

Position Title: Shasta, Trinity and Tehama County Area Community Health and Nutrition Advisor

A major strength of Community Health and Nutrition Advisor (CHN)) will build and maintain successful partnerships and collaborations with local non-profit organizations, agencies, community organizations, local farmers, farmers' markets, and local businesses to address food access, and food insecurity to support healthy eating and active living. The Advisor will play a critical role in working with agencies and organizations to build healthy communities and engage community members in solving local needs. Together, these activities fully support policy, systems, and environmental changes that promote health and supports long term sustainability of community health in alignment with UC ANR strategic plan priorities.

Position: Briefly describe: The CHN Advisor provides academic oversight of a research and educational program focused on community nutrition and health. Research and extension areas include obesity reduction and prevention, food security promotion, reduction of preventable illness and disease, food literacy, healthy living, consumer education, and financial literacy. The advisor will also serve as the Principal Investigator and provide academic oversight of the CalFresh Healthy Living program in Shasta, Tehama, and Trinity Counties; one of UC ANR's largest nutrition education clusters. The program successfully reaches both youth and adults. The advisor would also be supported in the implementation of the UC Master Food Preserver and/or California EFNEP programs.

A minimum of an earned master's degree in disciplines such as Nutrition, Health Education, Human Development, or other closely related field is required. Academic training and professional experience must provide an understanding of nutrition. Additionally academic training or professional experience in program design and research methodologies is required. This position will be housed at the Shasta County Cooperative Extension office in Redding and will report to the Shasta County Director.

Justification:

Shasta, Tehama and Trinity Counties have above average rates of people living in poverty (15.2%, 17%, 21.6%, respectively), school-age children eligible for the Federal Nutrition Program (70%, 81% and 69%, respectively), and people living with food insecurity (14.2%, 15.8%, 16.1%, respectively). All three counties are ranked as "Least Healthy" (CountyHealthRankings.org), which is derived from multiple factors including adult obesity and physical activity. This coupled with percentage of the population completing bachelor's degrees (Shasta 22.2%: Trinity 19.5%: Tehama 19.5%) being among the lowest in the state makes bringing nutrition and health education to community members important. With these metrics, the academic Advisor stands poised to create measurable change in successfully improving the health and nutrition of community members in these three counties. The Advisor can focus local programming to improve health and nutrition and measure the specific outcomes of their efforts. Many of these results will be applicable statewide.

The CHN Advisor is expected to develop meaningful research and extension programs that will focus on: 1. Implementing Healthy Living Curriculum and testing its efficacy, 2. Improving financial literacy, 3. Increasing access to healthy and nutritious food, and 4. Developing and evaluating strategies to improve nutrition and health outcomes of all community members

Extension: Identified gaps in current programming include nutrition and health above the level of individual behavior change. For example, food systems, food security, and/or built environment could be addressed through community gardens, school/worksites health and wellness policies, and farm-to-school programming. The Advisor will reach a diverse set of clientele through multiple methods. For example, youth could be targeted both through school and after school programs. Linkages with the 4-H programs in all three counties also provides an avenue to reach youth and adult volunteers at the county club level. Adult education can be completed through traditional extension methods such as workshops but can also leverage partnerships within the county. Local examples of potential collaborators include Healthy Shasta, Shasta College, Women's Refuge, and the Human Response Network. CalFresh and the Master Gardener programs are in place to

provide an avenue to present new information developed from the Advisor's local research program. The Advisor would also be expected to present research to academic peers at professional conferences and events.

Workshops that improve participant knowledge of topics that include nutrition and fiscal literacy are anticipated. Follow-up with program participants to determine the efficacy of the training will provide important benchmarks that will help evaluate success and guide future program development. The development of a Master Food Preserver Program could also expand their outreach in their counties of responsibilities as well.

Research: Local high priority challenges to be addressed by the Advisor and community partners include obesity, poverty and food insecurity. Research can both develop direct methods to improve these priority areas and evaluate the effectiveness of programing and extension methods with results shared with community partners and clientele. The Advisor will develop research and education programming that includes cultural awareness of the Latino communities living in the three counties. That research and programming would involve collaboration with agencies and organization to help identify and uplift the priorities of the Latino community (2020 census notes Hispanic population for Shasta, Trinity, and Tehama Counties at 10.5%, 7.4% and 25.8% respectively). Key research areas or topics of inquiry could include: a) culturally relevant programming implementation and effectiveness, and b) research of policies and best practices that enhance community/school level health and well-being

This position brings research and extension skills that will focus on identifying needs, delivering a program to meet those needs (i.e., fiscal literacy, nutrition) and then assessing those programs to see if the intervention resulted in changed behavior. Research findings could be published in Journal of the National Extension Association of Family & Consumer Sciences, Journal of Nutrition Education and Behavior, and Journal of Extension, California Agriculture, and most importantly delivered to local service providers to implement with their clientele.

ANR Network:

UC resources the CHN Advisor will work with include the UC Nutrition Policy Institute, Nutrition Departments on Berkeley and Davis Campus, CalFresh Program as well as appropriate program teams and workgroups. This position is included in the Community Health Resilience & Nutrition cohort.

Network External to ANR: This position is expected to work with County Departments of Public Health; County Nutrition Action Plan collaboratives; Food Banks; Food Policy Councils; County Offices of Education; County Women, Infants, and Children (WIC); Head Start; Redding Rancheria Tribal Health Systems; Greenville Rancheria Tribal Health Program; Latino Outreach of Tehama County; and Shasta County Northern Hispanic Latino Coalition. Shasta College and CSU Chico are logical partners as well.

Support: The successful candidate will have a private office, ½ FTE clerical support and an assigned vehicle. Trinity and Tehama Counties will provide mileage, supplies and incidentals as well.

Other support: None Identified.

Headquarters and Coverage Area: Shasta County has office space. Shasta-Trinity-Tehama UCCE CalFresh office is located one block east. Redding is central to the candidate's area of responsibility with Weaverville (Trinity County) located one hour west and Red Bluff 30 minutes south.

Developed and proposed by: Shasta/Trinity and Tehama Co. Directors Larry Forero and Josh Davy **AND** the Food Literacy and Healthy Lifestyles Program Team with input from the Community Health Resilience & Nutrition Cohort Proposal Team.