

FFY2021 UCCE San Joaquin County

SUCCESSSES

“During a parent conference, the parent shared that her daughter has started making suggestions to her parents about which healthy foods they should purchase and what foods to avoid.”

- Preschool Teacher

“I never knew 4g of sugar was one teaspoon. I will be limiting myself and my son and try to pay more attention to nutritional information.”

- Parent



RESULTS

Youth

53% of preschool teachers surveyed agreed or strongly agreed that students are more aware of the connection between food and health after the lessons.

Adult

Of 148 adult participants surveyed, 51% reported greater food security and 91% increased their frequency of using the Nutrition Facts label when shopping.

Organizational

25 sites made PSE changes and all reported implementing sustainability mechanisms to support the changes.

IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

San Joaquin County is home to an ethnically diverse population of over 762,000 residents. Many of the county's children live in households where families struggle with poverty, food insecurity, and unemployment. According to the 2019 San Joaquin County Community Health Needs Assessment, 16% of the population faced food insecurity in the year of reporting, thirty-three percent (33%) of the adults (age 20 and older) and twenty-three percent (23%) of youth (age 10-17) are 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

- 1,445 youth and 652 adults were reached with direct nutrition and physical activity education.
- 7,383 participants were reached through indirect education delivered at health fairs, and other community events.
- 986 participants were reached with policy, system and environmental change (PSE) activities that supported their nutrition education efforts.
- The CalFresh Healthy Living, UCCE San Joaquin Program partnered with a total of 76 different organizations and agencies. These included schools and preschool sites, non-profit organizations, government programs/agencies, and shelters.

Providing Education

- The CFHL, UCCE program in San Joaquin County provides low-income participants nutrition and physical activity education through series-based and workshop classes. Most classes offered in FFY 2021 were done through distance learning. For greater reach, the CFHL, UCCE San Joaquin County team uses an extender model and trains community educators and teachers on CFHL, UC approved curricula.

Helping to Make Organizational and Environmental Changes

- In support of nutrition education efforts, the CFHL, UCCE San Joaquin County team uses PSE strategies such as school and community gardens, structured physical activity, and assistance with wellness policies.

Serving California Agriculture

- CFHL, UCCE San Joaquin is an active partner in the AgVenture Program. This program brings nutrition and agricultural education to almost every 3rd grader in the county. This year, AgVenture was done virtually. The CFHL, UCCE team provided a recorded video on nutrition, physical activity and agriculture in San Joaquin County.

Building Partnerships

- CFHL, UCCE San Joaquin successes could not have been accomplished without the support of our partners. Key partners include First 5, El Concilio, Family Resource and Referral, San Joaquin County Office of Education, Lincoln USD, Lao Family, Migrant Education, Stockton USD ECE, and CAPK Early Head Start.

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