



FFY2023 UCCE San Luis Obispo & Santa Barbara

Successes

- Evidence-based and standards-aligned nutrition and physical activity curricula reaching 3,136 youth
- Supported healthy changes at 17 sites reaching 17,925 individuals.
- Reached 40,281 community members through indirect education and outreach

Results

Youth

- “[The] best part was making food and learning how to make the world a healthier place.” – Student Leader

Teachers

- “It is great to have lessons and reminders of healthier options and to show the kids how easy it can be to make a healthy snack or dish!” – Extender

Community Members

- “I was absolutely astonished by the student-led 4-H SNAC garden presentation” – County of Santa Barbara Supervisor



Improving California's Health Through CalFresh Healthy Living

County Statement: The CalFresh Healthy Living, UCCE program of San Luis Obispo and Santa Barbara (SLOS) counties collaborates with school-based partners, volunteers, government agencies, and non-profit organizations to provide comprehensive research-based nutrition and physical activity programming in low-resourced communities. Recognizing that health behaviors are dependent on access to resources, and regional and institutional policies, along with knowledge and skills, SLOS works with partners to address barriers to health and wellness. The mission of SLOS is to cultivate environments where youth, families, and communities have access to research-based resources and knowledge to be the creators of a healthy, inspired, active, and connected Central Coast.

Serving Individuals and Communities

- Training and support of 86 student leaders in healthy eating and active living education and promotion.

Providing Education

- K-6th standards aligned nutrition and physical activity curricula, online resources and professional development opportunities.

Helping to Make Organizational and Environmental Changes

- Supported or implemented 83 policy, systems, or environmental changes at 17 sites to support healthy communities and schools.

Serving California Agriculture

- Promoted increased utilization of nutrition incentives bringing additional customers to participating farmers markets through workgroups and the Farmers Market Navigator program.

Building Partnerships

- Partnered with 41 school, government program, farmers and non-profit organizations to support community health.



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