



UCCE – Central Sierra



SUCCESSSES

- Comprehensive programs adding policy, systems and environmental strategies at 23 sites reaching 9,166 clients
- 95% of PSE sites successfully adopted one complementary strategy (marketing, evidence-based ed., parent community involvement and staff training)
- 15 of 23 sites reported implementing mechanisms to support sustainability of PSE changes over time.

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: 581 children 0-4 ages, 6,821 school students and 503 adults; indirect education reaching over 5,389 youth and adults
- § Twenty-five (25) of 27 students self-reported learning they can make a difference in their communities after participating in a youth-lead participatory action research project
- § Thirteen (16) different types of means-tested sites e.g. Elderly Service Centers, Job Training Centers, Head Starts, Shelters, Adult Rehabilitation Centers and Schools

Providing Education

- § Direct education utilizing 50 newly trained extenders in FFY 17
- § Increased access to structured PA ; improving cafeteria and playground environments
- § Youth engagement, peer-to-peer teaching, volunteer interns

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
- § Youth-Lead Participatory Action Research Project
- § 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 schools and communities 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
- Senior Centers
- Elementary thru High Schools and Continuation High Schools
- Colombia and Lake Tahoe Community Colleges
- Collaborations – CNAP (3), Lake Tahoe Collective, 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: "This class was super helpful. I learned how to read the nutrition facts and to shop with small amounts of money." Divide High School Student

Adult: "I learned to give my family more than one serving of vegetables a day." –Healthy Happy Family Participant

Organizational: "Being seniors at Tahoe Senior Plaza , it is important to revisit our eating habits and which foods have which health effects. I read labels when I go grocery shopping now." Participant