



FFY2021 UCCE Riverside County

SUCSESSES

- Assisted Torres Martinez Tribal Leadership in establishing a Community Wellness Committee.
- Facilitated a virtual YPAR project with 28 sixth graders concurrently enrolled in TWIGS in new class dedicated to Gardening & Nutrition at Villegas Middle.
- Partnered with 17 DSUSD ECE teachers at all 9 ECE/Head Start sites to deliver 45 GGG presentations virtual and 15 in-person lessons reaching 517 preschoolers.



IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

County Statement:

According to Shape Riverside County the adult obesity (33%) rate remains higher than the state and national rates. The CFHL, UCCE Nutrition Education Program works with low-resource schools and community organizations to promote healthy eating, active living and to adopt policy, systems and environmental changes.

Serving Individuals and Communities

In FFY21, Riverside CalFresh Healthy Living, UC (CFHL, UC) provided direct education to 5,025 youth and 181 adults countywide to help them adopt healthy eating behaviors and be more active. We worked in 38 locations including 20 schools, 9 ECE/Head Starts, 6 school districts, 3 DPSS office (2 indirect) and 3 community organizations, reaching a total of 10,610 residents directly and indirectly through policy, systems and environmental changes.

Providing Education

Youth from preschools to high schools received lessons from an age appropriate, evidence-based curriculum such as Go Glow Grow, TWIGS, UP4it and Let's Eat Healthy: Teens. Parents also received lessons from the Plan, Shop, Save, Cook series or a single workshop/spotlight education focusing on one healthy eating behavior.

Helping to Make Organizational and Environmental Changes

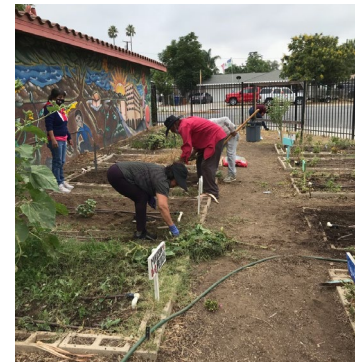
The multi-layer comprehensive programming (Shaping Healthy Choices) was implemented virtually in 5 classes at Loma Vista (AUSD) and Nicolet middle (BUSD) schools.

Serving California Agriculture

Riverside CFHL, UC maintained Community Settlement Association, Riverside Faith Temple community gardens, and 8 school gardens, providing gardening support through grow-at-home garden kits and installing a new wheelbarrow garden this year at Villegas Middle to increase opportunities for healthy food access and garden-based learning with TWIGS curriculum.

Building Partnerships

We partnered with UCCE Master Gardener Program, Dairy Council of CA, Desert Sands Unified Early Childhood Education, Alvord Unified, Banning Unified, Coachella Valley Unified, Dept. of Public Social Services, Riverside Faith Temple, Community Settlement Association, Torres Martinez Desert Cahuilla Indian Tribe, and others.



RESULTS

Youth

Middle school youth enrolled in YPAR/TWIGS reported an increase in fruit and vegetable consumption, from 4.59 times (pre) to 6.18 times (post) for fruit and 1.82 times (pre) to 3.65 times (post) for vegetables.

Adults

Provided 31 virtual nutrition, physical activity & garden-based education workshops to parents and adult learners.

Organizational

11 partners/sites made policy, systems and environmental (PSE) changes, including 8 schools.

*UC Cooperative Extension Riverside County,
21150 Box Springs Rd. suite 202, Moreno Valley, CA 92557
Indio office 81-077 Indio Blvd., Suite H, Indio CA 92201*