

# UCCE – Central Sierra

## SUCCESSSES

- Comprehensive programs adding policy, systems and environmental strategies at 68 sites with direct education
- Improved access to structured physical activity and hardscape installations of playground stencils and murals ---serving over 3100 students
- First year program in Western El Dorado County adding 11 new sites reaching 2500 students and adults, with direct and garden-enhanced nutrition education

## IMPROVING CALIFORNIA'S HEALTH THROUGH SNAP-ED

*The Central Sierra Cooperative Extension serves Amador, Calaveras, Tuolumne and El Dorado counties and is the bridge between local issues and the research expertise of the University of California.*

### Serving Individuals and Communities

- § Direct education: 64 children 0-4 ages, 3864 school students and 351 adults; indirect education reaching over 12,500 youth and adults
- § Nineteen (19) physical activity (PA) interventions: structured PA – 16 sites; improvements in environments – three sites with murals and playground stencils
- § Thirteen (13) different types of means-tested sites e.g. Elderly Service Centers, Job Training Centers, Head Starts, Shelters, Adult Rehabilitation Centers and Schools
- § Doubled reach to Hispanic communities with a new program in Western El Dorado County serving 1088 Hispanic youth and adults FFY16 vs. 503 FFY17

### Providing Education

- § Direct education utilizing 125 trained extenders
- § Increased series-based adult education from 7% FFY15 to 24% FFY16 of total workshops – increasing impact by reinforcing messages
- § Increased access to structured PA ; improving cafeteria and playground environments
- § Youth engagement, peer-to-peer teaching, volunteer interns - career path

### Helping to Make Organizational and Environmental Changes

- § District and School Site Wellness Policies
- § School Gardens
- § Smarter Lunchroom Movement
- § Farm to Cafeteria
- § Improvement to Environments (Cafeteria, Playgrounds)
- § Healthy Snack System Changes
- § Career Path - Lake Tahoe Community College
- § Youth Engagement, Peer-to-Peer Teaching
- § Increased Structured Physical Activities

### Serving California Agriculture

Our programs have strong connections to local farms, gardens and fresh produce. UC CalFresh offers tastings in our schools and community using garden-grown and local produce. Workshop and classes include field trips to local farms and UC Master Gardener Demo Gardens.

### Building Partnerships

- Family Resource Centers
- Boys & Girls Clubs , Afterschool Programs
- Head Start Early Childhood Education
- County Behavioral Health, Job Club, Tribal TANF, Independent Living Programs
- Food Banks and Pantries
- Elementary thru High Schools and Continuation High Schools
- Collaborations – CNAP (3), Lake Tahoe Collective, Calaveras Unified School District Resilient Schools Program, CUSD Health Collaborative, Parent/Teacher Organizations, FoodCorp, Motherlode Farm to School Network
- Local Implementing Agencies - four (4) county public health department

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## RESULTS

**Youth:** Met all four state objectives during tastings; e.g. 77% of students would ask for the food at home.

“Such a useful program that has truly impacted my students and their ability to make good nutrition choices” – Sierra House Elementary School Teacher

**Adult:** “This workshop will help to save money and make sure to have food all month.” –*Plan, Save, Shop, Cook* Participant

**Organizational:** Healthy snacks and prizes for school testing week; adult –led snack bar at Behavioral Health ONLY serving healthy snacks