



2019

CFHL FORUM POSTER BOOK

Ignite, Innovate &
Transform: Advancing the
California SNAP-Ed
Program

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Community Engagement

A Change in Norms: Providing a Platform for Older Adults to Voice Their Concerns, Brainstorm Solutions, and Enact Sustainable Change

Lina Nasr and Roberto C. Ramirez, County of San Diego Health and Human Services Agency, Aging & Independence Services

THE NEED

- *Who?* Older adults living at or near a 372-unit affordable housing complex in National City, just south of the City of San Diego. National City's residents are at relatively high risk for coronary heart disease and had the highest rate of deaths from diabetes in San Diego County.
- *What was needed?* Engaging older adults in adopting healthier eating habits and more physical activity, while empowering them to take a proactive role in creating an environment more conducive to healthy behavior.



THE WORK

- The four-session Eat Smart Live Strong program was conducted with two cohorts of seniors.
- Four subsequent Community Engagement sessions were held – helping the 56 participants to critically examine their environment, and identify facilitators & barriers to healthy eating and exercising.
- Activities included: a walk audit to identify and take pictures of tripping hazards on a commonly used sidewalk; connection with a transportation agency regarding the seniors' need for benches at bus stops, and a participant-led workshop introducing healthy potluck recommendations.



THE IMPACT

- Pictures and descriptions of broken and uneven sidewalks were submitted via the City's See-Click-Fix Application. Follow-up with the City's Neighborhood Services Department happened via phone. To date, seven total repairs have been made. Repairs eliminated the tripping hazards resulting in numerous trips and falls for the apartment residents, of which 280 are seniors.
- Also, upon hearing about the barrier older adults were experiencing due to the lack of benches at bus stops, the transportation agency installed benches at two nearby bus stops in less than 3 weeks.



THE FUTURE

Eat Smart Live Strong participants have taken important steps to ensure sustainable impact:

- A "How to..." document was developed to help seniors gather information to report safety issues in National City. Two people, who felt more comfortable with computers, were assigned to submit the collected information via the internet.
- Potluck Recommendations are now posted at Potlucks, encouraging healthier food options, and the group replaced sugar-sweetened beverages with a water serving jug infused with fruits and herbs.



Ceres Parents Make Gardens Grow!

Jaci Westbrook, Stephanie Martinez, UC CalFresh Nutrition Education Program

Kyle Fliflet, Stanislaus County Health Services Agency

THE NEED

The Powerful People project is a parent leadership training designed to provide residents the skills and capacity to engage in Policy, Systems and Environmental change work within their communities.

This was the second cohort hosted in Ceres, CA. There are four community cohorts trained in Stanislaus County.

The residents in this cohort are SNAP-Ed eligible parents of school-age children.



THE WORK

30 parents in Ceres Unified School District participated with Stanislaus Health Services Agency & Cultiva La Salud for the Powerful People Training.

Parents identified five schools in Ceres Unified School District where garden-based learning would take place in the afterschool setting with all students.

The UC CalFresh Nutrition Education Program Educators were brought in to further support the project.



THE IMPACT

For the Stanislaus Health Services Agency, the impact of this project is the outcome of the school gardens and the input from parents. Residents continue to be engaged in other ongoing NEOP PSE efforts.

The UC CalFresh Educators are evaluating parental involvement and assessing the time dedication necessary for all collaborators. This will have a greater impact on continued plant growth and programming afterschool for the 125 youth participating in the garden projects.



THE FUTURE

The UC CalFresh Educators provide continued training to the parents weekly.

A monthly rotation to all five sites for youth direct education that includes after school recreation leaders grades K-6 during and after school.

After school program staff follow the planned schedule of activities for students. After school recreation leaders will be provided more training to assist with garden activities in the spring.

Do What Moves You

Rachel P. Paras, Molly DeVinney, and Annette Laverty, Alameda County Public Health Nutrition Services

THE NEED

Alameda County Nutrition Action Partnership identified unincorporated Ashland, CA as a priority geographic area for the 3-year integrated work plan with a focused health message campaign as a strategy.

Leading causes of death in Ashland include cancer and heart disease. Ashland residents and community groups center health and wellness and were instrumental in the development of the campaign.

Leading Causes of Death Ashland, 2006-2008

	#	%
Total	400	100.0%
Cancer (Malignant Neoplasms)	91	22.8%
Diseases of the Heart	81	20.3%
Stroke (Cerebrovascular Disease)	31	7.8%
Chronic Lower Respiratory Diseases	23	5.8%
Unintentional Injuries	23	5.8%

Source: Alameda County Community Assessment, Planning, and Evaluation, with data from AC Vital Statistics, 2006-2008

THE WORK

Twenty-four months of community engagement: focus groups + feedback sessions with youth through seniors + community conversations + key stakeholder interviews + "chill time" = physical activity (PA) as the campaign theme.



THE IMPACT

An engaging 2-day *interactive* photo & video shoot with *residents* of all ages in recognizable locations showed *community pride*: 150 posters, 800 informational postcards in English and

Spanish, 500 T-shirts, professional photographs for residents, 3 campaign videos, 2 activated social media platforms,

An engaging 2-day *interactive* photo & video shoot with *residents* of all ages in recognizable locations showed *community pride*: 150 posters, 800 informational postcards in English and Spanish, 500 T-shirts, professional photographs for residents, 3 campaign videos, 2 activated social media



platforms, dedicated landing page on the County website, active mom's club in low-income housing residence. Do What Moves You actively ran from October 13, 2018 – December 14, 2018.

THE FUTURE

Lift up the work of partners and champions for health: 2 *community champions*, 2 *youth champions* as *garden mentors* including PA curriculum, *anchor institution* reconnect with regional parks district & bike org., partner with *housing redevelopment agency* on Ashland health zone. Continue social media for ongoing health awareness (video 1,161 individual views/39 shares as of early Dec 2018).



4-H SNAC: Engaging Youth Leaders

Shannon Klisch and Katherine E. Soule, University of California Cooperative Extension San Luis Obispo & Santa Barbara

THE NEED

The goal of 4-H SNAC Clubs is to build youth leaders and advocates for health while increasing access to 4-H programming in Latino communities. Program objectives are to:

- Engage youth in assessing, identifying, and advocating for changes in their schools and neighborhood communities that promote increased access to physical activity and/or healthy foods or beverages.
- Enhance communication between parents and Cooperative Extension staff to promote greater understanding of and participation in 4-H in underserved communities.



THE WORK

4-H SNAC Clubs operate on an academic year calendar, meeting weekly for 60 minutes afterschool and offering at least 4 projects/year. Early in the year, meeting time focuses on relationship building, nutrition training, and skill building. As club meetings are established, and trust is built between the youth and adult allies, youth club officers are elected so youth take on a leadership role and start to identify priority projects.



THE IMPACT

Matched pre and post-youth surveys (n = 30) from the academic year 2016/17 showed that after participating in 4-H SNAC Clubs for an entire school year, youth leaders found it easier to engage in healthy behaviors; a higher percentage of youth indicated that they engage their families in healthy behaviors and endorsed the following program outcomes: citizenship, leadership, and positive youth development. Integrated programming between

UC CalFresh and 4-H has increased access to 4-H Youth Development programming in underserved communities.



THE FUTURE

Increased access to 4-H represents a significant system and institutional change that has implications for state and nationwide programming and community access to government-funded resources.

As 4-H SNAC becomes more established, and we learn best practices, the goal is to continue deepening health advocacy efforts, career pathway connections, and communication with families.

Learning from the Champions-Peer to Peer Educators in the Community

Xochitl Valdivia and Tania Marquez, Los Angeles County Department of Public Health

THE NEED

Peer educators have become recognized local leaders inspiring behavior change through the delivery of engaging nutrition and physical activity education.

To increase capacity and deliver services to SNAP Ed eligible communities in a culturally appropriate manner, the Los Angeles County Department of Public Health conducted key informant interviews with peer educators throughout LA County.



THE WORK

Ten key informant interviews were conducted with peer educators who received training on nutrition topics, of which MyPlate and How to Read a Nutrition Facts Label were reported as the most useful topics taught during the trainings. They also indicated that conducting cooking demonstrations and how to find nutrition and exercise classes in their communities are skills that would make them more effective as community educators.



THE IMPACT

Participants were interested in learning how to connect communities to nutrition assistance programs to address the rising rates of food insecurity.

Participants also requested continuing education opportunities, access to relevant resources and materials, and opportunities to connect with local organizations seeking health educators.



THE FUTURE

Results will be used to improve trainings and outreach that meet the needs of diverse SNAP-Ed audiences to disseminate key messages, including healthy beverage consumption, increased fruit and vegetable consumption, and increased knowledge of how to better link communities to nutrition assistance programs.



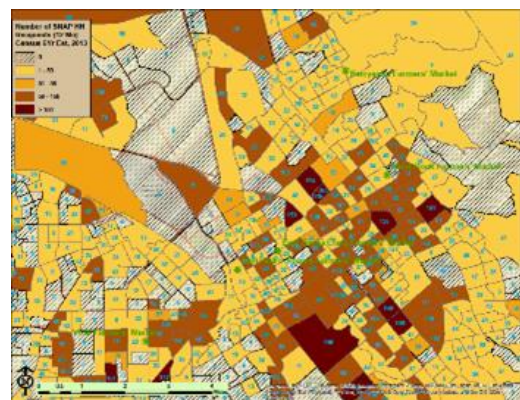
Food System

Increasing Use of CalFresh EBT/Market Match Programs at Farmers' Markets in Santa Clara County

Jovanna Ponco, Joanne Seavey-Hultquist, and Somayah Bolourchi, Nutrition Education & Obesity Prevention (NEOP), Santa Clara County Public Health Department; Danielle Hamilton, Fresh Approach; Ann Middleton and Alberto Ortega Hinojosa, IMPAQ International

THE NEED

- 34% of the adults in Santa Clara County, California are food insecure
- 21% of residents have an income of less than 185% of the federal poverty level and are eligible for the Supplemental Nutrition Assistance Program (SNAP)
- Many face language barriers or perceive that farmers' markets are too expensive
- 75% of farmers' markets in Santa Clara County accept and match SNAP benefits



THE WORK

Partnership Interventions:

- Multilingual posters and materials
- \$3 coupon incentive mailed through Social Service Agency and distributed through community partners (50,000 distributed)
- Text reminders to 37,000 CalFresh recipients by Social Service Agency

Community-Wide Promotions:

- Improved market signage
- Texts and robo calls
- Online access of listings and CalFresh eligibility information
- Spanish & Vietnamese radio ads
- Use of social media

USE YOUR CalFresh EBT AT THE Farmers' Market

Double YOUR MONEY UP TO \$10 FREE DOLLARS IN MARKET MATCH*

Get an extra \$10 in free dollars for every \$10 you spend on fresh fruits and vegetables at participating farmers' markets. *Limit one \$10 in free dollars per transaction.

IT'S AS EASY AS 1-2-3!

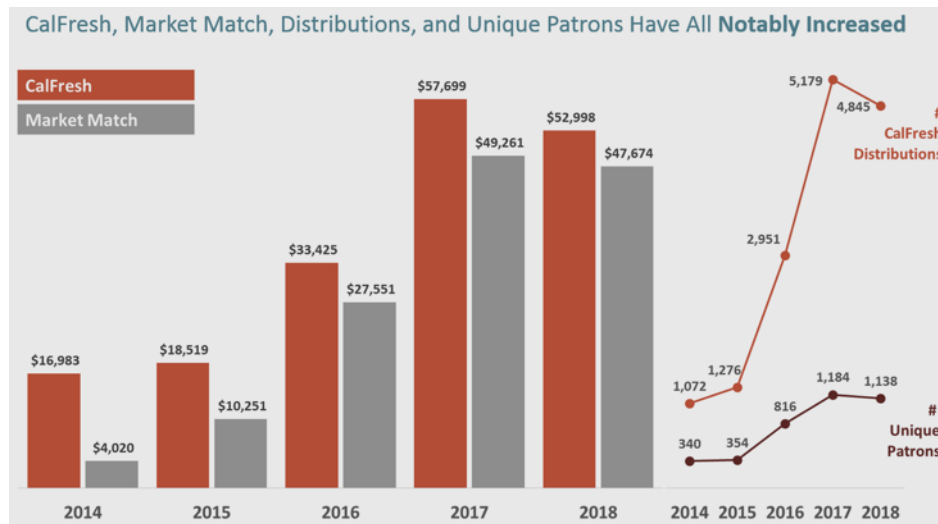
- 1 SWIPE YOUR CALFRESH EBT CARD AT THE INFO BOOTH.**
Đưa thẻ CalFresh EBT của bạn để quét tại quầy thông tin.
Đưa thẻ CalFresh EBT của bạn để quét tại quầy thông tin.
- 2 GET YOUR CALFRESH AND MARKET MATCH DOLLARS.**
Nhận tiền chi CalFresh và Market Match của bạn.
Nhận tiền chi CalFresh và Market Match của bạn.
- 3 BUY FRESH AND AFFORDABLE FRUITS AND VEGETABLES FROM LOCAL FARMERS.**
Mua trái cây và rau quả tươi với giá phải chăng từ các nông gia địa phương.
Mua trái cây và rau quả tươi với giá phải chăng từ các nông gia địa phương.

Fresh Approach Santa Clara County **PUBLIC HEALTH**

THE IMPACT

- ↑ 235% in CalFresh patrons utilizing benefits at farmers' markets compared to 2014 baseline
- ↑ 379% in CalFresh and Market Match dollars distributed at markets
- Survey of SNAP-Ed participants showed:
 - 2/3 first time coupon users
 - ↑ purchases of fruit and vegetables due to coupons (74%) and Market

Match
(81%)



THE FUTURE

- Increased fruit and vegetable purchases using CalFresh and Market Match dollars resulted from reduced barriers and conducting outreach/promotion
- Outreach/promotion was possible because of partnerships
- Coupon incentives continued to be effective
- Text reminders are promising

- Continued projected increased spending at markets because of program



Mobilizing Partners to Create a Sustainable Cafe to Compost Model in a Low-Income Middle School

Barbara L. Hughes, Beatrice Lomer, Blanca Meléndrez, Chesley Blevins, Alison Sipler, Thomas R. Coleman, and Wilma J. Wooten, County of San Diego Health and Human Services Agency

THE NEED

School food waste is both an economic and environmental community burden.

Unconsumed items may be due to students' food unfamiliarity, dental issues, and/or free and reduced-price meal mandates requiring students to take specific food components.

The Environmental Protection Agency (EPA) estimates food waste represents 21.6% of discarded municipal solid waste.

Composting is the fifth tier of EPA's Food Recovery Hierarchy and a more sustainable option than sending food to a landfill.



THE WORK

Implementation of the "Café to Compost" composting system at Montgomery Middle Science, Technology, Engineering, Arts, and Math (STEAM) Magnet School:

Process: Trained and engaged kitchen staff and students.

Method: Salad bar waste was collected, weighed, recorded, and transferred to the garden compost bins. Red Wiggler worms were added to accelerate composting.



THE IMPACT

Nutrition Education and Obesity Prevention (NEOP) staff brought together partners to lay the foundation for a successful and sustainable composting system built on the



in-house expertise of the students, Garden Coordinator, school administration, and food services staff. The compost program was initially designed to operate one day per week but, within one month of starting, progressed to daily due to the program's efficiency. In a four-month period, 415 pounds of salad greens were diverted from the local landfill to the school garden's soil.

THE FUTURE

The Café to Compost program at Montgomery Middle STEAM Magnet School became a catalyst for creating a healthier school environment:

- Garden Coordinator to expand the school's Health and Wellness Program and continue partnership with NEOP staff on school health.
- NEOP staff to continue collaboration on program sustainability with San Diego Unified School District's food services and recycling departments, the school staff, and students.



Enhancing Agricultural Opportunities for Students in Butte County

Chelsey L. Slattery, University of California Agriculture and Natural Resources, University of California Cooperative Extension Butte County; Jona M. Pressman, and Suzanne Lawry-Hall, University of California Cooperative Extension Butte County, University of California CalFresh Nutrition Education Program Butte Cluster

THE NEED

Today's US population continues to become more suburbanized, which has resulted in many Americans having limited knowledge about the various aspects of agriculture and food production. The National Research Council emphasizes the importance of providing individuals with opportunities to learn about and appreciate the needs of crops, animals, and plants. The University of California Cooperative Extension (UCCE) in Butte County believes that there is a need for youth of all backgrounds to have a basic understanding of the agricultural industry and its importance to our country and its citizens.



THE WORK

- The UC CalFresh Nutrition Education Program in the Butte Cluster hosted a Student Agricultural Field Day (SAFD) at the Patrick Ranch Museum in Durham, CA followed by an agriculture spell and defined bee known as the Agribee.
- The goal of SAFD and the Agribee is to increase agricultural literacy and knowledge of local commodities for students in Butte County.
- The Agribee is a spell and defines bee, using agriculturally related words, for fourth and fifth grade students, which is made possible through a collaboration between the Butte County Farm Bureau and the UC CalFresh.



THE IMPACT

- A subset of students (n=46) completed a 10-question pre-and post-event survey to assess their knowledge of agriculture. The average pre-test % was 28.0, and the average post-test % was 55.0, yielding a % difference of +27.0.
- Overall student knowledge of the gender of worker bees increased from pre = 15% to post = 81%.
- Student awareness that insects have three pairs of legs increased from pre =26% to post = 54%.
- Student understanding that the outermost covering of a walnut is the hull increased from pre = 9% to post = 77%.
- Student understanding that bio-security helps to prevent the spread of disease and keep humans and animals healthy increased from pre = 52% to post = 79%.
- Student understanding that rice is grown in the Sacramento Valley increased from pre = 35% to post = 48%.



THE FUTURE

- For the past 10 years, the UC CalFresh Nutrition Education Program in the Butte Cluster has hosted an annual Student Agricultural Field Day at the Patrick Ranch Museum in Durham, CA.
- This event is made possible with the financial support received from the Support Group of Butte County UCCE and the internal collaboration among UCCE programs in Butte County.
- In the years to come, the annual Student Agricultural Field Day will continue to provide unique agricultural opportunities for students, teachers, and adult chaperones.





Evaluation of Harvest of the Month (HOTM)

Derek Gorshow, Alameda County Office of Education, Ron Strohlic, Nutrition Policy Institute

THE NEED

Supporting students' health is essential for academic achievement. Eating nutrient-rich fruits and vegetables improves academic performance and cognitive function in undernourished children. The California Department of Public Health (CDPH) contracted with the Alameda County Office of Education to develop and evaluate a Harvest of the Month (HOTM) curriculum targeting students in grades four through six. Curriculum goals are as follows:

1. Assess the impact on students' behaviors and attitudes towards fruits and vegetables, including consumption.
2. Gather student and teacher recommendations for improving the curriculum.
3. Assess parent/guardian familiarity with the family newsletter and its impact on knowledge and behaviors at home.



THE WORK

Schools and classrooms were sampled via convenience sampling and assigned to intervention or comparison groups. All sites were demographically similar and met the SNAP-Ed qualifying threshold of at least 50 percent of students eligible for free or reduced-price meals. All students in intervention and comparison classrooms were eligible to participate in the research pending parental consent and student assent.

The intervention group consisted of 262 students in nine 4th-6th grade classrooms (three classrooms per grade) at two K-6 public elementary schools in Hayward, CA. The comparison group consisted of 236 students in nine 4th-6th grade classrooms (three classrooms per grade) at one public K-6 school in Hayward, CA



THE IMPACT

Following instruction of the six lessons, tasting sessions, and family materials, the evaluation conducted reported:

- Statistically significant increases in preference for apples ($p=0.036$), apricots ($p=0.004$), carrots ($p=0.004$), cherries ($p=0.004$) and nectarines ($p=0.003$)
- Improved self-efficacy measure for perceived ability to “get vegetables from the fridge, pantry or shelf by myself” for lunch at home ($p=0.051$)
- Improved social norms measure “My teachers tell me it is important to eat vegetables” ($p=0.001$)
- Increased perceived importance of eating fruits and vegetables that are grown nearby ($p=0.029$)



THE FUTURE

- Continue site-level evaluation of the curriculum through SNAP-Ed Impact Outcome evaluation.
- Refine the design elements of the student workbooks and teacher guidebooks (January 2019).
- Develop and release an online training module to support the implementation of the curriculum (Spring 2019).
- Reference results of this evaluation to inform the development of 3rd grade workbooks and teacher lessons.

Garden to Table-Rock Creek Elementary

Rosemary Carter and Michele Fisch, UC CalFresh Placer/Nevada

THE NEED

Students learn about nutrition in the classroom, but it doesn't always translate into action.

To make true changes, a more comprehensive approach is needed.

Research indicates that when children participate in the growing of fruits and vegetables, they are more likely to eat them.



THE WORK

Rock Creek Elementary has a large garden space where K-3rd students can learn about growing food crops.

In 2018, 220 students participated in all aspects of gardening. This year students helped grow: cucumbers, tomatoes, sweet potatoes, popcorn, strawberries, zucchini, and apples.



THE IMPACT

Rock Creek students harvested and enjoyed their garden produce in the school cafeteria throughout the fall.

While students were learning about the health benefits of fruits and vegetables in the classroom, they were also reaping the benefits of their garden work in their school lunch.

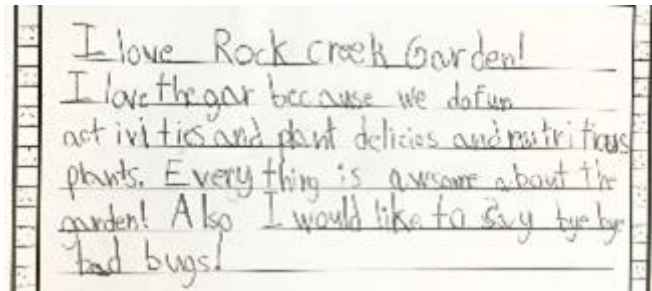
The impact was even greater because students helped grow what they were eating. Students were excited to discuss that the cucumbers in the salad bar were from their garden.



THE FUTURE

In the future, we hope to work more closely with food service staff to incorporate even more produce from the school garden into the cafeteria menu.

In doing so, we hope students are not only consuming more fruits and vegetables but are also excited about it.



"I'd love to use any produce from the garden in the lunches." -Donna Jantz, Cafeteria Cook Manager

Healthy Food System

Kimberly Pichinte and Tiara Sigaran, Antelope Valley Partners for Health

THE NEED

The Champions for Change - Healthy Communities Initiative (HCI) Program aims to reduce obesity among SNAP-Ed eligible populations and create healthier environments where people live, learn, work, play, pray, and shop.



THE WORK

Antelope Valley Partners for Health (AVPH) has established a Healthy Food Pantry that provides healthier food options to people within the community. The food pantry follows the client choice distribution model, which promotes participants the opportunity to choose fresh produce and other goods available.



THE IMPACT

For the past 14 months, AVPH's food pantry has distributed approximately 70,000 pounds of fresh fruits and vegetables to community members of the Antelope Valley. On average, the food pantry at AVPH serves about 240 households every month.



THE FUTURE

We are planning to establish the first healthy food hub in the Antelope Valley, in collaboration with new and existing partners to providing fresh produce to all sites distributing food to the community.



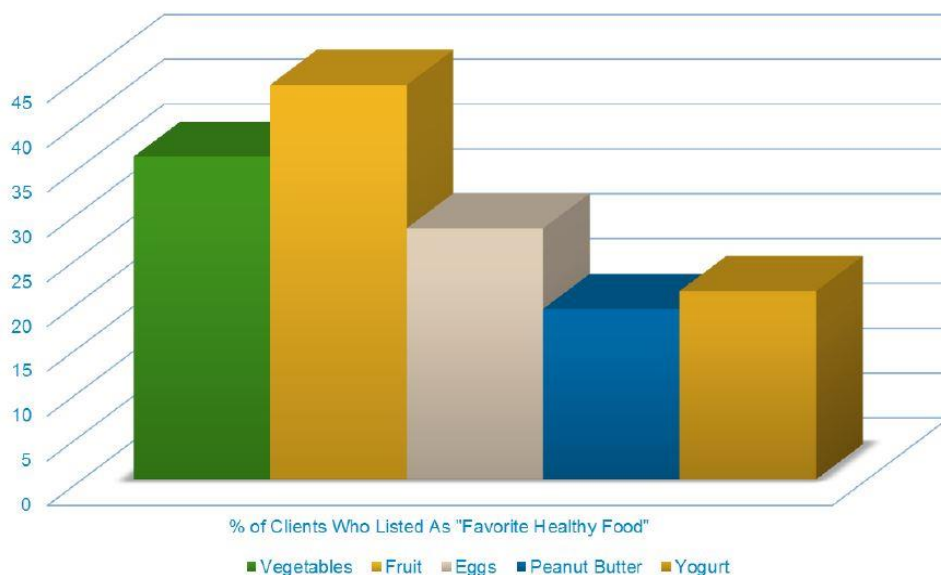
Increasing Food Access Through Diverse Food Systems Approaches at Local Food Pantry

Lynne Lacroix and Wendy Van Wagner, Nevada County Public Health

THE NEED

Many food insecure people are dependent on emergency food sources to keep from going hungry. For some, Interfaith Food Ministry (IFM) is their primary source of food, thus a mainstay of nutrients. The Local Health Department (LHD), in conjunction with IFM, conducted a study and found that clients wanted more fruits, vegetables, and proteins. The foods least important to clients were sodas, snacks, and baked goods. To align the needs with the goal of feeding people, LHD and IFM partnered to increase access to the preferred foods and increase nutrition education to support the health of the people IFM serves.

Favorite Healthy Foods



THE WORK

The LHD has worked with IFM for seven years. We began by building organizational relationships that expanded to increased access to healthier foods and built upon client education and trust. We worked with IFM leadership to create a nutrition policy that embeds healthy and whole food procurement, offers food and drink tastings, and cooking classes. Classes highlight familiar distribution items, participants receive recipe kits, and crockpots and rice cookers are offered as incentives. To increase the supply of fresh produce, the LHD acted as a catalyst to secure gleaned farmers market produce and connected IFM with a local farm to supply local, organic produce at cost.



THE IMPACT

The robust food system network has increased the connections, food access, and educational resources available to IFM clients. There is a major shift in the quality and quantity of healthy foods, including a selection of fresh



produce year-round. IFM has eliminated soda and candy and is working to minimize handing out sweets, save for special family celebrations. IFM now purchases eggs and rotates client-preferred proteins into the mix. Quarterly cooking classes that emphasize nutrition and practical cooking skills impact client knowledge.

THE FUTURE

The collaboration between the LHD and IFM has increased the resources for fresh food and education available to residents in need. Our goals include continuing to engage the IFM volunteer community with an eye toward long-term sustainability for the food systems currently in place. The nutrition policy was the first step in that direction when we helped IFM formalize its values around healthy food access and tie in food distribution to client health. As time passes, we would like to apply a similar approach to other food pantries in our area. IFM is leading the charge to expand on healthy community engagement and forging new partnerships.



Let's Do Lunch at the Library

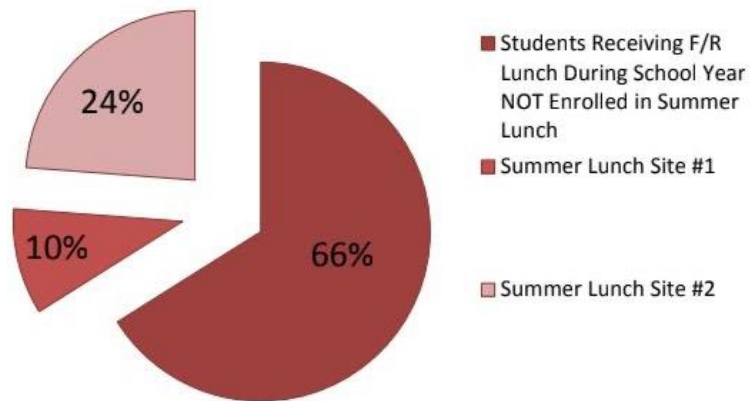
Shaun Havard and Lynne Lacroix, Nevada County Public Health Department

THE NEED

In Nevada County's Grass Valley School District (GVSD), 60% of students participate in the USDA free or reduced lunch program during the school year. When summer arrives, many students may not have access to healthy, nutritious meals, and our families may struggle to fill the food gap. An existing community program provides non-USDA funded meals, and a summer school program provides school lunches but does not reach all students.

The local health department (LHD) took action to find a solution to feed more students during the summer.

Summer Vacation Lunch Gap



THE WORK

Serving as community connector/convener, the LHD brought together Grass Valley Library staff and the director of the GVSD Central Kitchen to establish a pilot summer lunch program. Our partners reached out to their colleagues to gain insight into best



practices for hosting and serving summer meals. Each partner brought ideas to the table to create a dynamic program. Library staff developed learning, exercise, and socializing opportunities for each lunch session, with the LHD providing some programming. The GVSD

Central Kitchen provided nutritious meals in a picnic-like, family-friendly environment.



THE IMPACT

In its inaugural year, the Grass Valley Library Summer Lunch program served 1,290 lunches to Pre-K, elementary, middle, and high school students. This was a 20% increase in free and reduced summer lunches served over the previous year. Daily, staff heard from parents how much the lunches helped with their food budgets, as well as appreciation for the fun activities and opportunities for their children and themselves to play and socialize.



THE FUTURE

The Grass Valley Library and GVSD Central Kitchen plan to sustain and grow the program in the future. The Library hopes to expand lunches to their Truckee branch. To meet the demands experienced in the pilot year, the Library will seek additional funding to assist in the set-up and offering of educational activities. Building on the pilot's success, the GVSD Central Kitchen plans to roll out a lunch program in a teen center in Grass Valley. The LHD plans to continue to support the collaborative efforts of stakeholders and provide programming as long as funding allows.

"On days we don't have much food in the house, I can count on my kids getting a healthy lunch, thanks to this program. We are looking forward to coming again next year."

- Participant's Mom

"I like coming to the library for lunch because there are all these fun things to do, we check out books, and we eat yummy food."

- GVSD Fourth Grader

Nutrition Pantry Bright Spot: Catholic Charities, San Diego (CCDSD)

Joy Davis, Catholic Charities, Diocese of San Diego, Adrienne Markworth, Leah's Pantry

THE NEED

In California, the pantry setting is a popular place for SNAP-Ed, with 23 counties implementing according to 2017-19 Integrated Work Plans. Lack of consistency in language, process, objectives, and data collection makes best practices for increasing healthy choices difficult to determine. In addition, pantries and LIAs doing impactful work lack a structure for sharing these successes with other pantries, their local communities, or their SIAs. CCDSD Food Resource Center (FRC) was an ideal candidate to help develop a SNAP-Ed PSE for pantries due to their interest in improvement, organization of existing work, and opportunities to support others.



THE WORK

In February 2018, staff from CCDSD FRC and Leah's Pantry collected site data as part of the Nutrition Pantry Program (NPP), a PSE designed for pantries. Using the Healthy Food Pantry Assessment (HFPAT) and the NPP Workplan, significant existing work was organized according to the six NPP focus areas, and new work was proposed. Regular meetings and new activities were documented on the work plan over the course of 9 months. Work plan revisions were made according to the activity results.



For example, adding health-focused options to the client menu was a creative way to incorporate nutrition into their unique distribution model.

THE IMPACT

In November 2018, the pantry was awarded an NPP Gold Certification for its alignment with all six NPP focus areas. Highlights of their certification qualifications included 1:1 SNAP-Ed education opportunities, nutrition policies that took into account unique considerations for unsheltered clients, thoughtful and client-informed referrals to nearby programs, and high scores on client intake and waiting area. Inventory includes fresh produce, low-sodium and low-sugar non-perishables, and federal commodities distributions. Staff also invested training time to learn more about best practices in a nutrition pantry.



THE FUTURE

Through the San Diego NPP Network, CCDSD FRC staff was able to support other pantries through presentations at SD trainings. SNAP-Ed staff now has the opportunity to become an NPP implementer for other sites in San Diego and Imperial Counties. Site staff will continue to work on existing challenges, including space, inventory sources, and the need for a composting partner. Executive leadership at CCDSD is a champion of the program, and we expect the maintenance and monitoring phase to yield continued improvements. Leah's Pantry is working with the SD Food Security Community to continue to support and spread NPP in San Diego County.



South LA Youth Work Together to Drive Healthy Retail Changes in Neighborhood Markets

Chad Monk and Hector Ramirez, National Health Foundation

THE NEED

South Central Los Angeles, a 2.55-square-mile neighborhood, has 11.2 liquor stores and 7.6 fast food outlets per square mile with only one farmers' market and three chain grocery stores. Two hundred small corner markets primarily advertise and offer unhealthy food options. As a result, poor dietary choices are commonly made. Only 11% of adults report consuming the recommended amounts of fruits and vegetables each day.



THE WORK

NHF utilized youth participatory action research to establish Health Academy, a school-based youth task force. Using the CX3 assessment, Health Academy assessed 7 local corner markets. Based on the CX3 scores, Health Academy researched evidenced-based healthy behavioral economic approaches to improve the markets and encourage patrons to buy healthier foods. The youth created and presented business proposals to market owners that identified feasible actions to improve their markets and become healthier places for the community to shop.



Durans Market Quality Scorecard

Categories	Actual Points	Possible Points
Products Stocked		
Sells a variety of fresh fruit	4	Up to 12
Sells good quality fresh fruit	0	Up to 8
Sells a variety of fresh vegetables	12	Up to 12
Sells good quality fresh vegetables	6	Up to 8
Prices for fresh fruit and vegetables are reasonable	0	Up to 10
Sells other healthy food items	3	Up to 10
Marketing and Promotion		
Participate in the Nutrition Education Obesity Prevention Retail Program	0	3
Provide health promotion information near fresh produce	0	1
Display fruits, vegetables and healthy options outdoors	0.5	Up to 4
Remove interior ads promoting high fat/sugar foods	0	Up to 2
Display interior ads promoting healthy foods	1	Up to 2
Remove high fat/sugar foods from checkout area	0	Up to 2
Place healthy foods in checkout area	2	Up to 2
Post ads for healthy foods on exterior	0.5	Up to 2
Remove exterior ads promoting high fat/sugar foods	0	Up to 2
Food Assistance: CalFresh and WIC		
Accepts CalFresh (formerly food stamps)	4	4
Accepts WIC Checks (Supplemental Nutrition Program for Women, Infants and Children)	0	4
Displays WIC and CalFresh signs	1	Up to 2
Other		
Comply with Lee Law (no ads or windows with alcohol licenses)	0	1
No bars on windows	2	2
Safe and "walkable" within two blocks of the store	1	Up to 7
Total Quality Score	37	100

Quality stores must score a minimum of 75 point

THE IMPACT

Health Academy set up over 10 technical assistance meetings with four of the markets where they helped market owners implement changes. All four markets increased advertising for healthy items, installed healthy cue cards on shelves, introduced new

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-EI, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

produce baskets, and rearranged food items so healthy items were more prominent. Three of the markets implemented a produce rewards card that rewards shoppers with a free piece of produce for every five produce items bought.



THE FUTURE

In the next year, Health Academy will work closely with the remaining 3 markets they could not engage with for this project due to timing. The youth will develop proposals and offer technical assistance meetings to encourage market improvements. Additionally, the task force will conduct post-CX3 assessments for all seven markets to measure impact and develop a sustainability plan.



Tackling Food Deserts via a Certified Farmers' Market (CFM) in the San Joaquin Valley

Stephanie Russell and Sydney M. Loewen, Merced County Department of Public Health

THE NEED

- 80% of adults and 43% of children are obese or overweight
- 1 in 3 Merced County residents live in one of 13 'food deserts' leading to a lack of access to affordable fruits and vegetables
- CFMs provide an opportunity to build a healthier food environment and provide additional financial support to local farmers through SNAP and WIC
- However, only the Livingston CFM accepts EBT



THE WORK

- Merced County Health Department partnered with City of Livingston to establish CFM in 2017, hire market manager, and equip market with EBT, WIC, and Senior Voucher certification
- Provide continuous TA to farmers and market manager
- Conduct mass mailing of 6,500 flyers within 10-mile radius advertising CalFresh
- Collected 157 surveys from customers to evaluate market metrics



THE IMPACT

- There was a 282% increase in EBT sales from year 1 to year 2
- 61% of individuals report they are eating more fresh produce because of the market
- 88% (21% very satisfied; 67% satisfied) of customers were satisfied with the price of fresh fruits and vegetables
- 76% (16% very satisfied; 60% satisfied) of customers were satisfied with the variety of fresh fruits and vegetables

Source of Income	2017 May-Oct.	2018 May-Oct.
WIC FMNP Vouchers (\$20)	\$1,915	\$6,120
WIC FVC Checks	\$8	\$69
Senior FMNP Vouchers (\$20)	\$544	\$1,196
CalFresh (SNAP)	\$34	\$130
Cash	N/A*	\$2,850
Total	\$2,501	\$11,377

THE FUTURE

- Livingston CFM is planning to be a non-sponsored partner of Market Match in 2019, a program that matches EBT dollars spent, to further increase CalFresh EBT sales
- The Merced Health Department will work with Human Services Agency and WIC to conduct EBT/WIC outreach via monthly text messages
- Assist two other certified farmers' markets in Merced to accept EBT, WIC, and Senior Vouchers
- Continue data collection and evaluation



FORWARD MOVEMENT

Engaging Older Asian Americans in LA County

Diyana Mendoza-Price, Asian Pacific Islander Forward Movement, a division of Special Service for Groups, Inc.

THE NEED

- Asian American (AA) older adults (50+) are one of the fastest growing groups in LA County.
- Almost 90% of AA older adults are immigrants, and 62% are limited in English proficiency.
- Almost half of AA seniors living alone live below the poverty line.
- AA older adults in LA County are more likely than whites to experience high blood cholesterol and diabetes.



Source: Asian Americans Advancing Justice LA's 2016 "A Community of Contrasts: Asian Americans 50 and Older."



THE WORK

We tailored our Champions programming to serve this group through:

- In-language (Chinese, Korean, etc.) nutrition education that incorporated traditional Asian ingredients.
- Culturally relevant physical activity, Tai Chi, and Qigong, also in-language.

- Leadership training and meetings where older AA residents planned to educate their neighborhoods about safer streets.

THE IMPACT



- In-language, culturally relevant programming engaged and retained hundreds of AA older adults - many for over one year.
- AA older adults in our program organized and implemented a community safety walk to inform the neighborhood about pedestrian safety - distributed 200 bilingual flyers they helped make, as well as collected petitions and surveys.

THE FUTURE

- We're training neighborhood partners so they have the capacity to continue offering in-language nutrition and physical activity programs.
- Older adult AA cohorts in both Chinatown and Historic Filipinotown are still working to improve pedestrian safety in their neighborhoods, so they can safely walk around and access basic services.



PARTNERSHIPS

Amador County Partnerships

Andriana Lewis Hector Ochoa, and Katie Johnson,, UC CalFresh Central Sierra
– Amador County, Sonia Fernandez Arana, Dairy Council of California

THE NEED

To support the health of all students, Amador Unified School District engaged community partners to assist in creating a new wellness policy. Needs identified by the school wellness policy committee included:

- Nutrition and Physical Activity education and resources for teachers.
- Recess before lunch and creating healthy lunchroom environments.
- Social-emotional wellness



THE WORK

UC CalFresh and Dairy Council of California partnered with Amador County School District to create a school wellness policy that would improve the health of students and staff. Dairy Council and UC CalFresh provided:

- Resources for developing school wellness policies.
- Evaluation tools for school wellness policy improvement.
- Guided discussions to pinpoint the needs of Amador County.

“The involvement and discussion that went into the process was inspiring. I really felt that we were doing something that would make a difference, not only in the kid's life but for the district as a whole.” - Mike Pingree, Amador School District Food Service Director

THE IMPACT

School changes that have begun to take place as a result of the wellness policy:

- Smarter Lunchrooms Movement
- Harvest of the Month
- CATCH Physical Activity Curriculum
- Recess before lunch.
- Increased Nutrition and Physical Activity resources provided to teachers, through UC CalFresh and Dairy Council of California

- Accessibility to school gardens.

“I feel the outcome and recommendations were truly representative of the entire community and set forth positive and achievable goals.” - Susan Ross, President, ACUSD Board of Trustees



THE FUTURE

Moving forward, Amador Unified School District hopes to:

- Expand Smarter Lunchrooms Movement implementation.
- Increase access to and awareness of summer meal programs.
- UC Cooperative Extension and the Dairy Council of California will collaborate to expand nutrition education resources within Amador County.

Building Capacity of Diverse Populations To Address Healthy Food Access

Katherine Hawksworth, Public Health Institute Center for Wellness and Nutrition, Ana Bolaños and Yevgeniy Rokhin, California Department of Social Services

THE NEED

Healthy food, particularly those living in low-income communities and communities of color, is simply out of reach. Empowering underserved Californians is a tenet of SNAP-Ed in California.



THE WORK

The Public Health Institute Center for Wellness and Nutrition, in partnership with CDSS, funded four organizations: California Indian Museum and Cultural Center (CIMCC), Institute for Local Government (ILG); the University of California Cooperative Extension (UCCE) and Torres Martinez Desert Cahuilla Indian Tribe (TM); and Latino Coalition for a Healthier California (LCHC). Each organization successfully partnered with local groups demonstrating innovative strategies to address the importance of and access to nutrition across California.



THE IMPACT

CIMCC Tribal Youth Ambassadors and UCCE/TM Youth Leaders implemented Youth-Led Participatory Action Research projects addressing nutrition. ILG closely worked with local health departments and libraries to connect early childhood education with summer meals held at libraries, and LCHC trained Health Ambassadors to identify a community need and build an action plan for change.



THE FUTURE

The pilot projects provide the opportunity to learn how best to work with diverse communities, especially in meeting the needs of the California SNAP-Ed population.



Feeding Merced County: A Unique Partnership

Janet Kasper, Merced County Area Agency on Aging

THE NEED

Several seniors in Merced County are forced to make the choice between purchasing medications, paying utilities or purchasing food. After a local doctor learned that one of his patients had to choose between going to the doctor and purchasing food he contacted the local food bank and learned about the Brown Bag Program.



THE WORK

Although Merced County had a Brown Bag Program, not everyone could afford the \$60 per year fee. A collaboration was formed between the local Rotary Club, the Merced County Food Bank, and the Merced County AAA SNAP-Ed program. A fundraiser was planned to offset the costs of the program for seniors in need and educate the public.



THE IMPACT

After a lot of planning and outreach to the community, the event was a success. It was a success in more ways than one. Not only were funds raised but the community was educated in food security that exists in their community and what they could do to help.



THE FUTURE

Immediately after the event, community members came forward volunteering to make brown bag deliveries to shut-in seniors.

- More seniors are now and in the future able to participate in the program due to the program being offered at no cost.
- There will be a decrease in the number of Merced County seniors having to choose between medical care and food.



Growing Partnerships for Community Health

Martha S. Lopez and Paul Tabarez, UC Cooperative Extension-Imperial County

THE NEED

Seventy eight percent of Imperial County adults are overweight or obese. The prevalence of obesity increases the risk of chronic illness.

Pacific Southwest Community Development Corporation (PSCDC) provides services for low-income senior citizens and adult residents. Residents are in need of nutrition education to help them address food insecurity and minimize health-related risks.



THE WORK

For eight years, the UC CalFresh Nutrition Education Program in Imperial County has been delivering Plan, Shop, Save, and Cook workshops that focus on food resource management to adults and seniors.

In partnership with PSCDC, UC CalFresh offers garden technical assistance and training, while PSCDC provides site managers with the space, garden boxes, soil, and seeds to establish 5 community gardens.



THE IMPACT

Community engagement has increased, and nutrition education has been enhanced by providing all the resources needed for seniors and adults to grow their own herbs and vegetables.

“We have planted everything from cilantro to lettuce and we have even made salsa with the cilantro we harvested.” - Layla Perez

THE FUTURE

PSCDC and UC CalFresh plan to expand their collaboration by reaching all members of the community in various ways to promote a healthy lifestyle:

- Providing training to PSCDC site managers in CATCH PE
- Advancing Youth-Led Participatory Action Research and gardening
- Integrating Eat Smart Being Active curricula for adults
- Developing walking clubs for adults



Healthier Families = NEOP + Alisal Health Center (AHC)

Niaomi Hrepich, Monterey County Health Department NEOP

THE NEED

Obesity among children continues to increase

- Over 46% of children in Monterey County are overweight/obese.
- Children with obesity have a greater risk of developing type 2 diabetes, heart disease, respiratory issues, and some types of cancer.
- Healthy diets and routine physical activity assist in the prevention of these health issues.
- Although interventions have been implemented to address obesity, rates remain high.



THE WORK

Wellness classes were provided to AHC families with children

- NEOP staff trained physicians and support staff to implement lessons from the Fruit, Vegetable & Physical Activity Toolbox.
- A series of 4 lessons were taught weekly.
- All physicians in the clinic are able to refer their patients to the wellness classes.
- Families with high food insecurity are identified and resources are provided.



THE IMPACT

- Over 150 families attended at least 2 of the 4 wellness classes.
- Three additional physicians started classes, targeting adults, teens, and physical activity.
- A pilot with Everyone's Harvest allowed 12 families to receive Fresh Rx weekly, during the Alisal Certified Farmer's Market season.
- Physicians and medical assistants are learning about social determinants of health and community resources.



THE FUTURE

- AHC will begin evaluation of the classes.
- NEOP staff will train medical assistants to provide nutrition education to children as parents attend the classes.
- More families will be given access to the Fresh Rx program at the Farmers' Market.
- Additional physicians in other community clinics will be recruited to implement family wellness classes.



Healthy CalFresh Initiative (HCI)

Ana Bolaños and Terica Thomas, California Department of Social Services,
CalFresh Nutrition Education Program, Stephanie Carillo, Public Health
Institute Center for Wellness and Nutrition

THE NEED

SNAP-Ed is the nutrition education and obesity prevention program that is complementary to CalFresh. It is important to make the connection between CalFresh and SNAP-Ed so that recipients and persons eligible receive nutrition education and program services that can support them in making healthy food choices as they access their benefits. CDSS aims to support California's 58 counties and the clients that they serve in making healthier choices for themselves and their families. The



Healthy CalFresh Initiative (HCI) was created to boost nutrition and health among Californians, by strengthening the connection between CalFresh benefits and SNAP-Ed for CalFresh clients.

THE WORK

Three ready-made campaigns were created to help improve access to affordable healthy foods and beverages and connect CalFresh recipients to additional resources in the community. A total of 22/58 county human services departments participated in one or more of the campaigns, usually in partnership with their county public health departments and County Nutrition Action Partnership (CNAP).



THE IMPACT

Participating counties reported several successes related to client and staff engagement. The campaigns raised community awareness of the health topics and available resources. Collaboration and partnership development between agencies and programs were a result of the campaigns. The campaign materials and resources provided were useful, visually

appealing, and grabbed the attention of individuals at the farmers market and at participating sites. 86% of participants reported they would continue the campaigns in the future.



THE FUTURE

Recommendations from counties for CDSS and Public Health Institute Center for Wellness and Nutrition:

- Continue to provide social service agencies with ready-made campaigns inclusive of promotional and educational materials.
- Provide technical assistance and training to support successful implementation strategies.
- Continue to foster partnerships between CalFresh agencies, local health departments, and other SNAP-Ed partners at the local level, to leverage SNAP-Ed funding to support nutrition education activities for CalFresh agencies and recipients.



Imperial County Partners Host First-Ever MyPlate 5K Color Run/Walk

Joy Davis, Catholic Charities, Diocese of San Diego Jorge Torres, Imperial County Public Health Department

THE NEED

In Imperial County, 78% percent of adults are overweight or obese, while only 15% of adolescents meet the minimum physical activity recommendations, according to a UCLA study. In light of these rates, Imperial County CNAP collaborates with local communities and events, promoting opportunities that support a healthy and active lifestyle. When Calexico Community Services Director, Sandra Tauler approached CNAP in early 2017 requesting help in planning a 5K event to pair with the local Farmer's Market, the group got to work.



THE WORK

CNAP comprises SNAP-Ed local implementing agencies and other community organizations, such as El Centro Regional Medical Center, and champion providers like Calexico pediatrician, Dr. Tristan. By involving community stakeholders, sponsorship for the event was secured. CNAP assisted with planning and providing technical support such as online registration using Eventbrite, event promotion via social media and radio spots, and copious amounts of collaboration. The first-ever Calexico MyPlate 5K Color Run/Walk was held on Saturday, February 10, 2018.



THE IMPACT

Close to 300 racers of all ages enjoyed being painted with the USDA's MyPlate food group colors, having healthy post-run snacks, and fruit-infused water – provided by Imperial Valley Food Bank and UC Cooperative Extension – and taking home a MyPlate 5K t-shirt and goodie bag. An estimated 200 spectators and Farmer's Market patrons were also in attendance. Vendors and staff noted the highest sales and attendance for the local market in recent years. The physical activity event also provided individuals with increased access to fresh produce and nutrition messaging.



THE FUTURE

As a result of the MyPlate 5K success, Dr. Tristan and her friends at Studio Fit hosted a 5K Obstacle Course event a few short months later! The community desires more events and stakeholder buy-in continues to grow. CNAP goals for FFY19 aim to strengthen sustainability through policy work, such as a city resolution to ensure continued physical activity opportunities and support towards healthy communities. Through the leveraging of resources and partnerships, CNAP and community members successfully made it to the finish line of the first-ever MyPlate 5K in Imperial County.



Joining Forces: Tuolumne County's LIAs Team Up for Extra Impact

Wylie Skillman, Hector Ochoa, and Katie Johnson, UC CalFresh Central Sierra – Tuolumne County, Petra Hendersen and Elizabeth Ramos, Tuolumne County Public Health Department

THE NEED

Tuolumne County's Public Health and UC CalFresh SNAP-Ed teams have partnered beyond the County Nutrition Action Plan to address challenges unique to rural communities:

- 30% of residents are obese
- Higher rates of cardiovascular disease, arthritis, and other chronic diseases
- Low walkability throughout communities with an action-oriented approach, coordinated efforts reach low-income populations across the county.



Source: 2017-2019 Tuolumne County Health Needs Assessment.

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

THE WORK

Through designating actionable goals in our CNAP, subcommittees work together on specific impacts:

- Assure consistency in messaging between partners, including quarterly themes
- Prioritize inviting new partners and cross-promote health-related efforts
- Partner with the local food bank to host biannual information health fairs
- Strengthen local School Wellness Policies across the county

THE IMPACT

- Two health information fairs have been hosted at ATCAA food bank, with increasing levels of participation
- Presented our School Wellness Policy services to county superintendents' monthly meeting
- Collaborated on statewide days of action and community events to amplify nutrition education
- Worked with Transportation and Trails departments to promote free trails
- Created a 3-year work plan



THE FUTURE

This is just the beginning! By next year, we will:

- Offer technical assistance to schools regarding wellness policies and their implementation
- Address food security through summer meals programs and food pantry procurement policy
- Expand CNAP partnerships to increase our impact



Kern County Aging and Adult Services (PSA 33) and Bakersfield Senior Center Building Capacity for Better Health

Lilli Parker, Bakersfield Senior Center, Martin Reynoso, Kern County Aging and Adult Services

THE NEED

The Bakersfield Senior Center (BSC) is in a low-income area and has limited financial resources.

BSC's Executive Director and Executive Board are attempting to positively change the Center's wellness culture and bring more wellness activities and resources to the center.



THE WORK

The Kern County Aging and Adult Services AAA Planner contacted the BSC Executive Director and Executive Board to discuss the opportunity to improve the health and well-being of seniors at the center. The AAA Planner contacted the LHD Community Wellness Director to request technical assistance regarding wellness policies. The assistance included facilitating meetings with the senior center's Executive Board, staff, and seniors to facilitate the development of the wellness policies.



THE IMPACT

The wellness policies adopted by BSC have served as a springboard for the Center's new partnerships with organizations.

For example, the BSC partnered with the Bakersfield Chamber of Commerce which provided the seniors with an outdoor gym to expand opportunities for physical activity at BSC.



THE FUTURE

The BSC Executive Director will continue to build partnerships with agencies where wellness and health promotion are the priority.

Asked what she would tell other senior centers who are thinking about adopting wellness policies, the BSC Executive Director said:

“#1: Do it! It will broaden your capacity to expand your influence, and the seniors’ capacity to better their health, wellness, and socialization!”



Live from LA! Leveraging Social Media to Promote Healthy Eating

Fatinah Darwish, Kiran Saluja, Rigo Reyes, Denise Gee, Carlos Portillo, Gabriela Gomez, Natalie Riguro, Judith Topete, Miria Soria, and Maria Beltran, Los Angeles County Dept. of Public Health

THE NEED

In Los Angeles County, nearly 1 out of 3 households level are food insecure. Participating in food assistance programs, such as CalFresh and Women, Infants, and Children (WIC) increases access to healthy foods and reduces food insecurity. Unfortunately, there are many misconceptions about who can participate that deter eligible people from accessing these programs.



THE WORK

The coalition, County Nutrition Action Partnership (CNAP) collaborated with its partners, the Los Angeles County Office of Immigrant Affairs (OIA), the Department of Public and Social Services (DPSS), and WIC to host a Facebook Live chat in Spanish on February 8, 2018. The speakers featured an influential nutritionist in the Latino community and representatives from CalFresh and WIC. The live chat centered on healthy eating and how CalFresh and WIC increase the purchasing power of healthy foods. The CalFresh and WIC representatives highlighted the benefits of each program and dispelled common myths.



THE IMPACT

The live chat was viewed 2,000 times, had 53 likes, and 53 comments, and was shared 41 times.

THE FUTURE

Social media serves as a feasible platform to leverage nutrition education messages, promote food assistance programs, and reach our target audience. Our CNAP partners plan to conduct future live chats in other languages and include other food resources and programs.

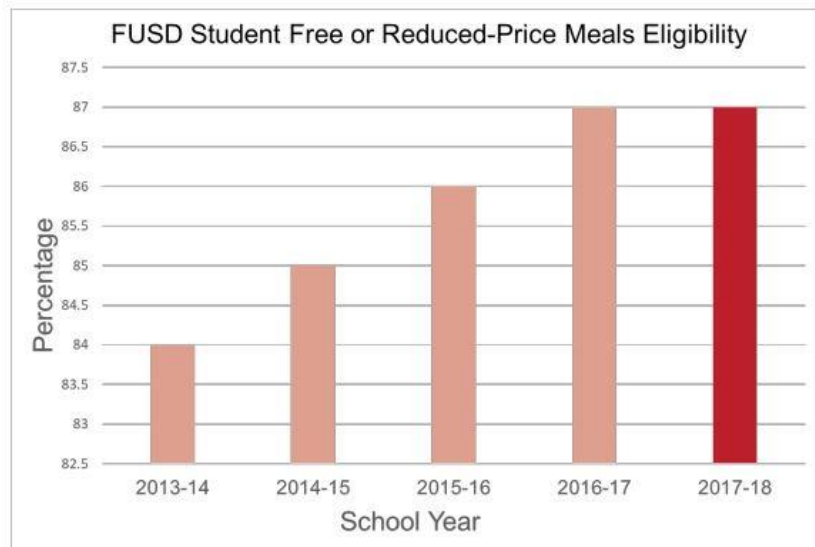


Partnering to Provide Fresno Unified Students with Healthy Locally Procured Fresh Fruits & Vegetables

Karina Macias, Kristi Schultz-Sharp, and Evelyn Morales, University of California Cooperative Extension, CalFresh Nutrition Education Program

THE NEED

Fresno Unified School District (FUSD) is the 4th largest in California and procures over \$19 million annually in food serving over 94,000 meals per day. Procurement of food is a vital component to providing nutritional meals to all Fresno Unified children, where 100% of them qualify for federal and state meal benefits through the National School Lunch and



Breakfast Programs under the Community Eligibility Provision. Exposure to healthy foods is particularly important for children in low-income households where the availability of fruits and vegetables is low and limited resources discourage parents from experimenting with new foods that their children might reject.

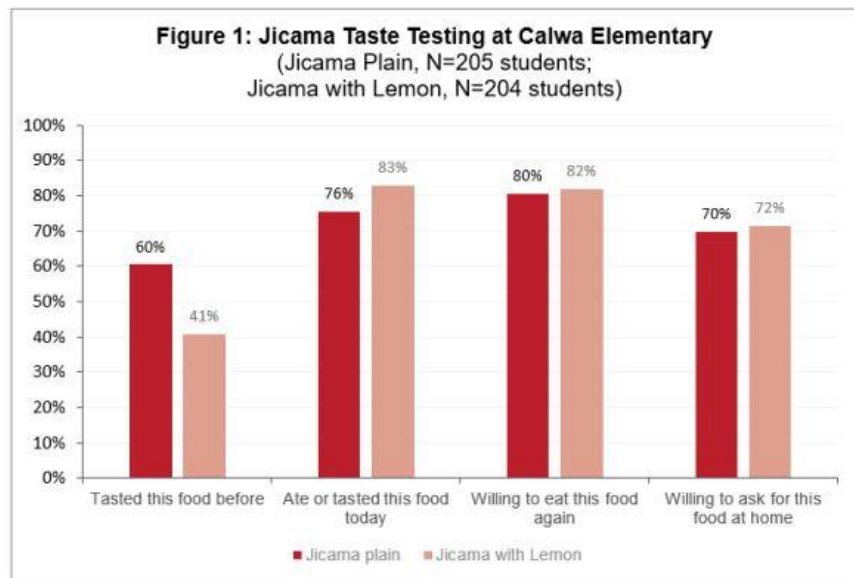
THE WORK

A goal of the UC CalFresh Nutrition Education Program is to increase the willingness of youth to try new, healthy foods and encourage them to ask for these foods at home. In Fiscal Year 2018, Fresno Unified partnered with the Fresno Economic Opportunities Commission, University of California Cooperative Extension, CalFresh Nutrition Education Program, and the Office of Community and Economic Development at Fresno State, to develop and implement Fresh Grub, a farm-to-school initiative connecting local food and farm products to school cafeterias and students in Fresno Unified.



THE IMPACT

Fresh Grub promoted local fruits and vegetables that could be incorporated into school menus. A taste test of a fresh vegetable was the strategy used to introduce this local item to students to increase its acceptability and consumption. UC CalFresh and FUSD Food Service conducted a school-wide jicama (plain) and jicama (with lemon) taste test with



over 200 students and 37 parents at Calwa Elementary. Students were surveyed about their tasting experience and their likelihood of eating the food again at school or home. Parents were asked about their likelihood of offering the food at home. Promising results demonstrated students' willingness to try the food again.

THE FUTURE

As a result, the partnership was successful in the adoption and implementation of a Farm-to-School Procurement Policy within the District's Food Services Department. FUSD will now increase local food procurement, include small and medium-sized vendors within a 200-mile distance, and will ask vendors to engage in the educational experience of students in the food procurement process.



Partnership in Action for Trinity Health: LIAs Partnering for a Healthy Community

Margarita Alvord, UC CalFresh, Martha Navarro, Trinity County Health and Human Services Public Health

THE NEED

Trinity County, with a population of 12,700 residents, covers an area of two million acres and is comprised of several frontier communities.

The Partnership in Action for Trinity Health (PATH) coalition promotes a Healthy, Safe, and Active environment through Partnerships, Innovation, and Action. Formed in 2017, PATH consists of 15 partners, community members, and youth.



THE WORK

Together PATH works on innovative approaches that address food insecurity, and promote physical activity, and healthy lifestyles among underserved populations.

Subcommittees define initiatives, support activities, plan events, and influence community changes that align with the 4 goals of our coalition.

PATH PARTNERSHIP IN ACTION FOR TRINITY HEALTH 	
PATH members collectively developed four goals:	
01 Promote safe and active communities.	02 Improve health literacy and access.
03 Increase access to affordable, healthy food for all.	04 Change drug, alcohol, and tobacco social norms for all.
Mission: Promote a Healthy, Safe and Active Trinity County through Partnerships, Innovation, and Action.	

THE IMPACT

- Networking: Expanded community reach through youth engagement, community assessments, and partnership building
- Trinity Food Share: Over 500 pounds of non-perishable food donated to 3 food pantries



- Healthy Stores for Healthy Trinity: Working with stores to evaluate opportunities to make simple changes that promote health
- Events: Frontier Days, Apple Festival, Salmon Festival, Children’s Festival, Farmer’s Markets, Plant and Seed Exchange

THE FUTURE

- Walk and Roll: An event to promote safe and accessible active transportation in April 2019.
- Youth Engagement: Recruit more youth as active leaders.
- Nutrition Action Partnership: Define an annual focus that aligns with PATH priorities.
- Youth Video Contest: Youth will create videos to change drug and alcohol social norms.



Partnership with Farm to Pantry

Danielle Wong, Catholic Charities of the Archdiocese of Santa Rosa

THE NEED

Sonoma County faces food insecurity despite its proximity to agricultural zones and high levels of food production. According to the Sonoma County Hunger Index, in 2018 about 60,000 low-income residents, about 1/3 of the county's population cannot afford three healthy meals per day. After the 2017 firestorm, the cost of living in the area has increased, forcing many to choose between rent and basic necessities like food. Catholic Charities of the Diocese of Santa Rosa (CCSR) addresses this need with work focused on increased healthy food access that also supports local agriculture with the local nonprofit Farm to Pantry.



THE WORK

Farm to Pantry aims to provide a continuous supply of fresh healthy produce to the community's vulnerable residents who lack access to it. Once a week, CCSR staff and volunteers glean (harvest) from local farms, found by Farm to Pantry, and redistribute the produce out to the community. The produce is used for meals at shelters and afterschool programs or distributed to residents in need. New and unfamiliar produce is introduced through cooking demonstrations and taste tests supplemented with nutrition education and take-home recipes.



THE IMPACT

The gleaned produce provides much needed nutrition to food insecure residents. Through CCSR's partnership with Farm to Pantry, locally procured produce reaches over 300 low-income residents in Sonoma County. This increase in healthy food access in conjunction with nutrition education resulted in the majority of SNAP-Ed participants demonstrating a significant positive change in consuming the recommended amounts of fruits and vegetables per day as well as consuming a variety of fruits and vegetables. This increased access to healthy foods has been crucial for firestorm survivors and others in need.



THE FUTURE

In the future, CCSR hopes to build on a successful partnership with Farm to Pantry and provide them with additional human resources to glean more produce, as well as additional support with gleaning remaining produce from local farmers' markets. CCSR also seeks to partner with more local community meal centers that can receive the gleaned produce and use it in their meals, allowing for greater consumption of seasonal fruits and vegetables. To impact the health of clients further, CCSR hopes to work with these partners to establish healthy food and beverage standards and train staff on how to create healthy meals.



Partnership with Food In Need of Distribution (FIND) Food Bank

Marlyn Pulido, Jackie Barahona, and Chutima Ganthavorn, University of California Cooperative Extension-UC CalFresh

THE NEED

- The Coachella Valley's rural community is quite impoverished with poverty rates ranging from 26% to 40%.
- At least 10% of the families admitted to reducing portions or skipping meals in the past 12 months due to lack of money for food. (harcata.org)
- FIND Food Bank offers CalFresh application assistance; UC CalFresh teaches participants how to buy healthy meals with CalFresh benefits.
- Our partnership better supports behavior change in SNAP-Ed eligible participants.



THE WORK

- FIND Outreach Staff shared free community resources and assisted UC CalFresh SNAP-Ed participants with CalFresh applications.
- UC CalFresh connected FIND Outreach Staff with the Cesar Chavez Elementary School Wellness Committee. They teamed up to bring a Summer Food Distribution Program to the school community.
- FIND put extra effort into securing fresh produce for their distributions. UC CalFresh brought recipe cards highlighting the produce and conducted spotlight education during food distribution



FIND donated over 200lbs. of food for recipe tastings and mini food distributions with UC CalFresh's PSSC classes.

THE IMPACT

- More participants reported cooking the recipes they had tried in class when they received the ingredients from FIND.
- UC CalFresh staff reached 86 participants with their mobile workshop and 133 with their healthy recipe cards (unduplicated reach).
- Cesar Chavez Elementary hosted one of the largest distributions (in # people served) that summer.
- FIND provided 5 food distributions in the span of 10 weeks. UC CalFresh conducted two mobile workshops (MyPlate & RTYD) during distributions.



UC CalFresh created a workshop on wheels to reach adults as they wait in line at a food distribution.

THE FUTURE

- Since completion of the summer program, FIND Food Bank and Cesar Chavez Elementary committed to monthly food distributions for the children at Cesar Chavez.
- UC CalFresh supports the Wellness Committee in coordinating each event and distributing recipe cards highlighting the fresh produce being provided.
- UC CalFresh plans to partner with FIND again for the upcoming adult PSSC workshops.
- The work strengthened UC CalFresh's relationship with both community partners.



A monthly food distribution at Cesar Chavez Elementary School now benefits the families of 900 children. UC CalFresh helps highlight the fresh produce going home with healthy recipe cards.

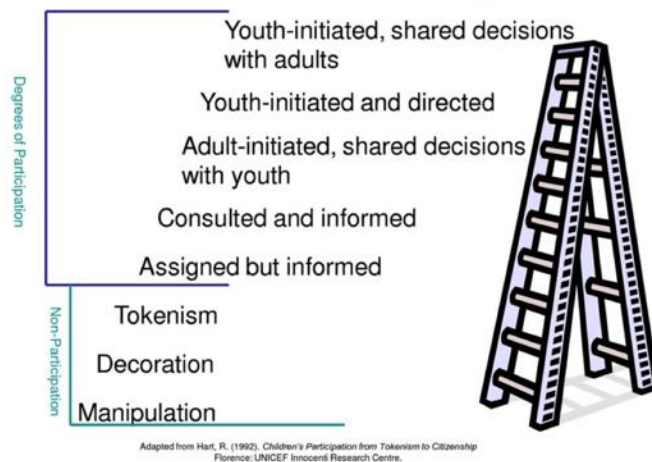
Partnerships Are the Key to Success for Georgetown Elementary YPAR

Miranda Capriotti, Carmela Padilla, Hector Ochoa, and Katie Johnson, UC CalFresh Central Sierra – El Dorado County, Nancy Xiong and Brandon Louie, UC Davis Center for Regional Change

THE NEED

- According to the 2016/17 California Healthy Kids Survey, only 26% of sixth grade students in Black Oak Mine Unified School District reported meaningful participation in school.
- Programs that work with youth are often adult-directed and lack authentic engagement or buy-in from young people. Roger Hart's Ladder of Youth Participation offers a method for forming equitable youth-adult partnerships.
- El Dorado UC CalFresh (UCCF) Nutrition Educators historically focused on direct education and had not received formal YPAR training prior to this project. In order to move up Hart's Ladder, educator training, youth, and school site buy-in, and ongoing technical support were required.

Ladder of Youth Participation



THE WORK

- Since FFY18, UCCF, the UC Davis Center for Regional Change (CRC), Public Health Institute Center for Wellness and Nutrition (PHI), and Georgetown Elementary worked to implement a multi-year Youth-led Participatory Action Research (YPAR) project with 6th graders, focusing on building a new school garden.
- CRC and PHI developed a cohort model for UCCF YPAR Nutrition Educators to share strategies that improve their YPAR projects.

UNIVERSITY OF CALIFORNIA
cal fresh Nutrition Education

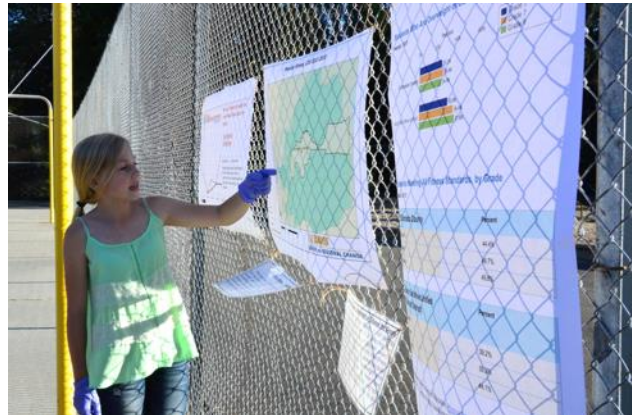
UC DAVIS
CENTER FOR REGIONAL CHANGE

NewTech Network
GT SCHOOL OF INNOVATION
A NEW TECH NETWORK CAMPUS - GEORGETOWN ELEMENTARY

- CRC provided technical assistance and training to Nutrition Educators, creating important opportunities for our organizations to exchange ideas and gain support.
- Georgetown sixth grade teacher, Annie Brown, integrated the YPAR curriculum into her lesson plans for the year.

THE IMPACT

- Students organized a PhotoVoice exhibit and video showcasing their work and used CRC's Putting Youth On the Map tool to present to staff, peers, and family about health in their community.
- Reflecting on their work, one student said, "I think the garden project will impact the school's health because it could inspire kids to eat healthier."
- CRC and Nutrition Educators used data collected throughout the year to compile a final report. The results were shared to encourage youth engagement in facilitating PSE changes.



THE FUTURE

- In 2018, Georgetown Elementary became a project-based learning site in partnership with the New Tech Network and changed its name to the GT School of Innovation, which legitimized the YPAR program and the efforts to make classroom education youth-centered.
- With the continued support from CRC, Nutrition Educators hope to create a pipeline approach to the YPAR program and engage students at every grade level on school-wide policy, system, and environmental change.



SNAC and Farmers' Markets

Ana Bolanos, California Department of Social Services, Amy DeLisio, Public Health Institute Center for Wellness and Nutrition

THE NEED

California's State Nutrition Action Committee (SNAC) is a state-level collaborative of programs that administer USDA nutrition programs. Together, the SNAC partnering organizations reach underserved people throughout their lives, providing food benefits, nutrition education, and obesity prevention services. In the summer of 2018, SNAC focused on increasing shoppers' awareness and utilizing their food and nutrition program benefits at local Farmers Markets in four counties. SNAC promoted Market Match, a program that allows CalFresh participants to double their food dollars spent at Farmers Markets, as well as the Senior Farmers Market Nutrition Program (FMNP) vouchers, WIC Fruit and Veggie monthly coupons, and seasonal WIC FMNP vouchers.



THE WORK

The SNAC Get More at the Farmers Market initiative involved outreach to markets, including coordination and support from local agencies, and the creation and distribution of promotional materials.



Initiative Goals:

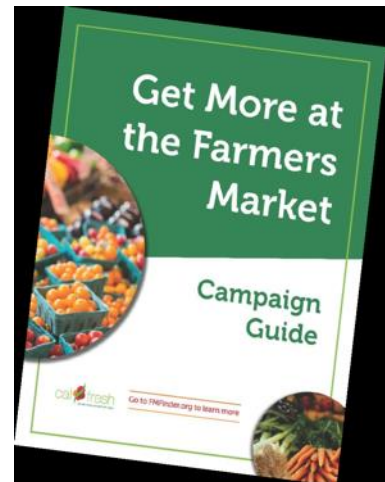
- Increase Awareness of programs
- Promote Farmers' Markets as a great place to shop
- Support the health of low income shoppers
- Support local farmers and economy
- Increase buying power

THE IMPACT

Initiative Successes:

- Fostered new partnerships
- Widespread distribution of resources
- Positive feedback received from consumers
- Increase in benefits awareness
- Reported increase in EBT usage

“[We] had several people who did not know about Market Match and EBT usage at the Farmers Market actually use them to make purchases for the first time.” Farmers Market Manager



THE FUTURE

In 2019, SNAC will continue this focus with renewed outreach, education, and local partnerships to expand the Get More at the Farmers Market campaign. SNAC will also be recruiting a limited number of new members.

There are plans to expand and improve the project next year through the following:

- Increased communications with partners
- Trainings with Market Managers
- A tool to assess benefit redemption in real time
- A pilot food navigator program

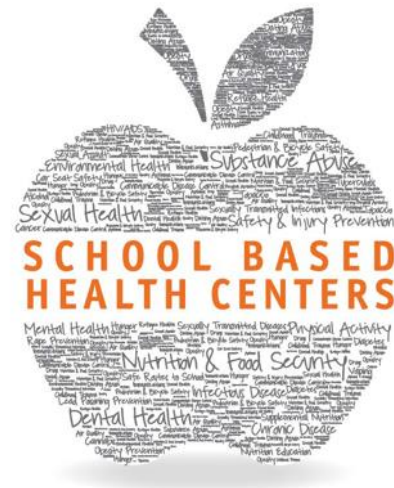


School-Based Health Centers Project (SBHC) Findings from the 2018 Needs Assessment and Stakeholder Feedback

Mayra Villarreal and Julia Tomasilli, Public Health Survey Research Program

THE NEED

The California Department of Public Health (CDPH) recognizes the growing role that SBHCs play in delivering comprehensive, integrated care for their clients. In order to better understand the needs and challenges facing SBHCs, CDPH initiated a collaborative effort between CDPH, the California School-Based Health Alliance, and the Public Health Survey Research Program of California State University Sacramento, to conduct an SBHC needs assessment and a series of stakeholder interviews with SBHC administrators and CDPH program staff. The data gathered from SBHC will be linked to that of the 2016-17 National School-Based Health Care Census, and will be used to inform CDPH resource development, communication, and trainings for SBHC.



THE WORK

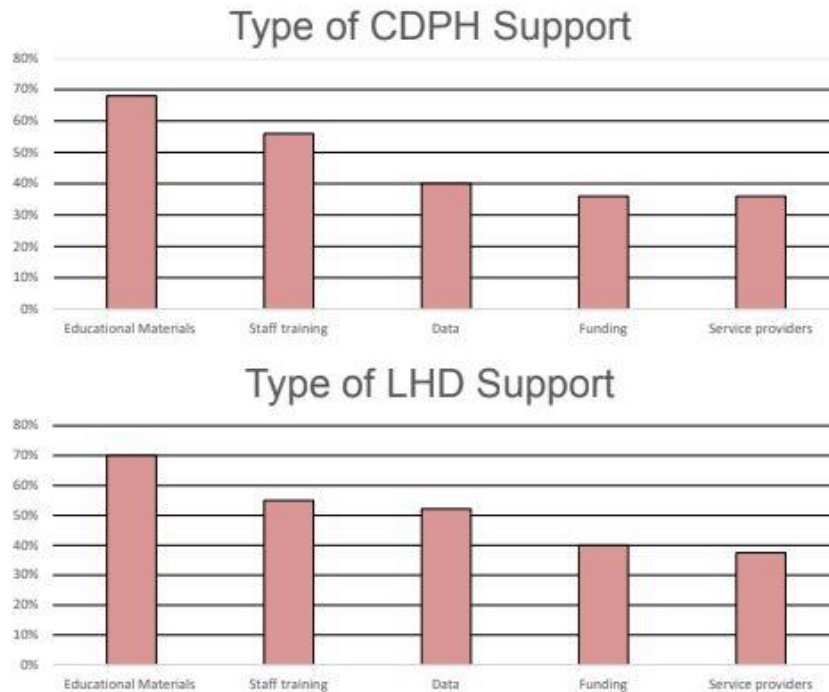
Key Activities & Accomplishments

1. Established a cross-department workgroup
2. Conducted Formative Evaluation
 - SBHC Needs Assessment (77 centers)
 - Key Informant Interviews with CDPH (17) and California Department of Education (CDE) (1) staff
 - Key Informant Interviews with 7 other states
3. Conducted trainings for CDPH (6) and SBHC (2) staff
4. Sponsored the California School-Based Health Alliance Conference
5. Drafted CDPH Resource Guide for School-Based Health Centers

THE IMPACT

There was interest in learning whether or not SBHCs are currently working with organizations at the State and Local Health Department (LHD) levels. Of those that are working with CDPH, the top areas in which they receive support include:

- Educational Materials
- Staff Training
- Data
- Funding
- Service Providers



THE FUTURE

- The School-Based Health Center Workgroup (SBHCW), which consists of approximately 65 members, will continue to convene and identify strategies for working in collaboration with SBHC and LHDs
- The SBHCW will convene in February 2019 to develop a strategic plan and communications plan for CDPH efforts
- CDPH will release the new SBHC resource guide
- CDPH will participate in the 2019 annual School-Based Health Conference
- CDPH will continue to develop resources and trainings to support SBHC and CDPH staff



Senior Specific Mini-Flyers: Partnering with Local Food Distribution in the Far North

Amy Gonzales and Nancy Quirus, Center for Healthy Communities

THE NEED

In both Shasta and Trinity counties a new pilot program named the 'Senior Brown Box Program' was gearing up to provide supplemental commodity foods to low-income older adults. PSA2 SNAP-Ed nutrition educator and Registered Dietitian, Nancy Quirus, reached out to the Director of the Shasta County Food Bank with hopes of working together to reach a large number of low-income older adults county-wide with SNAP-Ed



nutrition education on a monthly basis. With PSA2 SNAP-Ed funds, these mini nutrition education flyers were created, printed, and distributed monthly with Senior Brown Box commodity foods.

THE WORK

PSA2 SNAP-Ed has successfully partnered with local food distributions in Shasta, Siskiyou, and Trinity counties to create monthly mini-nutrition education flyers focused on improving the health of low-income older adults at least 60 years of age. Monthly mini-nutrition education flyers include large-font recipes, tailored for 1-2 people, highlighting several ingredients commonly found in the Commodity Supplemental Food Program boxes. These mini-



nutrition education flyers also include information on topics that particularly pertain to older adults such as hydration, the importance of eating breakfast, and other materials adapted from the USDA SNAP-Ed website.

THE IMPACT

Although no formal evaluation has been done for the impact of this project, anecdotal feedback has been positive. A testament of the impact of these mini-nutrition education flyers was most obvious during the months that the mini-flyers specifically created for Shasta & Trinity counties replaced the standard recipe cards from the Champions of Change program. Food bank managers reported never receiving any mini-flyers back from participants and that 'new' or 'different' commodity food items were being utilized, eliminating food waste and improving overall nutritional intake.

Make Your Senior Brown Box S-T-R-E-T-C-H

Packed with fresh fruit, this pita pocket makes a wonderful breakfast, lunch or snack featuring your commodity foods. Enjoy!

Peachy Peanut Butter Pita Pocket

Serving size: 4 Prep time: 7 minutes Skill level: Easy

Ingredients

2 pita pockets (medium, whole wheat)
¼ cup peanut butter (reduced fat, chunky)
½ apple (cored and thinly sliced)
½ banana (thinly sliced)
½ peach (fresh, thinly sliced)

No pita pocket? No problem. Substitute for a whole wheat tortilla!

Directions

Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls. Fill with a combination of apples, bananas and peach slices and serve at room temperature.

Nutrition information per serving: Calories 183, Carbohydrate 26 g., Fiber 4 g., Protein 7 g., Fat 7 g.



Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program (SNAP). Provided by your SNAP-Ed dietitians in Shasta, Siskiyou & Trinity counties

Meet Your Protein Needs with Plant Proteins!



Research has suggested that adults over 65 may benefit from increasing their protein intake. Plant-protein, like peanuts, are a great alternative to animal-protein and have been associated with lower risk of disease. Protein is important for maintaining and gaining lean body mass, required for soft tissue repair, and contributes to bone and immune health.

Here are some easy to make peanut butter snacks:

- Apple slices with peanut butter dip
- Peanut butter and jelly sandwich
- Celery sticks spread with peanut butter and raisins
- Peanut butter- banana smoothie
- Peanut butter layered whole grain crackers
- Rice cakes spread with peanut butter

THE FUTURE

Evaluation of these efforts for effectiveness is being considered before the expansion of this project to other counties in PSA2 and also PSA3. In the meantime, PSA2 SNAP-Ed continues to strengthen its partnership with congregate meal sites to aid in having commodity supplemental food programs reach home-bound older adults. Commodity Supplemental Food boxes and mini-nutrition flyers are currently being delivered to home-bound older adults within Siskiyou County and we hope to expand deliveries like these to the surrounding counties.



The Impact of Partnering with the 4-H Youth Development Program to Teach Cooking in a UC-CalFresh Afterschool Program

Angela Asch and Marcel Horowitz, UC-CalFresh Nutrition Education Program

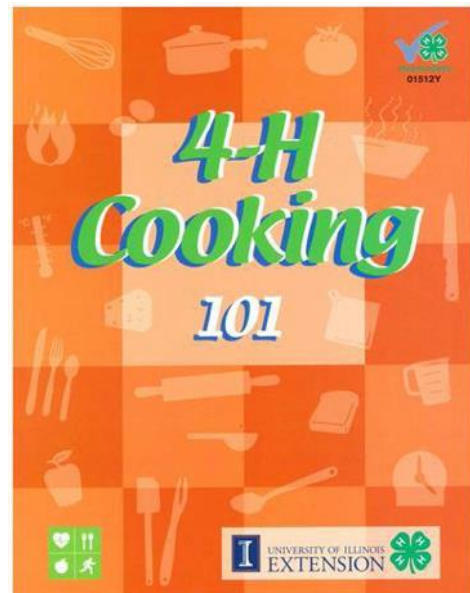
THE NEED

Leadership opportunities for low-income, high risk, middle school and high school youth are few in Yolo County. Fostering youth development and leadership skills in teens helps to increase their competence, confidence, connection to their community, and their growth and development into healthy, productive adolescents and adults. Research indicates that youth who practice leadership skills report more community engagement and a stronger sense of purpose and meaning. Furthermore, teaching youth life skills like cooking and food preparation safeguards their health and well-being.



THE WORK

4-H & UC-CalFresh Nutrition Education Programs in Yolo County partner to implement Cooking Academy; a Teens-As-Teachers (TAT) program aimed to move from serving youth to engaging them. This TAT program leads youth through a 7-week afterschool program of nutrition education, food preparation, cooking skills, and techniques. The TAT model provides middle school youth extended learning opportunities to shadow college interns and UC CalFresh staff during lessons. Youth progressively move into teaching their peers how to successfully complete healthy recipes and hands-on nutrition education activities.



THE IMPACT

To date, 19 Teen leaders (including middle school-age youth & young college interns) have received training to teach nutrition education, food preparation, and cooking lessons to 5th & 6th grade student chefs at several intervention sites. After training and completing the program, 100% of teen leaders felt they could successfully work with younger youth. In

addition, 39% of chef participants stated that teamwork and cooperation were the best parts of the program. Further, 44% of chef participants stated they learned about healthy food choices, and 89% indicated improvement in cooking self-efficacy. Currently, 284 chefs have graduated from the program.



THE FUTURE

The strong collaboration between 4-H, UC-CalFresh, and one local implementing school has led to continued and expanded youth engagement opportunities through the formation of a Student Nutrition Advisory Council (SNAC), and created more demand for continued Cooking Academy programming. In addition, Smarter Lunchroom initiatives are being investigated at this site. Moreover, since its inception and success in Yolo County, Cooking Academy



programming is implemented in across the continues to reach, scope, and impact of the 4-H and UC-CalFresh programs.



now being 9 counties state, which expand the

The Role of SNAP-Ed in a Community-Wide Initiative to Promote Seasonal Produce

Katie Johnson, Katy Hammack, Lauren Borges Hector Ochoa, UC CalFresh & UCCE Central Sierra – Calaveras County, Danielle Truelsen, Calaveras County Public Health

THE NEED

Calaveras County is a rural area that includes foothill and mountain terrain in the Central Sierra region. Among a population of 45,670, the 2017 SNAP-Ed County Profile estimated that 64% of adults and 42% of teens were overweight or obese, and 60% of public school students were eligible for free or reduced-price lunch – all higher than the CA average. Also, despite the county's rural landscape, less than 5% of Calaveras' land is agricultural according to USDA National Agricultural Statistics Service data.



THE WORK

With the help of funding from a California Department of Food & Agriculture Specialty Crop Block Grant, multi-sectoral partners in Calaveras County have come together around the shared goal of creating a healthy community that values local agriculture. This project has allowed partners to strengthen their own programs and effectively leverage community resources as they work to increase awareness and consumption of local produce. SNAP-Ed programs contribute staff time, research-based curricula, and funds for seasonal produce tastings.



Major Partners Include:

- Calaveras Unified School District
- Calaveras High School
- Calaveras County Public Health
- UC CalFresh, UC Master Gardeners & UCCE Central Sierra
- UC ANR Sustainable Agriculture Research & Education Program
- Food Corps
- Gardens to Grow In



THE IMPACT

In FFY18, Calaveras Unified School District teachers, UC CalFresh staff and extenders, and Calaveras County Public Health NEOP staff supported school gardens and delivered coordinated nutrition education at all nine K-12 schools in the district, the largest in Calaveras County. Seasonal produce tastings, cooking lessons, and farm visits were also held with families and youth county-wide.

Approximately 2,822 students in Calaveras Unified School District received one or more of the following:

- Seasonal produce tastings
- Experiential garden education
- Nutrition and physical activity education
- Field trips to farms
- Presentations from farmers
- Positive youth development through role modeling among mixed-age students



THE FUTURE

This project has supported the full implementation and sustainability of district-wide garden-enhanced nutrition education programs, while also promoting local farmers and healthy food access. The grant will end in March 2019, but partnerships are now well-established and expected to continue indefinitely. Grant evaluation results are being analyzed and will be used to inform future community projects. Initial findings indicate that more work is needed to teach the community about all of the locations where fresh produce is available.

Using PA to Engage Afterschool Program

Jaci Westbrook, UC CalFresh Nutrition Education Program, Kyle Fliflet, Stanislaus County Health Services Agency

THE NEED

UC CalFresh Nutrition Education Program and the Stanislaus County Health Services Agency (SCHSA) both provide nutrition, physical activity, and PSE support to the Modesto City School District.



The request for ongoing programming in the After School Education and Safety (ASES) Program is district-wide.

The ability for SNAP-Ed to capture direct education hours has been a challenge.

THE WORK

Over the last three years ASES staff received either CATCH or SPARK education training funded by SNAP-Ed.

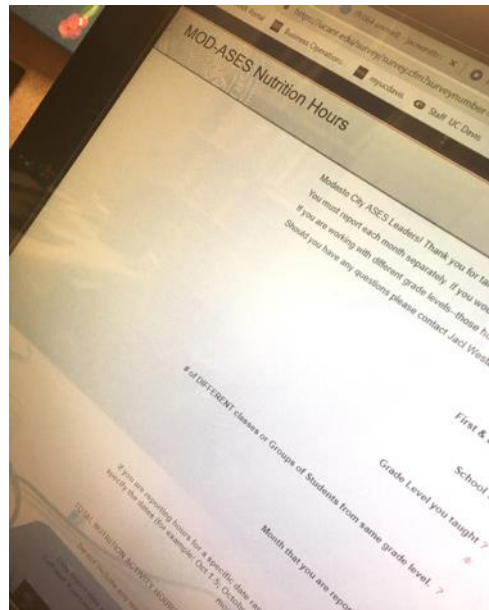
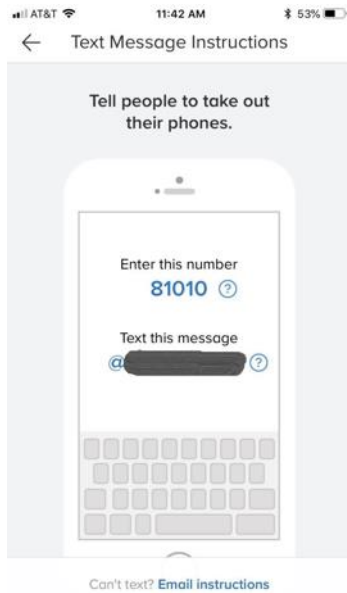


All sites have access to materials for either program. ASES staff use the physical activity programs daily. However, direct education hours were not being reported/collected for a number of reasons.

UC CalFresh staff is pilot testing technology to increase program activity reporting that will provide results to both agencies.

THE IMPACT

The collection tool is an online survey through the UC Cooperative Extension. ASES staff sign up for notifications using the Remind app via text. It provides the basic information for the month they are reporting programming.



Supervisors can sort the data from over 200 ASES staff by school site and distribute it to the appropriate SNAP-Ed program and staff.

THE FUTURE

As the use of technology increases with the ASES staff collaborating, SNAP-Ed partners anticipate being able to capture the afterschool physical activity programming hours in all 26 K-8 Modesto City School afterschool programs.

The ongoing evaluation anticipates being able to report the increased physical activity time and meet the requirements of the school wellness policy.



What's For Lunch Project: A Successful Collaboration Between Food Service and SNAP-Ed

Chanelle Vincelli, UC CalFresh, Tawny Cowell, Redding School District

THE NEED

Redding School District

Student population: 3175
Free & Reduced: 1882 (59.2%)
Food Service Employees: 30
Budget: \$1,716,589
Schools: 8

Participation

Breakfast: 36%
Lunch: 69%

Redding School District developed an initiative to increase school lunch participation by:

- Increasing scratch cooking in the kitchen
- Engaging and empowering students to create healthy recipes

“Getting students involved in the lunchroom fuels student pride and excitement as well as provides important insights into student’s preferences and needs.” SLM – Student Feedback



THE WORK

UC CalFresh collaborated with the Nutrition Services Director, Food Service Staff, Teachers, Principals, and Students to provide:

- Monthly Taste Testing:
Each month a food taste



testing was provided, 8 schools participated, and each school tried 2 new foods annually.

- Recipe Contest: All students at 2 schools had the opportunity to submit a nutritious meal suggestion that would be school lunch eligible.

THE IMPACT

School Lunch Participation Increased!

- Featured Days- 4% increase
- Sample Days- 2% increase
- New Item- 2% increase
- Food Taste Testing items that had strong results were permanently added to the school district lunch menu
- Monthly lunch menus were updated to attract students and parents including: highlighting new menu items, promoting Sample Days and, showcasing Featured Days.



THE FUTURE

2018-19 School Year Projects:

- Spot Your Lunch Campaign: Lunch Waste Reduction
- Recipe Contest: Participation from all schools in the District
- Breakfast Challenge: Increase breakfast consumption



Working Together, Feeding Children, Making a Difference!

Robin Ronkes, Teslyn Henry King, and Yen Ang, San Bernardino County Department of Public Health

THE NEED

In San Bernardino County, 1 in 4 children experience food insecurity. Eighty-two percent of schools countywide are SNAP-Ed eligible and 71% of students are eligible for Free/Reduced Priced Meals (FRPM). The Summer Meals Program is intended to fill the summer hunger gap for children 18 and younger when school is out, however, in 2016 only 4% of those receiving FRPM during the school year participated in Summer Meals. Thus a need was identified to ensure continuity of meal programs for at-risk children during the summer.



THE WORK

To ensure the continuity of meal programs for at-risk children, the San Bernardino County Nutrition Action Partnership (CNAP) prioritized Summer Meals and established a Subcommittee which met five times in FFY 18. These sectors were represented:

- Education
- Government
- Non-profits
- Health Care

Furthermore, partners garnered support from other sectors, including agriculture, businesses, and media. The goals of the Subcommittee were to increase participation and increase the number of Summer Meal sites.



THE IMPACT

To accomplish this, CNAP focused on the following:

1) Promotion

- 2-1-1 provided 13,000 Summer Meal messaging calls in June and July.
- 12 CalFresh Offices invited school district sponsors to promote Summer Meals to over 1,200 staff.
- 15 WIC Offices promoted Summer Meals to participants.
- 9 Kick-Off events were initiated by sponsors!

2) Enrichment Activities

Ten school districts conducted enrichment activities at sites, including physical activity.

3) Increased Sites

At meetings, organizations interested in hosting sites were introduced to Summer Meal Sponsors. In 2018, sites increased by 23% (204 to 252).

4) Champions Recognized

Hesperia School District received the “Summer Sunshine for *Impactful Enrichment Activities*” and the “Turnip the Beet GOLD” awards for their 2017 Summer Program. Betty Crocker, Redlands School District, also received the “2018 No Kid Hungry Summer Meal Hero” award.



THE FUTURE

Sponsors/partners shared best practices, challenges, and 2019 future plans. They were encouraged to apply for the USDA Summer Sunshine and Turnip the Beet (Quality Meal Service) Awards. Overall, 100% of those participating on the Summer Meal Subcommittee considered the meetings and interactions helpful in enhancing their programs and useful in addressing participation. The Subcommittee will explore expanding summer meal sites to include healthcare facilities and strengthen partnerships, especially between cities and school districts.



Family and Community Partnerships Sustain Positive Health Outcomes at Nicolet Middle School

Claudia Carlos, Emma Sandoval, and Chutima Ganthavorn, UC Cooperative Extension-UC CalFresh, Anna M. Jones, Center for Nutrition in Schools-UC Davis, Rachel E. Scherr, Dept. of Nutrition-UC Davis

THE NEED

Nicolet Middle School in Banning Unified, located in the rural area of Riverside County, is a school with great challenges:

- 92% of students are from low-income families (greatschools.org)
- 86% qualify for free/reduced price meals
- Low academic performance with test scores that fall far below the state average
- High percentage of minorities: 70% Hispanic, 7% Black, 5% Asian, 3% American Indian
- 30% are obese (in need improvement-health risk category for body composition)



THE WORK

- UC CalFresh partnered with UC Davis Center for Nutrition in Schools to implement the Shaping Healthy Choices Program (SHCP) in one classroom.
- The school teacher brought his father to help build the school garden.
- UC CalFresh partnered with the District Child Nutrition Services and the School Wellness Committee to implement Youth-led Participatory Action Research (YPAR)
- UC CalFresh partnered with the Dairy Council of California to promote Healthy Snack Day.
- UC CalFresh provided nutrition education to parents.



THE IMPACT

- The School Health Check (SHC2) shows nutrition education and promotion, and wellness, are two areas with the greatest improvements.
- Nutrition education expanded from SHCP to include EatFit and Exercise Your Options, reaching a total of 799 students in 20 classes.
- A school garden has been established and used to plant a cultural garden with assistance from the UC Master Gardener Program.
- Four students, participated in YPAR, gained research skills, and identified a research question: “Would a walking trail help increase the opportunities for physical activity in our school community?”



THE FUTURE

- The Shaping Healthy Choices Program developed a relationship with this school that continued during FFY18 for the second year of implementation.
- In FFY19, UC CalFresh plans to continue to build our partnerships with the school community. There is a plan to expand the number of SHCP classrooms and the number of garden beds.



Seniors Gardening Together

Mary Louise Zernicke, Alameda County Social Services Agency – Area Agency on Aging, Jenny Wang, Alameda County Public Health Department – Nutrition Services Program, Julie Pavuk, City Slicker Farms

THE NEED

- Seniors in low-income housing have unique needs and are underserved. They need more innovative nutrition and wellness supports.
- Alameda County Public Health Nutrition Services Program (ACNS) was facing budget cuts and lay-offs.
- We wanted to engage this population with Area Agency on Aging (AAA) partners, providers, and services.



THE WORK

Under AAA's leadership, we partnered with:

- ACNS for evidence-based nutrition education, physical activity promotion, and community engagement expertise.
- City Slicker Farms for raised-bed garden builds, gardening technical assistance, and new starts for two years.
- Low-income senior housing sites' resident services coordination, housing development, and property management.
- Residents who are highly engaged in garden design, building, and governance.



THE IMPACT

- Policy, System, Environmental Change Work. Garden builds provide a lasting change, including two years of follow-up.
- Partnership between Social Services and Public Health seen by the county government as a model to emulate.
- High client satisfaction by older adult gardeners and class attendees.
- Leveraged additional local dollars to provide more gardens and education.
- One large low-income senior housing developer (SAHA) now requires all new properties to include a garden.

“I Love Love Love my garden because it saves me time from going to the store, saves me money and it’s organic right outside my apartment.” – Annie Belvin, Bancroft Senior Homes Resident

“The garden program is the best thing that happened.... builds community and friendship.... gets us outside for fresh air and exercise.” – Joaninha, Park Blvd Manor Resident



THE FUTURE

Our vision:

- All senior housing facilities will include a garden.
- All senior housing staff and residents will feel connected with AAA, the Public Health Department, and the garden.
- Partners will continue to leverage funds to grow this partnership.



PHYSICAL ACTIVITY

CATCH Madera Unified Pep Grant at Work in the After School Program

Karina Macias, Kristi Schultz-Sharp, and Austin Cantrell, University of California Cooperative Extension, CalFresh Nutrition Education Program

THE NEED

The need to address Madera Unified School District's (MUSD) students' low levels of physical fitness and overall health is well documented and studied.

- Madera County ranked fifth worst amongst California's 58 counties in "Healthy Behaviors- Diet and Exercise (County Health Rankings & Roadmaps, 2016).
- 59% of Madera County children are in an unhealthy weight zone (Children Now's California County Scorecard, 2014).
- MUSD students consistently score significantly below their state-level peers on the California Physical Fitness Test.



THE WORK



In 2017, MUSD was awarded the Carol M. White, Physical Education Program (PEP) Grant, which sought to increase nutrition and physical education at afterschool programs district-wide. Afterschool programming provided by the California Teaching Fellows Foundation (CTFF), led to a partnership with UC CalFresh in fiscal year 2018.

This partnership supported the MUSD Physical Education Department and the PEP Grant PE standards. Certified UC CalFresh staff provided trainings on the Coordinated Approach to Child Health (CATCH) for CTFP program staff.

THE IMPACT

The impact of the district-wide coordinated afterschool approach and PEP Grant data showed:

- 59 afterschool program staff were trained to deliver CATCH district-wide
- a total of 2, 459 students were reached
- an 8% increase in student physical activity of 60 minutes or more
- a 9% increase in students who met the healthy fitness zone standard
- a 23% increase in students cardiovascular fitness levels
- a 13% decrease in the number of students designated overweight or at risk for being overweight



THE FUTURE

“MUSD is grateful for the partnership shared with UC CalFresh. We appreciate nutrition education services provided in our classrooms, afterschool programs, and parent resource centers. Also, we find CATCH trainings with our afterschool program staff and nutrition curriculum trainings with our Physical Education teachers to be valuable tools that empower

MUSD adult leaders to better help students to make healthy choices. Furthermore, data over a two-year period shows a significant increase in nutrition knowledge, healthy eating habits, physical activity, and fitness assessments taken by our students. Thanks for your continuing support, UC CalFresh!”

Jaime Brown, Madera Unified Physical Ed Program Grant Coordinator

CATCH "Tweens as Teachers" Model

Carrie Yarwood and Rosemary Carter, UC CalFresh Nutrition Education Program



THE NEED

44% of Nevada County children are sedentary 2+ hours on a typical weekday. Many of these children participate in afterschool programs. UC CalFresh saw a need to expand physical activity opportunities for the afterschool program at Bell Hill Academy in Grass Valley, CA.

THE WORK

In addition to training the afterschool program site supervisor, UC CalFresh trained a group of fourth grade "Tweens as Teachers" to lead CATCH activities for the afterschool program at Bell Hill Academy during the 2017-2018 school year.



THE IMPACT

All of the 2nd through 4th grade children in the after-school program were able to participate in fun CATCH activities led by their fellow classmates. With lessons being led by their peers, students were more actively engaged, resulting in greater behavioral changes and healthy outcomes.

THE FUTURE

Each year, a group of 4th grade students at Bell Hill Academy will be trained to be “Tweens as Teachers” and model CATCH activities for their afterschool program.



CATCH Some Physical Activity in Santa Clara County

Jennifer Gacutan-Galang and Celeste Cordeiro, Santa Clara County Public Health Department

THE NEED

In Santa Clara County:

- 12% of teens and 25% of children are physically active at least 1 hour per day.
- Many school districts are under-resourced without PE teachers, leaving PE to be facilitated by the classroom teacher.
- In afterschool settings, there is no standard, structured physical activity time.



THE WORK

The goal is to sustain efforts of creating structured physical activity for Santa Clara County youth.

- In partnership with Santa Clara County UC CalFresh
- Ten schools, school districts, afterschool providers and early childcare providers will receive CATCH training.
- 12,000 youth will be engaged in structured physical activity.



THE IMPACT

Schools and school districts that have received CATCH training will implement CATCH games during recess time, providing structured play.

Afterschool providers will implement CATCH during their regular program offerings in the afterschool program so that youth can be active.



Students who participate in physical activity are likely to have better grades, cognitive performance, and classroom behavior.

THE FUTURE

Santa Clara County Public Health Department will provide yearly follow-up training to the organizations that have already been trained in order to make sure new staff implement CATCH and to refresh existing staff on CATCH.

Additional organizations that have expressed interest, will have the opportunity to be trained.



Culture Inspires Residents to Be Active

Alejandro Villegas, Fresno County Department of Public Health

THE NEED

Champion parents in Reedley wanted to increase their fitness level.

- Physically Active
- Discovered Baile Folklórico
- Low income families



THE WORK

Champion parents came up with creative fundraising opportunities. Working alongside a local school principal and a Zumba instructor, the champions planned and organized a Zumbathon.

- Created flyers and tickets
- Over 70 people attended
- Gift baskets were raffled



THE IMPACT

Through their creative fundraising activities, champions were able to:

- Obtain new folklórico dresses and accessories
- Stay physically active
- Gain more interest from other community members
- Gain community officials support
- Address issues that affect their community



THE FUTURE

The champions wish to expand and grow their group:

- Invite new members to join
- Created guidelines and rules
- Developed dances and techniques
- More sustainable physical activity opportunities



POLICY CHANGE

A Historic Policy Change Through Rethink Your Drink Campaign

Yen Ang, San Bernardino County Public Health Department Nutrition

THE NEED

Rethink your Drink (RYD) has been routinely used as a public health education tool for many years. However, its potential impact goes beyond creating awareness about the importance of drinking water through direct and indirect education.

The purpose of our project was to revitalize and morph an aged education tool such as this into a public health campaign that not only educates the community but also garners legislator's support for a policy that has already generated much political and public interest, namely the Healthy-By-Default Beverage policy.



THE WORK

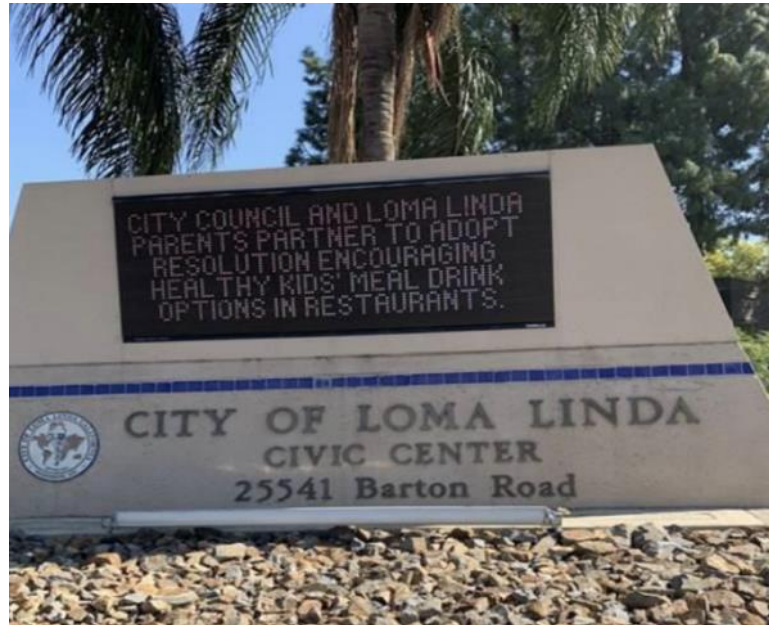
Loma Linda was identified as the city that was interested in adopting the health policy. A Health Coalition was formed in March 2018 to forge a collaborative partnership with stakeholders in the community. RYD campaigns were conducted in the city from June through September. Participants in the campaigns were encouraged to take a pledge to drink more water and less sugary drinks. Surveys were conducted among parents and restaurant owners to assess their views on how the policy might impact them. Simultaneously, the coalition initiated conversations with the city council members about the policy and its possible adoption.



THE IMPACT

A total of 1400 pledges were collected (aged 3 to 56) between June and September 2018. More than half (55%) of the pledges came from children aged 6 to 10.

Of the 460 parents surveyed, 97% of them indicated their support for the Healthy-by-Default policy. 70% of the restaurants surveyed were in favor of having water or milk as the default beverage instead of soda, and 80% did not think the policy would hurt their business. The findings of our survey were shared with the city council members.



Finally, on Oct 9, the city voted unanimously to pass a resolution to support the policy, ahead of the California state law which comes into effect in January 2019. The resolution makes Loma Linda the first city in San Bernardino County to demonstrate grassroots support for the policy.

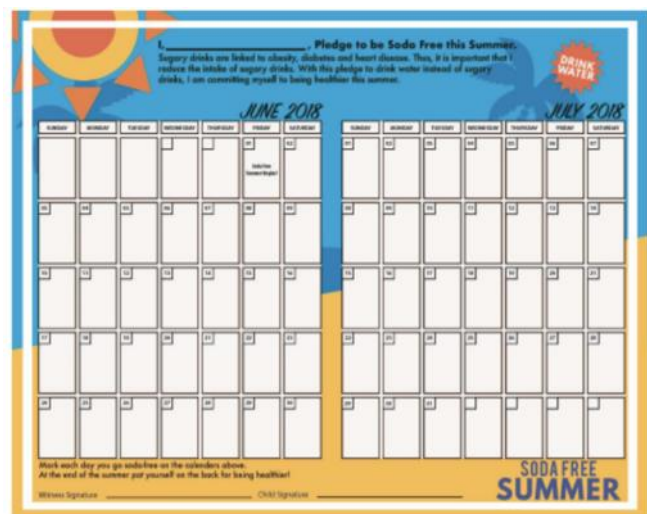
Our experience illustrates a successful adaptation of an educational tool to effect policy, system, and environmental change.

The adoption of the Healthy-by-Default policy by a local government is unquestionably more sustainable and impactful as it reflects the will of the people at the grassroots level.

THE FUTURE

Through continuous community advocacy and engagement, a proposal was presented to the city council to set up a Health Advisory Board that will continue to provide advice on matters relating to health policies impacting the residents in the city.

Creative effort is needed to utilize education to effect policy change which transcends the health impact from individuals to population.



Harvesting Wellness Policies in Schools

Cristina Luquin, Guadalupe Ramirez, Hector Ochoa, and Katie Johnson, UC CalFresh in the Central Sierra – El Dorado County

THE NEED

The Lake Tahoe Unified School District (LTUSD) wanted to create a Wellness Policy establishing a uniform approach to improving student health. UC CalFresh Nutrition Educators attended meetings to provide insight on services offered, as well as to provide examples of potential solutions to problems identified. The committees created goals for the next three years. Parents and community members identified the need for Nutrition Education at all grade levels, a coordinated approach with community support for a better health environment, and identified UC CalFresh as a key supporter in creating this environment.

LTUSD BOARD OF EDUCATION	
NUTRITION COMMITTEE • PROPOSED GOALS	
YEAR 1 2018-2019	GOAL 1:1 Provide Nutrition Education to students in grades TK-5 in collaboration with Cal Fresh focusing on drinks, snacks and sophisticated food choices.
	<p>Actions</p> <ul style="list-style-type: none"> Analyze effects of Nutrition Ed Research other food service programs Collect student and family surveys <p>Outcome</p> <ul style="list-style-type: none"> Access to age-appropriate, healthful items for all foods and beverages made available on campus
YEAR 1 2018-2019	GOAL 2:1 Reduce use of pre-packaged foods.
	<p>Actions</p> <ul style="list-style-type: none"> Collect baseline data for current use of pre-packaged food through surveys Provide access to healthy foods and beverages as defined by: Water • Reduced or Fat Free Milk • Fresh & Dried Fruits and Vegetables • Eggs • Protein <p>Outcome</p> <ul style="list-style-type: none"> Access to age-appropriate, healthful items for all foods and beverages made available on campus
	GOAL 2:2 Implement "Play 1 st , Eat 2 nd " in grades TK-5 th to encourage healthy eating habits.
	<p>Actions</p> <ul style="list-style-type: none"> Collect breakfast and lunch participation data Track food waste <p>Outcome</p> <ul style="list-style-type: none"> Increase student participation in Nutrition Program

THE WORK

As part of Year 1 goals, the district, Barton Health (the local healthcare provider), and UC CalFresh have partnered to implement Harvest of the Month (HOM) at all elementary schools in the district. The district has agreed to purchase produce monthly for tastings and make them available to all students in the cafeterias during lunch. Students



are then given the chance to vote on the produce, providing valuable information to food service staff working to eliminate food waste. Educational materials are supplied to teachers as well as short videos on the selected produce which are kid-friendly and fun.

THE IMPACT

“For the month of October, the radishes had accidentally been placed out for the kids during lunch the day before.... the kids barely touched them when set out unattended. The next day, the radishes were put back out, but this time, we were there to help hand them out and also host the voting station. The kids went nuts for the radishes! ... Some kids lined up for seconds and thirds. The faculty couldn't believe the difference in attitudes from the day prior...” -Natasha Schue, Community Outreach Coordinator Barton Health

Close to 1,900 elementary school students will be impacted by the program implementation- even at sites that aren't being directly served by UC CalFresh.

Date	Site	Setting	Ages/Grades	Food Served	Total "Like it"	Total "Okay"	Total "Not Today"	Total Students Who Tried
4/23/18	Tahoe Valley Elementary	cafeteria	K-5	Avocado	150	27	41	218
8/2/18	Boys & Girls Club		TK-8	Raspberry Lime Fizz	108	16	9	133
9/25/18	Tahoe Valley Elementary	cafeteria	K-5	Kiwi	244	10	14	268
10/10/18	Tahoe Valley Elementary	cafeteria	K-5	Radishes-Sliced	123	38	62	223
10/10/18	LTESM*	Cafeteria	K-5	Radishes-Sliced	140	53	30	223
11/15/18	Bijou Elementary	Cafeteria	K-5	Butternut Squash	64	92	91	247
11/15/18	Tahoe Valley Elementary	Cafeteria	K-5	Butternut Squash	107	39	124	270
11/15/18	LTESM*	Cafeteria	k-5	Butternut Squash	59	29	89	177

*Site not eligible for UC CalFresh services. Tasting conducted by partner, Barton Health

THE FUTURE

By the end of the 2018-2019 school year the aim is for all elementary schools to be able to independently run their HOM tastings and votings. Having elementary schools running independently allows nutrition educators to focus on closing the gaps in students' nutrition education. Currently, UC CalFresh has nutrition education in the TK-5th and 9th-12th grade classes, but has not been able to effectively reach 6th-8th grade students. Solidifying direct education this school year will allow work to begin on the Year 2 and Year 3 goals set by the committee.

YEAR 2 2019-2020	GOAL 1:2 Increase youth voice in decision-making. Increase stakeholder awareness of wellness policy.
	Actions <ul style="list-style-type: none"> Analyze effects of Nutrition Ed Research other food service programs Collect student and family surveys Outcome <ul style="list-style-type: none"> Access to age-appropriate, healthful items for all foods and beverages made available on campus
	GOAL 2:3 Increase use of garden fresh foods to encourage participation in school lunch program.
	Actions <ul style="list-style-type: none"> Collect baseline data for current use of pre-packaged food through surveys Provide access to healthy foods and beverages as defined by: Water • Reduced or Fat Free Milk • Fresh & Dried Fruits and Vegetables • Eggs • Protein Outcome <ul style="list-style-type: none"> Access to age-appropriate, healthful items for all foods and beverages made available on campus
YEAR 3 2020-2021	GOAL 2:4
	Actions <ul style="list-style-type: none"> Collect breakfast and lunch participation data Track food waste Outcome <ul style="list-style-type: none"> Increase student participation in Nutrition Program
	GOAL 1:3 Access to Nutrition Education for families. Composting in secondary schools.
	Actions <ul style="list-style-type: none"> Analyze effects of Nutrition Ed Research other food service programs Collect student and family surveys Outcome <ul style="list-style-type: none"> Access to age-appropriate, healthful items for all foods and beverages made available on campus
YEAR 3 2020-2021	GOAL 2:5 Access to Nutrition Education for families.
	Actions <ul style="list-style-type: none"> Collect baseline data for current use of pre-packaged food through surveys Provide access to healthy foods and beverages as defined by: Water • Reduced or Fat Free Milk • Fresh & Dried Fruits and Vegetables • Eggs • Protein Outcome <ul style="list-style-type: none"> Access to age-appropriate, healthful items for all foods and beverages made available on campus
	GOAL 2:6 Collaboration between food services staff & STHS culinary program.
	Actions <ul style="list-style-type: none"> Collect breakfast and lunch participation data Track food waste Outcome <ul style="list-style-type: none"> Increase student participation in Nutrition Program

Teens Advocate for Expanded Drinking Water Policy

Marisa Neelon, Charles Go, and Eli Figueroa, University of California
Agriculture and Natural Resources (UCANR)

THE NEED

In Contra Costa County, the California Health Interview Survey (2015-16) found that 26% of teens, ages 12-17, drank 8 or more glasses of water the previous day. In addition, 62% of teens drank 2 or more sodas the previous day, this is 2 times more than the statewide rate of 29%. The consumption of sugar-sweetened beverages (SSBs) is one factor that contributes to obesity. Research shows that substituting zero-calorie water in place of SSBs can help reduce weight gain ultimately reducing the risk of developing chronic diseases.



THE WORK

Project 4-H20 is a youth-led participatory action research project focused on drinking water access and appeal. Six high school teens designed a survey and collected responses from their peers. 97% of students reported drinking water. However, 60% of the students were not drinking water provided at school and instead brought water from home – the reasons were a perception that the water was “unsafe,” “tastes bad,” and “broken water fountains.” Consequently, the reported average student daily water consumption was 4.92 cups, less than the recommended 8 cups.



THE IMPACT

The teens' presentation propelled John Swett Unified School District board members to approve funds to install six water refilling stations as part of the ongoing high school renovation. These stations will provide students access to free, safe, and appealing drinking water throughout the school day. Expanded access to zero-calorie drinking water throughout the day will provide an alternative to SSBs and reduce the risk of excess weight gain.



THE FUTURE

Project 4-H2O teens will provide:

- Peer education on the health benefits of drinking zero-calorie water and promotion of the water refilling stations.
- Advocacy to expand the current school board drinking water policy to



**DRINK SMARTER
CHOOSE WATER!**



TARGET POPULATION

Health Group at Ola Fou Church

Katy Cisneros and June Pouesi, Office of Samoan Affairs

THE NEED

The Pacific Islander Community is facing high levels of disease, premature disability, and death linked to unhealthy diets and lifestyles. Food plays an important role in Pacific culture, customs, and traditions. The inability to access enough safe and nutritious food threatens food and nutrition security in the Pacific Islander culture, specifically within the Samoan and Tongan communities. The Office of Samoan Affairs (OSA) heavily outreached the Champions for Change (CFC) program to the Samoan Faith Community.



THE WORK

Our CFC program has worked closely with Ola Fou Church, a Samoan Congregational Church in Lomita, CA. Using the evidence-based Faithful Families Eating Smart and Moving More curriculum, the CFC team has educated and informed the congregation about making smarter, healthier choices. Once the Faithful Families class series was completed, a newly formed “health group” called the *Choose Health Group* was birthed out of that process.



THE IMPACT

The impact our program has had on this group is the introduction to a healthy lifestyle. Without the CFC program, Ola Fou and other churches may not have had access to nutrition education and physical activity classes. We have brought healthy eating and active living resources into a church setting that the Samoan community is familiar with and have opened a new door to basic nutrition in a way that is mindful and culturally sensitive.



THE FUTURE

Ola Fou church is in the process of developing a pop-up produce stand that will be held monthly at their church for its congregation and surrounding community. Our program also aims to train lay leaders at all our church sites. Lay leaders would be able to sustain program efforts and maintain a healthy culture in their faith community. OSA's goal is to implement a healthy food and beverage policy at two churches, train at least one lay leader, and connect at least one site with a healthy food provider.



High School-Led Youth Field Trips

Katy Hammack, Hector Ochoa, and Katie Johnson, UC CalFresh Central Sierra
– Calaveras County

THE NEED

In order to reach their full potential as leaders in their communities, teens need meaningful leadership opportunities.

In a rural county like Calaveras, activities that offer these opportunities can be limited. Teaching younger students about healthy living and nutrition allows teens to serve as leaders and to role model positive behaviors, while also increasing community food literacy.



THE WORK

In FFY18, 50 Calaveras High School students were given the opportunity to volunteer as teen teachers during field trips to the high school farm. All 2nd and 3rd grade students from the 6 elementary schools in Calaveras Unified School District visited the ¼ acre farm that produces fruits, vegetables, herbs, flowers, and animal products.

High school Teen Leaders were trained by a UC CalFresh Nutrition Educator in a SNAP-Ed approved curriculum to teach gardening and nutrition lessons to the younger students.



THE IMPACT

Results from the youth development opportunity:

- 2nd and 3rd grade students learned about gardens and nutrition with high school leaders, formed bonds, and experienced the high school farm.
- Teens served as role models and leaders.
- Teens learned teaching and presentation skills that increase self-confidence and workforce readiness.



"I felt like they wanted to hear what I had to say. I really had fun with them!" - Teen Leader, 2018

THE FUTURE

All schools in the district have gardens and nutrition education programs. Every year students have the opportunity to reinforce foundational concepts and gain new skills. By the time they reach high school, they are ready to serve as Teen Leaders.

"This is the best day of my life! I want to do this when I come here!" -3rd grade student, 2018



Engaging Desert Cahuilla Indian Youth from the Torres Martinez Tribe

Chutima Ganthavorn and Marlyn Pulido, University of California Cooperative Extension-UC CalFresh; Metria Munyan, Public Health Institute-CWN; Brandon Louie, Center for Regional Change-UC Davis

THE NEED

The eastern part of Coachella Valley is home to the Torres Martinez Desert Cahuilla Indian Tribe. Poverty rates are high: 27% for Coachella, 36% for Thermal/Oasis, and 40% for Mecca/North Shore, as compared with 13% for Riverside County and 12% for California. About 30% of Coachella Valley children aged 2 -17 are obese and 18% are overweight. About 12% of adults have diabetes. Therefore, there is a great need to engage young people in these communities to advocate for health and wellness.



THE WORK

- In FFY18, the Torres Martinez Tribe received funding from CDSS administered by the Public Health Institute Center for Wellness and Nutrition (PHI-CWN) to start a Youth-led Participatory Action Research (YPAR) Project.
- Adult allies, employees of the Tribe, received YPAR training from PHI-CWN and facilitated the youth group meetings.



- UC Davis Center for Regional Change conducted training for the youth on how to use interactive data mapping to research information about their community.

THE IMPACT

Eleven youth aged 12-17 participated in 4 - 14 YPAR sessions. They wrote:

We are Torres Martinez Tribal TANF youth Our mission as YPAR students is to persuade youth into eating healthier and choosing the right food options. As a group of youth, we see the unhealthy lifestyles people are living with and aim to change this. We also aim to get different youth's opinions and views on healthy foods and healthy lifestyles.



THE FUTURE

- The YPAR Project helped strengthen the relationship between the Tribe and UC Cooperative Extension (UCCE).
- With assistance from UCCE, the Tribe recently submitted an application for a Farm to School Planning Grant.
- The Tribe is very interested in farming as a pathway toward economic development and community wellness, especially as an opportunity for tribal youth to return to their agricultural roots.



Engaging Youth in Community Change

Paul Tabarez and Christopher Wong, UC Cooperative Extension-Imperial County

THE NEED

Forty-nine percent of 5th graders are overweight or obese in Imperial County. Engaging underserved youth in Youth-Led Participatory Action Research (YPAR) is necessary to empower youth to make a difference in their community.



Young people have first-hand knowledge of issues and environmental factors that affect their health and community. Their insight can lead to solving community issues while developing lifelong skills.

THE WORK

UC CalFresh in Imperial County has engaged 25 middle school youth from Meadows Elementary School in YPAR over three years, utilizing the YPAR Stepping Stones Curriculum/Framework.



The process included team-building activities, community mapping, research, and advocating for change.

THE IMPACT

The Helping Hands Active Knights (HHAK) are leading healthy change in their school through:

- Increasing access to physical activity by implementing a school stencil project (Year 1)
- Decreasing food waste by receiving approval for a shared table where uneaten food can be salvaged (Year 2)
- Increasing access to fruits and vegetables through community gardens (Year 3).



THE FUTURE

HHAK is looking forward to another successful YPAR campaign in 2019.

The 2018-19 topic continues to address food insecurity and access through engagement with multiple stakeholders.

Youth have structured an agenda and are meeting weekly.



Nutrition Education Programming in Tulare County: Layering Effects of Social-Ecological Model

Deepa Srivastava and Teresa Spicer, University of California Cooperative Extension

THE NEED

- In Tulare County, 44% of youth ages 12-17 years and 78% of SNAP-Ed adults are overweight/obese.
- Additionally, of the 188 schools in Tulare County, 174 (93%) are SNAP-Ed eligible with 76.2% of students eligible for free or reduced-price school meals.
- In response to the obesity epidemic in Tulare County, the UC CalFresh Nutrition Education program in collaboration with local community partners adopted a social-ecological approach to implement nutrition education initiatives among the SNAP-Ed eligible population to promote healthy lifestyle behaviors.



THE WORK

The UC CalFresh comprehensive nutrition programming (e.g. direct and indirect nutrition education, PSE, and social media efforts) approach was implemented in Tulare county:

- Children & Youth Engagement efforts included food tastings; youth, parent, and community nutrition education;
- Parent engagement efforts included food resource management education & physical activities.
- PSE Initiatives included youth farmer's market, school gardens, SLM, and increased opportunities for physical activity such as CATCH and adult walking club.



- Community engagement efforts included support for the EBT market match pilot initiative.
- Partnerships was key to supporting the collaborative efforts.

THE IMPACT

- Participants' Reach: Direct Education N=3,635; PSE N=7,176
- Improved changes at the individual level: Connecting nutrition education to food demonstrations and tastings offered opportunities to establish intent-to-change about healthy eating and active living among children, youth, & adults. All 5 food resource management behaviors (plan, prices, shop, think, facts) improved for adult participants.
- Changes adopted at the environmental level: Sustainable school gardens, increased youth engagement at the school farmer's market, increased physical activity, and school cafeteria changes due to the SLM and EBT Market Match pilot initiative were a success.
- Sectors involved: School Districts, Healthcare, Public Health, Food Banks, and Education. Partnerships and Coalitions helped develop and implement healthy eating and active living sustainable solutions.



THE FUTURE

- In Tulare County, nutrition education initiatives will continue to focus on behavioral and environmental outcomes, blended with educational and

promotional strategies using a sustainable collaborative model at each level of the social-ecological model.

- UC CalFresh Tulare is working to implement SWP in two school districts and will continue to strengthen collective impact.

Obesity Prevention Intervention for 4th-5th Graders

Marcel Horowitz, UC Cooperative Extension, Yolo County, Christie Hedrick, UC CalFresh Nutrition Education Program, Yolo County

THE NEED

A child who is overweight or obese at 8 years of age is 7 times more likely to develop risk factors for cardiovascular disease as a teenager than a child with a healthy weight. Childhood obesity is also associated with depression and problems in school, including missed school days and grade repetition. Long-term studies show that overweight children who grow into a healthier weight and adopt a healthy lifestyle can reduce their risk of future health problems. A gap exists in the availability of a curriculum that can help school-aged children learn how to make choices specifically that impact their weight.

THE WORK

UP4it was developed by the University of California. The materials target known correlates to excess weight gain in youth, with a primary focus on four key areas:

WakeUP- Sleep ten hours at night to feel just right.

EatUP- Select the right food for a better mood.

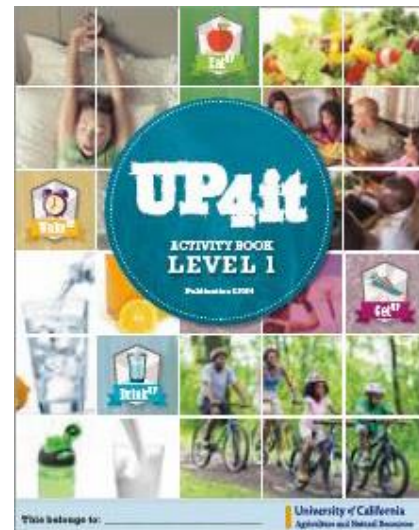
DrinkUP- Choose water first for thirst.

Get UP- Move and play for at least an hour a day.

UP4it activity guides utilize youth development principles that get students engaged in their learning, using problem-solving, teamwork, and 21st-century skills. The activities require no additional resources beyond what you would normally find in a classroom. They link to California Common Core Standards.

THE IMPACT

UP4it was evaluated in the spring of 2018 during formative field testing. Students (n122) completed EFNEP pre/post evaluations.



- 72% of children improved their ability to choose foods according to Federal Dietary Recommendations.
- 27% of children improved their physical activity practices or gained knowledge.
- 31% of children used safe food handling practices more often or gained knowledge.



Responses to the UC CalFresh Teacher Observation Tool and UP4it Teacher Feedback form were positive.

UP4it Teacher Observation Tool feedback from one teacher indicated that in 9/10 areas, students showed improvement.

THE FUTURE

UP4it Level One was designed and written for 4th-5th grade students. Materials align with Common Core State Standards. The activity guides will be available to order for the upcoming 2019-2020 school year.

While activities are paper-based, they are designed to be student-directed and hands-on, requiring no outside supplies.

UP4it training will be available in the near future for SNAP-Ed Programs who are planning to, or interested in, implementation.

UP4it Level Two (5th-6th grade) is currently being reviewed and will be coming soon.



Promoting Nutrition Education Across Lifespan in Kings County: Implications for Policy, Practice, and Programming

Deepa Srivastava and Susan Lafferty, University of California Cooperative Extension

THE NEED

- Kings County is a largely rural county in California's Central Valley and has one of the highest obesity and poverty rates in California.
- Healthy eating and active living along with accessibility and availability of nutritious food are crucial to maintaining a healthy lifestyle across the lifespan.
- Effective nutrition education that resonates with community residents and mobilizes them to action is needed to accelerate progress to prevent obesity.
- UC CalFresh Nutrition Education Program (NEP) collaborates with local community partners to empower children, youth, adults, and seniors to live healthier lives through good nutrition and physical activity.



THE WORK

UC CalFresh NEP in collaboration with local partners was implemented in Kings County with a focus across the lifespan:

- Preschoolers were engaged in soil and healthy food activities.
- Children and youth activities included taste tests, CATCH, and nutrition education.
- Parent, family, and community engagement efforts included food resource management education & pilot initiative on Bailoterapia to create active environments for parents of young children.
- Seniors received nutrition education and fresh fruits and vegetables.
- PSE Initiatives included preschool gardens, CATCH, SWP, SLM, & senior food distribution.





THE IMPACT

Behavioral Outcomes: a) Reach n=4,689, b) Preschoolers liked the taste of lettuce from the garden, c) School children tasted and liked new fruits & vegetables, and d) Adult participants indicated behavior change in all three financial literacy areas- knowing easy ways to save money on food, knowing simple healthy meals to make, and understanding food ads. Bailoterapia, a new pilot initiative increased the physical activity patterns of participants.



Environmental Outcomes: a) PSE Reach: n=21,041, b) Pre-school garden was implemented at one site, c) SWP was adopted in 9 school districts, d) CATCH implementation resulted in increased students' physical activity, e) SLM training was provided to Food Service Directors resulting in healthy school menu changes, and f) Seniors had access to fruits and vegetables through food distribution partnership.

THE FUTURE

- Implications for Programming: Nutrition education in Kings County will continue to reach and empower children, youth, teachers, parents, and families with nutrition and physical activity knowledge and skills to help make healthy choices. Comprehensive school nutrition education programming is gaining momentum.
- Implications for Policy: Community coalitions & partnerships with preschools, school districts, local health departments, & healthcare providers are expanding.
- Implications for Practice: Community engagement efforts look promising with the Bailoterapia Promotora Model.

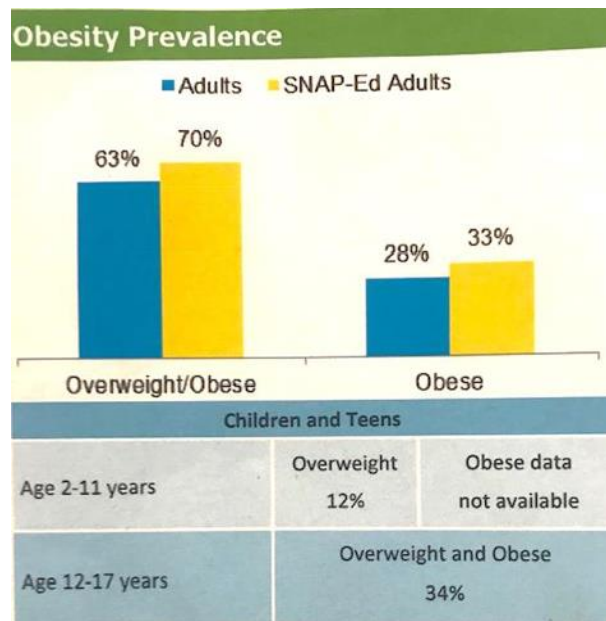


Who is The Truth? The Youth: The Next Generation of Health Advocates

Sophia Gonzalez and William Torres, The Whole Child

THE NEED

In Los Angeles County, 34% of youth between the ages of 12-17 years are overweight and obese. Additionally, only 22% of youth (12-17) are consuming five or more servings of fruits and vegetables per day.



THE WORK

The Los Angeles County Department of Public Health, and SNAP-Ed funded partner The Whole Child, are collaborating with six middle schools across Service Planning Area 7 to provide nutrition education and obesity prevention services. The Whole Child staff teaches students about starting as champions (advocates) to become champions (winners). As a result, advocating for something one feels strongly about, to bring about change, will lead to progress in the future.



THE IMPACT

Los Nietos Middle School Principal, Shannon Brann Zelaya, declared that students are teaching parents how to read nutrition labels after participating in the Champions for Change Nutrition Education workshops. Not only do students learn about healthy eating, but they also learn about public health careers, and health advocacy by encouraging their peers to make healthier choices at school.



THE FUTURE

Many students have expressed an interest in pursuing a career in Public Health when they attend college. “I can’t wait to go to college and start teaching people about MyPlate,” expressed a student from Rivera Middle School. The Whole Child plans to continue their public health efforts beyond funding.

