

# FFY2023 UCCE Santa Clara County

## Successes

- Provided nutrition and garden education and promotion of physical activity to 2,492 individuals.
- Supported 56 PSE changes at 34 sites, reaching an estimated 8,752 individuals.

## Results

### Youth

- *"I pay attention to what I eat now. I am older so I choose what I put in my body"* –middle school after school program student

### Adult

- *"Now when I go grocery shopping, I look at the unit price because a lot of things have the same ingredients but are priced differently"* – Plan, Shop, Save, and Cook participant

### Organizational

- Co-hosted *CATCH Kids Club* trainings, reaching over 500 YMCA staff members across Santa Clara and San Mateo Counties.



## Improving California's Health Through CalFresh Healthy Living

### County Statement:

- Santa Clara County has a multi-cultural population of approximately 1.9 million residents, an estimated 14% are SNAP-Ed eligible. Approximately 253,781 people live at or below 185% poverty level.
- Although community members have access to healthcare, there are high rates of chronic diseases such as diabetes and heart disease, which are linked to nutrition and physical activity. About 8% of adults have diabetes and 22% of deaths among county residents are due to heart disease.

### Serving Individuals and Communities

- Provided education to 2,210 youth and 263 adults.
- Provided 540 sessions of nutrition education, physical activity, and/or garden-based nutrition education at SNAP-Ed qualified schools, preschools, and other community-based organizations.
- Trained interns from LifeMoves shelters to deliver *CATCH Kids Club* Activity Box and *Small Bytes* nutrition curriculum at sites.

### Helping to Make Organizational and Environmental Changes

- Continued to partner with Campbell Union School District, local Public Health Department, and Sutter Health's 5210 program to increase participation in school meals by continuing an initiative to increase student voice in the school meal program and offer more diverse entrees.

### Supporting California Agriculture

- Provided education and/or technical assistance in 10 school gardens.
- In partnership with various school districts foodservice, hosted taste tests at lunch at 20 school sites.

### Building Partnerships

Key partners included Alum Rock School District, Campbell Union School District, San Jose Unified School District, Mt. Pleasant Elementary District, UCCE Master Gardeners, LifeMoves, and YMCA of the Silicon Valley



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