

# FFY2024 UCCE San Joaquin County

## Successes

- “It was very interesting because we learn more about eating healthy to prevent diseases.”  
- Parent
- “I feel that my ability to be a mentor to youth has progressed & given me motivation to work in the department of teaching.”  
- Teens as Teachers Student

## Results

### Youth

- Of 90 youth participants surveyed, 47% decreased their frequency of drinking sweetened beverages.

### Adult

- Of 182 adult participants surveyed, 69% used the Nutrition Facts Label more often to make food choices.

### Organizational

- 44 sites made PSE changes reaching a total of 2, 585 participants. Of the 44 sites, all reported sustainability efforts/ planning - with at least one sustainability mechanism reported as “Plan to Adopt”, “In Process”, or “In Place”



## Improving California's Health Through CalFresh Healthy Living

### County Statement:

San Joaquin County is home to an ethnically diverse population of an estimated 800,965 residents. According to the 2022 San Joaquin County Community Health Needs Assessment, 12.4% of the population faced food insecurity in the year of reporting, while 34% of the adults (age 18 and older) and 43% of youth (age 10-17) are overweight or obese. Physical inactivity and unhealthy eating contribute to high rates of obesity and chronic disease such as diabetes and heart disease.

### Serving Individuals and Communities

- 3,781 total participants (youth & adults) were reached through direct nutrition and physical activity education.
- 4,209 participants were reached through indirect education
- 2,585 participants were reached with policy, system and environmental change (PSE) strategies.

### Providing Education

- The CalFresh Healthy Living, UCCE San Joaquin (CFHL, UCCE SJ) Program provides participants experiencing low-income with nutrition and physical activity education through series-based and workshop classes. Most classes offered in FFY 2024 were in-person. The CFHL, UCCE SJ team increases the number of participants reached by training community educators/teachers to deliver CFHL, UC approved curricula.

### Helping to Make Organizational and Environmental Changes

- In support of nutrition education efforts, the CFHL, UCCE SJ team implements and supports partner agencies in PSE strategies such as school and community gardens, structured physical activity and the Smarter Lunchrooms Movement .

### Serving California Agriculture

- CFHL, UCCE SJ is an active partner in the AgVenture Program. This program invites all 3<sup>rd</sup> grade students from the county's 15 districts, including the County Office of Education, to one of 4 events focused on nutrition and agricultural education.

### Building Partnerships

- The CFHL, UCCE SJ program partnered with a total of 85 different organizations and agencies. These included schools and preschool sites, non-profit organizations, housing groups and shelters

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