



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources



# FFY2020 UCCE Santa Clara County

## SUCCESSES

- Provided nutrition and physical activity education to a total of 418 preschoolers age children
- Santa Clara County supported PSE changes at 22 sites, reaching an estimated 5,759 individuals
- UCCE Master Gardener's in partnership with CFHL, UC was awarded third place "Search for Excellence" Statewide MG program for Martial Cottle Park Field Trips



## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

### County Statement:

*Santa Clara County has a multi-cultural population of approximately 1.9 million residents, with an estimated 20% being SNAP-Ed eligible. Approximately 369,126 people live at or below 185% poverty level. Due to the ongoing pandemic and economic crisis, we expect the number to increase next year. The prevalence of overweight / obesity is 67% for adults and 14% of 2-11-year-olds that are SNAP-Ed eligible.*

### Serving Individuals and Communities

In FFY 2020, the CalFresh Healthy Living, University of California (CFHL,UC) provided evidence-based nutrition education to 1,696 youth and 274 adults in Santa Clara County. With a total of 20 sites that implemented both nutrition education and policy, system, and environmental (PSE) strategies encouraging structure physical activity and healthy eating.

### Providing Education

The program provided nutrition education and PSE at approximately 20 SNAP-Ed qualified schools, preschools, and other community based organizations. CFHL, UC educators together with before /afterschool extenders provide 132 hours of Coordinated Approach to Health (CATCH) lessons to improve opportunities of structured physical activity for youth.

### Helping to Make Organizational and Environmental Changes

CFHL,UC partnered with Campbell Union Foodservice, Campbell Crew, and 5210 program to increase student participation in school meals by starting an initiative to improve school district lunches. That lead Campbell Union School district to be awarded \$10,000 and NFL recognition for a day.

### Serving California Agriculture

In partnership with Campbell Union, Santa Clara Unified, San Jose Unified School District food service, CFHL,UC promotes local and fresh fruits and vegetables through Smarter Lunchroom Movement techniques at 13 sites. The pandemic has created new opportunities for PSE by partnering with UCCE Master Gardeners and school districts meal pick up to initiate distribution of over 1,000 vegetable seedlings to families in the community for home gardening.

### Building Partnerships

Maintenance of PSE strategies would not be possible without the partnerships of Santa Clara County school districts and afterschool programs. Assisting in the implementation of SLM techniques and CATCH.



## RESULTS

### Youth

- After participating in a nutrition education series, 30% of students reported eating leafy vegetables and starchy vegetables more frequently

### Adult

- After attending a nutrition workshop of the 48 respondents who did not make a list, 85% reported they will make a list before going to the store the next time they buy food

### Organizational

- Initiated Smarter Mealtimes techniques in 12 preschool classroom's

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