

A young girl with dark hair is shown in profile, eating a green vegetable. The background is blurred, showing other people in a classroom or community setting.

UNIVERSITY OF CALIFORNIA  
cal  fresh Nutrition Education

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# Section A: SNAP-Ed Narrative for UC CalFresh

FFY 2016

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## Section A: SNAP-Ed Narrative Annual Report for UC CalFresh FFY 2016

### UC CalFresh County Sites

 UCCE Alameda	 UCCE Fresno	 UCCE Stanislaus
 UCCE Amador	○ Madera	○ Merced
○ Calaveras	 UCCE Imperial	 UCCE Santa Clara
○ El Dorado	 UCCE Kern	○ San Mateo
○ Tuolumne	 UCCE Placer	○ San Francisco
 UCCE Butte	○ Nevada	 UCCE Shasta
○ Colusa	 UCCE Riverside	○ Trinity
○ Glenn	 UCCE San Joaquin	○ Tehama
○ Sutter	 UCCE San Luis Obispo	 UCCE Tulare
○ Yuba	○ N. Santa Barbara	○ Kings
		 UCCE Yolo

## 1. SNAP-Ed Program Overview:

### ***Executive Summary:***

In FFY 2016, UC CalFresh is entering the third year of collaborating with SNAP-Ed colleagues at the state and local level to create an effective, integrated service delivery system that benefits SNAP-Ed participants. As our programs continue to foster funded and non-funded partnerships, UC CalFresh has established an organizational framework which builds programmatic competency, capacity, and sustainability at the local level. This is accomplished by employing strategies building upon a solid existing foundation of evidence-based direct education and expanding on this foundation with comprehensive policy, systems, and environmental (PSE) change initiatives. As indicated in the evaluation results following, this service delivery strategy has created momentum for continued behavior change at the individual level and more broadly initiating positive change within SNAP-Ed-identified communities.

- **Progress in achieving no more than 3-5 overarching goals:**

- **Objective 1: Consumption and Access to Healthy Foods**

*By September 30, 2016, increase fruit and vegetable consumption above baseline.*

- UC CalFresh evaluation results show that **over half of adults increased** their frequency of eating fruit and vegetables among adults from pre to post with an overall statistically significant gain (**p<.001**) of **over two-thirds of a cup** of fruits and vegetables per day among UC CalFresh participants (N=991; Food Behavior Checklist (FBC)).

- **Objective 2: Consumption and Access to Healthy Beverages and Reduce Consumption of Unhealthy Beverages**

- UC CalFresh evaluation results show that **one-third of both adults** (N=991; FBC) **and adolescents** (N=1,077; EatFit) **reduced** their frequency of drinking regular soda from pre to post with statistically significant gains (**p<.001 and p<.01**, respectively) in the percent of UC CalFresh participants reporting less frequent consumption (defined as drinking regular soda “No”/“Yes, sometimes” in FBC and “Never”/“Rarely” in EatFit).

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### **Objective 3: Physical Activity(PA) and Sedentary Behavior**

*By September 30, 2016, increase PA above baseline.*

- UC CalFresh evaluation results show that nearly **one-third of adolescents increased** their frequency of participating in sports or physical activities for at least 20 minutes that made them sweat and breathe hard from pre to post with a statistically significant gain (**p=.01**) in the percent of UC CalFresh participants reporting more frequent PA (defined as “Often”/“Always”; N=1,077; EatFit)

### **Objective 4: Environmental Supports for Nutrition Education and/or PA**

*By September 30, 2016, at least 50 percent of local jurisdictions will report successful implementation of one (or more) place-based nutrition and/or PA standard(s) or environmental support(s) to nutrition education and/or PA.*

- UC CalFresh county programs **exceeded** the statewide Objective 4 with 27 (**87%**) of 31 counties having environmental setting nutrition and/or PA PSE change supports being successfully implemented in at least one SNAP-Ed site.

### **Objective 5: Food Resource Management/ Food Security**

Food Resource Management: *By September 2016, at least 25 percent of adults will report an improvement above baseline in food resource management skills, such as meal planning, comparing prices, or using a shopping list.*

Food Security: *By September 2016, at least 25 percent above baseline of adults will report that they do not run out of food by the end of the month.*

- UC CalFresh county programs **exceeded** both of the statewide goals for Objective 5. Evaluation findings indicate that approximately **half of adults increased** their frequency of planning meals (**47%**), comparing unit prices before buying food (**45%**), and using a grocery list when shopping (**49%**) from pre to post with statistically significant gains (**p<.001** for each) in the percent of UC CalFresh participants who report regularly using these food resource management behaviors (defined as “Almost always”/“Most of the time”; N=1,062; *Plan, Shop, Save, and Cook (PSSC)*).
  - UC CalFresh evaluation results also show a **41% reduction** from pre to post in the frequency of adults reporting that they run out of food before the end of the month, as well as a statistically significant gain (**p<.001**) in the percent of UC CalFresh participants reporting that they are more food secure (defined as “Never” or “Seldom” run out of food; N=1,062; *PSSC*).
- **Number of new projects implemented during the reporting year by identified primary approach**
    - In FFY 2016, no “new” projects were implemented in that the current 31 counties (17 University of California Cooperative Extension (UCCE) county or cluster programs), however, a variety of PSE change approaches were further developed or expanded. The expansion on PSE approaches and enhancements is described in other parts of the report but for UC CalFresh this focused on edible gardens, Smarter Lunchrooms Movement (SLM), participation on School Wellness Policy (SWP) committees, new and/or improved access to PA breaks and structured PA through the adoption of Coordinated Approach to Child Health (CATCH) and other PA programs and to a lesser degree Farm to Table procurement changes for greater access to local healthy food(s) and adding stencils and murals to school sites that both created “hardscapes” and promote PA and/or healthy eating.

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- **Number of ongoing projects that were operational during the reporting year identified by primary approach**

- Direct and Indirect Education

UC CalFresh continued to offer direct and indirect education in 31 counties through the UCCE County Offices.

In FFY 2016, the combined reach was 116,505 SNAP-Ed eligible direct education participants, 19,288 youth ages 0-4, 84,307 school-aged youth (5-17 years old), 10,925 adults (18-59) and 1,986 seniors (60 years or older). Direct education (DE) was delivered at 861 SNAP-Ed eligible sites throughout the state. The majority of sites were education oriented with 369 public schools (K-12) sites, 237 preschools and Head Start Programs where adult as well as youth DE was offered. Indirect Education reached more than 644,700 participants where approximately 67% or more reached met the target audience at, or below, 130 percent of the Federal Poverty Level (FPL).

- Policy, Systems and Environmental Change

In FFY 2016, considerable UC CalFresh training, resources, and staff attention was focused on implementing more comprehensive programming to build upon and complement existing and ongoing education efforts. UC CalFresh's Reporting Tools Workbook (RTW) was revised to track site-level activity related to the most common evidence-based PSE strategies being implemented by UC CalFresh county/cluster programs. For FFY 2016, UCCE county/cluster programs reported as of 12/2/16.

- Establishing, reinvigorating, and/or maintaining 123 edible gardens across 25 counties.
- Implementing SLM activities at 121 SNAP-Ed sites across 23 counties.
- Participating in Wellness Policy (WP) development at 107 SNAP-Ed sites across 17 counties most commonly through school site or district wellness committee.
- Involvement in Farm-to-Table procurement changes for greater access to local healthy food(s) at 43 SNAP-Ed sites across 9 counties.
- Implementing new and/or improved access to PA breaks, defined as relatively short energizers of approximately 5-10 minutes, at 100 SNAP-Ed sites across 14 counties.
- Working on offering new or improved access to structured PA, defined as at least moderate duration ( $\geq 20$  minutes) organized physical activities at 85 SNAP-Ed sites across 14 counties most commonly through the adoption of CATCH.
- Working on improvements in PA Environments at 17 SNAP-Ed sites across 5 counties, such as improvements in access to safe walking or bicycling paths or Safe Routes to School or work programs.
- Working on adding stencils (13 sites) and murals (8 sites) that promote PA and/or healthy eating.
- Working with partners on healthy vending policies at 2 sites and community produce stands or farmers markets at 2 sites, establishing a new hydration station at 1 site.

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- **Major achievements:**

- **A. Physical Activity**

UC CalFresh has strived to integrate meaningful PA programming in the existing direct education efforts so that programs are not only providing PA programming but also an infrastructure to build capacity, competency, and sustainability at the local level. By working with each UC CalFresh county to identify PA Leads and by working with key partners, including CATCH Global Foundation (CGF), Fuel Up to Play 60 (FUTP60) and other PA programs, we have begun to extensively advance our PSE approaches around PA. This is being accomplished through:

- 22 County PA Leads were trained covering each county/county cluster
  - UC CalFresh built capacity and the ground work to sustain PA interventions through identifying and creating PA Leads in each county who were trained as trainers with CATCH. This allowed an extender model by training community and schools. The PA Leads work with locals and foster improved communication between State Office and county needs.
- 121 total UC CalFresh staff trained in CATCH
  - PA Competency – the State Office is continuing to provide trainings that are both informational and provide the skills needed for nutrition educators to expand throughout our county programs.
  - 35 CATCH Early Childhood Education (ECE) Trainers
  - 40 CATCH Physical Education (PE) Trainers
- 31 county-level CATCH trainings provided by PA Leads to extenders in FFY 2016
  - 15 CATCH PE (K-8<sup>th</sup> grade)
  - 8 CATCH ECE (Pre/K)
  - 8 CATCH Kids Club (After School)
- 7 Playground Stencil Projects completed (funded by UC CalFresh)
  - MyPlate stencils provided by UC CalFresh in 61 counties in CA in partnership with the California Department of Public Health (CDPH) (note: other stencils were created in conjunction with other programs, partners and funding)
  - A [How-To-Stencil Guide](#) was created to assist UC CalFresh counties in the process of completing a playground stencil project. This tool has been shared and utilized by other SIAs and across other states, including Arizona, Missouri, New York City and Philadelphia health departments.
- 1 Mural Project completed (funded by UC CalFresh others were created through other resources)
- **Sustainability** – All of the UC CalFresh county programs have worked towards integration of PA into the UC CalFresh SNAP-Ed programs. Many are having huge successes in extending PA as demonstrated in the county final reports. The programs have shown greater opportunity for student involvement and youth engagement activities within the PA domain. An example is demonstrated in the San Luis Obispo/Santa Barbara program where students created “Active Recess”. Students wanted to create more structured games during their school recess and through their Student Nutrition Advisory Council (SNAC) initiated a student-led PA program. The environmental changes that were made to schools with murals and playground stencil painting will last many years and illustrate ongoing healthy messaging. In addition, it has allowed school “hardscape” to support the CATCH programs being taught in classrooms. These combined efforts culminate in creating a healthier living movement in the community.

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## B. Smarter Lunchrooms Movement

The SLM collaborative continues to strive. This year meetings and strategic planning also included the CDPH, Nutrition Education and Obesity Prevention Branch (NEOPB) and the Center for Ecoliteracy along with the founding partners for SLM of California (SLM of CA). With funding support from a small grant from Kaiser Permanente, the partnership was able to support statewide efforts and fund trainings of non-qualifying schools, materials, hydration stations, and strategic planning. Some of these efforts could not be supported with SNAP-Ed funding alone. Representatives from SLM of CA also participated and presented the “California Model” at the SLM Forum hosted by the Behavioral Economics and Nutrition (BEN) Center at Cornell University. California goes beyond the behavioral economic approach used by Cornell’s SLM through its development of “boots-on-the-ground” county-level technical advising professional (TAPs) and linkage to the nutrition education and PSE approaches. The SLM efforts have accomplished:

- 127 certified TAPs have been trained. TAPs serve as a local resource to support SLM implementation, training and support activities. The TAPs are from the Dairy Council of California, UC CalFresh and a few local health department subcontractors.
- For UC CalFresh:
  - 41 UC CalFresh certified TAPs
- 89 SLM Self-Assessment Scorecards conducted in FFY 2016 by UC CalFresh staff
  - 57 schools assessed with over 36,000 students enrolled
  - 28 school assessed for the 2<sup>nd</sup> time or more
  - 41% overall score increase from first scorecard to most recent
- 11 regional trainings
  - 310 individuals trained
  - 89 school districts
  - 52 newly certified TAPs
- **Sustainability-** 23 of the 31 UC CalFresh Counties have begun integrating SLM into their work at SNAP-Ed sites through certified TAPs. TAPs collaborate with schools to conduct site visit assessments, develop realistic action plans, provide resources for implementation, and offer SLM training to frontline staff. Certified TAPs take SLM a step further by collaborating with schools to incorporate behavioral economics into more traditional nutrition education outreach programs. TAPs connect foods served in the cafeteria to nutrition education being conducted in the classroom, encourage teachers to eat in the lunchroom, connect the lunchroom to school gardens, and engage and empower students to make changes in their school lunchrooms. The integration of SLM into nutrition education is part of a comprehensive approach aimed at transforming school environments to support behavior change. Through the work of the SLM of CA and UC CalFresh TAPs, Fresno Unified School District and Marysville Joint Unified School District have adopted SLM district-wide.

## C. Shaping Healthy Choices Program (SHCP)

During FFY 2016, the implementation of the SHCP was expanded from 3 counties to 8 counties due to the positive impact on the students. Counties implementing SHCP in schools included Butte, Placer, Sutter, Yuba, Calaveras, El Dorado, San Joaquin, and Santa Barbara counties. Implementation took place between August of 2015 and May of 2016. Students from thirty classrooms (n = 1108) received direct nutrition education, which included inquiry-based, garden-enhanced nutrition education from the curriculum *Discovering Healthy Choices* as well as cooking demonstrations from *Cooking Up Healthy Choices*. A comprehensive professional development model with ongoing support was employed to

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train and support UC CalFresh participating county teams in FFY 2016 and FFY 2017. The program is currently being implemented in 38 classrooms within 14 schools in the participating counties.

Other major achievements included the development, pilot, and implementation of a PA curriculum to address the need for PA in the SHCP. County successes included:

- a community-driven garden build day,
- a highly-attended community health fair,
- establishment of an active Student Advisory Nutrition Council that created signage for the lunchroom to promote healthy lunch menu items, successful integration of garden and nutrition education, and
- increased comprehensive programming in various elementary schools throughout the state.

#### **D. Youth Engagement (assisted through a subcontract with Public Health Institute (PHI) Center for Wellness and Nutrition (CWN))**

As one of the approaches to expand upon the direct education provided to over 80,000 youth, UC CalFresh strives to expand its focus from just serving youth to an approach that engages youth. Working with PHI CWN, UC CalFresh has begun to deliberately expand upon the current youth efforts and support counties on ways to better engage and empower youth in the programs and activities. This has also fostered stronger communication and planning with the UCCE's 4-H program.

##### Youth Engagement Pilot

Over the course of FFY 2016, the PHI's CWN successfully supported the UC CalFresh State Office and local sites in coordinating and supporting a plan to expand existing education to further engage youth and provide them with new leadership skills. Major CWN achievements during the year included:

- A statewide survey and key informant interviews to gather data and build upon UC CalFresh current youth projects and partnerships.
- Establishment of a UC Youth Engagement Advisory Committee to guide the youth engagement project and facilitation of strategic planning meetings with key county advisors and state staff representing the UC CalFresh, 4-H, Expanded Food and Nutrition Education Program (EFNEP) and the UCD Center for Regional Change.
- Providing nine trainings to support youth engagement pilot approaches in a variety of topics, including: Building a Comprehensive Work Plan: Expanding Environmental Supports, Partnerships and Engagement, Youth Engagement Training – foundational elements, different approaches, skills and outcomes, How to Engage Youth in Smarter Lunchrooms Strategies, Youth Participatory Action Research (YPAR), Youth Photovoice training and a Youth Engagement Peer to Peer Gathering. All but one of these trainings were provided in person and six were conducted at county program sites.
- All UC CalFresh county/cluster programs participated in at least one of the youth engagement/PSE related trainings and 7 county programs received more in-depth technical assistance either through onsite training, sites visits and ongoing technical assistance by phone.

##### Food Access Nutrition Education Outreach (FANOut) and State Nutrition Action Committee

Additionally, CWN staff and consultants worked closely with the California Department of Social Services (CDSS):

- to facilitate three webinars and one in person meeting of the Food Access Nutrition Education Outreach (FANOut) Committee whose participants represent a broad spectrum of state, regional, and county agency leaders who provide services related to healthy food access and food security for low-income Californians, and
- to research and report on the feasibility and functionality of implementing a State Nutrition Action Committee in California.

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## E. Curriculum Use and Maintaining Fidelity with Modifications

The UC CalFresh State Office participated in a leadership role in two state-level workgroups that focused on curriculum use and maintaining curriculum fidelity. Outcomes of these workgroups included the development of the *California SNAP-Ed Integrated Curricula List* for all California SNAP-Ed funded programs to use, defining curriculum fidelity for Local Implementing Agencies (LIAs), and the development of guidance for LIAs when making curriculum modifications. A process for recording and monitoring the modifications LIAs make to curriculum is also being developed.

## F. Training

Training is an important element in building capacity, competency, and to improve program quality and integrity. The State Office continues to work with counties based on program priorities, evaluation findings, program observations, and identified needs for expanding PSE approaches supporting the core education programming. The training is delivered to enhance the core functions for UC CalFresh nutrition education programming. The State Office also continues to work with the CDPH-NEOPB SNAP-Ed training unit to provide support, content, and advise on the coordinated state offered trainings. As part of the overall training efforts UC CalFresh notes the following highlights (more details are included further in the report):

- Master Trainer (train-the-trainer) manual was developed by the curriculum author for one of the UC core youth curricula (*Good for Me...and You!*). This manual will serve as a model for developing additional train-the-trainer manuals.
- Total of 16 county Advisors and Program Supervisors (8 UC CalFresh, 8 EFNEP) were trained using the Master Trainer manual. These Master Trainers in turn delivered this curriculum training in teams to 71 UC CalFresh and EFNEP staff.
- Self-paced online training modules were developed and deployed for use in onboarding new staff. Modules were developed in-house by UC CalFresh and EFNEP staff.
- Professional Learning Communities or Communities of Practice were created for SLM of CA, PA and SHCP. Monthly or quarterly webinars are held along with resources and materials placed on the collaborative tools file sharing web portal. As an example, SLM of CA provided quarterly webinars for TAPs. Two additional learning communities were initiated in FFY 2016: PA Lead staff from each county participate with the UC CalFresh PA Manager in bi-monthly web conferences to support their efforts. Quarterly webinar meetings were provided for a Child Feeding Community of Practice group, during which staff who conduct family-centered or parent education receive ongoing training and support from UCCE Specialists with expertise in child development and nutrition education.

## G. Evaluation

The overall level of evaluation and the review and feedback of findings of the data with county programs has significantly increased with the addition of another staff to support these efforts. The coordination with the State Implementing Agencies (SIA's) through the evaluation workgroup as well as previous working experience with the staff with the Nutrition Policy Institute (NPI) has also fostered greater communication and collaboration, especially towards eventual integration of PSE and direct education data. UC CalFresh's evaluation highlights include:

- UC CalFresh increased the State Office staff dedicated to evaluation by 100% by adding a second Evaluation Analyst.
- UC CalFresh collaborated with NPI and other California SIAs to successfully pilot test the FFY 2016 Program Evaluation and Reporting System (PEARS) PSE reporting system among a subset of five county/county clusters.
- UC CalFresh State Office staff developed and facilitated one-day Regional Evaluation trainings at five locations throughout the state with 91 UCCE staff participants. The training was a refresher on



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UC CalFresh evaluation expectations, instruments and procedures as well as an introduction to new areas for evaluation. The training also focused on strategies for improving accuracy and usefulness of evaluation efforts.

- With finalization and dissemination of the SNAP-Ed Evaluation Framework Interpretative Guide, additional progress has been made on the collection and reporting of SNAP-Ed Evaluation Framework indicators.
- In FFY 2016, several new evaluation tools were developed and/or approved to better capture and improve work in new programmatic areas. Three tools were developed to help capture PSE efforts in the areas of PA – a pre/post Playground Stencil Assessment, CATCH Lesson Observation Tool and the Let's Move Active School Assessment. For youth engagement programming, UC CalFresh staff worked with 4-H state staff and PHI staff to revise four tools for use with YPAR, youth groups and teen teachers.

## **H. State Implementing Agency Coordination Projects**

Significant staff time has been devoted to working with the state-level partners towards greater integration and collaboration of program resources. This is being accomplished through the following:

- State-level staff are members of SIA content area workgroups that coordinate work on SNAP-Ed service delivery. Workgroups include California SNAP-Ed Integrated Curricula List, Curriculum Fidelity and Modification, Evaluation Working Group, Integrated Work Plan (IWP) revision, LIA Forum Planning, and several Training Coordination workgroups and the Strategic Council from the SIA leadership and CDSS.
- Outcomes of participating in these workgroups included the development of an integrated curricula list that contains all curricula available for LIAs to use with their California SNAP-Ed funded programs, revised state-level objectives and pilot testing of a common PSE reporting system, a process for LIAs to follow when revising IWPs, and guidance on modifications that can be made to curriculum when delivering direct education lessons.
- Through the workgroup format, SIA's are becoming more familiar with each other, including each agency's organizational assets and challenges.
- UC CalFresh has provided leadership on presenting a number of regional and webinar trainings for all LIA participants.

## **• Major setbacks:**

### **A. Staffing**

- Workload continues to be a significant challenge based on the added tasks in coordinating efforts at the state-level as well as current UC CalFresh programmatic priorities. This includes work on:
  - the development of resources
  - refining administrative functions
  - training coordination
  - SIA process and procedures for program integration
  - coordination on PA programming and overall state leadership
  - SNAP-Ed integration of PA
  - technical support for garden development and sustainability
  - web management
  - Evaluation coordination, including revisions to the RTW, PEARS, data analysis, review and feedback to counties

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- Staff turnover, vacancies and current full-time equivalent (FTE) levels to meet county needs and requests
  - Reduction in funding

#### **B. Smarter Lunchrooms Movement of California**

- The addition of new partners to the SLM of CA has posed challenges in collaboration. Agencies with differing visions for the collaborative moving forward have caused slow movement and reassessment of agency roles. The inclusion of both SNAP-Ed funded SIA's as well as non-funded partners creates great opportunities; however, some of the data reporting and analysis have different priorities and requirements.
- System-wide approaches given the site targeting requirements continues to be a SNAP-Ed funding challenge. This has been partially mitigated with the California Department of Education's (CDE) Team Nutrition Grant and the grant from Kaiser.

#### **C. SIA Coordination Projects**

- While many steps forward have been taken in our efforts at SIA-level collaboration, more work is to be accomplished. Consistent inclusion in workgroups remains a central issue. Establishing a communication workgroup that creates a structured process may facilitate consistent inclusion of all SIA partners and is needed to lessen confusion and misunderstandings.
- Time invested by state-level staff to participate in these SIA coordination projects takes time away from providing support and technical assistance to our LIAs directly and from program development in our areas of expertise.

#### **D. Workload and Addressing Unmet Needs Within County Programs**

The workload continues to be very high with staff striving to achieve and deliver quality programs and support. Sustaining the level of program delivery within UC CalFresh and devoting as much staff time to the state-level coordinated efforts needs to be monitored or identify additional key staff to manage the varying work priorities. UC CalFresh is working with CDSS to explore options.

Counties continue to report their challenges with the current staff competencies and classification levels in relation to the added level of job complexities now required to address comprehensive programming including PSE approaches. The UC CalFresh State Office, is meeting with University of California Agriculture and Natural Resources (UC ANR) Human Resources to explore options to address staffing classifications and the turnover of staff experienced this year.

#### **E. Physical Activity**

Coordination amongst the SIA's has been challenging. Identifying key staff and stakeholders to serve on a PA advisory group can help to address this issue. With USDA identifying a PA point person at the Western Region Office, it can help foster both regional and state coordination.

As mentioned earlier in the report, UC CalFresh has demonstrated significant program integration and developed local competency and leadership in its approach to integrate PA programming into the counties SNAP-Ed efforts.

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- **Overall assessment:**

UC CalFresh has demonstrated programmatic expansion to effectively incorporate PSE approaches as part of the hallmark direct education that has been provided for over 20 years. With a focus in the areas of competency, capacity building, and sustainability, our programs impart a high level of quality that is positively impacting participants. PSE's were introduced in 87% of UC CalFresh counties (27 of 31).

UC CalFresh has generated an organizational structure that fosters and develops a state/county-level partnership in multiple areas – particularly direct education, SLM, PA, and gardening. This competence is verified through both the evaluation results and, importantly, through the communication and technical assistance from the State Office, academic advisors and sharing of programs and needs from the counties. As we enter a period of potentially shifting political priorities, sustainability through greater levels of community engagement and ownership is essential. The strategies employed by UC CalFresh have been shown to build programs which reach SNAP-Ed participants effectively, incorporate their feedback, and provide results that move individuals and communities toward healthier lifestyles.

## 2. SNAP-Ed Administrative Expenditures

Type of Administrative Expense:	Percent of Total Administrative Expenditures for each Implementing Agency by Type of Expense	
	Name of IA: University of California, Davis CalFresh	
	% values	\$ values
Administrative Salary	37.94%	\$879,022.39
Administrative Training Functions	5.90%	\$136,792.83
Reporting Costs	26.64%	\$617,185.94
Equipment/Office Supplies	1.14%	\$26,483.50
Materials	4.52%	\$104,838.98
Operating Costs	3.14%	\$72,751.63
Indirect Costs	19.63%	\$454,825.56
Overhead Charges (space, HR services, etc.)	1.09%	\$25,085.99

### 3a. SNAP-Ed Evaluation Reports Completed for this Reporting Year

During FFY 2016, UC CalFresh programs used a variety of evaluations, including formative, process, and outcome linking to California's Statewide Objectives. The evaluations administered are included in the following table.

#### Statewide SNAP-Ed Evaluation Completed for this Reporting Year

UC CalFresh 2016 Evaluations by Key Topic and State Objective						
Evaluation Tool	Key Goals of Evaluation	Target Audience	FE	PE	OE	IE
REPORTING TOOLS WORKBOOK (RTW)- (Evaluation Report Attachment 1)	Measure program goals to ensure reach, target audience, & intended approaches	Participating County Programs delivering on behalf of UC CalFresh		X		
<b>Adult – Dietary Guidelines – Direct Education – State Objectives #1 and #2 (Evaluation Report Attachment 2)</b>						
INTENT TO CHANGE (ITC)	Measure readiness to change behavior	Adults	X		X	
ADULT TASTE TESTING TOOL	Assesses baseline exposure to healthy foods and willingness to either try again or ask for in future.	Adults			X	
FOOD BEHAVIOR CHECKLIST (FBC)	Pre/post assessment of food and beverage behavior change and food security	Adults			X	
<b>Youth – Based Evaluations – Direct Education – State Objectives #1-#3 (Evaluation Report Attachment 2)</b>						
TEACHER OBSERVATION TOOL (TOT)	Assessment of teacher's perceived behavior change of students	K-6 Grades Youth	X		X	
TEACHER TASTING TOOL (TTT)	Assessment of baseline exposure to various foods and willingness to either try again or ask for these foods in future.	K-8 Grades Youth	X		X	
EATFIT	Pre/post and retrospective surveys to measure knowledge and behavior change	6-8 Grades Youth	X		X	
SHAPING HEALTHY CHOICES PROGRAM PILOT EVALUATION (Evaluation Report Attachment 3)	Program fidelity measured by classroom observations.	4-6 Grades Youth		X		

UC CalFresh 2016 Evaluations by Key Topic and State Objective						
Evaluation Tool	Key Goals of Evaluation	Target Audience	FE	PE	OE	IE
<b>Adult – Food Resource Management and Food Security – Direct Education – State Objective #5 (Evaluation Report Attachment 2)</b>						
MAKING EVERY DOLLAR COUNT (MEDC)	Retrospective assessment of participant knowledge and behavior change	Adults and young adults			X	
PLAN, SHOP, \$AVE, COOK (PSSC)	Pre/post assessment of behavior change around resource management and changes in food security both	Adults and young adults			X	
<b>Policy, System, and Environment Change – State Objective #4</b>						
Youth Engagement: Program Survey and Key Informant Interviews <b>(Evaluation Report Attachment 4 )</b>	Gather information on current UCCE youth engagement, PSE and partnership activities that can be further developed and supported	Participating UCCE Programs delivering on behalf of UC CalFresh	X			
SMARTER LUNCHROOMS MOVEMENT (SLM) SELF-ASSESSMENT SCORECARD AND ONLINE REPORTING <b>(Evaluation Report Attachment 5)</b>	Evaluate the lunchroom to identify areas for improvement and to track change. An online survey collected county's scorecard data.	Food service staff and school administrators	X	X	X	
TRACKING POLICY, SYSTEMS AND ENVIRONMENTAL ACTIVITIES BY SITE AND FOLLOW-UP SURVEY <b>(Evaluation Report Attachment 6)</b>	Collect additional programmatic details from UC CalFresh county/cluster programs reporting specific "types" of PSE-related work at sites.	Participating UCCE Programs delivering on behalf of UC CalFresh	X	X		

*\*Please note: UC CalFresh conducted no impact evaluations in FFY 2016.*

*Evaluation Reports number 1-6 are attached as a separate document.*

### 3b. Impact Evaluation:

No impact evaluation reports were completed in FFY 2016. The UC Davis Center for Nutrition in Schools (CNS) conducted a SHCP evaluation whose design included intervention and comparison classrooms. While data collection was completed in FFY 2016, data analysis and write-up of the results is still in process. The completed report will be submitted with UC CalFresh's 2017 Annual Report.

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#### 4. SNAP-Ed Planned Improvements:

With the accomplishments and program highlights stated in the FFY 2016 report, UC CalFresh continues to work on improving the comprehensiveness of SNAP-Ed services so that PSE changes support the evidence-based nutrition education and obesity prevention programs in the 31 UC CalFresh County programs. The planned improvements for FFY 2016 built upon this foundation and explored ways for further integration of PSE approaches. This was accomplished through extender trainings, linking the series-based lessons, and education to the environmental changes and establishing policies through implementation of SLM of CA strategies. The multi-sector reach designed in the SHCP was expanded to include additional county cluster programs and by focusing on the peer reviews of program delivery that evaluates curriculum fidelity.

Additional training for competency and for comprehensive school and community planning will be provided in FFY 2017 for the PA programming supported by murals and stencils to enhance the nutrition education and physical activities being delivered. With external funding support we were also able to integrate hydration stations in four schools to support the PA and SLM efforts. Training will continue to focus on program integrity, core curriculum overviews, and curriculum fidelity. UC CalFresh will also work to strengthen its internal partnerships with sustainable gardens and youth engagement. The evaluation tools and feedback to counties will continue to be refined as well as the tools and processes to report of the priority indicators of the USDA Evaluation Framework.

Reporting systems will be a focus area of improvement in FFY 2017 and beyond. UC CalFresh will work with the other SIAs to coordinate evaluation of PSEs and reporting against the SNAP-Ed Evaluation Framework. UC CalFresh intends to expand the use of the PEARS PSE reporting module from the five UC CalFresh county/cluster programs that piloted the system to all UC CalFresh county/cluster programs. UC CalFresh is also very interested to work with CDSS, Kansas State University and the other SNAP-Ed SIAs in California to pilot the complete PEARS. Updates will also need to be made to the process evaluation and reporting systems to provide the newly required information in the revised SNAP-Ed Education and Administrative Reporting System (EARS) Form.

Additionally, the following items will continue to be a focus for ways to improve and refine UC CalFresh programmatic approaches:

- UC CalFresh will continue to focus delivery of programs that have a more integrated approach to nutrition education, including SLM and utilization of UCCE county assets (such as Master Gardener, sustainable agriculture, 4-H) and coordination with the local partners through CNAP and the integrated county work plans.
- The UC CalFresh State Office will continue to provide county programs with strategies on how to integrate PSE changes into ongoing programs.
  - For schools, SLM, PA, SHCP, stencils and murals, youth engagement, and support with school wellness policies will all be supported to enhance the current nutrition education provided.
  - SLM has been introduced at SNAP-Ed sites in 23 of the 31 UC CalFresh County Programs
  - All 30 counties with a youth program have been trained in the CATCH PA programming (the other county, Kern has begun to integrate PA into their adult programming).
    - Partners will be introduced to help coordinate and enhance the PA efforts, including Safe Routes to Schools, FUTP60, Let's Move Active Schools
    - Adult programs will further develop walking clubs and will build upon existing partnerships (i.e. with the California Department of Aging)

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- Working with youth by engaging them in youth participatory research to bring their focus, perspectives, and leadership into the county programs. This will be accomplished through
    - Youth leadership and advisory councils
    - Peer-led education program
    - YPAR Projects
  - Continued focus on resource management and food security. By linking with retail, social media messaging, online modules, and messaging (e.g. eatfresh.org), collaboration activities through CNAP's and other multi-agency initiatives resource management curricula lessons can be reinforced.
    - For the adult education, explore ways to introduce resources and online modules from eatfresh.org
  - Working to coordinate programs with partners and other related programs, the five principals of Collective Impact will continue to be the focus of partnership planning and work. This can assist with evaluation, program messaging, strategic planning, and joint programming. The 5 principals are:
    - Common Agenda
    - Shared Measurement Systems
    - Mutually Reinforcing Activities
    - Continuous Communications
    - Backbone Support Organizations
  - Expand the State Offices connection with the community programs by having State Office staff increase programmatic visits to better learn program delivery successes and challenges so that these can be communicated and shared across other county programs addressed in local regional or statewide training and highlighted in the monthly Town Hall webinars, UC CalFresh Weekly Updates and other communication forums. Formal site visits will take place with approximately four county programs.
  - The State Office will provide training and resources that will inform county programs and other staff on the changes to the USDA Guidance, indicators, and the focus on evidence/research-based curricula.
  - The State Office will also work with CDSS and the other SIA's to expand UC CalFresh efforts in key counties and to further enhance the state-level coordination for PA, gardening, and state-level administration for county support functions.



## 5. Appendices:

Evaluation Reports number 1-6 referenced in Section 3a. SNAP-Ed Evaluation Reports are attached as a separate document.

### A. Staff/partner trainings

#### ***Training Activities and Accomplishments***

UC CalFresh provides training opportunities to increase staff capacity and competency. Training objectives are to increase knowledge and skills in program planning and delivery, integrating comprehensive nutrition education with PSE supports. Trainings are delivered in-person and through webinars. In FFY 2016 self-paced online training modules were developed (<http://class.ucanr.edu/course/index.php?categoryid=14>). The modules were deployed in September 2016, so usage data is unavailable for this report.

The table below summarizes trainings provided by UC CalFresh State Office staff and trainings developed and delivered in partnership with other SNAP-Ed SIAs and non-SNAP-Ed partners.

Local trainings are also conducted by UC CalFresh county programs. For local trainings, please refer to individual county reports.

Training Topic	Number of Sessions	Attendance		
		UC CalFresh	Other SIA/LIA	Partners
<b>Regional Trainings</b>				
Advisor-Program Supervisor Trainings: <ul style="list-style-type: none"> <li>10/5/15, 1/15/16 3/31/16</li> </ul>	3	30-37 each mtg.		
The Science of Nutrition: Nutrition Research Updates SNAP-Ed coordinated state training provided by the UC Davis Department of Nutrition <ul style="list-style-type: none"> <li>Riverside (1/5) – 27 participants</li> <li>Fresno (1/7) – 45 participants</li> <li>San Jose (1/21) – 34 participants</li> <li>Davis (2/9) – 71 participants</li> </ul>	4	64	49	64
<i>Healthy, Happy Families</i> Curriculum Training <ul style="list-style-type: none"> <li>Davis (2/25) – 27 participants</li> <li>Fresno (2/28) – 28 participants</li> </ul>	2	55		
Master Trainer (train-the-trainer) webinar for <i>Good For Me...and Youth</i> Curriculum	1	8		8 (EFNEP)
Youth Education Curriculum Training: <i>Good for Me...and You!</i> (attendance includes Master Trainers)	4	68		19 (EFNEP)
Youth Engagement Training - for Pilot Project County Programs (with Public Health Institute and Brown Miller Communications)	1	14		3 (4-H)
ServSafe® Food Protection Manager Training and Certification Exam	6	25	9	6 (EFNEP)
<b>Smarter Lunchrooms Movement Trainings</b>				
SLM Principles and Practices Workshops <ul style="list-style-type: none"> <li>Ontario (3/1)- 62 participants</li> <li>Bakersfield (3/3)- 44 participants</li> <li>Salinas (3/7)- 42 participants</li> <li>Livermore (3/9)- 52 participants</li> <li>Chico (3/11)- 47 participants</li> </ul>	5	32	51 (Catholic Charities of California (CCC), CDPH, Local Health Department (LHD))	164 (Dairy Council, Local Education Agencies)

Training Topic	Number of Sessions	Attendance		
		UC CalFresh	Other SIA/LIA	Partners
SLM Technical Advising Professional Workshops <ul style="list-style-type: none"> <li>San Diego (12/4)- 18 participants</li> <li>Chico (12/8)- 10 participants</li> <li>Livingston (2/2)- 11 participants</li> <li>Fresno (2/5)- 18 participants</li> <li>Auburn (2/10)- 12 participants</li> <li>Santa Maria (4/14)- 18 participants</li> </ul>	6	41	20 (LHD)	26 (Dairy Council, Local Education Agencies)
Quarterly Technical Advising Professional Webinars <ul style="list-style-type: none"> <li><a href="#">Building Relationships to Support Change</a> (10/15)- 27 participants</li> <li><a href="#">A Complete Guide to Reimbursable Meals for SLM</a> (1/21)- 28 participants</li> <li><a href="#">Introduction to Tray Waste Data Collection</a> (4/21)- 48 participants</li> <li><a href="#">How to Engage Youth with SLM Strategies</a> (7/21)- 51 participants</li> </ul>	4	52	16	86 (Dairy Council, Local Education Agencies)
<b>Physical Activity Trainings</b>				
CATCH Early Childhood Training (3 Day Train the Trainer)	1	36	2 (CDSS, CDPH)	1
CATCH Physical Education (PE) 1 Day Basic Training	1	14	3 (CDSS, CDPH)	
Using the Physical Activity Resource Guide: Integrating Physical Activity (PA) into Schools and Community Settings – presented at the LIA SNAP-Ed Forum	1		100+	
SNAP-Ed Physical Activity (PA) Integration: Moving Towards Sustainable PA	1	11	13	
CATCH PE Training Academy (3 Day Train the Trainer)	1	33	5 (CDPH)	3
Fuel Up To Play 60 Lunch and Learn - 1 hour overview of the program and how SNAP-Ed plays a role	3	40	8	3
<b>Evaluation Trainings</b>				
Regional Evaluation Trainings <ul style="list-style-type: none"> <li>Fresno (2/8) – 34 Participants</li> <li>Riverside (2/17) – 8 Participants</li> <li>San Jose (2/22) – 15 participants</li> <li>Davis (3/3) – 27 participants</li> <li>San Luis Obispo (8/22) – 7 participants</li> </ul>	5	91		
<b>Shaping Healthy Choices Program Trainings – UC Davis Center for Nutrition in Schools</b>				
Workshop 1 – One-day introduction to SHCP (4/26)	1	35		
Focus Feedback Forum – one-day follow-up meeting with counties that had implemented SHCP ( 6/15)	1	26		
Workshop 2 – An in-depth overview of the inquiry-based learning model and curricula used in SHCP(7/12-7/14)	3	38		
Monthly Joint Learning Calls – webinars for county-based educators delivering SHCP on program specific topics (11/4, 12/2, 1/6, 2/10, 3/2, 4/12, 5/18)	7	38		

Training Topic	Number of Sessions	Attendance		
		UC CalFresh	Other SIA/LIA	Partners
<b>Youth Engagement Trainings – Public Health Institute</b>				
<b>San Luis Obispo Local Youth Engagement Training On Emerging Youth Engagement Work &amp; Best Practices</b> 1/21/2016 - San Luis Obispo, CA	1	8	2	4 (4-H staff)
<b>Placer County Youth Engagement Training On Youth Participatory Action Research (YPAR)</b> 6/6/2016 - Placer County, CA	1	9		
<b>Youth Engagement Peer-to-Peer Gathering</b> 6/23/2016 - Alameda County, CA	1	16	6	
<b>Youth Engagement Training – Youth Voice</b> 7/28/2016 - Sacramento, CA	1	14		
<b>Sierra Cascade County Cluster YPAR Training</b> 8/11/2016 - El Dorado County, CA	1	4		
<b>Imperial County Cluster YPAR Training</b> 8/15/2016 - Imperial County, CA	1	5		
<b>El Dorado County Youth Photovoice Training</b> 9/29/2016 - El Dorado, CA	1	55		3
<b>Town Hall Webinars</b>				
<i>*Note: Historically, UC CalFresh county staff participate in these meeting jointly under one log-in. Actual number of attendees is higher. Please also note that other Town Hall webinars have been open to SNAP-Ed funded and non-funded partners; however registration was set-up only for the two webinars with numbers.</i>				
Administrative Updates and Programmatic Highlights	1	35*		
Common Core: How to Talk with Teachers about How Nutrition Education Supports the Standards	1	35*		
Strategies to Make the Extender Model Work Well for Your County	1	60*		
Overview: School Wellness Policy	1	55*		
Healthy Living Ambassador's Garden Program	1	47*		
Collective Impact: The Calaveras County Experience	1	38*		
Physical Activity Integration	1	39*		
Dietary Guidelines for Americans 2015-2020	1	47*	39	16
Changes to the Nutrition Facts Label	1	35*	35	24
Culturally-Sensitive Approaches to Nutrition Education Delivery	1	55*		
State Office Updates: Gearing Up for FFY 2017	1	49*		

Training Topic	Number of Sessions	Attendance		
		UC CalFresh	Other SIA/LIA	Partners
<b>Additional Webinars</b>				
FFY 2017 UC CalFresh Budgets Technical Assistance Webinar (for UC CalFresh Advisors/Supervisors)	1	15	0	0
One-on-One Budget Technical Assistance Webinars with Counties: <ul style="list-style-type: none"> <li>Fresno/Madera; San Joaquin; Tulare/Kings (3/23) – 4 participants</li> <li>Alameda (3/24) – 1 participant</li> <li>Kern; Placer/Nevada; Riverside; Santa Clara Cluster (3/28) – 5 participants</li> <li>San Luis Obispo/Santa Barbara (3/29) – 2 participants</li> <li>Butte Cluster; Shasta Cluster; Stanislaus/Merced; Yolo (3/30) – 5 participants</li> <li>Imperial (3/31) – 1 participants</li> <li>Amador Cluster (4/6) – 1 participant</li> </ul>	15	19	0	0
<i>Healthy Happy Families</i> : Self-Study of Child Feeding Information and Resources	2	39		14
Child Feeding Community of Practice Webinars <ul style="list-style-type: none"> <li>Family-Centered Nutrition Education Using the <i>Healthy, Happy Families</i> Curriculum</li> <li>Models for Promoting and Implementing Child Feeding Lessons</li> </ul>	2	24 37		
<i>Plan, Shop, Save, &amp; Cook</i> Curriculum Webinar – Washington State Department of Health	1			23
<b>Self-Paced Online Training Modules</b>				
<i>**Deployed in September 2016</i>				
Module 1: Recruiting and Enrolling Sites for Youth Nutrition Education	1	**		
Module 2: Youth Teacher & Volunteer Enrollment, Orientation, Training and Support	1	**		

### ***Smarter Lunchrooms Movement of California Regional Trainings (UC CalFresh-led)***

During FFY 2016, UC CalFresh helped lead the implementation of 11 SLM partnership regional trainings throughout the state on the SLM. The total number of trainings included five SLM Principles and Practices Workshops and six SLM TAPs workshops and reached approximately 350 individuals.

The SLM Principles and Practices workshops offered in-depth training on the basic principles and practices of SLM. It also included interactive sessions to increase participants' skills in the implementation and evaluation of SLM. The TAPs workshops were provided for community nutrition educators, including local UC CalFresh staff, Dairy Council of California and some LIA subcontractors, in providing training, technical assistance and resources to food service staff implementing SLM. As a result of the FFY 2016 SLM workshops, 52 new TAPs were certified to provide technical assistance, increasing the total number of certified TAPs in California to 127.

### ***Shaping Healthy Choices Program Trainings***

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In FFY 2016, over 55 UC CalFresh Community Educators, Supervisors and Advisors from multiple county offices throughout the state of California were trained on the SHCP curricula and program implementation. Two in-person training sessions were completed which consisted of a one-day introduction to the program, and a three-day in-depth overview of the inquiry-based curricula used in the SHCP, *Discovering Healthy Choices* and *Cooking Up Healthy Choices*. These trainings were conducted by faculty and staff from the UC Davis CNS. The trainings also included other aspects of SHCP, such as garden programs, local procurement of vegetables and fruits by school foodservice, parent newsletters, school wellness policies, and community health fairs. Staff were also trained in SHCP evaluation methods. An additional one-day follow-up meeting was conducted with the initial counties (Butte, Placer San Joaquin, El Dorado, and Calaveras) who implemented the program during the 2015-2016 academic year.

Trainings on the SHCP program were provided to UC CalFresh county teams in effort to help them gain an understanding of inquiry-based teaching methods and feel confident in the direct delivery the SHCP. After receiving training and technical assistance on the SHCP, the intention is that the attendees will have gained a greater understanding of inquiry-based teaching methods and also have a better understanding on how to integrate the *Shaping Healthy Choices* curricula into classrooms and school sites. Trainings also educated staff on how the SHCP curriculum meets the Common Core State Standard in English and Mathematics, Next Generation Science Standards, and the California Nutrition Education Competencies. After completing the initial series of trainings on the SHCP, attendees continued to receive ongoing professional development, training, and technical assistance from the UC Davis CNS faculty through monthly check-in webinars. Training dates and number of participating educators are included in the table above.

### **Other Training and TA Supports**

#### ***SIA Training Coordination***

The UC CalFresh State Office participated in the content development, webinar presentation review and speaker recruitment of several webinar trainings that were coordinated between the California SNAP-Ed SIAs. Examples included the *Sprouting Healthy Kids in Early Childhood Education Settings* (February 2016) and *Improving the Nutrition Zone in Early Care and Education Settings* (September 2016) webinars. These webinars and trainings were available for all LIA staff to attend.

#### ***Weekly Update***

The [Weekly Update electronic](#) newsletter provides an ongoing means to communicate UC CalFresh programmatic information to approximately 190 UC CalFresh county program staff and SNAP-Ed partners, including USDA, CDSS, CDPH, CDA and CCC. The Weekly Update also includes links to publications and resources of interest to SNAP-Ed providers. A version of the Weekly Update suitable for distribution to other non-SNAP-Ed funded partners and collaborating organizations is also provided.

#### ***UC CalFresh Website***

The [UC CalFresh website](#) continues to house curriculum implementation resources, evaluation tools, UC CalFresh administrative tools and program directives, and training resources. The website also includes links to external websites which provide useful and appropriate information and tools. During FFY 2016, the website had 52,384 pageviews, 7,041 visitors (45.1% new, 54.9% returning), average session duration of 3:42 minutes, and on average visitors drilled down to 3.46 pages.

#### ***Nutrition and Food Questions Webpage***

The [Nutrition and Food Questions webpage](#) is maintained jointly by the UC CalFresh and EFNEP programs as a resource to help nutrition educators address participant questions related to foods and nutrition that fall outside the established curricula. The web page includes a survey tool for educators to submit questions. Responses to the questions are developed by UC CalFresh/EFNEP State Office staff, and reviewed by faculty from the UC Davis Department of Nutrition and other expert reviewers. The database of responses to questions has expanded to 19 topic areas meant to provide educators a better understanding of these topics.

## B. Conference Presentations and/or Other Journal Publications

	Conferences/Posters/Webinars	Journals	General Blog	Food Blogs	County Blogs	Media
<b>TOTAL</b>	<b>23</b>	<b>8</b>	<b>1</b>	<b>5</b>	<b>11</b>	<b>52</b>

### UC CalFresh State Staff Conferences – National, Regional & State

During FFY 2016, UC CalFresh State Office staff presented at multiple regional, state, and national conferences highlighting UC CalFresh efforts. The table below summarizes the presentations. For LIA staff presentations, please refer to individual county reports.

Names of Presenters	Conference Name	Date	Title of Presentation	Brief Description of Presentation
David Ginsburg Michele Byrnes Peter Cribb	American Association of Family and Consumer Sciences (AAFCS) 107 <sup>th</sup> Annual Conference	June 22-25, 2016	<i>Strategies for Integrating Physical Activity into Nutrition Education Programs at the State and Local Level</i>	In recent years, federal legislation has significantly expanded the scope of SNAP-Ed to include a greater focus on obesity prevention and to encourage comprehensive multilevel interventions that address healthy eating and PA. Learn how the University of California CalFresh Nutrition Education Program is integrating PA into existing nutrition education initiatives and creating change at the PSE levels to support the wellbeing of youth.
Michele Byrnes Anne Lindsay	2016 Western Region SNAP-Ed Leadership and Innovation Training Institute	May 3-4, 2016	<i>Physical Activity Across the Region</i>	Presented two 15-minute interactive PA sessions personalized for the Western Region States while demonstrating how physical literacy is accomplished through dance.
Michele Byrnes Sandy Fagin David Bodick Roxanne James	SNAP-Ed Local Implementing Agency Forum 2016	January 13, 2016	<i>Using the Physical Activity Resource Guide: Integrating PA into Schools and Community Settings</i>	Participants were introduced to the new Physical Activity Resource Guide and learned to identify SNAP-Ed allowable strategies to implement PA practices throughout SNAP-Ed communities and support PA policies, programs and partnerships.
Barbara MKNelly Andy Naja-Reise	2016 Western Region SNAP-Ed Leadership and Innovation Training Institute	May 4, 2016	<i>Using the Evaluation Framework</i>	Co-facilitated a session on the SNAP-Ed Evaluation Framework that introduced or reintroduced participants to the most recent version of the Framework and took participants through a variety of brief small group activities to map out the trajectory of participants' SNAP-Ed programs, partnerships and policies.
Gail Woodward Lopez Wendi Gosliner Andrea Bricker Dan Perales Celeste Doerr Barbara MKNelly	SNAP-Ed Local Implementing Agency Forum	Jan 13, 2016	<i>SNAP-Ed Evaluation</i>	Participated on panel to answer questions about CA SNAP-Ed Theory of Change and the work of the SIA Evaluation Working Group.
Lisa Melhouse Candice Sainz Mary Ann Mills	California School Nutrition Association Annual Conference	November 6, 2015	<i>The Smarter Lunchrooms Movement- Success Leads to Success</i>	A two-part presentation which provided an overview of the SLM. Participants learned about behavioral economics, the basic principles of SLM, and methods for successful implementation of the SLM strategies in school cafeterias to increase the selection and consumption of healthy foods.
Shannan Young Mary Ann Mills	California School Nutrition Association Annual Conference	November 7, 2015	<i>Food Wars 2: Join the conversation on creating healthy students, healthy meals, healthy communities</i>	Co-facilitated a presentation and discussion on integrating the school meal program with other obesity prevention efforts, including school wellness policy and nutrition education.
Candice Sainz Mary Ann Mills	Smarter Lunchrooms Movement Symposium	May 6, 2016	<i>The Smarter Lunchrooms Movement of California- Technical Advising Professionals Inspiring a Statewide Movement</i>	Presented on the work of the SLM of CA. Participants learned about the SLM of CA technical assistance model and its success.
Heather Reed Shannan Young Mary Ann Mills	Society of Nutrition Education and Behavior	July 31, 2016	<i>Systems Behavior Change for School Environments: Taking nutrition education to the next level</i>	A presentation on the SLM of CA, and the statewide initiative that integrated nutrition education with the cafeteria environment and school wellness policy.

### Local Conferences

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- Carlos, C. (2016, September 21). *UC CalFresh Nutrition Education Program*. Presented at Alliance for a Healthier Generation Workshop at Alvord Child Nutrition Services, Riverside, CA.
- Ganthavorn, C. (2015, November 12). *Community garden at Community Settlement Association*. Presented at Riverside County Master Gardeners meeting.
- Klisch, S. (2015, October). *Comprehensive Nutrition Education Programming: UC CalFresh San Luis Obispo & Santa Barbara counties*. Presented at Cal Poly STRIDE – UC Berkeley School of Public Health Joint Obesity Symposium, San Luis Obispo, CA.
- Paniagua, L. (2015, October). *Pumpkin Kits in the Garden*. Display table presented at Growing Edible Education Symposium, Santa Barbara, CA.

### **Abstracts and Posters**

- Bergman, JJ., Linnell, JD, Ginsburg, DC, Scherr, RE, Brian, KM, Carter, R, Donohue, S, Hoyos, L, Klisch, S, Lawry-Hall, S, Martin, A, Mills, M, Pressman, J, Soule, K, West, W, and Zidenberg-Cherr, S. (2016). *Adapting, Implementing, and Assessing the Impact of the Shaping Healthy Choices Program through UC CalFresh Partnerships*. Poster presented at The Federation of American Societies for Experimental Biology, San Diego, CA.
- Bergman, JJ, Linnell, JD, Scherr, RE, Zidenberg-Cherr, S, Ginsburg, DC, Brian, KM, Soule, KE, and Donohue, SS. (2015, October). *Expanding, Implementing, And Assessing The Efficacy Of The Shaping Healthy Choices Program Through UC CalFresh Partnerships*. Poster presented at UCANR 2015 Joint Strategic Initiatives Conference, Sacramento, CA.
- Espinoza, D, Iaccopucci, A, Horowitz, M. (2015, October). *UC 4-H Water Policy: Changing the environment to support the Health H*. Poster presented at National Association of Extension 4-H Agents Conference, Portland, OR.
- Horowitz, M, Asch, A, Fernandez, S. (2016). *UCCE Yolo Nutrition Education Program Poster*. Poster presented at CSU Sacramento School Food Forum, Sacramento, CA.
- Kaiser, L, Horowitz, M, Johns, M, Espinosa, D, Ontai, L, Diaz Rios, K, et al. (2015, October). *UC ANR addresses childhood obesity in a rural Central Valley community*. Poster presented at UC ANR Conference.
- Soule, KE, Klisch, S, Linnell, JD, Scherr, RE, Bergman, JJ, Ginsburg, DC, Zidenberg-Cherr, S. (2016, July). *Schools as Hubs of Health: A Case Study on Comprehensive Nutrition Education Program Delivery*. Poster presented at Society of Nutrition Education and Behavior, San Diego, CA.
- West, W. (2015, October 5). *UCCE and FoodCorps Partner to Change Student Behavior Towards Eating More Healthy, Local Foods*. Poster presented at ANR Joint Strategic Initiatives Conference, Sacramento, CA
- West, W. (2016, June 3). *Smarter Lunchroom Movement – A Model for Rural Schools*. Poster presented at National Farm to Cafeteria Conference, Madison, WI.

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## Webinars

Baykal, T. (2015, December 15). *Developing Partnerships and Early Childhood Education*. Presented at UC CalFresh FANOut Webinar.

Baykal, T. (2016, September 15). *Enhancing Health Behaviors in Early Childhood Education*. Presented at FFY16 California SNAP-Ed Webinar for LIAs.

## Journal Publications

### UC CalFresh State Office Journal & Other Publications

Keihner, A, Rosen, N, Wakimoto, P, Goldstein, L, Sugerman, S, Hudes, M, Ritchie, L, McDevitt, K. (2015, November-Early Online Release). Impact of California Children's Power Play! Campaign on Fruit and Vegetable Intake and Physical Activity among Fourth- and Fifth-Grade Students. *Am J Health Promot.* ajhp.141125-ARB-592.

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) Evaluation Framework: Nutrition, Physical Activity, and Obesity Prevention Indicators. Interpretive Guide to the SNAP-Ed Evaluation Framework. <https://snaped.fns.usda.gov/snap/EvaluationFramework/SNAP-EdEvaluationFrameworkInterpretiveGuide.PDF> USDA, ASNNA and NCCOR. One of the contributing authors: Barbara Mknelly; Published: June 2016

### County Programs Journal Publications

Algert, S., Diekmann, L., Renvall, M., Gray, L. (2016, April 1). Community and home gardens increase vegetable intake and food security of residents in San Jose, California. *California Agriculture*, 70(2):77-82. DOI: 10.3733/ca.v070n02p77

Bergman, JJ, Linnell, JD, Scherr, RE, Ginsburg, DC, Brian, KM, Carter, R, Donohue, SS, Hoyos, L, Klisch, S, Lawry-Hall, S, Martin, A, Mills, MA, Pressman, J, Soule, K, West, W, Zidenberg-Cherr, S. Adapting, Implementing, and Assessing the Impact of the Shaping Healthy Choices Program through UC CalFresh Partnership. *Journal of Extension*. Submitted.

George, G.L., Schneider, C., Kasier, L. (2016, March). Healthy Lifestyle Fitness Camp: A Summer Approach to Prevent Obesity in Low-Income Youth. *Journal of Nutrition Education and Behavior*. DOI: <http://dx.doi.org/10.1016/j.jneb.2015.12.010>

Nicoli, A., Ganthavorn, C., Mendoza, C., Martin, A., Neelon, M., Kaiser, L. (2016, June). A qualitative evaluation of UC CalFresh Plan, Shop, Save, Cook curriculum reveals additional outcomes, *Calif Agr*, 70(2):83-88. DOI: 10.3733/ca.v070n02p83

Rodriguez, L.; Horowitz, M.; Espinoza, D.; Aguilera, A.; de la Torre, A.; and Kaiser, L.L. (2015, December). The Impact of the California Drought on Food Security among Rural Families of Mexican Origin. *Journal of Applied Research on Children: Informing Policy for Children at Risk*, 6(7), Article 11. Retrieved from <http://digitalcommons.library.tmc.edu/childrenatrisk/vol6/iss2/11/>

Soule, K., & Klisch, S. (2016). Schools as Hubs of Health: A Case Study on Comprehensive Nutrition Education Program Delivery. *Journal of Nutrition Education and Behavior*, 48(7). doi:10.1016/j.jneb.2016.04.084



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## Blogs

Secretary Ross visits dynamic school Ag programs in Calaveras County. (2016, June 2). *Tales from the Field – CA Department of Food and Agriculture*. Retrieved from <http://blogs.cdfa.ca.gov/TalesFromTheField/?p=674>

### UC ANR Food Blogs

- Kan-Rice, P. (2016, February 25). Community Produce Stand opens March 2 in East Oakland. *UC ANR Food Blog*. Retrieved from <http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=20317>
- LaFreniere, M., Klisch, S., Soule, K.E. (2015, December 8). Planting the seeds for garden-based education. *UCANR Food Blog*. Retrieved from <http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=19684>
- Nicoli, A. (2016, July 13). Tackling childhood obesity: A systems change approach. *UC ANR Food Blog*. Retrieved from <http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=21460>
- Paniagua, L., Klisch, S., Soule, K.E. (2016, May 24). Inspiring Youth Leaders to Cultivate Health. *UCANR Food Blog*. Retrieved from <http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=21119>
- Warnert, J. E. (2016, April 8). UC Cooperative Extension takes community gardening to a new level in Riverside. *UC ANR Food Blog*. Retrieved from <http://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=20730>

### **UC ANR Food Blogs in Spanish**

The News and Information in Spanish office adapts all Food Blog posts into Spanish see “[Blog de Alimentos.](#)”

### County Blogs

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### C. Curriculum development and revisions

During FFY 2016, the UC CalFresh State Office reviewed curricula to ensure it aligned with the *2015-2020 Dietary Guidelines for Americans* and the upcoming revisions to the *Nutrition Facts* food label. Some materials for UC-developed curricula, such as the *PSSC* curriculum handouts, are being revised and will be translated into other languages, such as Spanish, once they revisions are finalized.

The UC CalFresh State Office also contributed content expertise to the development of *the Healthy Choices in Motion* curriculum which was developed by the UC Davis Center for Nutrition in Schools. This curriculum will be used by county-based programs that are currently implementing the SHCP.

### D. Partnership Activities

State Office Partnerships – UC CalFresh State Office made it a priority to strengthen partnerships and generate new ones to expand participant reach, leverage resources, further PSE efforts and strengthened the comprehensive programming provided in counties. Some key partnerships in FFY 2016 are described below.

- **CATCH Global Foundation**-work with the CGF has allowed for better coordination and understanding of trainings being offered in California. Staff from CGF contact Michele Byrnes to share what trainings the CATCH team will be offering in California. This allows for the UC CalFresh team to explore opportunities for reaching out to others and coordinate efforts in SNAP-Ed eligible schools. The coordination with the CGF has also facilitated their material and supply firm, FlagHouse, to integrate new items into their inventory to support the UC CalFresh SNAP-Ed efforts. This has included the creation of a MyPlate parachute and MyPlate Stencil master for part of the CDPH's Prevention First Stencil project. David Ginsburg has also been invited to serve on the CGF Board of Advisors.
- **Fuel Up to Play 60 (FUTP60)** - As a program that aims to help encourage today's youth to lead healthier lives in collaboration with USDA, FUTP60 partnership has strengthened and encouraged the nutrition and PA programming in UC CalFresh-qualifying schools. FUTP60 has provided UC CalFresh staff with resources to provide funding and items that reinforce school's district wellness goals. Three one-hour informational presentations were provided to UC CalFresh staff in FFY 2016 in order to familiarize staff on the program, disseminate the information and increase the number of SNAP-Ed participating schools applying for FUTP60 grants. Interested schools were connected to the FUTP60 Manager who provided technical assistance in the application process. One school, Sierra House Elementary, was awarded funds that helped support UC CalFresh programming, such as Farm to School, SLM, and PA efforts with students.
- **Alliance for a Healthier Generation** - the partnership with this national organization helped to advance the work that UC CalFresh does in schools, such as:
  - **Riverside County**: "In Alvord Unified, the Alliance for a Healthier Generation (coordinator funded by a Kaiser Permanente grant) was successful at promoting the district wellness policies and working with school lead teachers to plan and implement nutrition and fitness activities. UCCE programs (both UC CalFresh and EFNEP) partnered with CDPH-NEOPB, Dairy Council and other local groups to provide direct and indirect education and PSE supports for all schools in Alvord. UC CalFresh used Dairy Council's Exercise Your Options curriculum with 6<sup>th</sup> graders and partnered with Dairy Council in SLM efforts in this school district."
  - Evaluation tools: the SHC<sup>2</sup> assessment tool was developed to align with the Alliance's Healthy Schools Program Assessment.

- **Smarter Lunchrooms Movement of California Collaborative** - During FFY 2016, UC CalFresh continued to play a leadership role in the SLM of CA. Through collaboration with multiple state-level agencies, including the Dairy Council of California, the CDE, the CDPH, California Food Policy Advocates and Kaiser Permanente, UC CalFresh continued to expand the reach of SLM throughout the state of California. In FFY 2016, the SLM of CA Leadership Team developed and implemented SLM trainings and webinars, created resources for SLM implementation, and collected and evaluated pertinent data. The partnership between UC CalFresh and the SLM of CA at the state-level extended to local-level collaboration. UC CalFresh Nutrition Education Coordinators worked collaboratively with Dairy Council and LHD staff to provide technical assistance, training, and resources to food service staff implementing SLM in 35 counties.
- **California Local School Wellness Policy Collaborative (CA LSWP)** - UC CalFresh continued as a member of the CA LSWP, partnering with a variety of state-level agencies to support local school wellness policy implementation. Through participation in the collaborative, UC CalFresh assisted in the development of LSWP webinars and materials for schools and LIA staff.
- **California Early Childhood Education Partnership** – UC CalFresh continued to participate as a member of this group which is collaboration between state-level agencies dealing with early childhood education. The intension of this group to provide updates on ECE activities by agency and to assess ways in which we can collaborate ECE activities across the state. Examples of agencies participating in this group along with UC CalFresh include the Women, Infants and Children Supplemental Nutrition Program (WIC), CDPH-NEOPB, First 5 California and the California Department of Education.
- **SIA Coordination Projects** – UC CalFresh participates in multiple coordinated projects with other SNAP-Ed State Implementing Agencies. These projects include SNAP-Ed Evaluation, Curriculum Fidelity/Modification, Strategic Planning, Integrated Work Plan Revision, LIA Forum Planning, and Training Coordination Workgroups (trainings facilitation, workgroups for program development/coordination/training, strategic planning, SIA process development with LIAs).
- **Center for Nutrition in Schools** – UC CalFresh continued to partner with the CNS to expand the implementation the SHCP from three counties during FFY 2015 to eight counties during FFY 2016. During FFY 2016, the feasibility of implementing all components of this program by UC CalFresh county-based programs was also evaluated. Results of this evaluation are listed under Evaluation Report Attachment # 3. UC researchers from the CNS also provided content expertise in the development of *Nutrition Updates* trainings for UC CalFresh county educators and California SNAP-Ed partners along with a webinar on the *2015-2020 Dietary Guidelines for Americans*.
- **Other states and territories SNAP-Ed funded programs** – UC CalFresh continued to provide technical assistance and support to SNAP-Ed Programs within the U.S. Territory of Guam and three state-level SNAP-Ed funded programs in Washington and Oregon states on the *PSSC* curriculum. Technical assistance and support that were provided included training of educators on the use of the curriculum and discussions with state-level staff on maintaining curriculum fidelity. Direction was also provided on obtaining and utilizing the needed educational materials and evaluation tools which that accompanies the curriculum. The SIA Curriculum Fidelity and Modifications Workgroup has also been in touch with these state programs to discuss defining curriculum fidelity and the development of a process to monitor modifications made within state LIAs on SNAP-Ed approved curricula.

County Partnerships – There are also many county-based partnerships between UC CalFresh and other SNAP-Ed funded and non- SNAP-Ed funded agencies. Please reference Section F.iii in county reports for examples.

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## E. Case studies

[UC Delivers](#) documents how UC ANR's research and extension programs make a difference in the lives of Californians by providing science-based solutions to critical issues. The audiences for these stories include the public, internal and external stakeholders who contribute time and resources, and key decision makers and other elected officials. UC CalFresh is a regular contributor to this online publication. Three UC Delivers articles published during FFY 2016 are highlighted as case studies in this report. Links to these articles are below:

### [Expansion of the Shaping Healthy Choices Program through UC CalFresh](#)

The health of California's youth is a critical issue for the state and nation. The high rates of childhood obesity concomitant with reports that youth are not meeting dietary recommendations, point to the need for effective interventions and educational programs. In experimental studies, the Shaping Healthy Choices Program, a comprehensive nutrition program, demonstrated positive impacts on children's health. Programs like these must be delivered effectively in order to make an impact. High fidelity of curriculum delivery and program procedures, meaning educators deliver the content of the curriculum in the same way that they were designed to be used, has been associated with improved student outcomes. Therefore, comprehensive programs should also focus on continuing professional development for educators. During the 2014-2015 academic year, the SHCP was expanded using the UC CalFresh-UCCE partnership in several California counties, including Placer County, Butte County, and Santa Barbara County. Staff in participating counties attended comprehensive training through a series of workshops and webinars, totaling over 30 hours of training. Fidelity to the *Shaping Healthy Choices* curriculum aligned closely with improvements in nutrition knowledge. When results are combined from all counties, there is 85.5% fidelity.

### [UCCE Alameda finds policy changes at fourteen preschool sites](#)

Obesity affects at least 17% of children and adolescents and almost 36 % of adults in the United States. Data from 2,606 teens randomly selected from the 2005-2014 National Health and Nutrition Examination Survey showed nearly 1% had diabetes and almost 20% had pre-diabetes. Eating behaviors of young children can impact brain development and are linked to future food attitudes and health. Early Childhood centers need support to develop and adopt policies to promote healthy nutrition and lifestyle practices. Policy development starts with teachers, staff, and administrators who are expected to make a positive change in the environment and model healthy nutrition and lifestyle practices. UCCE partnered with Alameda County Public Health Department, Nutrition Services in 2014 to develop nutrition and wellness policies and standards. Facilities assessments were conducted at 14 sites, and a FBC was collected from 32 teachers and 13 teacher's aides serving 1,072 preschoolers. Thirteen of the 14 sites reported two or more positive healthy changes, with ten schools reporting more than five healthy changes as a result of the policies. Specifically, three or more schools improved healthy food choices by reducing the use of processed meats, increasing the offerings of fruits and vegetables offered each week, and decreasing the amount of juice served each day. Seven schools began to offer culturally relevant food, and one school was able to bring a farmer's market to the school. Eleven sites implemented a policy change by providing guidelines to encourage parents to provide non-food contributions for school celebrations. In addition to increasing healthy foods and changing school guidelines, the schools also modeled healthy eating practices, such as serving child-sized portions, allowing children to serve themselves, and not requiring them to eat all of the food on their plates.



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## Collective impact: The Calaveras County Experience

Guided by the insights of community members, Calaveras SNAP-Ed programs have developed in a way that speaks to the reality of people's lives, not statistics. Combining the efforts of staff and resources from SNAP-Ed funded and non-funded partners, a comprehensive program has been developed to meet common health and wellness objectives and to streamline implementation. In Calaveras County, the school district has prioritized sequential garden-enhanced nutrition education (GENE) from preschool to 6th grade. This service is provided weekly through UC CalFresh, with trained staff from Food Corps, a nonprofit. The local public health department is working with the high school population. UC CalFresh and the local health department's work with Calaveras Unified School District (CUSD), Food Corps and Gardens to Grow In, a local non-profit, has led to a collective impact. Together these organizations have imparted greater sustainability within the community by sharing a common goal, mutually reinforcing activities, and communicating clearly. Through regular meetings, the common goal of "Creating Healthy and Sustainable Systems in Schools" (CHASSIS) was developed to guide decision-making, board policy, and programs. Over the past 3 years, this partnership has implemented garden and nutrition education in all nine CUSD schools, offering Harvest of the Month programs and garden-enhanced lessons to over 2,000 students and their families. This has resulted in the improvement and expansion of eight existing school gardens and the construction of three new school gardens. Additionally, a high school farm has become a productive learning lab.

Other 2016 UC Delivers publications that are not highlighted above can be found at the following links:

[Get Fresh intervention in Riverside County reaches 9,000 low-income individuals](#)

[Playing for Life: Integrating Physical Activity into Preschool Programs](#)

[UC CalFresh & 4-H Cooking Academy in Yolo County](#)

[UCCE Riverside helped Alvord Unified get recognition](#)

## F. Awards

State Office

**College of Agriculture and Environmental Sciences 2015 Award of Distinction**, awarded by University of California, Davis, College of Agriculture and Environmental Sciences on October 2, 2016 to David Ginsburg for distinguished staff

Amador, Calaveras, El Dorado, Tuolumne

**Staff Appreciation and Recognition (STAR) Team Award**, awarded by University of California, Division of Agriculture and Natural Resources on June 16, 2016 to UC CalFresh – UC Comparative Extension Central Sierra Team

Butte, Colusa, Glenn, Sutter, Yuba

**Recognition of Excellence Award for Yuba County FFY 2016 SNAP-Ed IWP**, awarded by USDA-FNS Western Region Office in January 2016 to SNAP-Ed Yuba County

Fresno, Madera

**Recognition of Excellence Award for Fresno County FFY 2016 SNAP-Ed IWP**, awarded by USDA-FNS Western Region Office in January 2016 to SNAP-Ed Fresno County

**On the Spot Award**, awarded by University of California, Division of Agriculture and Natural Resources to Consuelo Cid on May 12, 2016

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**On the Spot Award**, awarded by University of California, Division of Agriculture and Natural Resources to Brittany Zwiagle on May 9, 2016

**On the Spot Award**, awarded by University of California, Division of Agriculture and Natural Resources to Nath Say on May 27, 2016

**On the Spot Award**, awarded by University of California, Division of Agriculture and Natural Resources to Kristi Shutz-Sharp on May 27, 2016

Imperial

**On the Spot Award**, awarded by University of California, Division of Agriculture and Natural Resources to Mary Welch-Bezemek on July 7, 2016

Placer, Nevada

**Staff Appreciation and Recognition (STAR) Team Award**, awarded by University of California, Division of Agriculture and Natural Resources on June 16, 2016 to UC CalFresh – UC Comparative Extension Placer/Nevada Team

**Recognition of Excellence Award**, awarded by California CalFresh branch on January 17, 2016 to UC CalFresh – UC Comparative Extension Nevada County

Riverside

**Hometown Hero Award**, awarded by Modern Woodmen to Emma Sandoval

**Community Settlement Association Leadership Recognition Award**, awarded by Eastside Heal Zone March 2016

**Volunteer Recognition Award**, awarded by Riverside County Office of Education ECE Services in June 2016.

San Joaquin

**2016 Marjorie Michaels Award**, awarded by California Extension Association of Family and Consumer Sciences to Anna Martin, NFCS Advisor

San Luis Obispo, Santa Barbara

**Staff Appreciation and Recognition (STAR) Team Award**, awarded by University of California, Division of Agriculture and Natural Resources on June 16, 2016 to Melissa LaFreniere

Santa Clara, San Mateo, San Francisco

**Staff Appreciation and Recognition (STAR) Team Award**, awarded by University of California, Division of Agriculture and Natural Resources on June 16, 2016 to May Woo

Stanislaus, Merced

**Recognition of Excellence Award for Merced County FFY 2016 SNAP-Ed IWP**, awarded by USDA-FNS Western Region Office in January 2016 to SNAP-Ed Merced County