



# FFY 2024 STRATEGIES & RESULTS

## EDUCATE • PARTNER • BUILD CAPACITY • TRANSFORM

CalFresh Healthy Living, University of California (UC), a SNAP-Ed program, aspires to a California where everyone is **healthy, active, and nourished**. Through an expanding network of Early Childhood Education (ECE), School, Afterschool, and Community partnerships, CalFresh Healthy Living, UC offers under-resourced Californians evidence-based education and interventions:

**NUTRITION • PHYSICAL ACTIVITY • GARDENING • HEALTHY SCHOOL FOOD  
SCHOOL WELLNESS POLICY • YOUTH AND COMMUNITY ENGAGEMENT**

As 1 of 4 California State Implementing Agencies, CalFresh Healthy Living, UC programs are locally delivered through **UC Cooperative Extension Offices (UCCE)** in **34 counties**.

*"I have enjoyed participating in this program because it helps students become more aware of their food choices and why being active helps them at school and in life."*

- Elementary School Teacher, Fresno County

## FFY 2024 At A Glance...

### PROGRAM REACH



**181,700+**  
people reached



**1,000+**  
sites served



**860+**  
non-funded community partners

### IMPACTS ON PARTICIPANTS

#### ADULTS



**¾ cup more** fruits and veggies daily



Exercised 30+ minutes **over ¾ of a day more** per week



Strengthened muscles **nearly 1 day more** per week

#### YOUTH



**½ time more** veggies daily



Exercised 60+ minutes **over ⅓ of a day more** per week



**¼ time more** fruit daily

# ROOTED IN COMMUNITY

## Partnering to achieve positive health outcomes in communities

Effective, evidence-based direct education aligned with policy, systems and environmental change strategies generate community change and reduce health disparities where people *live, shop, work, learn, eat, and play* by making healthy food and a physically active lifestyle more accessible and easier to achieve.



**301**  
ECE Sites



**390**  
School Sites



**186**  
After/Before  
School Sites



**206**  
Community  
Sites

### EARLY CARE AND EDUCATION CENTERS (ECE)

*Head Starts, State Preschools, At-home Daycare Centers, and more*

**13,227**

preschoolers & their families reached

### SCHOOLS

*Public K-12 Elementary, Middle, and High Schools*

**128,316**

school-aged youth & their families reached

### AFTER & BEFORE SCHOOL

*K-12 Elementary Schools, YMCAs and similar youth organizations, USDA Summer Meal sites, and more*

**16,722**

school-aged youth reached

### OTHER COMMUNITY SITES

*Public Housing Sites, Emergency Shelters, Job Training, Family Resource Centers, and more*

**23,495**

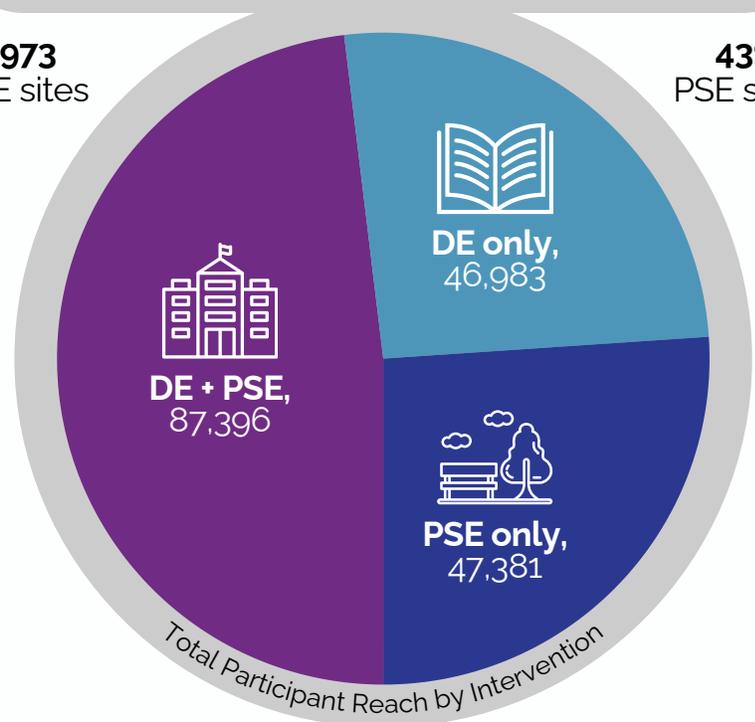
youth, adults, and older adults reached

### COMPREHENSIVE PROGRAMMING

is the intentional layering of evidence-based direct education (**DE**) and policy, systems and environmental (**PSE**) strategies. Education, marketing, and PSE changes together are more effective than any of these strategies alone.

**973**  
DE sites

**431**  
PSE sites



*"We are planting the seeds for the next 7 generations to be the ones who will grow food to be our medicine, harvest the medicine to be our food, and fill the food baskets to feed our tribe and community."*

– Torres Martinez Cahuilla Indian Tribal Council Member, Riverside County

# BUILDING CAPACITY

Advancing local priorities through community engagement, training, and technical assistance.  
Fostering a network of local health champions.

## VOLUNTEER EXTENDERS

Extenders typically are classroom teachers, afterschool or preschool center staff, and older youth that help deliver evidence-based education.

**1,811**

volunteer extenders  
trained and supported

*"Yes, I do feel differently as I found a passion for teaching others and helping others grow."*

– Youth Teacher, Sacramento County

## YOUTH ENGAGEMENT

Youth skills and leadership are intentionally fostered through:

- **Youth as Teachers:** Trained youth deliver direct education to younger students
- **Student Nutrition Advisory Council:** Leaders support nutrition and physical activity in their school
- **Youth-led Participatory Action Research (YPAR):** Youth researchers explore health issues and recommend solutions

*"I feel that my ability to be a mentor to youth has progressed & given me motivation to work in the department of teaching."*

– Youth Teacher, San Joaquin County

## COMMUNITY ENGAGEMENT

An example of a community engagement strategy is CFHL, UC's collaboration with the Stanford University School of Medicine's Our Voice Citizen Science Research Initiative. These projects support community members in gathering, analyzing, and using their own data to help make their communities healthier.

97% of teachers agree that

**MORE STUDENTS CAN IDENTIFY HEALTHY FOOD CHOICES**

Survey with over 500 respondents

After community service experience, 95% of students

**GAINED SKILLS TO HELP THEM IN THE FUTURE**

Survey with 61 Youth Teachers

*"It is a program where students and young people are more involved in their community. We can look for problems and find a solution."*

– High School Student, Imperial County

# GROWING HEALTHY FOOD

School and community gardens together with garden enhanced nutrition education give community members the opportunity to learn, taste and grow fruits and vegetables.

Sites Served



**167**

NEW, EXPANDED, or REINVIGORATED EDIBLE GARDEN



**127**

COMMUNITY HAS OPPORTUNITIES to WORK in GARDEN



**66**

USE GARDEN PRODUCE for MEALS or SNACKS



**25**

DISTRIBUTE SEEDLINGS for HOME GARDENING

## SERVING AND PROMOTING HEALTHY FOOD

Rethinking Farm to School and Smarter Lunchrooms Movement (SLM) initiatives encourage collaboration with school nutrition services on local procurement and behavioral economic strategies that nudge students towards the selection of healthy options.

**122**

School Cafeteria assessments during the year to identify opportunities for no-cost to low-cost SLM strategies

*"It really shows me how much goes into our snacks and lunches at the school and how much work they [school food service] really put into our health and safety."*

– Youth Leader, Healthy Living Ambassador,  
Santa Clara County

## TASTING HEALTHY FOOD

Opportunities to taste fresh, locally grown food are incorporated into classes as well as school cafeteria promotions, Farmers Markets and food distributions.

**4,700**

tastings with over

**89,000**

participants (duplicate) in FFY 2024

95% of students

TRIED  
FEATURED  
FOOD

72% of students

WILLING TO  
EAT AGAIN

Cafeteria tastings are conducted in partnership with school food service staff, helping to build appeal and preference for produce menu items.

# MOVING MORE

CFHL, UC trains and supports partners to integrate evidence-based physical activity (PA) education and PSE change strategies in conjunction with nutrition interventions to achieve comprehensive programming across the lifespan.



**170+**  
sites served

## CHANGES TO POLICIES, SYSTEMS, AND ENVIRONMENTS SUPPORTING PHYSICAL ACTIVITY



**129**

MORE OPPORTUNITIES for and IMPROVED QUALITY of STRUCTURED PHYSICAL ACTIVITY



**45**

MORE OPPORTUNITIES for PHYSICAL ACTIVITY through UNSTRUCTURED PLAY/RECESS



**29**

INCREASE PHYSICAL ACTIVITY EQUIPMENT/SPACE



**26**

INCORPORATE CLASSROOM ACTIVITY BREAKS

## YOUTH

## ADULTS



**60 PLAYGROUND STENCILS**

incorporated at ECE and school sites to promote active play and reduce sedentary behaviors since 2016.



**52% OF ADULTS**

made small changes to be more active more often.

Survey with 700 respondents

91% of teachers agree that

MORE STUDENTS MEET STATE PE/PA STANDARDS

Survey with 23 respondents

*"It helps me a lot because I like to exercise and it is good for my health. I am diabetic and I like to learn different ways in which I can take care of my health and how I can motivate my family to be more active."*

- Workshop Participant, Kings County



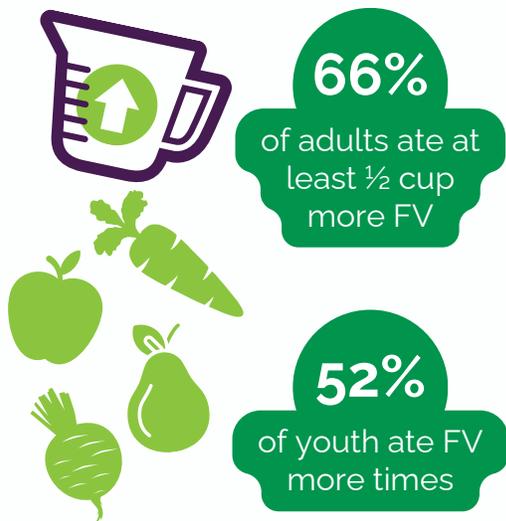
# EFFECTIVENESS

After **FOOD RESOURCE MANAGEMENT (FRM) Interventions**,  
over 700 adults surveyed:

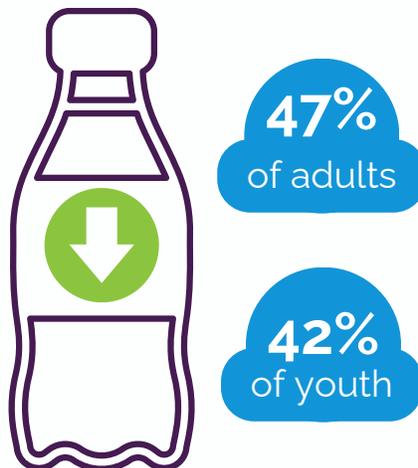


After **NUTRITION and PHYSICAL ACTIVITY (PA) Interventions**,  
700+ adults and 1,700+ youth surveyed:

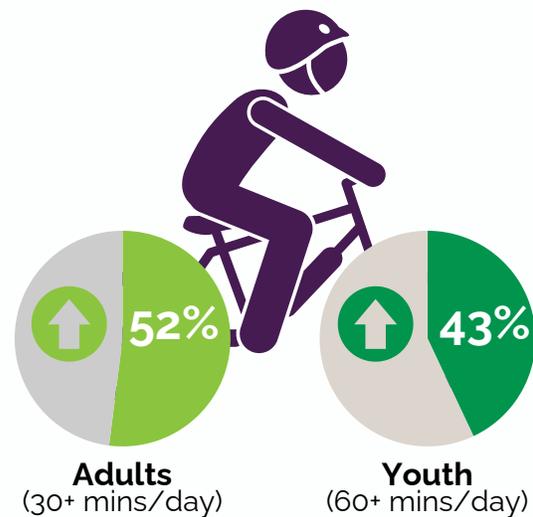
## INCREASED DAILY **FRUIT AND VEGETABLE (FV) INTAKE**



## DRANK **SUGARY DRINKS** LESS OFTEN PER DAY



## ENGAGED IN **MODERATE/ VIGOROUS PA** ON MORE DAYS PER WEEK



**Kamaljeet Singh-Khaira, MS**  
Director, CalFresh Healthy Living, UC  
Email: [kjkhaira@ucdavis.edu](mailto:kjkhaira@ucdavis.edu)

1651 Alhambra Blvd. Suite 130  
Sacramento, CA 95816

For more information, visit [www.uccalfresh.ucdavis.edu](http://www.uccalfresh.ucdavis.edu)



Funded by USDA SNAP, an equal opportunity provider.  
Visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org) for healthy tips.