



Affiliate Annual Report Form

Submit this form to your Regional Director and the
NEAFCS National Office, 325 John Knox Rd. Suite L103 Tallahassee, FL 32303
Fax: (850) 222-3019 Email: djessup@executiveoffice.org

Please return this form by December 31st of each year to your Regional Director and a copy to the National Office.
This report should cover anything that has occurred between January 1 and December 31 of the current year.

State/Territory: CALIFORNIA Date: January 6, 2021
Person Completing Form: Mary L. Blackburn Phone: 510 504-1566

What accomplishments/progress has your Affiliate made in the past year? (Consider member resources, awards and recognition, public affairs, etc.)

Statewide Programs:

The Expanded Food and Nutrition Education Program (EFNEP) reached underserved and limited-resource families in 24 Californian counties; delivered 30,658 hours of nutrition education taught in English, Spanish, Hmong, and Russian for 11,241 participants. At least 95% of adults reported improved diet quality practices; 85% improved food safety; and 86% improved physical activity. Graduates (n=2,198) reported an average family food cost saving of \$58.10 per month --- an annualized saving of \$1,526,170.80.

SNAP-Ed/CalFresh Healthy Living is a joint effort of the University of California (UC), California Department of Social Services (CDSS), California Department of Public Health (CDPH), California Department on Aging (CDA), and California Catholic Charities (CCC). Fiscal Year 2020, University of California Agriculture and Natural Resources (UCANR) Cooperative Extension (UCCE) administered the program in 32 California counties reaching over 72,500 participants with direct education. Policy System and Environmental activities reached over 172,000 at 1,036 eligible sites with 320 partners adopting at least one PSE change.

County Highlights

Alameda County: In 2020, Alameda County Cooperative Extension reached 1,615 diverse preschool children ages 3-5 with teacher extender education; 1,010 with gardening direct, 1,403 with extender gardening education, 624 children with recipe demos, and 932 with physical activity demos. Reached 170 preschool parents with direct and virtual nutrition education, and preschool wellness train the trainer for 62 teachers reached 1,074 children. Post COVID19 via social media: Twitter - 313 tweets, 818 engagements with 84,276 impressions; 19 Instagram posts - 249 followers, 31 video relays; 422 Facebook posts, 577 engagements, reached 3,794. Monthly Email Blasts with nutrition, physical activity, and garden resources to administrators and staff at 28 preschool sites. Bi-Weekly E-Blasts to 33 Senior Site Coordinators with nutrition, food safety and COVID safety resources for senior residents. Children at 21 Free Meal sites received 3,926 edible plant donations, activity packets, and planting instructions; and installed drip irrigation systems at 2 Preschool gardens, and rebuilt 4 Preschool gardens.

Central Sierra (El Dorado, Amador, Calaveras and Tuolumne Counties): In 2020, the Central Sierra nutrition and wellness program made 5,310 educational contacts (5,076 youth and 234 adult), teaching 210 series of workshops and 53 single-session classes. Additionally, 39,631 indirect education contacts, promoted fruits and vegetables, healthy living, food access and physical activity. Work with 34 sites/organizations implemented 110 policies, systems, and physical environmental changes benefitting about 13,579 people. In response to COVID-19, changed to virtual education delivery, created take-home nutrition/gardening education kits for over 1,000 families, and adapted the USDA Serving Up MyPlate curriculum for virtual delivery to 1st-6th grades. Collaborated with breastfeeding coalitions representing three counties, to help provide relevant continuing education for all medical providers who see breastfeeding women in the region.

Los Angeles/Orange Counties: In 2020, Los Angeles and Orange County Cooperative Extension provided both adult and youth programming and Orange County offered the Master Food Preserver volunteer program. In response to the COVID-19 pandemic, The Los Angeles (LA) and Orange County (OC) developed an online course, aligned with core EFNEP content areas to deliver virtually. The LA youth program worked with partners across the state to develop online youth curriculum. The Adult reached approximately 330 low-income approximately 130 of these were through virtual classes during the pandemic. Youth EFNEP program reached approximately 619 students, 318 through virtual classes. The 44 active Master Food preserver logged 922 volunteer hours, in person and virtually, and developed nutrition education course for adult live online classes with nutrition educators.

Riverside and San Bernardino Counties: Reached 4691 youth and 967 adults through direct education with Expanded Food and Nutrition Education Program and CalFresh Healthy Living, UC Cooperative Extension (CFHL, UCCE) Program. CFHL, UCCE Riverside worked on Policy, Systems and Environmental (PSE) changes in 27 locations reaching an estimate of 7,618 people. Despite interruption from the COVID-19 pandemic, counties had successes with early childhood education and working with Native Americans.

Tulare/Kings County Highlights: CalFresh Healthy Living (CFHL) in 2020, Tulare-Kings Counties provided direct education to 9,291 and indirect education to 19,917 participants at 60 locations in preschools, schools, and the community. Policy Systems and Environment (PSE) changes at 19 sites reached 5,406 participants making 53 PSE changes -- CATCH, Smarter Lunchrooms Movement, Gardens, & School Wellness Policy. Outcome evaluation reported improved food and financial resource management behaviors among adult participants. EFNEP in Tulare County reached 149 families – mainly Hispanic. Of 136 graduates, 88% improved food resource management, 92% diet quality/nutrition practices, 88% food safety, 91% increased physical activity, and a random sample of graduates reported saving an average of \$44.50 on food per month.

Conference Published Abstracts

- **Cathryn Johnson**, MPH, IBCLC; Yu Meng, PhD; Marisa Neelon, MS, RD; Nancy Erbstein, PhD; Branon Louie, MS; Deedee Chao, BS. Annual Conference, virtual. [https://www.jneb.org/article/S1499-4046\(20\)30360-2/fulltext](https://www.jneb.org/article/S1499-4046(20)30360-2/fulltext)
- **Srivastava, D.** (2020). Role of Cooperative Extension in Obesity Prevention Efforts: Program Implementation, Effectiveness, and Implications (P125). *Journal of Nutrition Education and Behavior* 52(7): S75 DOI: 10.1016/j.jneb.2020.04.172

UC Delivers Blogs/UCANR Food Blogs

- Ganthavorn C. (2020) **Growing comprehensive program and partnership in early childhood education leads to healthier schools and preschool students.** UC Agriculture and Natural Resources UC Delivers Blog, October 27, 2020. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=43908>

- Ganthavorn C. and Nicoli A. (2020) **Torres Martinez Desert Cahuilla Indian Tribe members create a healthy garden.** UC Agriculture and Natural Resources Food Blog, May 19, 2020. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=42499>
- Ganthavorn C. (2020) **Torres Martinez Tribal Council helped distribute Farmers to Families produce boxes.** UC Agriculture and Natural Resources Food Blog, July 22, 2020. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=43156>
- Ganthavorn C. and Warnert J. (2020) **UCCE helping CalFresh shoppers double food dollars at farmers markets.** UC Agriculture and Natural Resources Food Blog, September 22, 2020. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=43724>
- **Johnson, C.** (August 2020). Guidance for Healthy Eating at All Ages. Blog post on UC ANR Healthy Communities Blog. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=43239>
- **Srivastava, D.** 2020. EFNEP in Tulare County improves family food security, health, and resiliency. <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=43813>.
- **Srivastava, D.** 2020. CalFresh Healthy Living, UC increased food and financial resiliency among limited resource families in Tulare County. UC Delivers, November 2, 2020.
- **Srivastava, D.** 2020. CalFresh Healthy Living, UC Nutrition Education Program increases healthy food preferences among children and youth. UC Delivers, October 4, 2020.
- **Srivastava, D.** 2020. EFNEP in Tulare County improves family food security, health, and resiliency. UC Delivers, September 30, 2020.
- **Srivastava, D.** 2020. Creating family home cooking memories with love and gratitude. UC ANR News & Information Outreach Food Blog, April 21, 2020.

Conference Presentations - National:

- **Johnson, C.** October 2020. Harvest of the month in school cafeterias: An institutional-level approach to promote healthy eating. American Public Health Association 2020 virtual Annual Meeting.
- **Johnson, C.,** Yu, M., Neelon, M., Go, C., Louie, B., Chao, D., Erbstein, N. (July 2020). California Youth Participatory Action Research Projects Illustrate the Need for Nutrition Staff Professional Development. Society for Nutrition Education and Behavior, 2020.
- **Srivastava, D.,** & Koundinya, V. (2020). Role of Community Engagement in Promoting Healthy Eating and Physical Activity Environment in a Preschool Setting. National Extension Association for Family & Consumer Sciences (NEAFCS) Virtual Conference, September 16, 2020. (Ignite Session).
- **Srivastava, D.** (2020). Role of Cooperative Extension in Obesity Prevention Efforts: Program Implementation, Effectiveness, and Implications. Virtual Society for Nutrition Education & Behavior, July 21, 2020. (Poster)
- **Srivastava, D.,** & Koundinya, V. (2020). Role of Community Engagement in Promoting Healthy Eating and Physical Activity Environment in a Preschool Setting. National Extension Association for Family & Consumer Sciences (NEAFCS), Virtual Conference, September 15, 2020. (Poster)

NEAFCS Awards FY2020

- 2020 Hall of Fame, M. Blackburn
- 2020 SNAP-ED/EFNEP 2nd place Western Region - D. Srivastava and team
- 2020 Community Partnership 3rd place Western Region – M. Blackburn Alameda CNAP

Reviewer FY2020

- **D. Srivastava** - 11 conference abstracts for the Society for Nutrition Education & Behavior (SNEB)

conference, March 2020.

- **M. Blackburn** - 21 JCEP Leadership Training abstracts, November 2020
- **M. Blackburn** - 5 JNEAFCS Manuscripts with mentoring reports. May/June 2020

Committee Work:

Members served on the Professional Development program subcommittee, Member Resource JNEAFCS subcommittee, Awards judging, and submitted Statements for the Public Affairs Impact Report.

What are your Affiliate's goals for the next 12 months?

Program goals are to address the need for increasing appointments in the Nutrition, Family and Consumer Sciences discipline and expand research programs and extension around COVID19, climate change and the consumer, healthy living for older Americans, increasing the efficacy of the federal nutrition education programs through virtual/direct education, PSE efforts, and garden-enhanced nutrition education projects.

What challenges do Cooperative Extension and/or Family & Consumer Sciences face in your state?

The California affiliate desperately need NFCS Advisors. The overwhelming workload has contributed to the loss of new advisors. There is a continuing lack of funding and resources to address adequately the needs of families at higher risk in large urban counties. The number of NFCS advisors is small in comparison to the population needs in California.

To assist NEAFCS in future planning and communication, please list concerns your Affiliate has for the NEAFCS Board to address:

None to date.