

FFY2021 UCCE Santa Clara County

SUCCESSES

- Provided standards-aligned nutrition education and the promotion of physical activity to 1,239 youth
- Reached 180 adults with series-based and one-time workshops on food resource management
- Delivered indirect education to 2,493 residents

County Statement:

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

Serving Individuals and Communities

CalFresh Healthy Living, UCCE (CFHL, UCCE) provided evidence-based nutrition education to 1,419 residents of Santa Clara County. With a total of 28 sites implementing policy, system, and environmental strategies, reaching 1,447 individuals to encourage physical activity and healthy eating.

Providing Education

During the ongoing pandemic CFHL educators delivered evidence-based, standards-aligned, virtual lessons to students participating in preschools, schools, afterschool students, and other community organizations. Strategically supported teachers and students with engaging, interactive lessons during very challenging times.

Helping to Make Organizational and Environmental Changes

Supported policy, system, and environmental changes at 28 sites, reaching 1,447 individuals. Distributed seedlings at 16 schools for the establishment of home gardens. Prompted healthy eating behaviors through the distribution of engaging flyers and virtual taste tests. Supported increased opportunities for structured physical activity at four afterschool sites.

Serving California Agriculture

Promoted fresh fruits and vegetables through Smarter Lunchroom Movement techniques at 13 school meal grab-n-go sites. Partnered with UCCE Master Gardeners, Valley Verde and local school districts to distribute more than 3,000 vegetable seedlings to families for home gardening and the reinvigoration of school gardens.

Building Partnerships

Key partners included Campbell Union School District, Santa Clara Unified School District, San Jose Unified School District, Alum Rock Union Elementary School District, UCCE Master Gardeners, and Valley Verde



RESULTS

Youth

- 93% of teachers report students are more aware of the connection between food and health after participating in lessons

Adult

- 84% of adults surveyed report improved food resource management behavior after participating in a four-lesson series.

Organizational

- "We did physical activities online at least 3 or more times per week." ~ Teacher reported impact of lessons

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