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Community Engagement,
Quality Direct Education &
Partnership/Coalition Work



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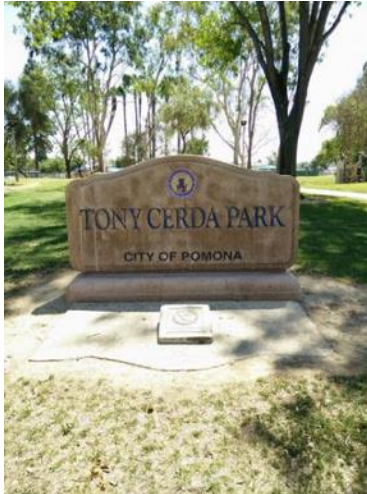
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Community Engagement

Active Parks, Healthy People Pilot Program

Christy Zamani and Alfredo Camacho, Day One



THE NEED

The Active Parks, Healthy People program took place in Tony Cerda park in the City of Pomona. Pomona is the 7th largest city in LA County, and unfortunately, boasts the title of 8th most obese and overweight city in LA County. Pomona has 27 parks, with an average of about 1.5 acres of park space per resident, which is half the county average of 3.3 acres per resident.

THE WORK

The Parks Pilot Program partnered with Nutrition Policy Institute (NPI), the California Department of Public Health, CalFresh, and Day One. The goal of the program was to explore whether offering a six-week structured physical activity program in community parks would enhance park utilization and increase program participants' physical activity levels. Day One staff implemented 2 rounds of fitness classes and conducted post-assessment surveys.



THE IMPACT

Participation was low, and there were no significant changes in physical activity levels. However, despite the low turnout, there was an increase in park participation, resulting in increased investments from the city in park programming.

Through this program, the City of Pomona is looking closer at addressing barriers to park utilization, such as perception of safety, facilities, and park access issues such as wayfinding and Safe Routes to Parks.

THE FUTURE

With the successes achieved, both direct and indirect, Day One has since reached out to Cal Poly Pomona and Western University in an effort to create a Parks Physical Activity program in two locations: Ralph Welch and Washington Park.



Beyond Food and Shelter: Wellness Policies in the Community

Wylie Skillman and Cathryn Johnson, CalFresh Healthy Living, UCCE Central Sierra

THE NEED

The Amador Tuolumne Community Action Agency (ATCAA) Food Bank served 14,783 individuals from 6,142 households in Tuolumne County in 2018 alone. With a mission to solicit, transport, store, and distribute food, the food bank is an integral part of the food safety network in Tuolumne County. Last year 960,432 pounds of food were distributed to those facing food insecurity in this rural area.



THE WORK

To strategically fight hunger and poor nutrition in the community, CalFresh Healthy Living, UCCE Central Sierra (CFHL, UCCE) worked with the ATCAA Food Bank director to write a wellness policy and complementary pantry donation guide. With input from the Local Health Department, the policy was approved by the ATCAA board, and includes the following:

- Prioritizes wellness and health throughout the food bank's operations
- Makes a values statement with the intent to nourish (not just feed) clients



Donation "Grocery List"




ATCAA Food Bank is dedicated to providing nutritious food for our clients that both fills their stomachs and nourishes their health. With these guidelines, we hope to fight both hunger and poor health in our community.

Thank you for supporting ATCAA's Wellness Policy and making good food more accessible to all!



Nutritious Foods Needed:



 <p>Fruits and Vegetables:</p> <ul style="list-style-type: none"> - Canned fruits (in fruit juice or low-sugar) - Canned low-sodium vegetables 	<p>Proteins:</p> <ul style="list-style-type: none"> - Canned chicken, tuna, and salmon (packed in oil) - Low-sodium beef or meat stews - Peanut butter, nut butters (low-sugar, low-sodium) - Dry or low-sodium canned beans (baked, kidney, pinto, green, refried, or black beans) 	<p>Whole Grains:</p> <ul style="list-style-type: none"> - Whole grain pasta - Brown rice - Rolled or steel cut oatmeal - Low-sugar cereals - Granola bars, energy bars 	
		<p>Other Foods:</p> <ul style="list-style-type: none"> - Low-sodium hearty soups (including vegetarian) - Ensure or other nutritional supplement drinks 	



Caution:



Due to health code requirements, we are unable to accept items or cans that are:

- Damaged, unlabeled, or expired past 30 days
- Perishable, homemade, or non-commercial
- Open or used

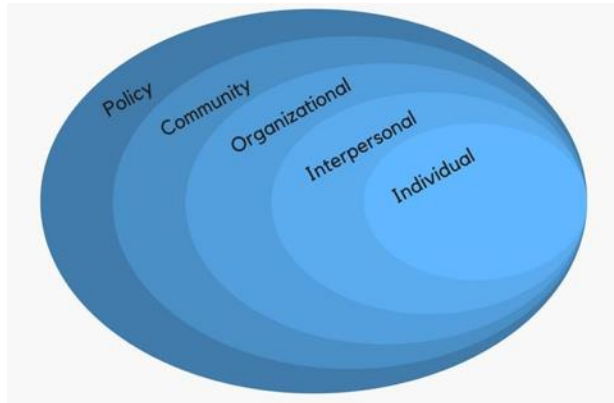
To better support the health of our families, we discourage the following donations:

- Foods with high sodium, saturated fats, or added sugars
- Refined grain items

- Includes a process for annual review and revision to ensure the policy stays relevant and is not forgotten
- Provides a clear definition of healthy foods versus less healthy foods for both purchased food and food donated by the community

THE IMPACT

- 14,783 clients were served by the ATCAA Food Bank in 2018. These clients are expected to continue to benefit from healthy options going forward.
- A new food bank Director began shortly after the policy was adopted, and the policy provided continuity.
- The policy is being used to inspire other food banks and food pantries in the Central Sierra.
- Because CFHL, UCCE work with food bank clients in other settings, the clients' reliable access to healthy foods from the food bank means they will have greater opportunities to act on knowledge gained elsewhere. Policies such as this are an important part of providing comprehensive programming and ensuring CFHL, UCCE is impacting multiple levels of the social ecological model.



THE FUTURE

- ATCAA runs Tuolumne County's homeless shelter, where CFHL, UCCE offer direct education to clients. Currently, the homeless shelter is in the process of approving a similar wellness policy, geared toward clients that cook for themselves and developed with input from the CFHL, UCCE program.
- To increase the use of food bank-procured fruits and veggies, CFHL, UCCE aims to provide SNAP-Ed- approved recipes in Emergency Food Assistance bags distributed at the food bank.



Center City Market Gets a Leafy Makeover

Kate Mahoney, Ariel Hamburger, Elle Mari, Chesley Blevins, Alison Sipler, Thomas R. Coleman, and Wilma J. Wooten, County of San Diego Health and Human Services Agency

THE NEED

City Heights, in San Diego, is a low-income, densely populated, diverse community. About 15 percent of residents in City Heights rely on CalFresh benefits to help them purchase healthy food. Small community food markets are an important asset to neighborhoods like City Heights.



They can help promote better access to healthy foods, which is related to healthier eating and lower risk for obesity and other chronic diseases. Good affordable food, available in safe and welcoming spaces, within walkable neighborhoods, is critical to the health of communities in San Diego.

THE WORK

The *Live Well Community Market Program (LWCMP)* aims to improve and promote healthy food access in low-income communities by working with neighborhood markets. On July 27, 2019, the LWCMP team, including the University of California at San Diego Center for Community Health, engaged over 50 volunteers to complete a makeover at Center City Market. This market is an East African market that serves as a cultural enclave for the community. Improvements included painting a mural on the wall, painting and installing artwork along the fence, adding substantial new and beautiful landscaping, and sanding/staining custom-built benches and an outdoor produce stand.



THE IMPACT

This project engaged a small business, residents, and other community stakeholders to further cultivate the welcoming nature of the market and beautify an important corner in the

East African community. This project demonstrates the importance and value of investing in neighborhood-level changes that support our existing food assets within a community. This investment and community collaboration in Center City Market can improve small business patronage to ultimately maintain and grow City Heights' rich culture of diversity and promote small neighborhood markets as good food assets in San Diego.



THE FUTURE

The owner of Center City Market played an integral part in the planning, design, and implementation of the market makeover. He sees the value in his newly renovated, clean, and beautiful market and is dedicated to continuing to make healthy changes to better serve the needs of his community. He plans to continue the transformation inside his market and recently attended the *LWCMP* Healthy Snack



Workshop in order to expand the variety of healthy options sold in the market. *LWCMP* staff will continue to collect sales and customer survey data to measure the impact of the market makeover.

Changes in Adult Health Behaviors at CalFresh Healthy Living Community Partner Sites and Food Retail Outlets in Los Angeles County, 2018-2019

Julia Caldwell, Los Angeles County Department of Public Health

THE NEED

The Los Angeles County Department of Public Health partnered with 24 community organizations to deliver the CalFresh Healthy Living program.

Community organizations included non-profits, healthcare clinics, universities, and school districts in each of the eight Service Planning Areas in LA County.

More work is needed to understand the impact and reach of efforts in Los Angeles County on health behaviors.



THE WORK

SNAP-Ed eligible adults were sampled from:

- (1) community partner sites (n = 1,220)
- (2) food retail outlets (Food4Less and Wal-Mart) (n = 4,421) in SNAP-Ed eligible census tracts across Los Angeles County in 2018 and 2019

A multivariable analysis assessed whether adults who participated in a class at a partner site reported changes in six behavioral outcomes.

Table 1. Descriptive Statistics of SNAP-Ed eligible samples

	Community Partner Sample	Food Retail Sample
Age, Mean	45.3	43.1
Female, %	82.7	62.7
Latino, %	82.3	65.9
Education < High School, %	40.6	34.4
Often worried food would run out, %	29.7	25.8
Cups of Fruits and Vegetables, Mean	4.1	3.4
Heard of CalFresh Healthy Living, %	29.5	14.1
CalFresh recipient, %	34.8	41.5

THE IMPACT

Participating in a class was associated with significant increases in fruit and vegetable consumption and physical activity for the community partner and food retail outlet samples. No significant associations were observed for participating in a class and changing sugary beverage consumption or weight. From 2018 to 2019, weight was gained in both the community partner and food retail samples regardless of class participation.

Table 2. Ordinary Least Squares Regression: The association between nutrition class participation and six health behavior outcomes

	Community Partner Sample	Food Retail Sample
Fruits and Vegetables	0.49*	0.49*
Moderate Physical Activity	0.61*	0.19
Vigorous Physical Activity	0.40*	0.41*
Sugary Beverage	-0.04	0.02
Discretionary Calories	-0.20	0.46*
BMI	-0.11	0.11

Models control for age, gender, race/ethnicity, education, # of children in household, interview language, and survey year; * $p < 0.05$

THE FUTURE

Community organizations play a critical role in delivering the CalFresh Healthy Living program based on findings that show class participation was associated with greater produce consumption and physical activity levels.

State and county-level efforts should continue to leverage community organizations in reaching the 3.5 million SNAP-Ed eligible population in Los Angeles County.



The Chop'n Chat: Providing A Platform for Older Adults to Come Up With Unique Solutions to Their Own Nutritional Challenges

Lina Nasr and Roberto Ramirez, Aging & Independence Services, County of San Diego

THE NEED

- Who? Older adults living at or near a 76-unit affordable housing complex in North Park, a neighborhood in the City of San Diego. The apartment complex is known as the first LGBT-affirming senior housing community in San Diego.
- What was needed? Engaging and motivating older adults in adopting healthier eating habits and empowering them to support their neighbors in overcoming barriers to better health.



THE WORK

- The four-session Eat Smart, Live Strong program was implemented, followed by four subsequent Community Engagement sessions.
- Participants critically examined their environment and identified resources & barriers to healthy eating.
- Through discussion sessions, participants recognized the monthly food bank as a valuable resource in supporting their goal to eat healthier. Many participants struggled with finding the motivation, energy, and/or knowledge to cook.
- With the problem identified, space was provided for the group to creatively produce a solution.



THE IMPACT

- “The Chop’n Chat”, a resident-led effort, aimed to motivate residents to obtain produce from the food bank, and come together to prepare, share, or trade the food items, and meal plans.
- A dynamic leader was selected, and supportive roles were assigned. A thought-out plan was presented to the apartment staff, who agreed to provide the gathering space and some essential kitchen supplies.
- At events, food was prepared for themselves, and for those that were less able. They exchanged cooking tips and recipes, while also using www.eatfresh.org to find recipes based on their food bank produce selection.



THE FUTURE

- Participants saw how working together can increase motivation, knowledge, and ability to create change.
- When the leader moved, and the staff resigned, the event was discontinued.
- Due to its popularity, management plans to restart this effort. Lessons learned on sustainability include:
 - 1) Obtain support from community partners to reduce the group's workload.
 - 2) Assist in developing ground rules to prevent peers from abusing situations and draining efforts.
 - 3) Have at least 2 leaders to spread workload, and support sustainability.



Community-Driven Water Promotion

Jenny Wang, Alameda County Public Health Department – Nutrition Services Program

THE NEED

East Oakland’s poor health outcomes can be attributed to decades of institutional and structural racism, including redlining, divestment, and other policies that leave the community with few resources. Alameda County Nutrition Services recognized that for any intervention to have a long-lasting positive impact in a community requires deep community resident engagement and buy-in from the beginning.



THE WORK

Through deep engagement, we learned that residents wanted to see:

- Themselves represented promoting drinking water, not outside models
- Billboards as large as beverage industry ads
- Slogan and imageries that convey a positive message



This resulted in an 8-week resident-designed “Water is Life” campaign featuring local faces and places.

THE IMPACT

After the campaign, residents said that the images on the billboards and bus shelter posters motivated them to drink water. Also, the ads made them feel mostly “Encouraged,” “thirsty,” and “proud.” To complement, we implemented resident-suggested ideas that resulted in



PSE changes with longer-lasting impact, including ~100 water fill stations, ~500 water filter pitchers, ~25,000 water bottles, and \$60K in stipends to community resident champions to promote water.

THE FUTURE

Alameda County Nutrition Services is looking at the impact of sugary drink taxes that passed in the cities of Albany, Berkeley, and Oakland. We are seeing a decline in sugary drink consumption and the investment of tax revenue in community-based public health programs. CalFresh Healthy Living funds laid the community engagement groundwork, and non-CalFresh Healthy Living funds and donations accomplish PSEs to have future-focused impacts!



Community Knows Best: A Peer-Led Education Model at 18 Reasons

Rebecca Murillo and Elise Hayashi, 18 Reasons

THE NEED



Recruitment and Staffing

At 18 Reasons, we believe in empowering our community with the confidence and creativity to buy, cook, and eat good food daily. We address this mission by conducting 6-week Cooking Matters (CM) series, and one-time Cooking Matters at the Store (CMATS) healthy shopping tours, both targeted towards low-income communities in the Bay Area. The CM series has been shown to significantly increase participants' self-reported confidence in food resource management, and CMATS tours have been shown to increase participants' self-reported fruit and vegetable consumption, after a one-hour excursion (Share Our Strength 2016). Though these programs are proven effective, recruitment and staffing throughout our target communities have been our largest barriers to sustaining these programs.

Accessible and Relatable Education

The Leaders Among Us Peer Educator Report 2013 concluded that peer leaders who share the same language, cultural/socioeconomic background as their target populations have been more effective at reaching their audiences than working professionals. With this in mind, we developed a 4-week Health Promoter (HP) training curriculum, inspired by the Promotora model, allowing us to identify these peer leaders in target populations and address the need for accessible and relatable health-based education. Employing trained Health Promoters expands our CM teaching team to broaden the scope of our outreach. The program not only educates but empowers our community with the confidence to become leaders.

THE WORK

Our Health Promoters are trained and utilized for various types of programming. Additionally, Health Promoters are called upon for their expertise in their own communities, providing invaluable information for our programming purposes. The work we put in to

prepare our Health Promoters allows us to expand our programming and ensures sustainable staffing.

18 Reasons:

- Create training curriculum
- Partner with a site to host 4-week training, 3-hour sessions each week
- Facilitate training: provide in-depth nutrition education, best practices, hands-on cooking, and opportunities for trainees to practice teaching
- Schedule and staff graduates
- Provides compensation

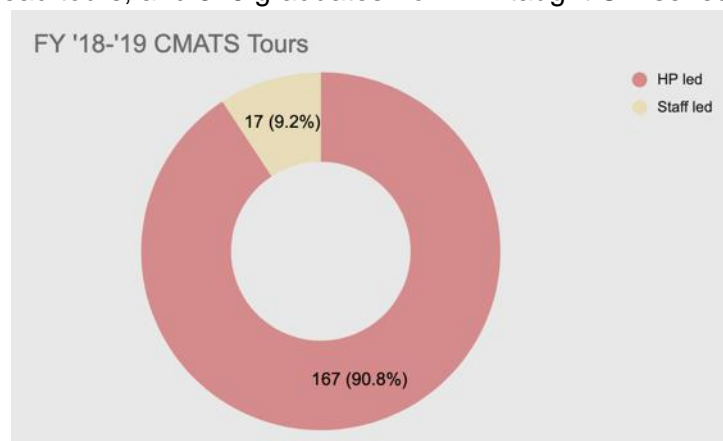


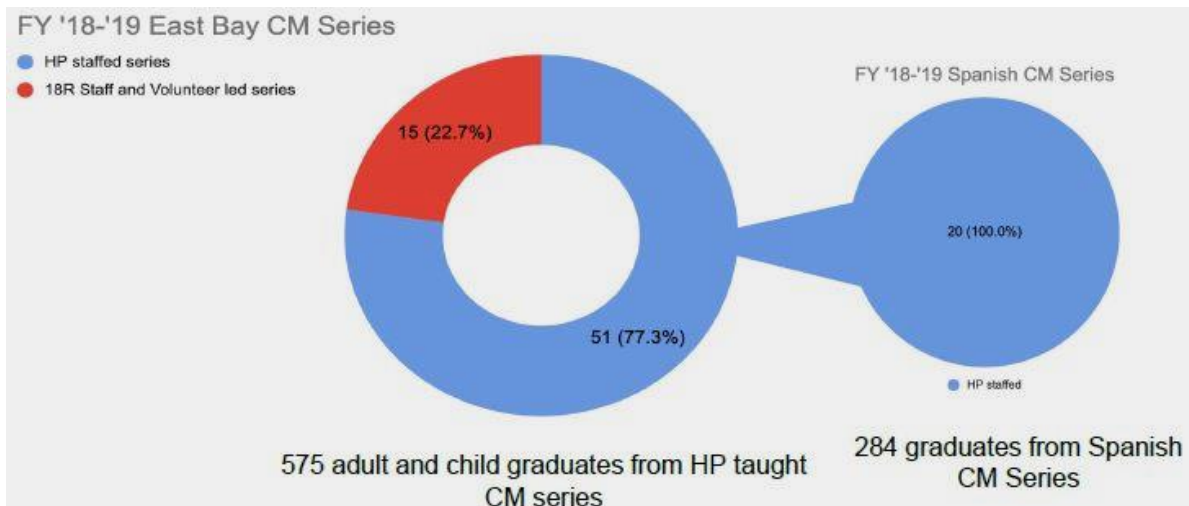
Health Promoters:

- Instruct in the Nutrition or Chef Educator roles during our 6-week CM series (for all ages)
- Coordinate an entire CM series
- Lead a one-time, 90 minute (CMATS) healthy shopping tour
- Table at a community health fair
- Mentor new cohorts of promoters
- Recruit host sites and class participants
- Receive compensation for each program they assist with

THE IMPACT

Utilizing data from fiscal year (FY) 2019 (July 1, 2018 to June 30, 2019) there is significant evidence to support the impact that our Health Promoter Training Program has had on increasing our programmatic outreach. By engaging 35 Health Promoters, we completed 66 CM 6-week series in Contra Costa and Alameda Counties and 184 Cooking Matters at the Store (CMATS) tours, resulting in a total of 829 community members reached through Health Promoter lead tours, and 575 graduates from HP taught CM series.





THE FUTURE



Our Health Promoters have already significantly impacted our programming. With their help, we have been able to expand our programming reach and increase participant behaviors such as fruit and vegetable consumption and food resource management. In the future, we hope to share our Training Curriculum and format with interested sites and partners, allowing them to adapt to their own needs.

By utilizing peer leaders in our respective communities, we can engage from the ground up, and deepen the impact of our health-education programs. Ultimately, training peer leaders will allow for sustainable streams of staffing and recruitment, and employing Health Promoters will ensure accessible and reliable health education for all.

References

1. Bell L., Morgan R. Pooler J., Wilkin M., (2016). Share our Strength Cooking Matters Course Impact Evaluation: Final Report. Washington, DC.
2. Strohlic R., Cerpas-Bernal N., Sharma S., Ross M., Rein J., Webb K., Rauzon S., Ritchie., (2013). Leaders Among Us: Peer-led efforts to promote healthy eating and active living in California. 1(9).

Engaging the School Community to Support School Garden

Carlos C, Palacios-Sanchez I, Valdez D, & Ganthavorn C, CFHL, UCCE
Riverside County

THE NEED

Arizona Middle School in Riverside County has a high poverty rate - 83% of the students are considered socioeconomically disadvantaged¹. The school placed a garden at its entrance a few years ago, but the garden teacher needs assistance in maintaining it.



THE WORK

CalFresh Healthy Living, UCCE Riverside County (CFHL, UCCE) found a dedicated UCCE Master Gardener (UC MG) whose son had graduated from Arizona Middle. The mother and son team revitalized the garden, creating a tranquil atmosphere on the campus. CFHL, UCCE teamed with UC MG to lead student engagement during garden club meetings and organized UC MG presentations for students and parents.



THE IMPACT

The CFHL, UCCE and UC MG partnership has introduced youth, parents, and staff to gardening, cooking skills, and trying new vegetables grown in the school garden. The garden club participation increased from 3-5 students to groups of 10-15 twice weekly. The efforts to involve the school community led to more participation, including staff donation of garden items and cooking demonstrations by a parent chef.



THE FUTURE

CFHL, UCCE plans to continue engaging the school community to support and maintain the school garden and promote healthy eating and gardening. We also plan to engage teachers to enroll their students in the CFHL, UCCE nutrition education program.



Reference

1. <https://dq.cde.ca.gov/dataquest/>

Fostering Human Connection and Empowering Families Through Community Physical Activity

Rita Palmer, CalFresh Healthy Living, UCCE Butte Cluster, Suzie Lawry-Hall, Enloe Medical Center, Steve Naiman, Ampla Health

THE NEED

Major barriers to physical activity among families include affordability, lack of information, and community engagement¹.

For over a decade, The Growing Healthy Children Chico Walk & Run (GHC) has broken these barriers and engaged over 2,100 families in an annual morning event celebrating physical activity and health.

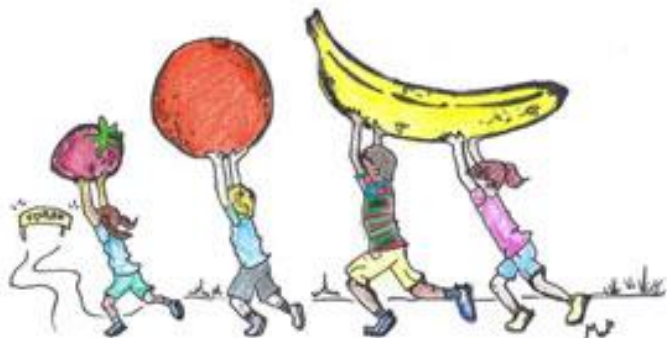
Affordability: When a family faces financial insecurity, family fun runs, with an average registration fee of \$35 per person, are inaccessible. GHC is a free family fun run in Chico, California. Following the run, there is a community health fair, locally procured refreshments, live entertainment, and a grand prize drawing of a bicycle- all free to participants.

Lack of Information: Often, families that may have participated in a community event are unaware of the event until it is too late. To address this, major outreach efforts occur at CalFresh Healthy Living, UCCE Butte Cluster (CFHL, UCCE) school sites to promote GHC through school rallies. These outreach efforts have led to consistently high participation rates - an average of over 150 families annually.

Community Engagement: GHC allows opportunities for the program to provide direct outreach to parents about making smart, healthy food choices for their families on a limited income.

THE WORK

The GHC planning committee comprises businesses, organizations, and individuals committed to community and health. Community volunteers, staff, and interns from CFHL, UCCE, Enloe Medical Center, Ampla Health, and Mechanics Bank contribute to the planning committee.



The committee meets monthly for six months and then every other week for six weeks leading up to the event. Their efforts include marketing, outreach, volunteer

recruitment, sponsorships, event registration, health fair registration, and entertainment booking.



Leading up to the event, students from surrounding elementary schools, many of which are CFHL, UCCE school sites, are encouraged to participate in an art contest. The art contest theme is consistent every year - asking youth to draw what being healthy means to them. Youth artwork is reflective of the health and physical activity messages they receive from CFHL, UCCE. Entries have featured fruits and vegetables, kids, families, and pets, all being active.

THE IMPACT

Results from data collected in 2019 from seventy GHC event surveys demonstrate that the event and its health messages were well received.

- 90% of participants responded, “Yes, doing physical activity is important to me”
- 90% of participants responded, “Yes, because of today, I feel motivated to do more physical activity with my family”
- 83% of participants responded, “Yes, I learned something new about being healthy”
- 87% of participants responded, “Yes, I will share what I learned today with my family”



“This is a fun and encouraging event. Thank you for promoting healthy families.” -2019 Participant.

THE FUTURE

“When he won the bike two years ago, he didn’t know how to ride a bike,” said a mother of a 2016 participant. “He learned and now rides his bike every day to the basketball court. He also taught his little sister how to ride!”

Event feedback and stories like those quoted above are what inspire the event planning committee to bring back the event year after year.

In 2021, GHC will be celebrating 15 years! CFHL, UCCE will continue to support this event for years to come. It is a powerful way for program participants to put messages into action. Providing families with a recurring event that is a safe and fun opportunity to be physically active together is a catalyst for creating sustainable healthy lifestyle changes.



Reference

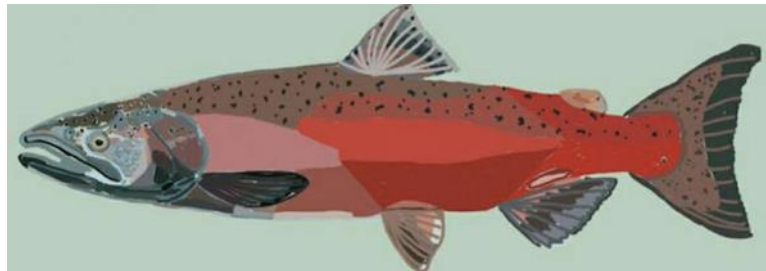
“Promoting Children's Physical Activity in Low-Income Communities in Colorado: What Are the Barriers and Opportunities?” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 15 Dec. 2017, www.cdc.gov/pcd/issues/2017/17_0111.html .

Healing Through Traditional Knowledge: Indigenous Food Sovereignty

Nicole Lim and Christina Tlatilpa Inong, The California Indian Museum and Cultural Center

THE NEED

The Tribal Youth Ambassadors (TYA) of the California Indian Museum and Cultural Center (CIMCC) embarked on a second-year Youth Participatory Action Research Project (YPAR) that focused on addressing *food sovereignty issues* in their tribal community in 2019. The previous 2018 year's project focused on the youth learning how they could incorporate healthy traditional foods into their daily lives. The goal of that project was to *address gaps in knowledge about traditional healthy foods* in the community. Our 2019 project focus was to increase our *tribal community's knowledge and access to traditional healthy foods* by developing a tribal food sovereignty exhibit. **Funded by CDSS with technical assistance from the CWN.*



THE WORK

This YPAR project was guided by decolonizing research methodologies and practices. We followed the principles described in “Research is Ceremony Indigenous Research Methods” by Shawn Wilson and “Decolonizing Methodologies Research and Indigenous Peoples” by Linda Tuhiwai Smith.

Steps:

- For us to ensure that we followed the principles described in both books, we worked with tribal community members and elders to engage in our food sovereignty research.

- We also ensured to capture our tribal communities' voice in our “Food Sovereignty Exhibit Development Survey.” 35 tribal community members shared their feedback for developing the food sovereignty exhibit.
- TYA also conducted 10 stewardship practices meetings with 4 tribal culture bearers in order to incorporate additional community voice in their project.

THE IMPACT

TYA’s food sovereignty exhibit has been a huge success in the community. At the opening of the exhibit in October 2019, we had 75 community members visit the exhibit.

-Exhibit overview:

- The exhibit highlights the three regions that makeup Pomo and Miwok country. It provides specific information in each region that highlights differences as it relates to the diversity of the landscape, traditional foods, and issues that communities face in those regions.
- Visitors that see the exhibit learn about California Indian traditional foods, how to create contemporary meals, and learn about the health benefits of these foods.



THE FUTURE

As our youth continued to learn about food sovereignty they realized that in order to maintain health and wellness in the community, we need to be re-connected to traditional cultural practices. Examples of traditional practices include:

- stewarding the land
- harvesting traditional foods and medicines
- processing traditional foods.

As our youth have gone through their third year of food sovereignty work, they have drawn the connection that the health and wellness of their community is impacted by the health of their environment as well.



Monterey County Youth Race

Guillermina Hernandez, Catholic Charities Diocese of Monterey

THE NEED

In Monterey County, data continues to show that health disparities exist between the low-income population and the population at large, and improvements are needed in several areas, including obesity rates. After conducting a site assessment at Charles Apartments, one of Catholic Charities of Monterey's (CCDOM) low-income public housing program partner sites, the need for physical activity opportunities among youth at the residence was realized.



THE WORK

The needs assessment sparked the idea for CCDOM to plan its first race to motivate youth and their families to engage in physical activities outdoors. CCDOM partnered with Eden Housing and the local Monterey 4H program to plan the youth race using the Accelerated Action Planning toolkit. Several other local partners were engaged throughout the planning, such as the Food Bank for Monterey County, which provided fresh produce for race participants, and the Second Harvest Food Bank, which donated the use of a smoothie bike as a way to promote both healthy eating and active living.





THE IMPACT

With a total of 38 participants, the Eden Housing Youth Race met its goal to engage youth and their families in a fun-filled day promoting the importance of physically active lifestyles. The race also helped foster a deeper connection between CCDOM, their community partners, and, most importantly, the residents of Charles Apartments and the surrounding community. Many parents commented on how they were excited for CCDOM to return and continue providing these events and programming for all residents.

THE FUTURE

CCDOM plans to continue these races at other Eden Housing sites, as well as plan another race at Charles Apartments. CCDOM also plans to work together with the Charles Apartment staff to bring residents ongoing opportunities to engage in physical activity, such as implementing the Coordinated Approach to Child Health (CATCH) program in the site's after-school programming, developing walking opportunities after adult nutrition education classes, and assisting with the development and implementation of a resident-led or self-sustaining walking group.



Rowell Elementary Stencils Lead to a Healthy Campus Initiative

Amber Viveros, Javier Miramontes, and Karina Macias, CalFresh Healthy Living, UCCE Fresno County Amber Viveros

THE NEED



Rowell Elementary School, in the Fresno Unified School District (FUSD), identified a need for students to be more physically active and to promote healthy eating. To begin, students participating in the school's Spirit Club and administrators implemented the Smarter Lunchrooms Movement (SLM) in the cafeteria with support from CalFresh Healthy Living, UCCE Fresno County (CFHL, UCCE). They also agreed that stencils would promote

and encourage more activity during recess time for all grades.

THE WORK



CFHL, UCCE led a stencil project where the Preschool, Kindergarten, and Elementary play areas, as well as the cafeteria entrance, were painted with stencil activities and nutrition images to promote movement and healthy eating. Students participating in the Saturday School Academies volunteered to bring the project to fruition as well as school administration and parents who participated in a

CFHL, UCCE parent nutrition classes held at Rowell.

THE IMPACT

Completion of the stencils project encouraged the school administration to apply for more grants such as the Kaiser Permanente Thriving Schools Act Plan and the Healthy Kids School grant for Healthy Kids program. Combined, Rowell was awarded \$7,500 in funding to adopt and implement the Coordinated Approach to Child Health (CATCH) curriculum and equipment along with additional stencils. As a result, Rowell has promoted more physical activity during previously unstructured play time and is reinforcing direct and indirect nutrition education supported by CFHL, UCCE.



THE FUTURE

Rowell Elementary has embraced a healthy campus initiative, and with the support of CFHL, UCCE, they will continue to implement SLM activities. In December 2019, 21 extenders (teachers) were trained to deliver CATCH by CFHL, UCCE. In early 2020, Rowell plans to begin implementing CATCH during PE and recess time. In the Spring of 2020, Rowell also plans to expand the stencils throughout the entire school blacktop area.



San Diego American Indian Health Youth Center Adopts Revamped Intergenerational Dinner Menus

Barbara L. Hughes and Anali Rosales Garces, County of San Diego Health and Human Services Agency



THE NEED

American Indians and Alaska Natives have the highest diabetes prevalence rate of all racial and ethnic groups in the United States, and an over 40% obesity rate. The County of San Diego Health and Human Services Agency has partnered with the San Diego American Indian Health Youth Center (SDAIHYC) for years on nutrition interventions. The Center hosts monthly Youth and Elders' dinners and sought assistance from CalFresh Healthy Living (CFHL) staff to create healthy, culturally appropriate menus for this intergenerational group.

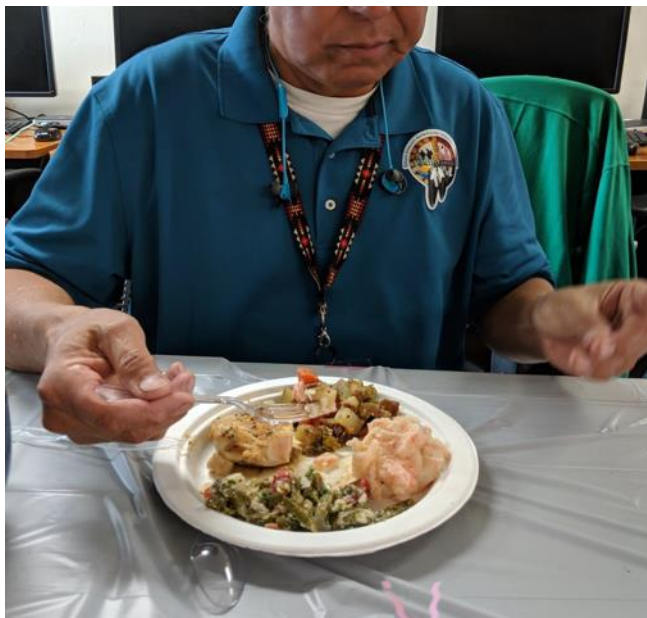
THE WORK

SDAIHYC provided monthly themes for CFHL staff to develop healthy menus the Native American community would enjoy. For example, Bison Wild Rice Burgers and Zucchini with Leeks and Walnuts were on the menu for Powwow month. A winter menu included Warrior's Stew, Whole Wheat Fry Bread, and Spinach and Citrus Salad. To accompany the monthly dinners interactive presentations on nutrition topics were delivered by CFHL Living staff.



THE IMPACT

SDAIHYC staff and youth collaboratively prepared each CFHL recipe for the healthy monthly meals for the Youth and Elders' dinners. Introducing healthy menus and nutrition workshops to these intergenerational dinners was an enormously welcomed addition and teaching tool to this high-risk Native American community. Attendees expressed interest in making the recipes at home and learning more about nutrition for themselves, their families, and the community.



THE FUTURE

The CFHL nutrition team will continue to work together with SDAIHYC staff and youth on creating healthy year-round menus for Youth and Elders' night dinners. Menu development will be sustained by the SDAIHYC staff and youth which, along with nutrition education from CFHL staff, will continue the momentum of improving dietary behaviors in a community plagued with high rates of diet-related chronic diseases.

Tai-Chi Improved Health of Seniors

Yen Ang, Victoria Smalley, and Jennifer Lee, San Bernardino County Department of Public Health Nutrition Program

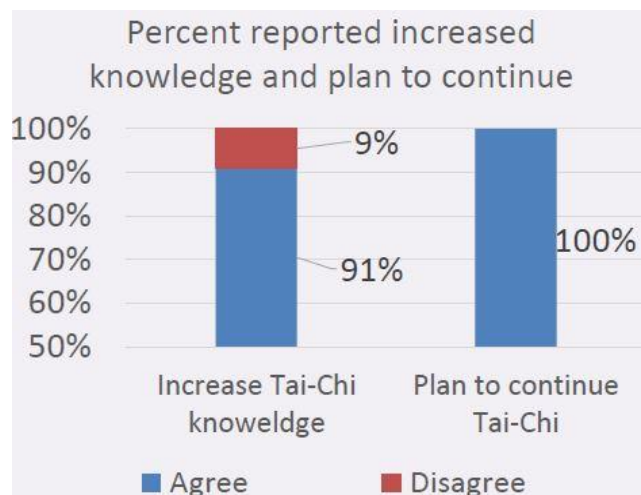
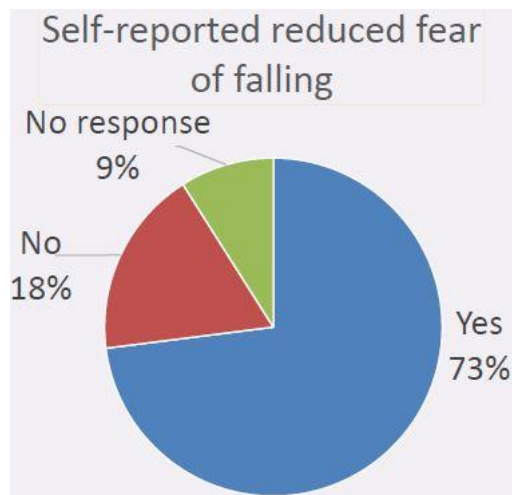
THE NEED

Risk of falling is a major public health concern among older adults. Studies show that practicing Tai Chi may significantly reduce the risk of falling. Tai Chi practitioners have improved balance, muscle strength, flexibility, and mobility. However, not many seniors know about the exercise.



THE WORK

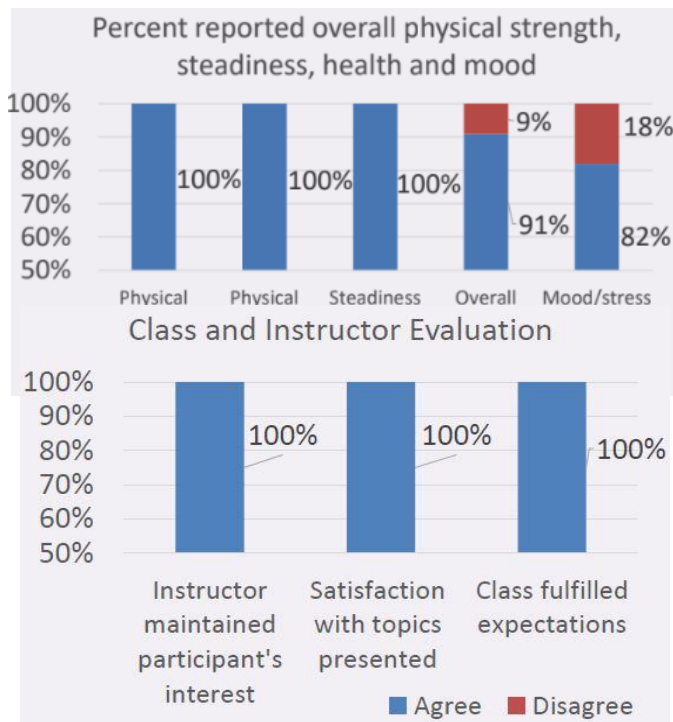
San Bernardino County, Department of Public Health collaborated with the Department of Aging and Adult Services to offer a Tai Chi program to adults aged 60 years or older throughout the County, particularly in the underserved communities where access to recreational activity is limited. The program aimed to empower and encourage older adults to participate in physical activities and to be part of the community.



THE IMPACT

One-hour classes were conducted, once or twice per week in three cities, two of which are in high desert areas. Fifty-nine seniors (mean age 68 years old) went through the classes over 8 to 10 weeks. Eleven participants completed a survey at the end of the program. Five

(45%) reported at least a little fear of falling, and eight (73%) reported that the program had reduced their fear of falling.



At the end of the program, all participants reported being more comfortable increasing physical activity, increased physical strength, and steadiness on their feet. Almost all (91%) were more satisfied with their overall health. Nine (82%) of the participants reported being more satisfied with their mood/stress level. Most (91%) reported an increased knowledge of how to do Tai Chi movements, and all reported they plan to continue practicing Tai Chi. Six (55%) of the class participants stated they did the exercises and movements learned in class at home. Five participants (45%) reported that they had made changes in their homes to reduce their risk of falling.

THE FUTURE

Practicing Tai Chi leads to sustainable benefits among the vulnerable population namely the older adults. The Tai Chi program has empowered them with skill sets for better health such as balance, flexibility, physical strength, and independence. The DPH Nutrition plans to continue the Tai Chi program to improve the health of older adults.



UC ANR Promotes Quality of Life Activities for Low-Income Seniors

Mary Blackburn and Tuline Baykal, CalFresh Healthy Living, UCCE Alameda County

THE NEED

Since 2011, Baby Boomers, a population with unique health, economic, and nutritional needs, are turning 65 at a rate of 10,000 per day (U.S. Census Bureau, 2014). Disease prevention strategies to live a quality life with many health concerns are important life skills.

A University of California Agriculture and Natural Resources (UC ANR) assessment found that low-income and affordable senior housing units in Alameda County increased by 22.6% - from 8,640 in 2016 to 10,598 in 2018. The assessment also found that senior housing elders were at greater risk for food insecurity and lifestyle related diseases. However, very few wellness education programs are offered at these sites.



THE WORK

UC ANR programs within Alameda County, including CalFresh Healthy Living, UCCE Alameda County (CFHL, UCCE), UC Master Food Preservers and UC Master Gardeners, launched a senior-friendly Quality of Life program in 2018, teaching healthy nutrition, smart shopping skills, physical activity, safe food handling, and gardening. The short-term goal was to test the viability of wellness programs based in senior housing to determine if such programs would reduce social isolation and improve quality of life. In FFY19, the Program operated at seven seniors housing sites with a total of 624 residents. Three pre-test assessments were completed by interested seniors: 213 baseline Health and Well-being checklists, 183 USDA Food Behavior Checklists, and 199 Garden Assessments.



THE IMPACT

Participation was high – CFHL, UCCE staff reached 850 seniors with Quality of Life Education and Gardening activities. A trained UC ANR Master Food Preserver volunteer conducted 2 two-hour Make Food Safe for Seniors workshops for 159 seniors. Thirty UC



ANR Master Gardener volunteers trained 77 seniors at five sites on Vegetable Gardening.

At least 277 seniors participated in Planting Day events – over a third (120 seniors) planted container gardens and another third (110 seniors) planted garden plots. Seventy seniors were trained as “Ambassadors.” Active ambassadors clocked about 250 hours of volunteer time in 2019.

THE FUTURE

The Program will continue and expand to additional sites pending funding. CalFresh Healthy Living, UCCE Alameda County and UC ANR will continue to support programming through partnerships with UC Master Gardeners and UC Food Preservers.

The pre-assessments established pre-intervention baseline data for food behavior, wellness, gardening experiences, and social wellbeing. Post-assessments will be collected to evaluate knowledge gain/retained, behavior change, and self-perception of change in emotional, cognitive, physical, and social health status. The outcomes/impacts will be shared through UC Delivers stories and Knowledge Stream.

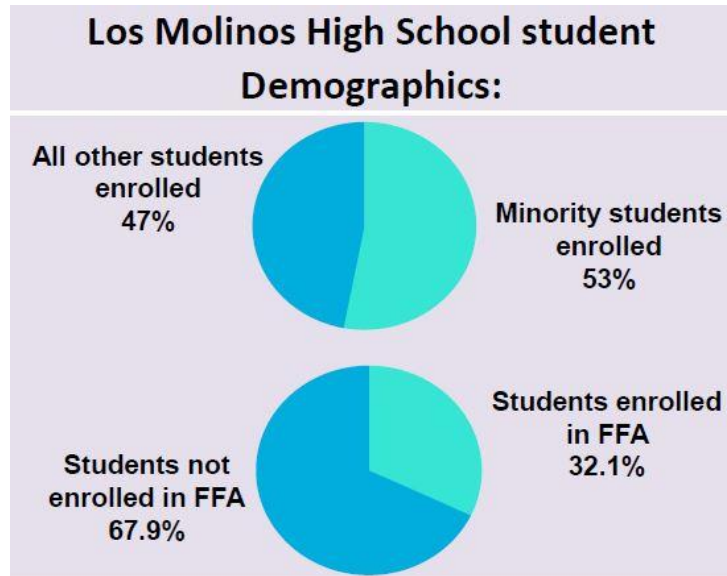


Youth Participatory Action Research: Los Molinos High School

Alyson E. Wylie, MA, Kylie Gacad, Lindsey N. Holmberg, and Betsiyara Candia-Garcia, Center for Healthy Communities, CSU Chico

THE NEED

Los Molinos High School (LMHS) is located in a very rural area of Tehama County where agriculture is pushed heavily in their education system. There are numerous farms along Highway 99, and that highway rambles right through the center of town. None of the town's three grocery stores sell locally grown produce and currently, there are no farmers' markets in Los Molinos. Locally-owned Nuway Market is the only grocery store that sells fresh produce.



THE WORK

The CSU Chico Center for Healthy Communities (CHC) partnered with the advisor from the Future Farmers of America Club (FFA) and the Agricultural Science classes at LMHS to teach nutrition education over a six-week period. With the lessons underway, the Los Molinos Middle School (LMMS) received outside funding for a garden rebuild. The LMHS students became active participants in the garden build and alongside CHC staff, began assisting with the gardening lessons as well at the middle school.



THE IMPACT

“I feel like it’s a very positive thing for the community and being able to show something new to the kids. They get to see and understand the whole process of growing their own food.” –Kaitlyn, LMHS Student

“I think it’s awesome because kids get to interact with each other and get hands-on experience while learning new things.” – Tears, LMHS Student

THE FUTURE

As a result of the Youth Participatory Action Research (YPAR) activity the LMHS students were more interested in eating local foods and were a positive influence on the middle school students. The high school students are now working towards starting a farmers’ market in their community by connecting with local farmers to feature their produce. This is a huge step for the rural community of Los Molinos, which only has one grocery store that sells fresh produce and no current farmers’ market.



A Logic Model to Increase Authentic Youth Engagement in SNAP-Ed Programming

Jesse Tedrick and Metria Munyan, Public Health Institute Center for Wellness and Nutrition

THE NEED

Transitioning from direct education programs to community engagement for Policy, Systems, and Environmental (PSE) change can empower youth from vulnerable communities to lead, own, and effect change in their communities. A logic model was developed by the Center for Wellness and Nutrition to systematically build upon youth nutrition education programs. The aim was to increase youth leadership and engagement through authentic opportunities to bring about PSE change.

THE PROGRAM

The CalFresh Healthy Living, UCCE Imperial County Program began by aligning its work with this logic model in 2016 at one elementary school. The program started by shifting from direct education to implementing a Youth-Led Participatory Action Research (YPAR) Project that:

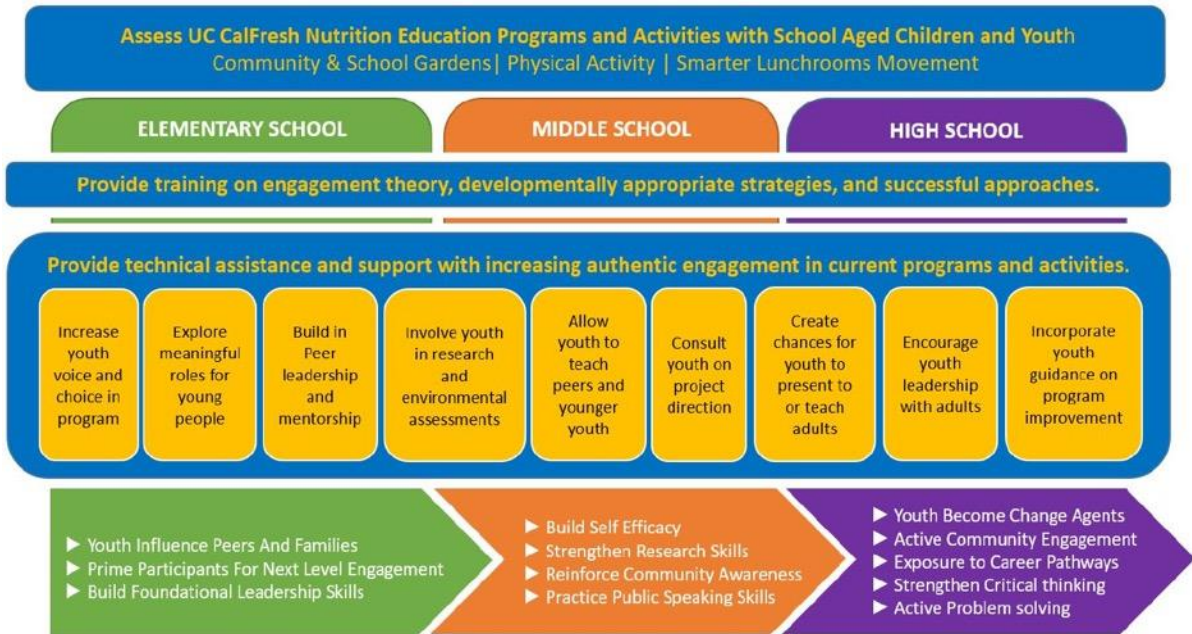
- Increased youth voice and choice in programming by encouraging youth to choose their research topic.
- Explored meaningful roles for young people by teaching them to gather and analyze data, thus involving them in research and environmental assessments.



The youth programming in Imperial County flourished and expanded to high school students, resulting in the following:

1. Opportunities for youth to strengthen their critical thinking and active problem-solving skills while they researched real issues that their schools and communities faced.
2. Increased student self-efficacy and research skills, while becoming more aware of how the community environment affects their health.
3. Youth researchers were primed for next-level engagement, which included becoming change agents by teaching and taking leadership with adults.
4. Additionally, Program Staff were prepared to expand and manage multiple projects that encouraged and supported youth leadership in PSE changes.

THE MODEL



PARTNERSHIPS

A Strong Collaboration Advances Policy, Systems, & Environment Changes Throughout Santa Clara County

Jennifer Gacutan-Galang, Santa Clara County Public Health Department, Mary Vollinger, UC Cooperative Extension

THE NEED

In Santa Clara County:

- 25% of children and 12% of teens are physically active at least 1 hour per day. 27% of children and 30% of teens reported consuming 5 or more servings of fruits and vegetables in the past 24 hours (2018).
- School Food Services' tight budgets, procurement challenges, and understaffing limit their ability to promote and introduce new fruits and vegetables to students in the cafeteria.
- In afterschool settings, there is a lack of standard, structured physical activity.



THE WORK

- The SNAP-Ed funded programs utilized collaborative decision-making about effective strategies and interventions and provided leadership, consistent nutrition and physical activity messaging, training, and ongoing support for PSE changes.
- Deliverables: Joint Smarter Lunchroom Movement activities, including leveraging cafeteria promotions to introduce unfamiliar, locally grown produce items to students in support of school districts' Farm to School efforts; delivery of structured physical activity across school districts and afterschool networks.



THE IMPACT

- Cafeteria Promotion intervention schools showed a 15 percentage point increase in featured fruit taking and a seven percentage point increase in vegetable taking.
- School Food Services report increased and sustained interest from students in featured fruit/vegetable items for the entire produce season after Cafeteria Promotions.
- Increased or improved opportunities for structured physical activity after providing CATCH training to 766 school and afterschool extenders in 32 trainings reaching over 10,000 youth.



THE FUTURE

- Continuous TA and yearly follow-up training for organizations previously trained in CATCH.
- Further research on the effectiveness of Cafeteria Promotions in increasing access and consumption of fruits and vegetables in school cafeterias.
- Both SNAP-Ed programs continue to act as peer mentors to other programs in San Mateo, San Francisco, Santa Cruz, and San Benito Counties.

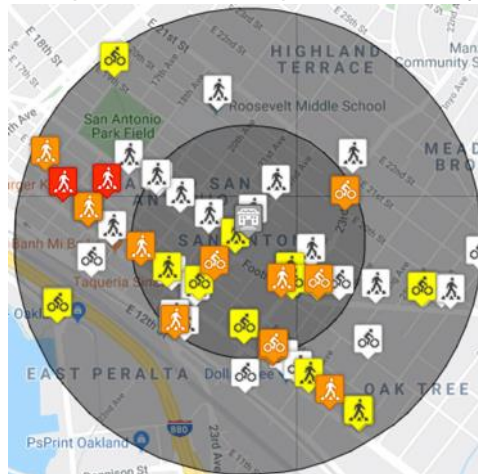


Active Oakland for Safe Routes to School

Rachel P. Paras, Alameda County Public Health Department - Nutrition Services Program

THE NEED

Community and school safety deter Oakland parents from allowing their children to walk or bike to school. In 2019, at least four children were hit by vehicles en route to or from schools, and collisions are alarmingly common. In addition, residents of lower-income neighborhoods in Oakland experience disproportionate rates of overweight, obesity, and chronic disease. Forty-two percent of Oakland 5th graders are overweight or obese and 22% have asthma or other respiratory stresses (AC Community Health Assessment, 2014). Improvement in safe active transportation can improve health by promoting physical activity.



THE WORK

Alameda County Nutrition Services CFHL convenes our strategic partners, County Public



Works, City of Oakland Police, and the Oakland Unified School District with non-profit TransForm for engaging programs like Walk and Bike to School, Safety Patrol, Safe Routes to School (SRTS) Wellness Champions, school-specific Traffic Safety Plans and Enforcement and Helmet Safety education. We leverage in-kind partners AAA of



Northern California, Utah, and Nevada, city and school departments of transportation, and Alameda County Transportation Commission's SRTS.

THE IMPACT

- 2017-18: 34 schools created traffic safety plans. 27 adult advisors worked the front lines alongside Safety Patrol students. 31 encouragement activities held with helmet/bike giveaways & Walk & Roll to School Days.
- 2018-19: 84% of Safety Patrol students reported knowing how to help drivers safely drop off students. Seventeen schools hosted Golden Sneaker Contests. Thirteen hosted Bike to School Days. The program expanded to 5 charter elementary schools and 13 district middle schools.



THE FUTURE

- Expand Safe Routes beyond schools to affordable housing communities to develop a culture of safety amongst children, families, and their adult allies while they're young to carry this public health practice into adulthood.
- Recruit adult community resident ambassadors and student cohorts across school sites
- Institute engaging district-wide student activities (i.e. Safety Patrol Academy, streets/trails challenges).

Building a Sustainable Safe Routes to School Program at Virginia Lee Rose Elementary

Kristi Schultz-Sharp and Karina Macias, CalFresh Healthy Living, UCCE Madera County

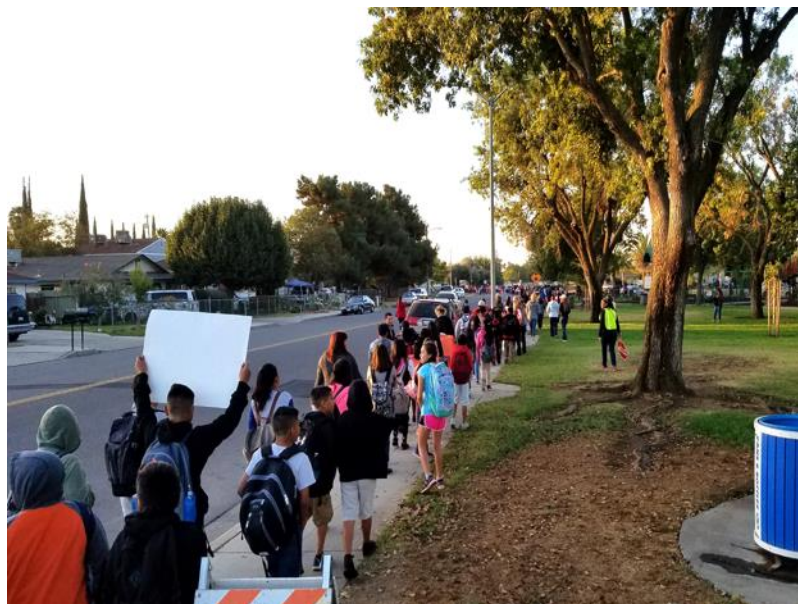
THE NEED

In 2015, being overweight/obesity were more prevalent among students (grade 5, 7, and 9) in Madera County than in California. The rate was higher among younger students (Madera County Public Health Department Community Health Assessment, 2017, p38). Efforts to address high obesity rates in youth along with safe walking routes to school for students at Virginia Lee Rose (VLR) Elementary, have led to a sustainable Physical Activity and a Safe Routes to School (SRTS) program.



THE WORK

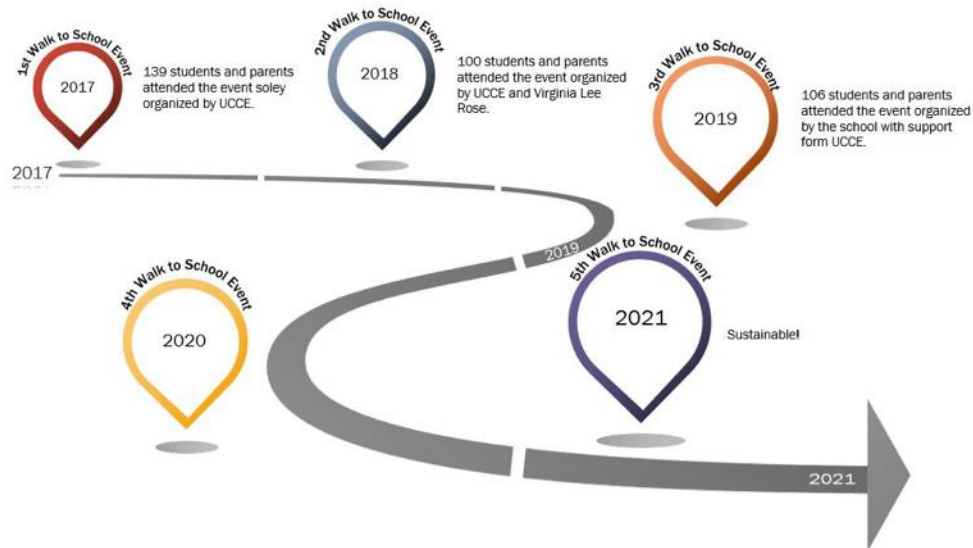
In Federal Fiscal Year (FFY) 2019, the Madera Unified School District (MUSD) Wellness Committee with the support of community agencies like CalFresh Healthy Living, UCCE Madera County (CFHL, UCCE) empowered School Wellness Councils to plan and execute a Safe Routes to School intervention program. CFHL, UCCE staff presented Safe Routes to School information during a workshop to school council



leads, who are also the Physical Education Teachers that receive ongoing nutrition education support.

THE IMPACT

By FFY 2019, three elementary schools: 1) Virginia Lee Rose (VLR), 2) Alpha and 3) James Madison, were able to implement and coordinate sustainable SRTS programs using the informational resources provided by CFHL, UCCE on SRTS Programs. In October of FFY



2020, VLR launched their SRTS program which resulted in 106 participants, an increase in the number of student and parent participation from the previous year. VLR's safe routes to school day in FFY20 was also the official kick-off to the schools' annual Jog-A-Thon, which CFHL, UC also participated in.

THE FUTURE

CFHL, UCCE plans to remain in a supportive role to assist schools that are interested in building self-sustaining Safe Routes to School programs. This will allow CFHL, UCCE to expand on SRTS and other interventions to other interested schools.



Child Care Mobile Farmers Market

Lorena Hoyos and Anna C. Martin, CalFresh Healthy Living, UCCE San Joaquin County

THE NEED

Food insecurity, food deserts, and the overall lack of nutritious foods in many areas of Stockton and San Joaquin County pose a major health threat to the community. Research demonstrates that people with little access to nutritious foods are overrepresented in the occurrence of



diseases such as type 2 diabetes, hypertension, and heart disease¹. The “Child Care Mobile Farmers Market” program, under the Mobile Farmers Market umbrella, allows the Emergency Food Bank to deliver fresh produce each week to private licensed child care centers and family child care provider homes not covered by other meal programs so they can provide nutritious breakfasts and lunches to low-income children between the ages of 0-5.

Childcare staff that participated in the program met certain eligibility requirements, such as attending quarterly professional development training on preschool nutrition requirements, providing age-appropriate nutrition lessons to the children in their care, and using the food provided to them for breakfasts and lunches. In addition, the Child Care Mobile Farmers Market Program provided similar training's and food distribution to unlicensed childcare providers three times per year at designated locations within Stockton city limits.

THE WORK

Lead Agency:

Emergency Food Bank (EFB) delivered fresh produce for each project child client to participating licensed child care providers, in addition to the parents/guardians of each participating child client twice a month from February 2019 to December 2019.

Partner Agencies:

First 5 San Joaquin

- Assisted EFB in the marketing and promotion of the "Child Care Mobile Farmers Market" program

San Joaquin Family Resource and Referral Center (FRRC)

- Provided EFB with contact information of licensed child care providers
- Disseminated marketing materials about the program
- Assisted EFB in promoting the program's efficacy to those providing breakfast and lunch to low-income children

CalFresh Healthy Living, UCCE San Joaquin County (CFHL, UCCE)

- Trained on the "Go, Glow and Grow" curriculum (a required aspect of the program)
- Helped EFB devise and administer research and monitoring systems, such as the Child Care Provider Observation Tool, the Parent Pre/Post Survey and the Creating Healthy Opportunities In Child Care Environments (CHOICE) self assessment

THE IMPACT

Evaluation Results

Child Care Provider Observation Tool N=16

- 81% of the child care providers offered healthy food choices to the children in their care (at parties, snacks, rewards) a lot more often
- 81% made healthier personal food choices a lot more often

Creating Healthy Opportunities in Child Care Environments (CHOICE) N=16

- 94% of enrolled childcare facilities completed the CHOICE assessment of their childcare facility and adopted at least one additional healthy environmental change

Parent Pre/Post Survey N=58

- 35% of the parents reported their child's eating habits had improved at home by 1 or more points
- 57% of the parents indicated their preschool age child had increased their consumption of vegetables by 1 or more servings
- 53% of the parents indicated their preschool age child had increased their consumption of fruit by 1 or more servings
- 95% of the parents reported that their child's healthy eating habits improved a lot
- 74% of the parents reported that their family now consumes more fruits and vegetables at home

THE FUTURE

The “Child Care Mobile Farmers Market” was a great success in its pilot year. As a result of this, the Emergency Food Bank was awarded a second year of funding through Dignity Health’s 2020 Community Grants Program. All partners have agreed to continue the partnership. The CFHL, UCCE program will again provide training on the “Go, Glow, Grow” curriculum and evaluate the program. There have been a couple of changes to the program as suggested by the collaborating partners.



The change with the greatest impact is targeting child care centers only rather than centers and family child care provider homes. Centers have higher enrollment rates, with some centers having the capacity to enroll up to 150 children. The partners, including CFHL, UCCE, hope to reach more families overall.



Reference

Seligman, H.K., Laraia, B.A., & Kushel, M.B. (2010). Food Insecurity Is Associated with Chronic Disease Among Low-Income NHANES Participants. *The Journal of Nutrition*, 140(2), 304-310.

Community Partners Unite to Combat Chronic Diseases

Michelle Madrid and Noemi Mendez, AltaMed Health Services

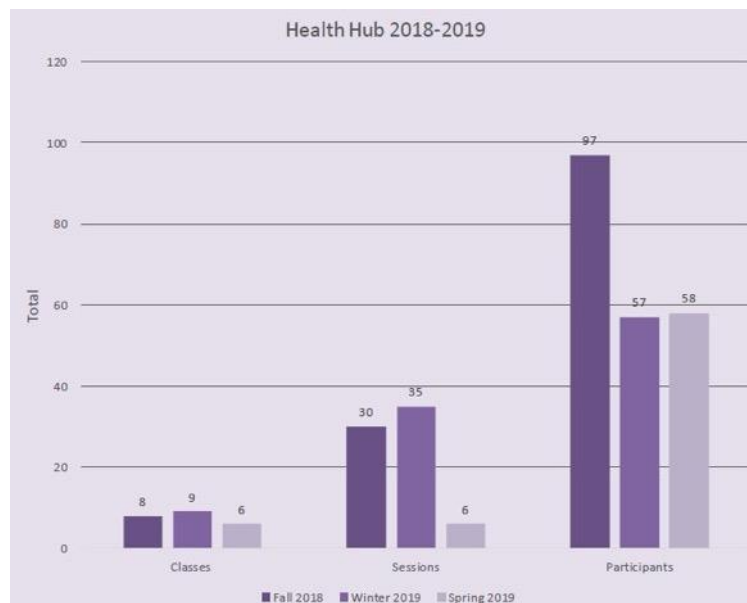
THE NEED

- City of Downey has a 28 % adult obesity rate slightly higher than LA County rate
- Rates of heart disease and diabetes are increasingly alarming.
- Focus groups conducted in Downey & results helped tailor aims of Health Hub Programming



THE WORK

- CalFresh Healthy Living funded agencies and in collaboration with the Health Action Lab (HAL)
- Health Hub Program was created from the Chronic Disease Prevention and Management Coalition
- Provide educational resources, nutrition, and exercise classes and vital connections to resources in Service Planning Area 7



THE IMPACT

To establish a synergistic format for providing well-rounded care to community members.

Organizations involved:

- AltaMed Health Services
- City of Downey
- Human Services Association
- Kaiser Permanente Downey Medical Center
- LA County Department of Public Health
- Partners In Care Foundation
- PIH Health
- Rancho Los Amigos Rehabilitation Center
- The Whole Child



THE FUTURE

Sustainability

- Adopted into Stay Healthy Downey Coalition Strategic Plan
- Programming Continues with the collaboration of City of Downey Parks & Recs Department
- Blueprint of Health Hub Program Concept



Creating Equitable Food Systems: SNAC Farmers Market Initiative

Amy DeLisio, Emilie McClintic, and Kyli Gallington, Public Health Institute
Center for Wellness and Nutrition



THE NEED

In 2019, the State Nutrition Action Council (SNAC) addressed the primary barriers to shopping at farmers markets reported by low income shoppers including lack of awareness, affordability, and not feeling welcomed. The goal of the initiative was to promote farmers markets as a great place to shop while supporting CalFresh shoppers, farmers, and the local economy. It was also an opportunity to promote social connectivity in the community.

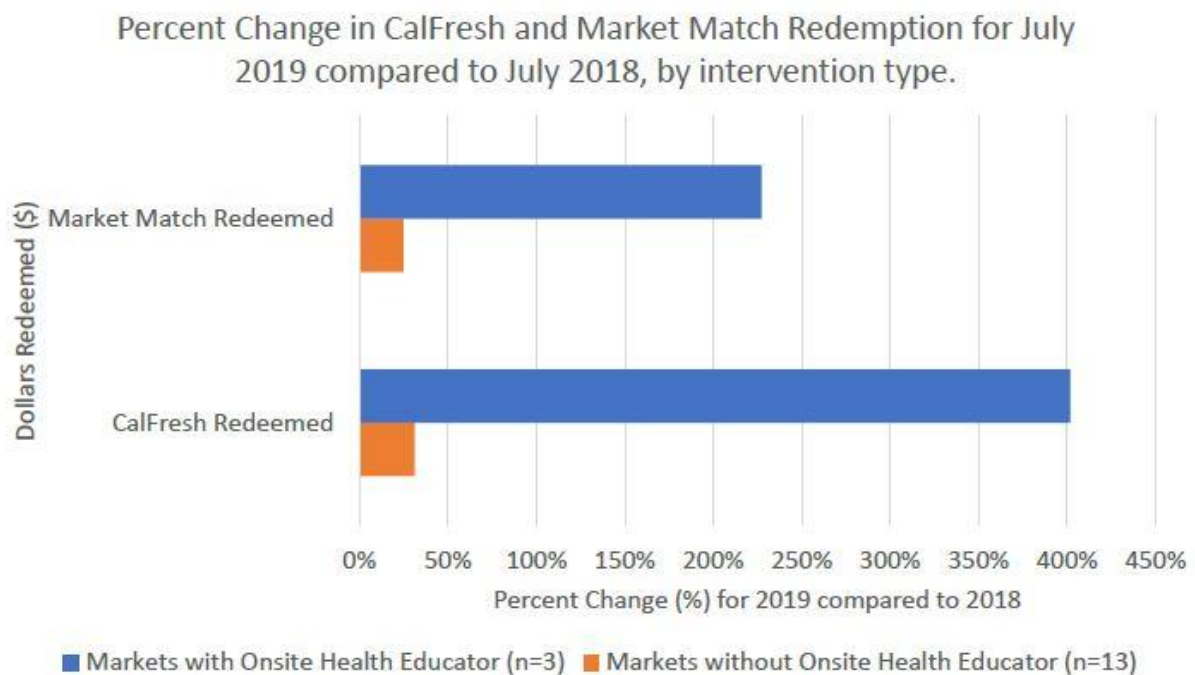
THE WORK

SNAC implemented the Farmers Market Initiative (FMI) in six counties at nineteen markets that accepted all FNS benefit programs. Three of these markets implemented a food navigator pilot program. Highlights of FMI include community outreach resources and techniques to attract low-income shoppers, market supports, key partnerships and strategies for engaging stakeholders, and methods for collectively evaluating program impact.

A promotional flyer titled "Get More at the Farmers Market" with a green header. It features a photo of fresh produce on the left. The main text explains the "Market Match" program: "Get More With Market Match. Stretch your dollar. Use your CalFresh benefits at Farmers Markets that accept EBT to increase your buying power. If you spend \$10 using your EBT card, you get a \$10 Market Match* at participating markets." It lists two participating markets: "Phelan CFM" at 4128 Warbler Road, Phelan, CA 92371, open Monday 2 p.m. - 6 p.m.; and "Redlands Thursday Night CFM" at 26 E. State Street, Redlands, CA 92373, open Thursday 6 p.m. - 9 p.m. Logos for CalFresh, WIC (Women, Infants & Children), and Market Match are shown at the bottom. A footnote states: "*Market Match is not available at all Farmers Markets. CalFresh benefits are matched dollar-for-dollar, up to \$10 per family, per market day at participating." The footer notes: "This material is funded by USDA's SNAP-Ed—an equal opportunity provider and employer."

THE IMPACT

Markets with an onsite navigator observed a higher percent change in CalFresh transactions and Market Match customers, with an average monthly increase of 31 new customers compared to an average increase of 2 new customers at other market locations. Markets with an onsite navigator experienced a 402% increase in CalFresh redemption for 2019 compared to 2018. Market managers reported the most helpful resource was face-to-face interactions in which benefits were explained.



THE FUTURE

The FMI campaign and expansion of the CalFresh Healthy Living Food Navigator Program is recommended to continue as an effective approach to increasing the use of benefits at farmers' markets. Acceptance of all Food and Nutrition (FNS) programs should continue as they not only benefited recipients but also benefited local farmers. To successfully expand, the campaign planning is recommended to begin sooner and FMI partners will be engaged early and often, providing more hands-on support and local connection opportunities.



Maintain and Grow the Campaign



Engage Partners Early and Often



Refine and Scale CalFresh Healthy Living Navigators Program

Edible Gardens in Education Settings

Bruce Nelson, Martha Rivera, Vanessa Cortez, Stephanie Rodriguez, and Jennie Yopez, Adventist Health Glendale

THE NEED

Adventist Health Glendale (AHGL) provides critical services that ensure the communities served, especially the underserved and disenfranchised, have access to affordable, quality care and supportive services that meet culturally specific needs. Through CalFreshHealthy Living (CFHL), our team serves community residents in Service Planning Areas 2 and 4. This grant uniquely positions us with the ability to work hand in hand with low-income SNAP-Ed eligible families, many of whom are English-language learners and food insecure. CFHL reduces the rates of diet-related chronic illnesses and increases positive diet-related behavior changes that alleviate illnesses. For AHGL, this grant is an opportunity to address the high obesity rates among the youth in our collective service areas. In 2017, an estimated 11.4% of children were logged as overweight in Los Angeles County. SPA 2 and SPA 4 rates were 14.2% and 17.8%, respectively. Programs like CFHL are a catalyst of change, taking an inclusive approach to health and leveraging the influences found in intrapersonal, interpersonal, communal, institutional, and policy frameworks. Likewise, AHGL seeks to effect community-level changes that influence individuals, their home environment, and the social spaces they share with other community members. The initiative is implemented through outreach, collaborations, and civic engagement.

Overweight and Obese Populations

Report Area	Overweight Adults	Obese Adults	Overweight Children	Overweight Teens (Age 12 to 17)
SPA 2—San Fernando Valley	32.6%	27.5%	14.2%*	---
SPA 4—Metro	31.2%	28.7%	17.8%*	---
Los Angeles County	32.9%	28.2%	11.4%	12.5%
California	33.9%	26.4%	14.5%	15.1%

THE WORK

Two edible gardens at Thomas Edison Elementary in Glendale, CA serve as focal points in the delivery of nutrition education, providing a platform to implement evidence-based curricula such as Growing Healthy Habits. This curriculum has been a fundamental tool in the design of our program over the last 3 years, aligning with our objective to increase access to and consumption of fresh fruits and vegetables among the 5-10 age demographic. Over 1,100 students participated in this curriculum’s implementation monthly. Classes of approximately 36 students, four from each grade, received biweekly lessons. Health

educators conducted 45-minute sessions that included a 30-minute gardening-based nutrition class and a 15-minute dancing session.



Garden-based lessons tap into children's natural curiosity; exploring the garden increases their desire to try a new fruit or vegetable. Students developed a well-rounded understanding of produce, that begins with what it needs to grow and the importance of adding it to a healthy diet. The lessons and activities outlined in this curriculum engage students in a meaningful, enjoyable, and age-appropriate way. These first-hand learning experiences ensure that students are eager to return to the garden, which promotes the long-term sustainability of school gardens.

THE IMPACT

Providing effective nutrition education is a vital component of public health. Evaluating health outcomes informs our practice as public health practitioners. AHGL routinely performs evaluations identifying successful interventions and potential best practices and informs required modifications for success. Consistent with this praxis, CFHL program staff evaluates how lessons result in healthy behavior change. In March 2019, a total of 130 students in the 3rd grade participated in the pre-assessment, while 121 participated in the post-assessment. The students participated in six lessons on sugary beverages, whole grains versus refined grains, good fats versus bad fats, and dairy. Project staff measured student outcomes using the Youth Nutrition and Physical Activity Survey. Statistical analysis indicated that students in this cohort experienced a 46% increase in their consumption of whole grains and an 8% increase in access to vegetables at home. Students also reduced their consumption of soda, french fries, and cookies or cake by 50%, 45%, and 53%, respectively.



THE FUTURE

AHGL aspires to sustain the life and use of the edible gardens at Thomas Edison Elementary. AHGL has participated in coalition building and training sessions for school staff and parents, as well as ongoing community outreach events, including learning opportunities that allow local stakeholders to practice leading garden-based activities. AHGL

fostered a culture of reciprocity among these stakeholders to establish partnerships and collective action that support the gardens. To further support sustainability efforts, AHGL joined the Glendale Unified School District's Wellness Policy Committee. We supported implementing a policy, enacted on October 19th, 2018, that promotes nutritional, physical, and mental health for students of all ages across the district. With AHGL's input, regulations promoting school gardens and the promotion of unflavored drinking water were added to the Wellness Policy. The policy calls upon GUSD staff and community partners to create a



health-promoting learning environment that allows students to thrive developmentally and academically. Given the success AHGL has tracked among students participating in CFHL, including the Growing Healthy Habits curriculum, this policy will sustain our edible gardens. The policy reinforces the utilization of the gardens because it supports GUSD's objective to provide a hands-on learning experience with fresh fruits and vegetables.

Food Rescue Project in Sonoma County

Jocelyn Farrell and Jamie Ortega, Catholic Charities of the Diocese of Santa Rosa

THE NEED



More than 20% of children in Sonoma County face food insecurity, despite the county's proximity to agricultural zones and high levels of food production. The Summer Meals Program works to address this issue by providing low-income students with free meals during the summer. However, due to the lack of clarity around local and state regulations around donation protocols, it was estimated that hundreds of undistributed, edible meals were being tossed each summer.

THE WORK

Catholic Charities Santa Rosa (CCSR) helped create and chair the Sonoma County Hunger Coalition, in partnership with the Local Health Department. The coalition met with the Environmental Health program and Redwood Empire Food Bank to identify the perceived obstacles to donating the leftover meals from the Summer Meals Program and to determine solutions.



THE IMPACT

The success of facilitating these conversations led to the coalition rescuing almost 5,000 meals, worth over \$18,500, which were then immediately donated to parents, community members, and local shelters. Catholic Charities of Santa Rosa was able to receive and directly distribute over 800 meals, worth at least \$3000. These rescued lunches provide much-needed nutrition to food insecure residents.



THE FUTURE

In the future, CCSR seeks to partner with more local community meal centers that can receive summer meals and to expand on our agency's capacity to pick up and distribute as many meals as possible.

CCSR also hopes to build on successful partnerships to continue expanding on efforts to glean fresh produce, allowing for greater consumption of seasonal fruits and vegetables among their target populations.



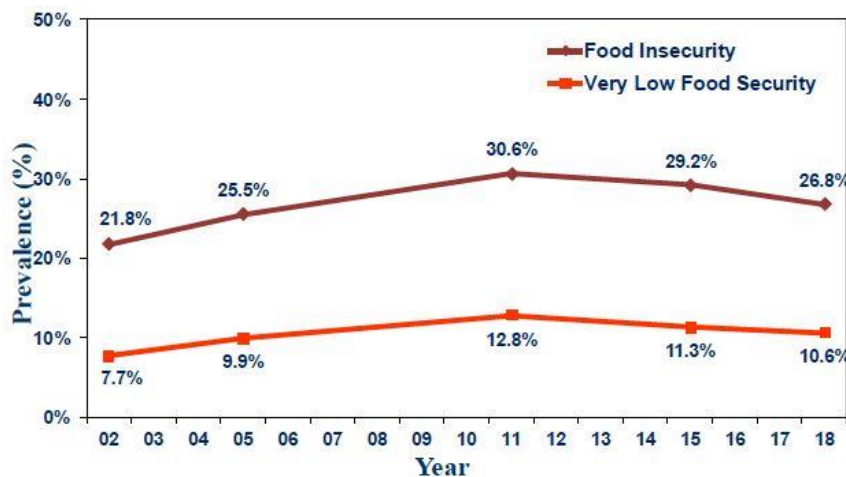
From Policy to Practice: Supporting Food Insecurity Screening Policy Through Education and Trainings in Los Angeles County, CA

Fatinah Darwish, Los Angeles County Department of Public Health

THE NEED

In 2018, 516,000 Los Angeles County households living less than 300% of the Federal Poverty Level were food insecure. Food insecurity increases the risk of chronic diseases. In 2019, the Los Angeles County Board of Supervisors adopted a Board Motion for County clinics to screen patients using a validated, 2-item food insecurity screener and refer patients to nutrition resources.

Food Insecurity Trends among LA County Households with Incomes <300% FPL\$, LACHS 2002-2018



THE WORK

The Los Angeles County Department of Public Health (LADPH) developed a training to educate nursing staff on food insecurity. The training included: understanding food insecurity, administering and interpreting the screener, reviewing food resources such as CalFresh, and tracking referrals. Training attendees received CalFresh materials and a food pantry list.

Hunger Vital Sign™ Questions:

- 1. Within the past 12 months, we worried whether our food would run out before we got money to buy more.**
 often true sometimes true never true don't know/refused
- 2. Within the past 12 months, the food we bought just didn't last and we didn't have money to get more.**
 often true sometimes true never true don't know/refused

THE IMPACT

In May 2019, 60 DPH nursing staff attended a half-day training on food insecurity. A 6-item pre and post-test was distributed to assess their general knowledge. Post-test results showed an improved score by 7%. We received feedback to provide onsite trainings at each DPH clinic to educate line staff. Four clinics received a modified version of the training. Out of 36 attendees, 81% reported they strongly agreed they were confident in using the 2-item food insecurity screener with their patients.



THE FUTURE

LADPH will continue providing onsite trainings and modify each training to fit each clinic's needs. Materials on each food assistance program is currently being developed to support referrals to food resources.

HOME-DELIVERED MEALS PROGRAM FACT SHEET

What is Home-Delivered Meals Program?
The Home-Delivered Meals Program is a healthy meal delivery program for older adults who are homebound. Older adults can have meals delivered to their homes by volunteers if they meet for themselves advanced age. The opportunity for safe, nutritious, which can help with loneliness.

Who is Eligible for Program?
To be eligible for Home-Delivered Meals Program:
• Age 60 years or older
• Person with a homebound status
• Spouse or partner


How Do I Apply?
1. Call your Area Agency on Aging at 1-800-541-5929.

What Other Information?
• The meals are delivered to your home.
• The program is available in all areas.

Visit Area Agency on Aging questions and answers.

SUMMER MEALS PROGRAM FACT SHEET

What is the Summer Meals Program?
The Summer Meals Program provides free healthy meals and snacks to children and teens during the summer months when school is not in session. Children and teens can't buy food at home that way.



MARKET MATCH AT FARMERS' MARKETS FACT SHEET

What is Market Match?
Market Match is a program for people on CalFresh Food, formerly known as food stamps, to help them buy healthy food at farmers' markets. For every \$1 of CalFresh Food benefits, the program gives an extra \$1 in Market Match tokens or vouchers that can be used to buy fruits and vegetables. Most farmers' markets match supplies last.

Who is Eligible for Market Match?
• You must be participating in CalFresh Food.
• Market Match. Call 1-866-613-3777 or CalFresh.org to apply for Market Match.


How Do I Apply for Market Match?
There is NO APPLICATION required to apply for Market Match. Below are the steps to use the program:

1. Find a farmers' market that has Market Match.
2. Look for the Market Match sign at the market.
3. Use your CalFresh Food EBT card at the market.
4. Buy fresh, locally grown fruits and vegetables with any food stamps or vouchers.

Visit marketmatch.org for questions and answers.

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM FACT SHEET

What is the Women, Infants & Children (WIC) Program?
WIC provides eligible families with nutrition education, breastfeeding support, referrals to health care and community services, and a WIC card to buy healthy foods. The WIC card can be used to buy fruits and vegetables, whole grains, milk, eggs, yogurt and much more.



Who is Eligible for WIC?
WIC is for pregnant women, new mothers, and young children (under 5 years old). You must be a U.S. citizen or legal permanent resident, have a household income at or below 185% of the federal poverty level, and be a resident of the state where you are applying for WIC.

How Do I Apply for WIC?
There are 3 ways to apply for WIC:
1. **Phone**: Call Customer Service Center at 1-866-613-3777 and select 'Apply to CalFresh' option.
2. **Online**: Apply online at CalFresh.org.
3. **In-Person**: Find a local district office by calling 1-866-613-3777 or visiting dhs.ca.gov. Find a Community Partner Application Assistance by visiting dhs.ca.gov. These are organizations that can help you fill out an application.

What Other Information Should I Know?
• It can take up to 30 days to process your CalFresh Food application. In some cases, you may receive your CalFresh Food benefits within 3 days, or immediately in emergency situations. Call 1-866-613-3777 to learn more about this service.
• If you are a SSI recipient and applying to CalFresh Food, make sure to report all your medical expenses to maximize your benefits. Medical expenses include medications, health and dental services, home health services, and insurance copayments.

CALFRESH FOOD FACT SHEET

What is CalFresh Food?
CalFresh Food, formerly known as food stamps, is a program that can help you buy healthy food and help with your food budget. CalFresh Food benefits are given through an electronic benefit transfer (EBT) card, which works like a debit card. Most grocery stores, corner stores and farmers' markets accept EBT. The amount of CalFresh Food benefits that you receive depends on your income, expenses and household size.

Who is Eligible for CalFresh Food?
You must meet the following requirements to be eligible for CalFresh Food:
• U.S. citizen or a legal immigrant
• Limited or no income
• Non-citizens can apply for other household members who are citizens or legal residents, such as children. If you receive Social Security Income (SSI) you may also be eligible for CalFresh Food.

How Do I Apply for CalFresh Food?
There are 3 ways to apply for CalFresh Food:
1. **Phone**: Call Customer Service Center at 1-866-613-3777 and select 'Apply to CalFresh' option.
2. **Online**: Apply online at CalFresh.org.
3. **In-Person**: Find a local district office by calling 1-866-613-3777 or visiting dhs.ca.gov. Find a Community Partner Application Assistance by visiting dhs.ca.gov. These are organizations that can help you fill out an application.

Fuel Up to Play 60

Diana Y. Cardenas and Jaci Westbrook, CalFresh Healthy Living, UC Stanislaus County

THE NEED

Fuel Up To Play 60 (FUTP60) is an in-school nutrition and physical activity program launched by National Dairy Council (NDC), National Football League (NFL), with the United States Department of Agriculture (USDA), to help encourage today's youth to lead healthier lives. The need for this program can be measured through global, national, and local secondary data.

Globally, if current trends continue, the number of overweight/obese infants and young children will increase to 70 million by 2025¹. Nationally, 1/3 of U.S. children ages 2-19 are overweight or obese, according to a 2013-2014 survey from the CDC². Finally, in Stanislaus County, 45.1% of 5th, 41.3% of 7th, and 42.5% of 9th graders are considered overweight or obese³. These national organizations, CalFresh Healthy Living, UCCE Stanislaus County (CFHL, UCCE), and 6th-8th grade Leadership Academy students of Patricia Kay Beaver (PKB) Elementary School make up the FUTP60 team.



THE WORK

The FUTP60 program implementation with Patricia Kay Beaver (PKB) Elementary School (K-8) students was a natural fit because of the school's Leadership Academy Magnet. The partnership evolved because of CFHL, UCCE work being done throughout the school district. Students were nominated by the principal to become Student Ambassadors of the FUTP60 Program. The FUTP60 selected students emphasized Healthy Eating and Physical Activity by implementing "plays" from the FUTP60 playbook. The play "Smarter Snacking School-wide" was hosted during designated nutrition breaks offering healthy options to the 6th, 7th, and 8th graders. Physical activity was addressed at recess time by generating sports challenges that students could participate in with the play



"Recess, Refresh." These plays focused on encouraging the 6th – 8th Grade students to lead healthy lifestyles.

THE IMPACT



Impact results were outstanding, as this intervention gave the FUTP60 Student Ambassadors an opportunity to implement and expose healthy eating and physical activity plays to the 6th, 7th, and 8th-grade student population. The Student Ambassadors were continually trained and are now able to teach basic nutrition and physical activity components to their peers. This promotes the FUTP60 program to those interested in joining FUTP60. The FUTP 60 Team

went on to apply and receive a grant for a "Grab-and-Go" breakfast cart on behalf of their school. At the end of the year, the students attended the 2019 FUTP60 Summer Summit in Ohio where they shared their successful work.

THE FUTURE

In the future, CFHL, UCCE plans to increase the number of Student Ambassadors participating in FUTP60 programming that includes taste testing, physical activity, and other wellness opportunities for healthy students. Participating in the FUTP60 Team has empowered these students to increase their leadership skills with their peers. CFHL, UCCE aims to continue growing our program currently in PKB Leadership Academy, establish a greater partnership with the Coordinated Approach to Child Health (CATCH) Program, and expand the FUTP60 Student Ambassador program to other school sites in the district and county.



References

1. Centers for Disease Control and Prevention. (2016). Childhood obesity causes & consequences. <http://www.cdc.gov/obesity/childhood/causes.html> .
2. Freyer, C.D., Carroll, M. D. & Ogden, C. L. (2016). Prevalence of overweight and obesity among children and adolescents aged 2-19 years: United States, 1963–1965 through 2013–2014. National Center for Health Statistics, Health E-Stats. https://www.cdc.gov/nchs/data/hestat/obesity_child_13_14/obesity_child_13_14.ht
3. Students who are overweight or obese, by grade level. (2019). <https://www.kidsdata.org/topic/725/student-weight-current/table#fmt=1026&loc=350&tf=95&ch=623,624,625&sortColumnId=0&sortType=asc>

Growing Physical Literacy in Tulare and Kings Counties

Deepa Srivastava, Teresa Spicer, Susan Lafferty, and Michele Byrnes,
CalFresh Healthy Living, Tulare/Kings Counties

THE NEED

- The Need: In Tulare/Kings counties, there is a critical need to foster Physical Literacy (PL) through Physical Activity (PA) to enable individuals to make healthy and active choices throughout their life-span. PL is described as the motivation, confidence, physical competence, knowledge, and understanding to value and engage in a physically active lifestyle.
- The Program: CalFresh Healthy Living, UCCE Tulare/Kings Counties (CFHL, UCCE) implemented Policy Systems & Environmental (PSE) change activities which reinforced nutrition & PA direct education, adult direct education, and indirect education activities already occurring at the sites.



THE WORK



- Program PA-related PSE activities for children and youth: stencils, gardening, CATCH activities for children and youth.

- Program PA-related PSE activities for adults: Zumba, walking club, community garden, and Bailoterapia-dance exercise.
- Participants' Learning: Through these PSE activities, the CFHL, UCCE program fosters positive attitudes, knowledge, and motivation among participants to be active, which mirrors the concept of PL.
- Evaluation: PSE activities were recorded in the PEARS tracking system and the Adult Physical Activity Survey (APAS) was administered to adults.

THE IMPACT

- 15 PA-related PSE changes were reported for both Tulare/Kings in which children participated in a variety of PSE activities e.g. CATCH, gardening as reported in PEARS.
- APAS was administered with 38 adult participants completing a pre and post-survey. Participants who reported improvements in PA behaviors ranged from approximately half (47% improved the number of days they exercised for 30 or more minutes) to nearly two-thirds (63% improved how often they made small changes to be more active).



THE FUTURE

- CFHL, UCCE will continue to work with community partners to maintain and expand PA activities and reach through walking clubs and garden education in existing and additional program sites, respectively.



- UCCE Nutrition Educators will continue to promote PL through PA. Being physically literate empowers individuals to make informed choices about being physically active.

Healthy Smiles: Partnering with Local Oral Health Program (LOHP) to Promote Rethink Your Drink

Robin Ronkes and Sonia Vega, San Bernardino County Department of Public Health Nutrition Program

THE NEED

Drinking sugary beverages nearly doubles the risk of dental cavities in children. In San Bernardino County, more than 30% of high-risk children 0-5 years suffer from tooth decay. Tooth decay is a preventable disease, yet it remains the most common chronic disease of children and adolescents aged 6 to 19.



THE WORK

The San Bernardino County Nutrition Action Partnership (CNAP) initiated collaboration with the Local Oral Health Program (LOHP) to strengthen Rethink Your Drink (RYD) messaging to drink more water and limit sugary beverages. CNAP worked with schools, libraries, and cities to schedule RYD education and enrichment activities at Summer Meal sites and invited Local Oral Health to partner.



THE IMPACT

1. Integrated RYD and dental education at 19 events in 10 cities from June to July 2019
2. Reached 3,612 children and adults
3. Implemented education stations:
 - * Potter the Otter storytelling by dental hygienists, educators, and students
 - * RYD education board
 - * Watermelon/basil water sampling
 - * Dental spin wheel
4. Children visiting stations received Potter Market Activity Kits, Potter Visits the Dentist books, and toothbrush kits while parents received cookbooks and toothbrush kits. (total=2,262 toothbrush kits disseminated)

THE FUTURE

Collaboration has currently been initiated by the Local Oral Health Program (LOHP) with invitations to San Bernardino CNAP/CalFresh Healthy Living to join the LOHP Education Advisory Workgroup, provide input on a LOH Nutrition and Oral Health brochure, contribute a blog on Rethink Your Drink, as well as participate in National Children's Dental Month activities (classes and health fairs).



Leveraging Community Partnerships to Promote Healthy Eating Among Preschoolers: Together, We Can Build a Culture of Health!

Deepa Srivastava, Susan Lafferty, and Michele Byrnes, CalFresh Healthy Living, UCCE Kings County

THE NEED

- The Need: Early childhood nutrition education is critical in the development of lifelong healthy eating and physical activity habits to prevent childhood obesity. Strong community partnerships play a key role in obesity prevention efforts.
- CalFresh Healthy Living, UCCE Kings County collaborated with the West Hills Community College of Hospitality Management (WHCCHM) and campus preschools to implement a nutrition and physical activity education program with the aim of establishing healthy habits in young children.



THE WORK

- Program Description: During April-May 2019, a six-week Go Glow Grow (GGG) curriculum was implemented in three preschool classrooms. Each organization played a unique role: a UCCE Nutrition Educator implemented GGG; and WHCCHM students conducted food demonstrations with taste tests. Preschoolers received



a GGG booklet, graduation certificate, a chef's hat, and recipe journal upon completion of the program.

- Evaluation: Taste Test Tool was administered and two focus groups were conducted with students and partner organizations to examine program effectiveness.

THE IMPACT

- Reach: Participants included preschoolers (n=72), student chefs (n=13), preschool teachers (n=9), and partner organizations (n=3)

- Quantitative Results: 13 food tastings were recorded with 144 preschoolers from multiple tastings in the classrooms with the same children. Across all categories of healthy food items tasted during



the program: 16% of preschoolers reported having tasted the target food before, 96% actually tried the food featured for the tasting, 70% reported willingness to eat the food again at preschool, and 64% reported being willing to ask for the food at home.

- Qualitative Findings: For student chefs- Increased knowledge & skills about nutrition education implementation and positive changes in healthy eating for self and family. For organizations- collective impact, program sustainability, and community engagement are key to nutrition education.



THE FUTURE

- The overall findings indicated that the collaborative effort undertaken to deliver GGG was a promising approach for program sustainability, collective impact, and community engagement efforts.
- Partner organizations have plans to implement GGG and taste tests in spring 2020 with improvements such as increased time for the food demonstration/taste test component to provide more time for preschoolers to taste the target food and providing a taste test script to student chefs for consistency.



Leveraging on Partnerships to Increase Access to Healthy Foods and Beverages in Sacramento

Stephanie Carillo, Montserrat Papias, and Sandra Torres, Center for Wellness and Nutrition

THE NEED

Food insecure households are at a higher risk for developing preventable chronic diseases such as obesity. According to the 2017 County Profiles for SNAP-Ed, Sacramento's food insecurity rate is 17% overall as compared to California's overall rate of 14%. Although 66% of SNAP-Ed adults in Sacramento have regular access to fresh fruits and vegetables, only 40% of adults can find them at affordable prices.



THE WORK

On behalf of the Sacramento County Obesity Prevention Program, the Center for Wellness and Nutrition (CWN) implements the Healthy Retail Program. CWN leverages partnerships beyond SNAP-Ed to support retailers in making PSE changes that increase shoppers' access to healthy food and beverages. We do this by seeking non-SNAP-Ed funds to supplement SNAP-Ed work and partnering with innovative partners such as JUMP a program by UBER.



THE IMPACT

Partnerships beyond SNAP-Ed funding are helping to create healthy, sustainable changes for retailers. As part of our Healthy Stores Refrigeration grant through CDFA, small retailers receive a free energy-efficient refrigeration unit to stock California-grown fruits and vegetables making fresh fruits, vegetables, and nuts available to local residents.



THE FUTURE

CWN continues to develop local partnerships and expand non-SNAP-Ed funding opportunities to help support healthy, sustainable changes for the Sacramento community. Produce Express, a local produce distributor, will assist in procuring fresh items for our small retailers helping to create a sustainable food system and boost the local economy.



Local Chef Bakes Loaves of Love

Susan Cobb, Catholic Charities San Bernardino & Riverside Counties

THE NEED

In the Victorville, High Desert area, the County's rate of poverty is higher than the State and national averages. Each week, over 100 bags of groceries are delivered to homebound seniors in the High Desert, thanks to the partnerships with Feeding America, Catholic Charities donations, and local gleaners. Staff at Catholic Charities were challenged as to what to do with large amounts of gleaned or donated fruits and vegetables that were close to their freshness expiration. Often, high amounts of fruits and vegetables, such as zucchini and bananas, become harder to expend.



THE WORK

Aligning with the agency's established Nutrition Standards and keeping in line with the philosophy that no food is wasted, Catholic Charities collaborated with staff and volunteers to solve the problem. One volunteer reached out to a friend who was a local chef to see if he could do anything with the excessive fruit and veggies. Chef Kermit devised a plan that would take weekly excessive produce and bake bread. Catholic Charities secured flour, eggs, and other baking staples, and secured a weekly drop off and pick up from Chef Kermit.



THE IMPACT

As a result, a loaf of bread is packed weekly in each donated bag, with nearly 100 baked loaves being distributed each week so that besides weekly fresh produce, low-income residents also now receive healthy, fresh baked bread to add to their meals. Besides being something special for local seniors, it is also a great way to get



additional important doses of fruits and vegetables to the clients that are in need of access to healthy food. Additionally, food waste has been greatly reduced through these efforts.



THE FUTURE

Catholic Charities hopes that the partnerships with Feeding America, local gleaners, and Chef Kermit will continue into the future. When future needs expand or become too much for the chef to sustain, outreach to other local chefs may provide a sustainable source of volunteers who can utilize the produce that is about to expire. This will ensure that the produce is

prevented from ending up in the landfill and instead turn it into a usable source of nutrients for our clients.

Marketing Campaign Increased School Breakfast Participation

Pulido M, Barahoha J, & Ganthavorn C, CFHL, UCCE Riverside County

THE NEED

In the 2018-2019 school year, the Coachella Valley Unified (CVUSD) Child Nutrition Services received a USDA grant to implement school breakfast at ten school sites. CVUSD needed assistance with the breakfast promotion campaign. CalFresh Healthy Living, UCCE Riverside County (CFHL, UCCE) brought in UC Agriculture and Natural Resources News and Outreach in Spanish (UC ANR NOS) to assist.



THE WORK

UC ANR NOS worked with Coachella Valley Unified to create a marketing campaign that involves ten 30-second videos, nine radio spots on two radio stations, and a two-minute interview that runs in Univision's morning show called Despierta Palm Springs every day for a month. UC ANR NOS also produced 12 videos to be posted on Facebook by Univision.



THE IMPACT

The "Breakfast on the Playground" campaign for Coachella Valley Unified Child Nutrition Services increased school breakfast participation at the two pilot schools (Cesar Chavez Elementary and Saul Martinez Elementary) from 29% to 50% of the student population¹. One 4th grade teacher commented, "I see that the children who participate in the breakfast program pay more attention during class."



THE FUTURE

CFHL, UCCE will continue to work with schools in CVUSD to educate students about the benefits of eating breakfast for greater academic performance. In 2020, CFHL, UCCE will provide direct education and support for policy, system, and environmental change to 5 elementary schools in CVUSD including Cesar Chavez and Saul Martinez.



Reference

<https://www.youtube.com/watch?v=3GJpJKclks0>

More Food, Less Waste!

Daisy Pacheco and Nancy Lewis, St. Margaret's Center - Catholic Charities of Los Angeles

THE NEED

During the process of improving the food pantry at Catholic Charities of Los Angeles (CCLA) St. Margaret's Center as part of Leah's Pantry Nutrition Pantry Program, CCLA staff were confronted by the issue of a large amount of food waste created by donations of produce that were at or past the expiration point. After recognizing this issue, staff sought ways to implement a

waste reduction and diversion system for the pantry instead of sending large amounts of expired produce to landfills via the municipal waste stream.



THE WORK

While CCLA staff were looking for solutions to the pantry's food waste problem, their new Urban Agriculture Manager was also looking for resources and funding to reinvigorate St. Margaret Center's onsite garden. CCLA was able to secure funding from their partners, Catholic Relief Services and the Archdiocese of Los Angeles, to help with the garden project. The Urban Agriculture Manager was able to build a compost bin from discarded pallets, which enabled them to divert the inedible produce and convert it to nutrient-rich compost for use in the garden beds.



THE IMPACT



In just a few short months, CCLA was able to divert nearly 1000 pounds of expired produce and create approximately 12 cubic feet of compost, which was utilized in the garden beds to keep the food pantry garden sustainable. The approximately 50 pounds of produce that was harvested during the year was distributed to food pantry clients and utilized in the Center's nutrition education classes. Additionally, staff were able to come up with solutions to reduce the amount of food expiring, such as freezing and distributing frozen fruit to food pantry clients, reducing waste further.

THE FUTURE

This composting system can be replicated at other sites, even ones where no gardens exist, creating greater impact in communities that have historically borne the burden of waste facilities and the accompanying negative health impacts. CCLA will be helping to install gardens in communities throughout the county, enhancing the quality and amount of produce distributed at food pantries and supporting the reduction and diversion of food waste by teaching composting and sharing other solutions.



Partnering with Retail Owners

Nori Grossmann, Alameda County Public Health Department – Nutrition Services Program

THE NEED

Oakland's retail food landscape can be attributed to decades of divestment and other policies that leave communities with few resources. Too many neighborhoods are without access to fresh produce & healthy foods. Alameda County Nutrition Services recognizes that to address Oakland's health disparities, partnering with community small corner stores to sell quality, affordable fruits and vegetables, and other healthy options is necessary.

THE WORK

To achieve a vibrant retail environment offering produce and healthy foods, we partner with retail store owners, local community-based organizations, and city and county officials. After seven years of building trust and relationships with store owners,



they voiced interest in a retail owner gathering. Based on their feedback, we held our first Healthy Retail Convening in October 2019. Owners networked & shared best practices, while we offered resources and celebrated each owner's dedication to supporting community health.

THE IMPACT

The Convening demonstrated our collective commitment to serve our communities. City Council Member from District 6, President of the

National Association of Yemeni Americans, Fresh Works, Good Stuff, HOPE Collaborative, Mandela Partners, and other partners supported the healthy retail convening. We addressed owners' concerns such as working in silos, time challenges, management of produce, profit losses from produce waste, and lack of city support with regard to fees.



THE FUTURE

A key part of the convening focused on building our collective future. We asked store owners for input on helping to shape our healthy retail program so we can better support them, and we have actionable strategies to move forward. Recently CDFA awarded us 15 new energy efficient refrigeration units for CA produce for our healthy retail store partners and one refrigerated van to deliver produce to small stores in underserved East Oakland starting in 2020!

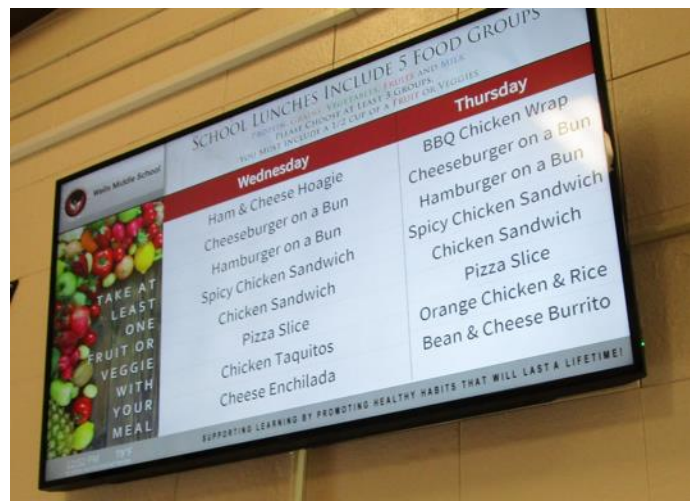


Partnerships Brought Success to Wells Middle School

Carlos C, Ogosi N, Palacios-Sanchez I, & Ganthavorn C, CFHL, UCCE
Riverside County

THE NEED

Wells Middle School in Riverside County has a student enrollment of 973. Half of the students are English learners. The school has a high poverty rate (94% qualified for free/reduced price meals)¹ and a high risk factor for obesity. CalFresh Healthy Living, UCCE Riverside County (CFHL, UCCE) has a long history of working in partnership with Wells Middle School.



THE WORK

In FFY19, CFHL, UCCE partnered with the Dairy Council of California and the school community to enroll 767 students in EatFit or Exercise Your Options. The program provided nutrition workshops reaching 76 parents and partnered with the UC Master Gardeners to support a student garden club utilizing garden-based education. CFHL, UCCE also partnered with the Dairy Council to provide a districtwide Smarter Lunchrooms Movement training for cafeteria managers and hosted Healthy Snack Day during lunch periods to raise awareness about healthy snack choices.



THE IMPACT

During this period, Wells Middle School received four awards from the Alliance for a Healthier Generation's National Healthiest School Program, including the Gold Award in 2017 and again in 2019! The EatFit student evaluation shows that 90% of students made at least one improvement in their eating behavior; 48% had set an eating goal and were successful in reaching their goal.



THE FUTURE

CFHL, UCCE will continue to build partnerships to support student health at Wells. A combination of school-wide direct education, parent engagement, garden-based education, cafeteria promotion, and campus health fair events has improved student health and wellness at Wells Middle School. This cannot be achieved without strong partnerships between several entities and the school community.



Reference

<https://dq.cde.ca.gov/dataquest/>

School District Leadership Within County Nutrition Action Partnership (CNAP) Improves Summer Meals

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

THE NEED

In San Bernardino County (SBC), 1 in 5 children under 18 years is food insecure and 84% of SBC schools are SNAP-Ed Eligible. The Summer Food Service Program helps to fill the hunger gap when school is out, however, in 2015 only 6% of SBC children/youth receiving Free and Reduced Price Meals during the school year participated in Summer Meals.



THE WORK

In 2019, San Bernardino County Nutrition Action Partnership (CNAP) established a Summer Meal Subcommittee led by the Redlands and Hesperia Unified School District Nutrition Service Directors/staff to support sponsors in enhancing programs and increasing participation through better marketing, incorporating enrichment activities, forging partnerships, and addressing barriers.

THE IMPACT

- Improved participation from school districts and 30+ community partners
- 77% of school sponsors participated in summer meals surveys and attended meetings
- CA Dept. of Education representative attended meetings via teleconference
- 7 sponsors implemented Summer Meal Kick-Off events
- "Activities drew more students/parents"

- 64% increased meals served, per survey
- New school district added as a summer meal sponsor
- Sponsors promoted summer meals at 9 CalFresh/WIC staff meetings
- Sponsors recognized: USDA Summer Sunshine, Turnip the Beet, CDE “One in a Melon” Awards
- Rethink Your Drink education at 22 summer sites

THE FUTURE

School District co-chairs will continue in 2020! A “One More Bite” campaign to end summer hunger is planned. The campaign will challenge sponsors to add one more site, day/week, meal, and/or event.



School District Taps into Water Access Grant

Claudia Pelayo, Riverside University Health System - Public Health

THE NEED

Vista del Lago High School students felt the water from their drinking fountains had an unpleasant taste. Unfortunately, bottled water was only available for purchase from vending machines or during lunchtime.

Limited access to fresh drinking water caused students to wait long periods without water, or possibly not drink water at all, during the school day.

THE WORK

In August 2017, the Riverside County LHD staff shared a grant opportunity for free water bottle fill stations, available from Eastern Municipal Water District (EMWD), with the Nutrition Services Department at Moreno Valley Unified School District. When the school district encountered delays in approving the proposed water projects, LHD staff enlisted assistance from Health Academy students at Vista del Lago. In April 2018, students collected 1,462 signatures to petition for a water-fill station and became the first school to get awarded.



THE IMPACT

As a result of this partnership, 33 schools in Moreno Valley Unified were granted free water bottle fill stations by EMWD. The estimated water-fill station project investment is \$125,400 (including unit and labor costs).

EMWD Helps Students Stay Hydrated As Classes Begin



Perris, CA (August 26, 2019) — As students across the region begin going back to school this month, it's a good time to make sure their back-to-school supplies include a reusable water bottle.

This fall, EMWD will complete work on installing water bottle fill stations at every school within EMWD's service area that has requested one. These stations allow students and teachers to easily refill water bottles and stay hydrated with safe and reliable tap water.

The stations are similar to drinking fountains, but include an overhead filling system to quickly fill reusable water bottles. EMWD actively promotes the use of refillable bottles as part of its commitment to the quality of its tap water and to help reduce the amount of plastics within landfills.

"We appreciate the continued partnership that EMWD has with its area schools," EMWD Board President Ron Sullivan said. "EMWD's Water Bottle Fill Station program has provided countless students access to safe, reliable drinking water during the day and helped divert tens of thousands of plastic water bottles from landfills."

EMWD has water bottle fill stations at campuses in the following school districts: Hemet Unified School District, Temecula Valley Unified School District, San Jacinto Unified School District, Moreno Valley Unified School District, Val Verde Unified School District, Menifee Union School District, Nuvview Union School District, Romoland School District, Perris Union High School District, Perris Elementary School District, and Murrieta Valley Unified School District.

Moreno Valley Unified is the third largest school district in Riverside County and the 23rd largest in California. Over 34,000 students now have access to free, refrigerated water. School employees also enjoy the water bottle fill stations.

THE FUTURE

The final phase of the water-fill station installation project was completed in December 2019, six months earlier than anticipated.

EMWD has a written contract with Moreno Valley Unified to maintain the water-fill stations for five years, and the district has agreed to prominently display partnership signage and "Rethink Your Drink" messages. Some schools have expressed interest in installing additional water-fill stations for other areas on campus. For more information, visit emwd.org/wbfsprogram.



Teamwork Makes the Dream Work!

Allegra Chacon and Cynthia S. Diaz, Fresno County Department of Public Health

THE NEED

Since 2017, community residents living in Kerman have requested a farmers market.

- Kerman lacks the resources and capacity
- Residents have limited access to affordable, fresh fruits and vegetables
- Kerman is considered a food swamp



THE WORK

In March 2019, the City of Kerman, with support from Fresno County LHD's CalFresh Healthy Living program, applied for a grant from the National Recreation and Parks Association (NRPA) to implement a farmers market.

- City of Kerman was awarded \$30,000
- Planning meetings were held to discuss market logistics, budget, and marketing
- Project timeline: April 2019 – January 2020
- Six community listening sessions were held to determine the best day, time, and location of the farmers market



THE IMPACT

Increased access to affordable fresh fruits and vegetables in Kerman.

- The first farmers market had six vendors (two produce vendors and four information vendors). At the end of the season, 12 vendors were interested in returning next year
- Community participation remained constant at approximately 120 residents in attendance
- Every market provided nutrition and engagement activities and food tastings focused on market produce
- Positive response from the community



THE FUTURE

The partnership between the City of Kerman and Fresno County LHD's CalFresh Healthy Living program has strengthened and brought this great opportunity to the community

- The City of Kerman plans to continue growing the market by hosting the market on an annual basis
- City of Kerman is also now researching electronic benefit transfers (EBT) and Women, Infants, and Children (WIC) opportunities for future markets



Using Tray Waste to Drive District Wide Change

Rita Palmer, CalFresh Healthy Living, UCCE Butte Cluster, Tami Deal, Oroville City Elementary School District Food Service, Ashley Wais, Butte County Public Health

THE NEED

The United States Department of Agriculture stresses the importance of careful menu planning in the lunch and breakfast programs that reduce food waste and improve the consumption of healthy foods. But even with careful planning, food is wasted from time to time. A Harvard Public Health study reported that 60 percent of fresh vegetables and 40 percent of fresh fruits served in school lunchrooms are being thrown away. When fruits and vegetables are taken but not consumed, the nutrition is directly wasted¹. Concerned with the amount of food wasted and nutrients lost in the toss during lunch, the Oroville City Unified School District (OCESD) collaborated with CalFresh Healthy Living, UCCE Butte Cluster, and Butte County Public Health to complete the Smarter Lunchroom Tray Waste Analysis in the 2017-2018 school year. The goal was to better understand what lunch food items had higher rates of waste so that menu offerings could be adjusted to promote a higher intake of fruits and vegetables.

THE WORK



The Smarter Lunchroom Tray Waste Analysis was completed in the 2017-2018 school year at seven sites within OCESD. Eighteen assessments were completed; three sites were analyzed twice and four sites were analyzed three times. A total of 4,208 trays were analyzed. Data was collected during an entire school lunch block. Data collection dates were pre-assigned at random in an effort to capture the variety of foods served across the district throughout the month and school year. A team of three data collectors completed waste spreadsheets for the school. The analysis was done using the Quarter-Waste Method. This method involves a visual estimation of food remaining on a student's plate or tray.

When students bring their tray to the waste basket, the data collector records whether 0, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or all of each food they can identify has been eaten. On the scorecard: 0= none of the food item was wasted, 1 = $\frac{1}{4}$ of the food item was wasted, 2= $\frac{1}{2}$ of the food item was wasted, 3 = $\frac{3}{4}$ of the food item was wasted, 4 = all of the food item was wasted.

THE IMPACT

When ranch dressing was offered with carrots and broccoli, waste decreased for each food by 12%.

Students preferred grapes to raisins. 21% of grapes served were wasted compared with 69% of raisins.

Students preferred apple slices to whole apples. 62% of apples wasted were whole apples compared to 38% of apple slices.



The least preferred vegetable served was peas. with 77% wasted. Peas were removed from the menu after the analysis.



When more fruits and vegetables were offered during lunch, the waste decreased.

THE FUTURE

- After the Tray Waste Analysis was completed, OCESD set in place a goal to provide a variety of fruits and vegetables daily instead of just one choice.
- A more conscientiously designed menu has eliminated food items that students dislike and increased fresh fruit and vegetable options.
- Kitchen staff believe that these changes have not only increased the amount of fruits and vegetables consumed but decreased the waste.
- Anecdotally, teachers are noticing students eating more since the menu change, resulting in increased class participation following lunch.
- Another Tray Waste Analysis is planned for the 2020-2021 school year to explore whether the additional menu changes described above have decreased waste.



Reference

["Why Reducing Food Waste in School Meal Programs Matters." Healthy Food Choices in Schools, 13 June 2019.](#)

QUALITY DIRECT EDUCATION

Bridging the GAP: Leveraging Partnerships to Bring Quality Nutrition Education to the Gardening Apprenticeship Program

Nina Nguyen and Lillian Orta, The Los Angeles Trust for Children's Health

THE NEED

In South Los Angeles, the prevalence of obesity for adults is at 35% and 30% for adolescents compared to other neighborhoods in Los Angeles County. Nutrition, cooking, and gardening programs are promising approaches to improve dietary intake and reduce obesity; yet few programs have emerged in South Los Angeles. The Gardening Apprenticeship Program (GAP) was created by the Los Angeles Neighborhood Land Trust (LANLT) at John C. Fremont High School as a gardening-based program to develop leadership skills and food justice advocacy among African American and Latino youth. The Los Angeles Trust for Children's Health (The L.A. Trust) partnered with LANLT to bring additional components of direct nutrition education and hands-on cooking demonstrations to the GAP program.



THE WORK

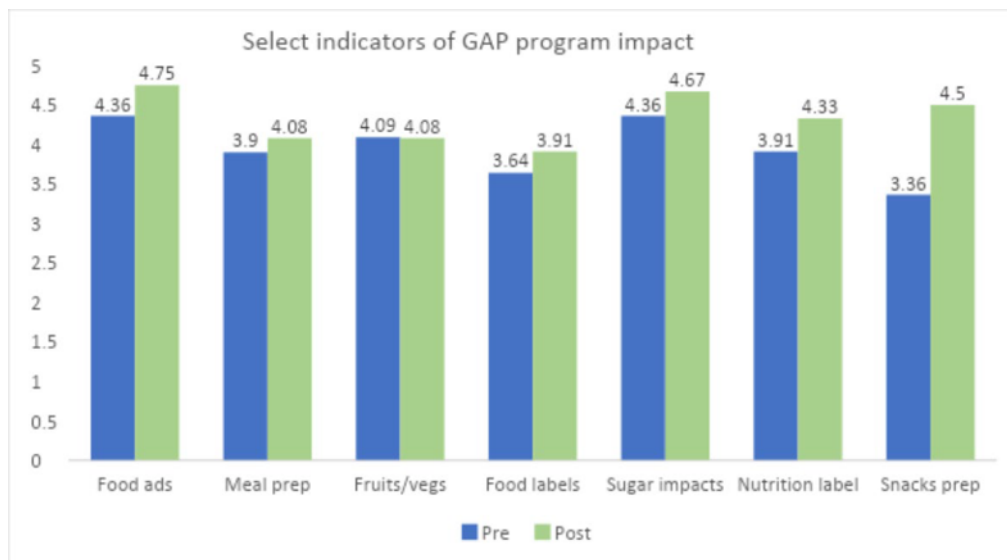
During the 2018-2019 school year, the L.A. Trust worked collectively with LANLT to deliver gardening, nutrition education, and cooking demonstrations to 12 students. Health Educators from the L.A. Trust met with students afterschool for 2 hours across 16 weeks. Health Educators used the Nourish Curriculum, supplemental lessons from Drexel University, and recipes from the CalFresh Healthy Living website. Cooking demonstrations involved



hands-on activities in which students learned about food preparation, using many ingredients that were grown by the students. Recipes used included: rainbow pasta, breakfast tacos, fruit smoothies, and fruit-infused water. Pre and post-evaluation surveys were administered with questions from the Nourish curriculum and supplemental evaluation questions.

THE IMPACT

Select indicators from pre and post-evaluation surveys are highlighted in Table 1. Students responded to a 5-point Likert scale, from Strongly Disagree (1) to Strongly Agree (5). There has been an improvement in a student's ability to read food labels. The consumption of fruits and vegetables stayed consistent. The biggest change was in students being inspired to prepare meals for themselves and others. The level of snack preparation went from 3.36 to 4.5. Our biggest success was 100% retention of students in the program, with high program satisfaction.



THE FUTURE

The workshops show the need for nutrition education and also show that it's a promising and innovative strategy to increase students' life skills beyond high school. These workshops can be adapted to other afterschool programs in South Los Angeles in an effort to improve life skills for students in an area that is food insecure. It is important to note the investment in cultivating appropriate and ideal partnerships, which contributed to the success of this program. We plan to continue partnering with the Los Angeles Neighborhood



Land Trust and replicate this program in other schools in the Los Angeles area.

Cooking for Health Academy: Education to Community Impact

Annette Laverty and Dale Murai, Alameda County Public Health Department – Nutrition Services Program

THE NEED

Alameda County has been in the core business of nutrition education and physical activity promotion for over 20 years. The Cooking for Health Academy (C4HA) was born out of years of increasing community demand to experience hands-on cooking lessons instead of just watching cooking demonstrations. By incorporating cooking techniques and food safety into nutrition education classes, participants are more actively engaged in learning and skill development.



THE WORK

Alameda County Nutrition Services developed, evaluated, and received USDA approval to use the Cooking for Health Academy as an evidence-based curriculum. There are 6 classes per series. Each class covers key nutrition messages, culinary skills, food safety, and seasonal produce tips. Each series is taught by a trained Nutrition Educator and supported and co-taught by a community Champion. Each series is evaluated using the Food Behavior Checklist with additional self-efficacy questions.



THE IMPACT

Impact Outcome Evaluation results have shown that fruit and vegetable intake consistently improves after the course. Cooking attitudes and self-efficacy have also shown significant improvement each year, as have food safety self-efficacy. These findings indicate that the intervention impacts individual lives. However, the benefits go beyond health. Academy graduates have the opportunity to take the CA Safe Food Handlers certification exam, which gives them an edge over other food industry job candidates.



THE FUTURE

Securing jobs plays a role in lifting our low-income participants out of poverty. Our



Graduates who hold the CA Safe Food Handlers certification and show leadership in class are invited to be a Champion and co-teach with us. This community capacity-building model has much broader community impacts as cohorts of Graduates become dedicated and passionate about helping their own communities make healthier choices, and our CalFresh Healthy Living messages get multiplied!

Make Every Sip Count: Evaluating Rethink Your Drink Curriculum Fidelity in Classroom and Community-Based Settings

Kelly Warner, Los Angeles County Department of Public Health

THE NEED

Curriculum fidelity refers to how closely the intervention was implemented as designed. Per SNAP-Ed Guidance, an evidence-based curriculum such as Rethink Your Drink (RYD) needs to be implemented with fidelity for the intervention to produce similar outcomes to those found in the original evaluation. The Los Angeles County Department of Public Health (DPH) funds twenty-four partners to provide nutrition education, including RYD lessons.



THE WORK

DPH sought to learn more about partners' experiences with ensuring SNAP-Ed curriculum fidelity when implementing RYD activities in classroom and community-based settings, and the challenges faced when fulfilling this requirement. Data collection methods included in-person observations at each partner site by a Registered Dietitian, and completion of a qualitative survey, from which responses were aggregated and common themes identified.

SNAP-ED FIDELITY AND QUALITY ASSURANCE
 Fiscal Year: 2018 - 2019
Rethink Your Drink Activity Observation Tool

or: _____ Date: _____

ol Faith-based Retail Worksite Community center Clinic
 y): _____

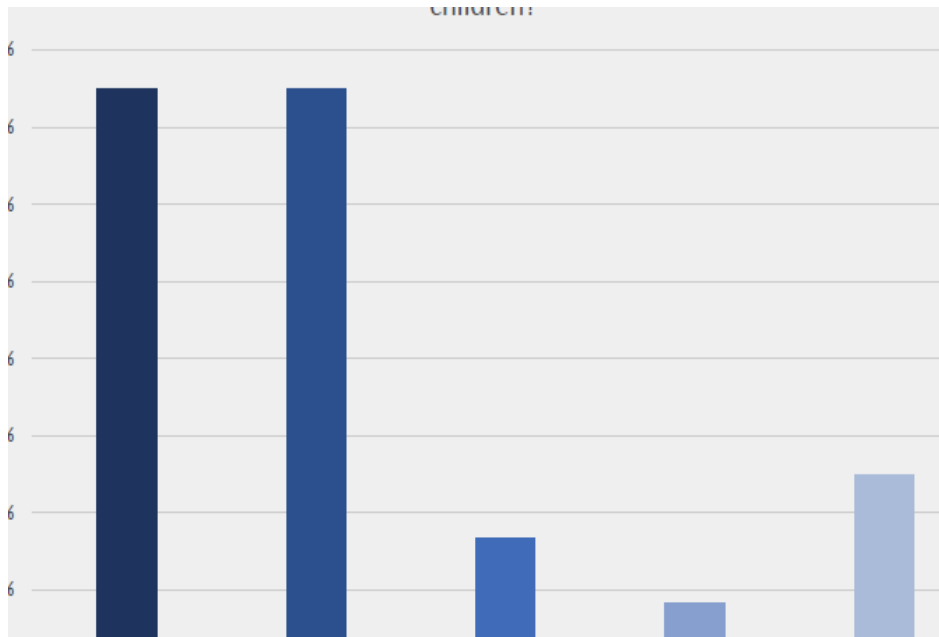
Class Community-based event
 Trained/licensed expert Peer-to-Peer Train the trainer
 Early Childhood School-aged Children High School Youth Older Youth & /

Lesson Series Single Lesson
 t: _____
 ipants: _____

Assessment
 on topic was appropriate for the audience
 ative Research was conducted to ensure lesson topic is appropriate for audience
 nts/notes:

THE IMPACT

Results identified areas DPH can expand programmatic support, training, and technical assistance for SNAP-Ed partners. Results also highlighted opportunities to increase program impact, such as adapting the materials to reach a wider variety of cultures and age groups. While 75% found RYD messaging impactful for children, results identified a need to adapt messaging for school-age children without basic arithmetic skills such as division, shown in Figure 1.



THE FUTURE

By identifying and addressing these challenges in curriculum fidelity, DPH can improve future RYD programming and nutrition education delivery. Cognizance of culturally appropriate messaging will better reflect the diversity of residents and increase responsiveness to the RYD materials, as well as standardize best practices to ensure the messages communicated to participants are consistent and evidence-based.



Project 4-H2O: Does a Hydration Campaign in School Matter?

Marisa Neelon, Charles Go, and Eli Figueroa, CalFresh Healthy Living, UCCE Contra Costa County

THE NEED

Why should students drink water, not soda? The consumption of sugar-sweetened beverages (SSBs) such as soda 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 diseases¹.

In Contra Costa County, the California Health Interview Survey (2015-16) found that only 26% of teens, ages 12-17, drank 8 or more glasses of water the previous day. In addition, 62% of teens drank two or more sodas the previous day, which is twice the statewide rate of 29%. With these statistics in mind, CalFresh Healthy Living, UCCE Contra Costa County (CFHL, UCCE) staff created and implemented Project 4-H2O. Focused on healthy hydration, the program targeted a local high school with a majority of Hispanic teens and over 50% of students qualifying for free/reduced-price lunch.



THE WORK

Six teens were recruited based on their potential for student leadership, commitment, and passion for the student hydration issue. The CFHL, UCCE program engaged teens in a youth-led participatory action research (YPAR) project as well as 4-H positive youth development practices. They were also trained on approved curricula such as *Rethink Your Drink*. The teens choose their research question, “Does a hydration campaign affect student consumption of water at school?” and decided to test it by implementing a campaign plus a pre-post survey.



The teens, with staff support, created and produced school hydration signage and stickers along with engaging weekly videos promoting water consumption messaging to their peers. They also developed a pre-post survey that was administered to 453 students before and after the campaign.

THE IMPACT

With about 221 out of the 453 students (49%) responding, the survey revealed:

- 52% (115) of students reported drinking more water because they were reminded by the campaign. From this group, 21% further indicated that the posters and water drop floor stickers reminded them while 17% reported the weekly messaging reminded them.
- About 37% (82) of students reported that an additional water bottle filling station would encourage them to drink more water.

Another measure of the 7-week campaign used the 1st-floor water station automated counter. At the beginning of each week, students recorded the amount of water consumed throughout the school year. They recorded 2,038 bottles in the first month of the campaign vs. the average of 1,064 bottles from previous months.

THE FUTURE

Project 4-H2O teens plan to advocate for:

- Funding to promote school hydration in coordination with the installation of new water stations in school
- Funding for student water bottles
- Increased awareness on the need to maintain the water stations (i.e., clean and sanitize, replace filters)
- A school health and wellness club to take on the hydration issue; the teens have already engaged the principal



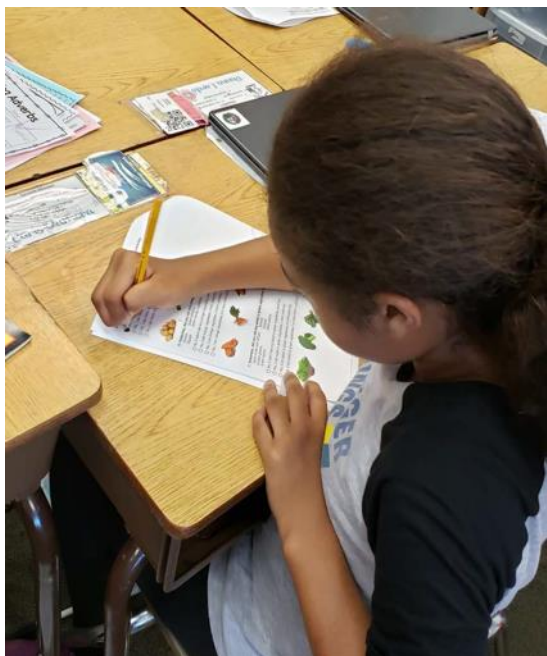
CFHL, UCCE plans to expand the YPAR project to a middle school in the coming year.

Reference

Zheng, M., et al. (2015). Substitution of sugar-sweetened beverages with other beverage alternatives: a review of long-term health outcomes. *J Acad Nutr Diet.* 115:767-79.

Do Our Lessons Match The Test?

Andrea Morey, Riverside University Health System - Public Health



THE NEED

Riverside County LHD educators were searching for an upper elementary curriculum addressing nutrition and physical activity behavior change. Teachers were requesting more interactive delivery methods to increase student engagement and skills development. We wanted to find materials that would match the Impact Outcome Evaluation (IOE) survey, as the results are based on each student's behavior change for foods, beverages, and exercise. In past years, our IOE results were scattered and not truly congruent with the lessons taught.

THE WORK

LHD staff and subcontractors reviewed all approved curricula options for 4-6th grade. We compared the length and quantity of lessons, content covered during each session, variety of activities included, and opportunities for student application. We asked other counties what materials they prefer, and why. We considered teacher response surveys that suggested we find new materials to better engage students and meet their grade-level standards. Many materials had a set of "pros" and "cons" to weigh in comparison to other options.



THE IMPACT

Dairy Council of California's "Nutrition Pathfinders" was a clear favorite after our thorough review process, and was tested during the 18/19 school year for our IOE project. In anticipation of a new work plan and a 3-year IOE commitment, this "practice year" was crucial to determine if the curricula would be a better fit. Our results dramatically improved in

Youth Survey Results 2018

Power Play! Curriculum (187 pairs)	P-Value
Physical Activity & Screen Time	
24. Days of 60 minutes moderate/vigorous	0.000

desirable categories that closely matched the curricula and several SNAP-Ed indicators we were aiming for. Teacher feedback was overwhelmingly supportive of the switch.

Youth Survey Results 2019	
Nutrition Pathfinders Curriculum (255 pairs)	P-Value
Healthy Dietary Behaviors	
4. Milk	0.006
7. Yogurt or cottage cheese	0.001
8. Whole grain bread products	0.003
9. Whole grain rice and pasta	0.003
13. Water	0.003
Total: whole grains	0.000
Total: healthy foods (Q4-13)	0.001

THE FUTURE



Riverside County LHD has a long history of conducting robust IOE projects, but rarely evaluated content for potential student application or relevance. Historically, the shortest material had been preferred, but left classroom teachers unimpressed, and insignificant results for the amount of effort invested. By focusing efforts on thoughtfully selected content, students are now excited about the variety of activities included in the IOE series. "Nutrition Pathfinders" will be combined with multiple PSE efforts for long-term impacts during this work period.

Shaping Healthy Choices Program, Riverside County Lessons Learned

Carlos C, Palacios-Sanchez I, Ogosi N, Jones A, Gerdes M, Scherr R, & Ganthavorn C, CFHL, UCCE Riverside County

THE NEED

Shaping Healthy Choices Program (SHCP) from UC Davis Center for Nutrition in Schools is an evidence-based, research-tested, multi-component, school-based intervention addressing the complex issue of behavior change and childhood obesity. Recognizing the need for quality direct education, CalFresh Healthy Living, UCCE (CFHL, UCCE) initiated SHCP in Riverside County in FFY2017.



THE WORK

During 2018-2019, CFHL, UCCE Riverside County educators continued to implement SHCP in five classrooms at two middle schools (Loma Vista and Nicolet). Program educators teamed up with the teachers to implement weekly lessons from the Discovering Healthy Choices and the Cooking Up Healthy Choices curriculum including five cooking demonstrations, and led the students in gardening activities where they planted a cultural garden and harvested vegetables.



THE IMPACT

Nutrition and physical activity behaviors and nutrition knowledge were assessed pre and post-implementation. A statistically significant increase in nutrition knowledge was observed overall from pre-implementation (10.38 ± 3.45) to post-implementation (12.40 ± 3.57 ; $p < .001$). An increase at one school in the number of days students are physically active for at least 60 minutes was also observed.



THE FUTURE

Experiential learning (quality direct education + applied experiences) can improve student knowledge and behavior if students are fully engaged and complete the curriculum as designed. The lessons learned and results from this year's implementation will inform future implementation of SHCP. CFHL, UCCE will use the Eating and Activity Tool for Students (EATS) questionnaire to capture changes in eating and physical activity behaviors in 2020.



Students Today, Teachers Tomorrow!

Betsy Plascencia, Rosa Vargas, Kelly Hong, Shannon Klisch, and Katherine Soule, CalFresh Healthy Living, UCCE in San Luis Obispo and Santa Barbara

THE NEED

Youth in low-income communities of color face health inequities. While 14.6% of all California adolescents ages 12-17 are classified as obese, rates are much higher among Latino adolescents (20.2%) and highest among adolescents in very low-income households (20.4% vs. 12.7% among the highest-income households).¹

Youth who feel more connected at school are 48% - 66% less likely to have poor health as adults.² Youth who participate as peer leaders can enhance their reading/writing skills and creativity, as well as build their confidence in promoting healthy eating and active living at their school and in their communities.



THE WORK

The goal of the 4-H Student Nutrition Advisory Council (SNAC) is for students to acquire skills to be strong leaders in nutrition and health. Facilitated by CalFresh Healthy Living, UCCE San Luis Obispo, and Santa Barbara County (CFHL, UCCE) staff, 4-H SNAC members are trained in:

- public speaking
- nutrition and MyPlate
- food safety
- culinary skills

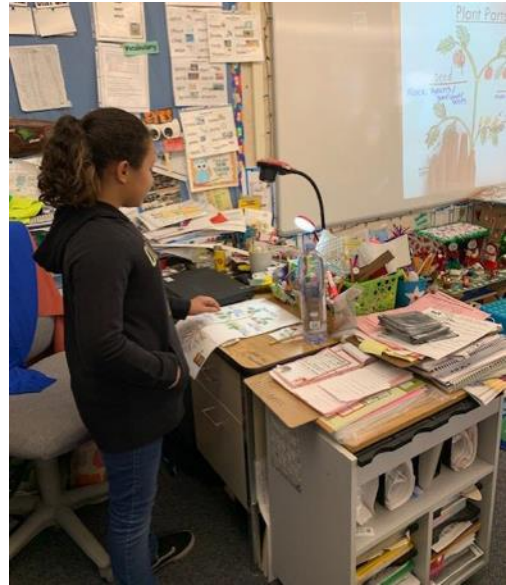


During the school year, 4-H SNAC members exercise their leadership skills as they teach their peers in classrooms, the school cafeteria, and at family events.

THE IMPACT

In Federal Fiscal Year (FFY) 2019,

- 85 5th and 6th graders joined as 4-H SNAC members at five schools in San Luis Obispo and Santa Barbara Counties.
- 4-H SNAC members served as peer educators by providing 56 nutrition education and physical activity program activities, with multiple sessions per activity
- 4-H SNAC members that participated in peer education agreed that due to their participation, they learned how to be better leaders (95%) and improve their presentation skills (95%).



THE FUTURE

CFHL, UCCE continues to build upon the successes and lessons learned from the 4-H SNAC youth engagement program.

The 4-H SNAC model has been recognized nationally as a successful program model. During FFY20, CFHL, UCCE staff will be training program implementers to model 4-H SNAC in both California and Nevada through a Children, Youth, and Families at Risk (CYFAR) grant.

References

1. CDPH (2016) Obesity in California: The Weight of the State, 2000-2014.
2. CDC, (2019, Aug. 21). Youth Connectedness Is an Important Protective Factor for Health and Well-being.



Tehipite Middle School Students Engage in After School Physical Activity Through CATCH

Nancy R. Zumkeller and Karina Macias, CalFresh Healthy Living, UCCE Fresno County

THE NEED

The lack of physical fitness and poor overall health of Tehipite Middle School's 7th-grade students in Fresno Unified School District (FUSD) became a growing concern for their Physical Education (PE) teachers. According to the California Department of Education (CDE) Physical Fitness Report for 2018-19, 47.8% of 7th-grade students need improvement in aerobic capacity (California Department of Education Physical Fitness Report, 2018-2019). The CDE considers Aerobic capacity as the most important indicator of physical fitness and assesses the capacity of the cardiorespiratory system by measuring endurance.



THE WORK

In 2018, Tehipite's school nurse contacted CalFresh Healthy Living, UCCE Fresno County (CFHL, UCCE) to explore resources that are available to meet their needs and growing concerns. The opportunity to increase the amount of daily physical activity of students during the after-school program setting through the adoption of the Coordinated Approach to Child Health (CATCH) and the extender model was identified. CFHL, UCCE then trained seven after-school program staff to deliver CATCH.



THE IMPACT

Students attending the after-school program typically engaged in academic enrichment activities, which were sedentary. As a result of the adoption and implementation of the CATCH curriculum, students attending the after-school program are now actively engaged in daily physical activity. In the three months since its adoption, approximately 100 middle school students are being reached through daily quality direct physical activity education.

"I didn't do much physical activity at home, but in ASP I do some every day and they are fun." -Tehipite Middle School, After-School Program (ASP) Student

THE FUTURE

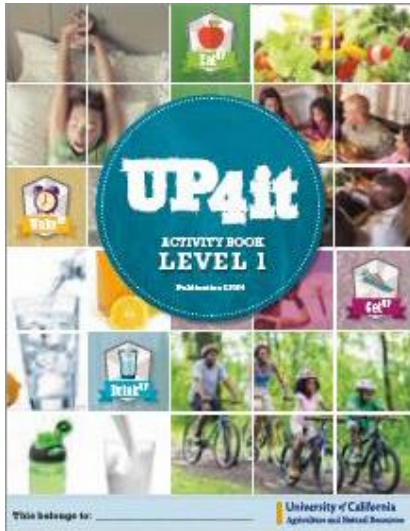
The goal is for the after-school program to reach maximum capacity and incorporate quarterly family physical activity nights with an added nutrition education component. These celebrations of health would build on what the students are learning at school and engage their families to expand and incorporate healthy habits into their daily lives. The collaboration between after-school program staff, the school nurse, PE teachers, site administration, and CFHL, UCCE staff is a strong start towards instituting a sustainable healthy school culture at Tehipite.



UP4it: Obesity Prevention Curriculum for Upper Elementary Aged Children

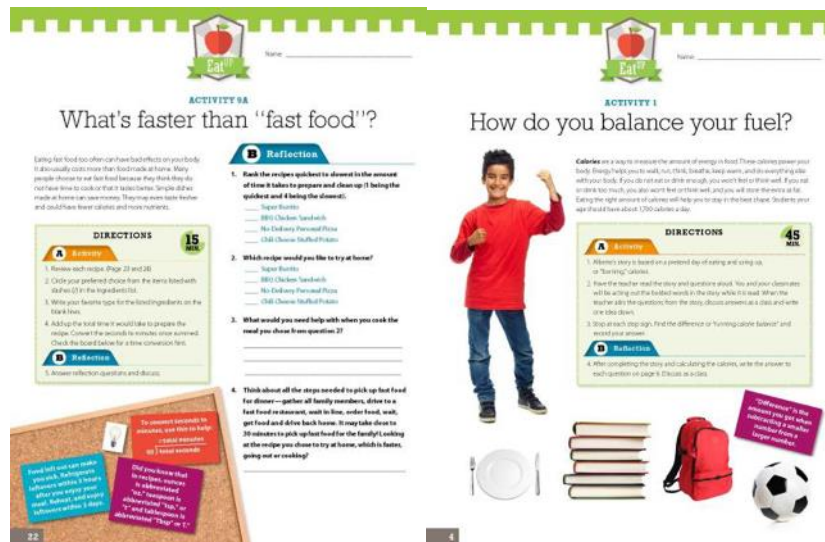
Marcel Horowitz and Christie Hedrick, CalFresh Healthy Living, UCCE Yolo County

THE NEED



A gap exists in the availability of curriculum that can help school-aged children learn how to make choices that specifically impact their weight. A child who is overweight or obese is more likely to develop cardiovascular disease, diabetes, breathing problems, musculoskeletal problems, liver issues, and other physical maladies both in childhood and throughout life. Childhood obesity is also associated with poorer mental health, such as lower self-esteem and depression¹. Problems in school, including missed school days, are also correlated². The University of California has identified reducing childhood obesity as a top health priority.

THE WORK



UP4it was developed by the University of California Agriculture and Natural Resources for use with programs such as CalFresh Healthy Living, UCCE (CFHL, UCCE), and the Expanded Food and Nutrition Education Program (EFNEP). 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.
- GetUP- Move and play 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 the California Common Core Standard.

THE IMPACT

UP4it was evaluated with students (n122) participating in EFNEP. Evaluations indicated that:

- 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.
- UP4it Teacher Observation Tool feedback from one teacher indicated that in 9/10 areas, students showed improvement. CFHL, UCCE, and EFNEP are currently collecting evaluation data statewide on the impact of the intervention.



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

THE FUTURE

UP4it level one was designed and written for 4th-5th grade students. CFHL, UCCE, and EFNEP Nutrition Educators have been trained in the use of these activity guides. Statewide, these programs are currently recruiting classrooms and implementing these materials. Ongoing feedback will inform future updates.

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



Using Multilayer Strategies to Address Food Insecurity in a Low SES Latinx Population

Andrea Salcedo, Claudia Chirino, Andreia Soares, Anet Piridzhanyan, Julia Caldwell, Alexis Deavenport-Saman, and Larry Yin, Children's Hospital Los Angeles

THE NEED

- Food insecurity (FI) is associated with many risk factors for obesity and related co-morbidities in children and adults.
- In the U.S., FI affects 11.8% of households and 18% of Latinx households.
- In Los Angeles, FI affects 29.2% of households, with Latinx comprising more than two-thirds (67.4%) of FI households.
- In addition, 34.4% of FI adults in Los Angeles are obese.
- With competing cost of living expenses, many food insecure families struggle to continuously have access to healthy, affordable food and, instead, may rely on unhealthy, affordable alternatives.



THE WORK

- Low-income adults in Los Angeles were screened for FI.
- Using the social-ecological model, an evidence-based intervention was implemented among adults and children to promote nutrition knowledge, physical activity, healthy eating on a budget, and food assistance program resources.
- The intervention was implemented in low-income assistance programs such as

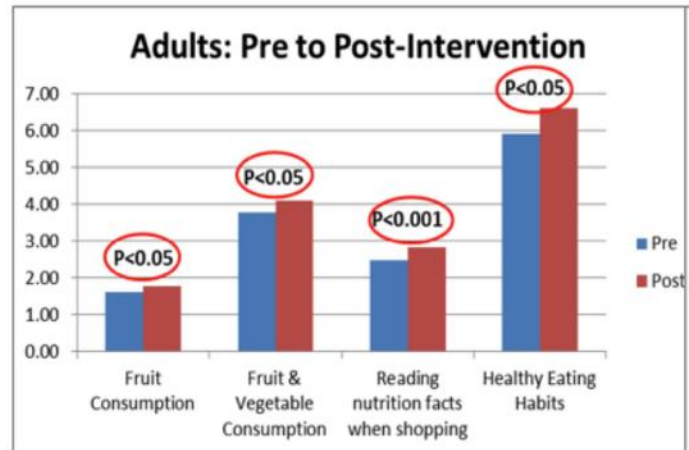


food pantries, public housing, family resource centers, and elementary schools with the free & reduced-price meal program (FRPM).

- Smarter Lunchroom Movement strategies were applied in elementary schools and empathic inquiry training for clinic staff was conducted to promote FI screening in a federally qualified health center (FQHC).

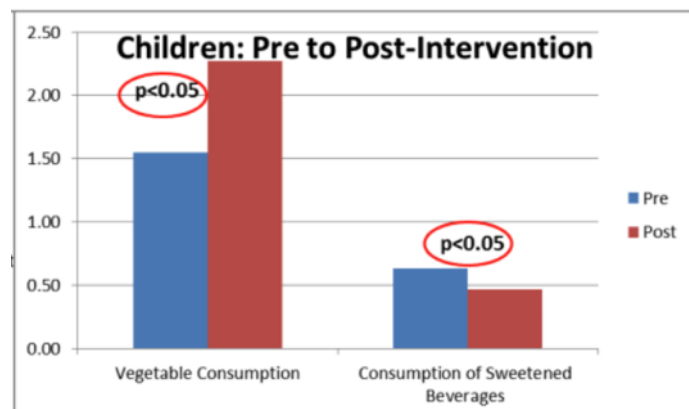
THE IMPACT

- A total of 126 (72 adults, 54 children), primarily Latinx, participated.
- All participants in this sample participated in at least four workshops out of the series of six workshops.
- From the 60 adults screened for FI, 72% (43) screened positive.
- Post-intervention there was a 15% increase in reading nutrition facts when shopping, and a 10% increase in the consumption of fruits among adults.
- There was a 32% increase in the consumption of vegetables and a 32% decrease in the consumption of sweetened beverages among children.
- Student involvement in making healthy lunch choices increased 53% at the elementary school.
- At the FQHC, clinical staff indicated that support and trainings helped them to implement the FI Screener more effectively



THE FUTURE

- Simultaneous, multi-sector community-based interventions, using PSE change strategies may help to address obesity prevention related to FI in underserved populations.
- Synergy across all levels of interventions will be achieved through collaboration with key stakeholders and community members.
- We will continue to examine the impact of the evidence-based nutrition classes on adults and children.



OTHER

Senior Nutrition Garden

Ventura County Area on Aging

PURPOSE OF THE GARDEN

- To provide healthy food options for clients, specifically those who are at high nutritional risk
- To enhance recipes at meal sites countywide
- To provide a gathering place for volunteers and clients alike for social wellbeing



GARDEN SUCCESS IS BUILT BY

- Garden Manager
- County and community partnerships
- Dedicated Volunteers



GARDEN AT A GLANCE

- Established in 2009 through a partnership with Ventura County Probation and FOOD Share to provide fresh produce to older adults throughout the County

- Fully organic garden
- More than 5,000 participants countywide
- More than 13,500 pounds harvested since July 1, 2019
- More than 70,000 servings since July 1, 2019
- Dependent on work from Garden Manager and community volunteers
- Funded by County of Ventura General Fund and Cal-Fresh Healthy Living (SNAP-Ed)

