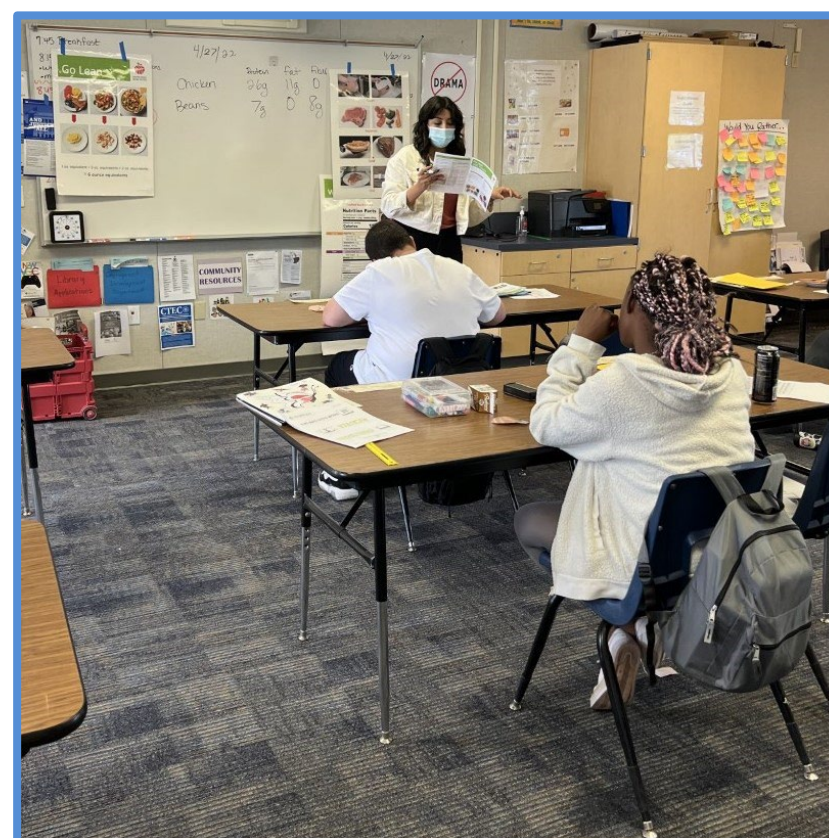


# CFHL, UCCE Fresno Builds Diversity, Equity and Inclusion

## Adult Nutrition Education Programming with Special Needs Audiences



"I liked learning how easy it is to do exercise without even having to leave my own room."  
-ATP student

"I learned how sugar is everywhere and I'm cutting down!"  
-ATP student

"I told my parents about MyPlate. Now I have to help with dinner"  
-ATP student

### The Need

CalFresh Healthy Living, University of California Cooperative Extension (CFHL, UCCE), Fresno County identified a diverse audience of young adults who need support in nutrition education. The Fresno Unified Adult Transition Program (ATP) is a special education program that provides training, support, and education to young adults ages 18-24 with moderate to severe physical and/or mental challenges. ATP staff expressed a need for nutrition education lessons that aligned with students' comprehension and literacy levels, and would teach healthy independent living skills. There were no SNAP-Ed approved curricula available to meet the needs of this young adult population; thus CFHL, UCCE Fresno recognized the need to adapt an existing curriculum to educate ATP students on healthier choices and saving money to support their transition into independent living.

### The Work

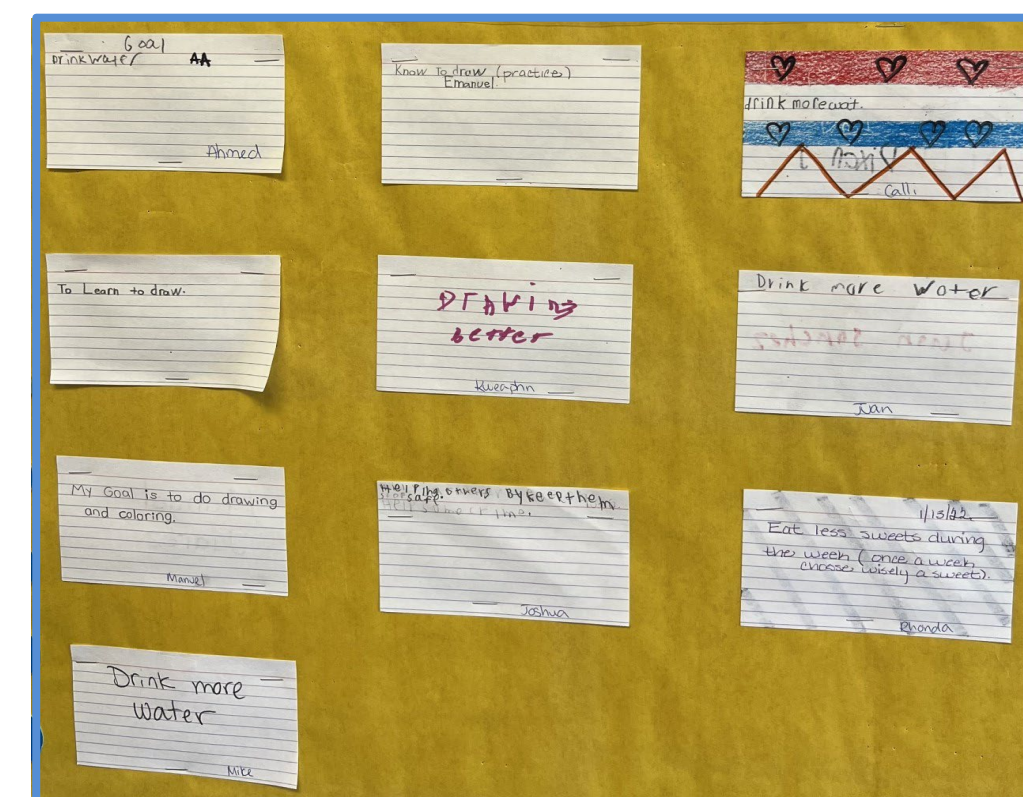
CalFresh Healthy Living, University of California State Office, CFHL, UCCE Fresno, and ATP teachers, collaborated to find a curriculum that would meet the needs of ATP students. The Eating Smart Being Active (ESBA) curriculum was chosen and adapted to meet the students' literacy and comprehension needs. The ESBA lesson content included physical activity, nutrition, healthy food choices, food preparation (cooking skill development), food safety, and food resource management. These lessons also included a recipe demonstration where students observed actual food preparation and tasted the dish.

### The Impact

Since its first partnership with Fresno Unified ATP in 2020, CFHL, UCCE Fresno has expanded its reach to two more ATP sites. All students who completed the ESBA curriculum series received a certificate of completion, supporting their overall goal toward independent development and living. Teachers have expressed appreciation for the lesson modification which included shorter lesson times with more frequent sessions which helped ATP students to maintain focus and process the new information. Additionally, teachers also shared that they liked how the pace of the modified physical activities is inclusive and responsive to the unique needs of the students.

### The Future

CFHL, UCCE, Fresno's goal is to share their learned experience in delivering nutrition and physical activity education programming to this special population. Additionally, the program hopes to contribute to the development or selection of a curriculum that meets the unique needs of this audience.



Authors: Karina Macias • Nancy Zumkeller