implements a Healthy Retail Program that reaches low-income County residents in 10 qualifying retail establishments and public events.

- Conduct CX3 Assessments.
- Identify retail partners and establish partnerships.
- Work with the store owner/manager to identify retail intervention options, including behavioral



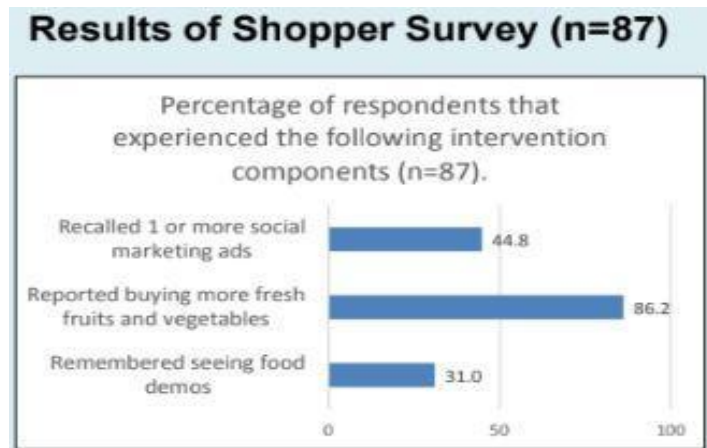
economic strategies, for implementation.

- Implement strategies, monitor, and provide technical assistance.
- Develop and Implement a Healthy Retail Recognition Program
- Community Engagement
- Conduct Shopper Surveys

THE IMPACT

10 retail partners implementing healthy retail strategies:

- Healthy Messaging: wobblers, clings, shelf tags
- Promotions: food demos, Harvest of the Month
- Product Placement: healthy checkout options, healthy refrigeration section
- Results of Shopper Survey (n=87)
- 85.2% of respondents that remembered seeing food demos tasted the recipe(s) that were demonstrated.
- 69.6% of those who tasted the recipe(s) indicated that it encouraged them to purchase featured fruits or vegetables.



LOOKING AHEAD

- Track sales data to determine the impact of retail environmental changes
- Continue PSE change efforts
- Work with additional stores
- Further develop local partnerships to support retailers in making healthy, sustainable changes



Perfecting the Temple: Assessing Churches to Impact Health

Yen Ang, Teslyn Henry-King, Bronica Martindale-Taylor, and
Donna Panganiban

THE NEED

Faith institutions are embedded in the history and fabric of communities. They have the trust and a profound understanding of the unique needs of the communities they serve. Data indicates that African Americans and Latinos suffer disproportionately from preventable, diet-related diseases. Since many regularly participate in church activities, faith institutions can be effective venues to provide interventions to help reverse this trend in these populations. However, many churches lack the tools and resources to plan and implement needs-based health interventions that benefit their congregations and surrounding communities.

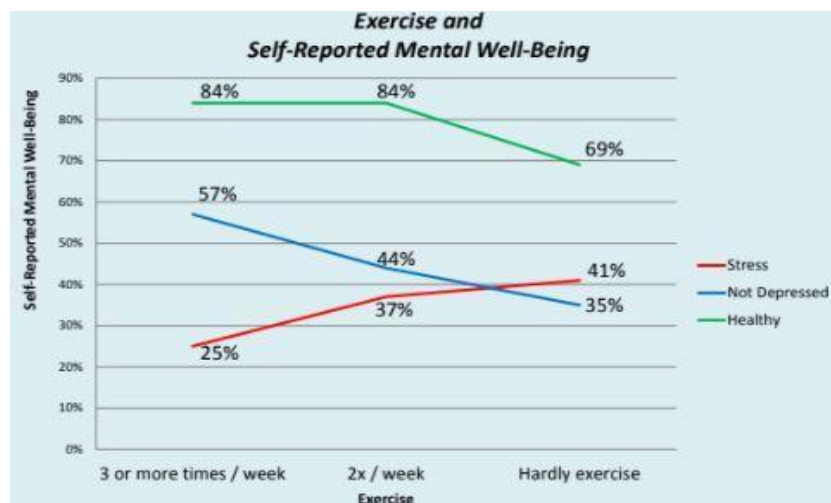
THE WORK

A “State of the Church” health survey was designed to assess the health status of church members. The pen/pencil or online version of the questionnaire was piloted over six months in 11 small, medium, and large churches in San Bernardino. A total of 367 adult churchgoers (75% female and 25% male) completed the survey. Most were African American (76%), and the majority (50%) were between 36 to 60 years of age. The data collected was intended to help the churches plan for health interventions that are strategic, relevant and effective for their respective congregations.

THE IMPACT

Certain lifestyle practices, such as exercise and church attendance, appeared to improve one’s perception of health and to lessen experiences of stress and depression.

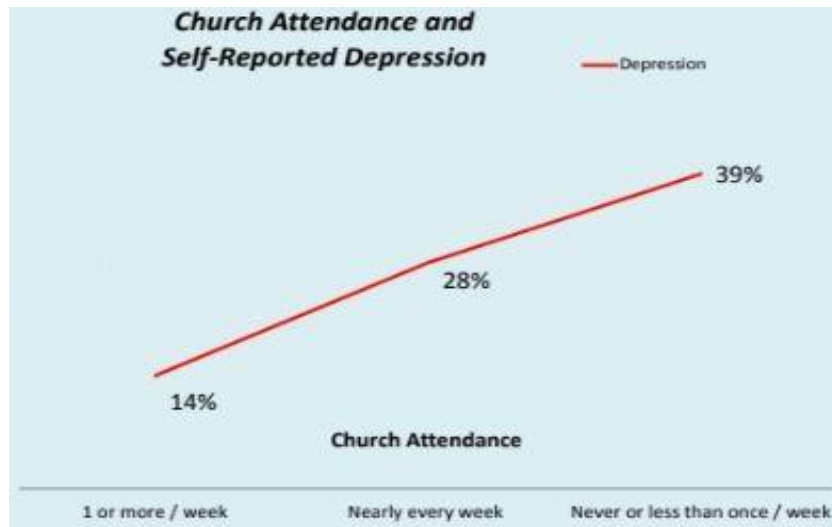
Seventy-seven percent of those surveyed considered themselves to be moderately and very religious, and 90% to be moderately and very spiritual. One’s self-rated spirituality and religiosity seemed



to impact mental well-being. Fewer of those who considered themselves spiritual and religious reported experiencing stress or depression.

Most churchgoers were upbeat about their health. 79% rated their health as good, very good, and excellent, and only 3% rated their health as poor.

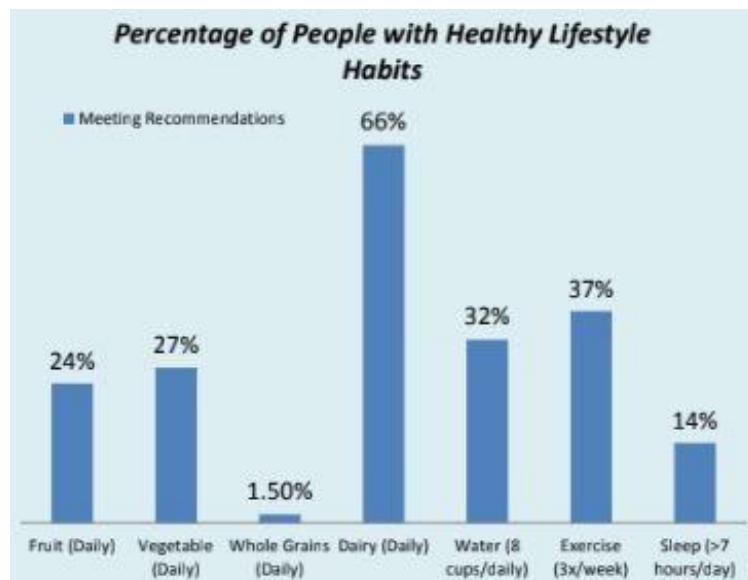
More than one-third (38%) considered their health to be better now than compared to one year ago.



Of those surveyed, 80% were overweight/obese, and many were unemployed (16.3%) versus State rates of 70% and 4.9%, respectively. Self-reported prevalence of certain chronic diseases was also notably high: hypertension at 40%, high blood cholesterol at 26%, and diabetes at 24%. Very few met the fruit, vegetable, and whole grain daily recommendations. Less than one-third (32%) reported drinking the recommended amount of water daily, while almost 0% reported drinking sweetened beverages daily.

LOOKING AHEAD

A majority of respondents (78%) indicated they intend to make lifestyle changes to improve their health in the next six months. The top three areas of interest were exercise, nutrition, and weight loss. Opportunities exist for SNAP-Ed programs to impact health in faith-based populations. Looking ahead, San Bernardino County will continue to: work with faith leaders to implement health strategies in churches based on data; provide nutrition education classes, technical assistance, and resources to churches; refine the survey tool and annually assess a greater number of faith congregations across the County.



Eat Healthy, Live Well: Marketing Messages

Nori Grossmann

THE NEED

The impact of marketing strategies is recognized as a powerful influence on consumers' purchasing habits, yet there is a lack of research applying health primes and messages to the promotion of fruits and vegetables. A few studies demonstrate simple messaging unconsciously triggers people to switch focus from high-fat, high-sugar foods to healthier options (Marteau, 2012) (Papies, 2014). In addition, a research article suggests that patient-physician relationships are important for encouraging people to take a more active role in their health care (Jeffrey A. Alexander, 2011). Unfortunately, highly profitable, marketed foods lack quality nutrition. Thus it is imperative for public health departments to promote fruits and vegetables that protect against disease. In addition, public health departments generally lack sufficient funding, thus seeking cost-effective efforts promoting healthy eating is necessary.

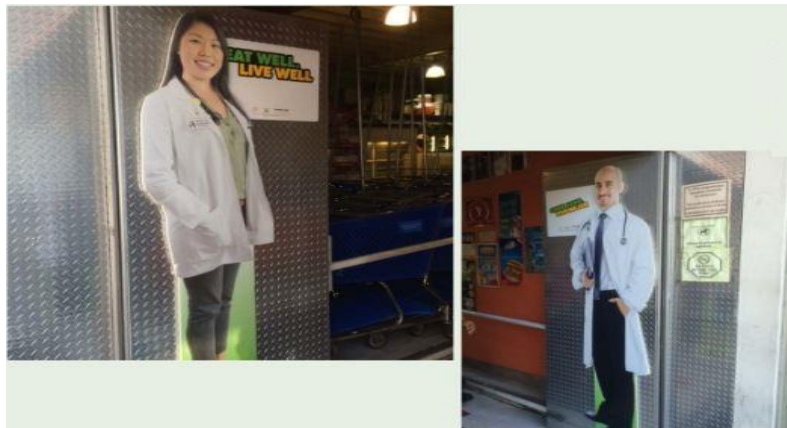
THE WORK

ACNS conducted a case-controlled health intervention in collaboration with Supermercado Mi Tierra (Mi Tierra) in East Oakland. Two selected Mi Tierra stores were less than five miles apart with similar demographics. The winning slogan "Come Sano Vive Mejor" (Eat Healthy, Live Well) was

added to all health materials: life-size and half-size physician cutouts, floor decals, nutrition tips, recipes, and reusable shopping bags.

The bilingual (Spanish/English) intervention was conducted starting in July 2016: six weeks prior, intervention, and post-intervention, ending in November 2017. All produce

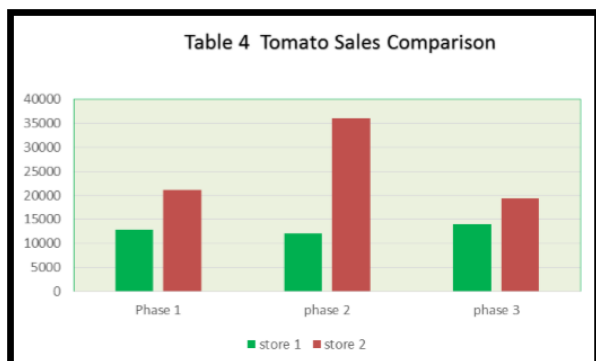
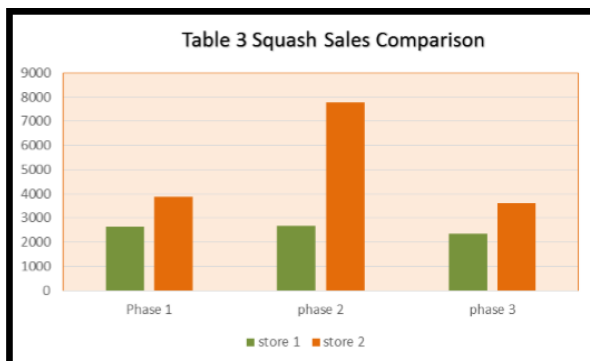
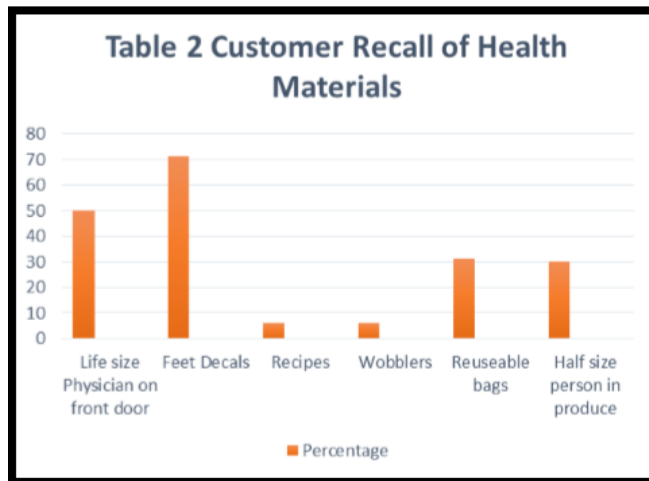
sales data were downloaded to Excel worksheets and sent for analysis.



THE IMPACT

"Come Sano Vive Mejor" message was chosen by 53% of respondents compared to 30% for "Gane la Lucha por la salud de su familia" (Win the prize for a healthy family) and 18% "Una familia saludable empieza en la cocina" (A healthy family begins in the kitchen). Table

1 compares Store 1 & 2 for all periods revealing a significant increase ($p < 0.05$) during the intervention: \$392,296 (Store 2) vs. \$122,913 (Store 1), respectively. This was validated by an independent t-test. From the post-survey, 79% of respondents claimed they ate more fruits and vegetables. Seventy-three percent claimed the health materials motivated them to buy produce. Table 2 shows that foot decals and life-size physician cutouts at store entrances were most commonly recalled. The greatest obstacle to buying produce was price (50%), followed by familiarity at 25%. Table 3 shows the sale of zucchini for all phases, one



of six vegetables/fruits highlighted with a health message and recipe. Table 4 shows similar trends for tomatoes that were not promoted.

LOOKING AHEAD

Sales data and consumer surveys indicate health messages may positively influence fruit and vegetable purchases. Marketing strategies and ad placement can be an inexpensive way for public health departments to promote healthy foods, including fresh produce. Further investigations are needed to determine how long primers are effective and if purchasing translates into consumption. To be effective, it is imperative that future efforts are



supported by CDPH to ensure a culturally appropriate, comprehensive, consistent, and coordinated statewide campaign.