

V(A). Planned Program (Summary)

Program # 1

1. Name of the Planned Program

Healthy Families and Communities

Reporting on this Program

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
121	Management of Range Resources	0%		6%	
305	Animal Physiological Processes	0%		23%	
311	Animal Diseases	0%		6%	
501	New and Improved Food Processing Technologies	0%		1%	
604	Marketing and Distribution Practices	0%		2%	
606	International Trade and Development	0%		2%	
608	Community Resource Planning and Development	3%		1%	
701	Nutrient Composition of Food	0%		3%	
702	Requirements and Function of Nutrients and Other Food Components	1%		27%	
703	Nutrition Education and Behavior	28%		7%	
704	Nutrition and Hunger in the Population	1%		1%	
723	Hazards to Human Health and Safety	0%		2%	
724	Healthy Lifestyle	8%		1%	
801	Individual and Family Resource Management	4%		1%	
802	Human Development and Family Well-Being	7%		7%	
803	Sociological and Technological Change Affecting Individuals, Families, and Communities	2%		5%	
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	0%		1%	
805	Community Institutions, Health, and Social Services	2%		1%	
806	Youth Development	37%		3%	
903	Communication, Education, and Information Delivery	7%		0%	
	Total	100%		100%	

V(C). Planned Program (Inputs)

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	31.9	0.0	52.3	0.0

Actual Paid Professional	34.8	0.0	48.8	0.0
Actual Volunteer	694.0	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
705431	0	611777	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
705431	0	611777	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
36828761	0	36828761	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

UC ANR's integrated research and extension activities conducted research projects, workshops, education classes and demonstrations, as well as one-on-one interventions. In addition, the programs use PSAs, newsletters, mass media, web sites and collaborations with other agencies and organizations to create and deliver programs.

2. Brief description of the target audience

- Adults, children, youth and families in general
- Children in general
- Low and moderate income adults, children, youth and families
- Adults and children at-risk for nutrition-related health problems, including individuals living in poverty, recent immigrants, and African-American, Native American, and Hispanic populations
- Nutrition and healthcare professionals
- Preschool, primary and secondary school teachers and administrators
- Professional childcare providers
- Public agencies and private organizations concerned with food, nutrition and health

3. How was eXtension used?

UC ANR academics used eXtension to participate in and contribute to Communities of Practice, to answer "Ask an Expert" questions, and for other networking purposes. The Division looks forward to the

re-invention into a system of greater value to California Extension.

V(E). Planned Program (Outputs)

1. Standard output measures

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Actual	105951	0	241011	0

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year: 2013
 Actual: 7

Patents listed

1. A METHOD FOR AUTOMATED, LARGE-SCALE MEASUREMENT OF THE SYNTHESIS AND BREAKDOWN RATES OF THE PROTEOME OR THE ORGANEOME.
2. Molecular Flux Rates Through Critical Pathways Measured by Stable Isotope Labeling In Vivo, as Targets and Biomarkers of Drug Action and Disease Activity
3. A SOD2 Antioxidant Derivative
4. IMPROVED INHIBITORS FOR THE SOLUBLE EPOXIDE HYDROLASE Case #2003-033-6
5. IMPROVED INHIBITORS FOR THE SOLUBLE EPOXIDE HYDROLASE Case #2003-033-7
6. PREVENTION OF DIABETIC NEPHROPATHY BY APPLICATION OF EPOXYEICOSANOIDS WITH SOLUBLE EPOXIDE HYDROLASE INHIBITORS
7. ANALGESIC EFFECTS OF sEH INHIBITORS IN NEUROPATHIC PAIN

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

2013	Extension	Research	Total
Actual	37	142	179

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

- Classes/Short Courses Conducted

Year Actual

2013 45

Output #2

Output Measure

- Workshops Conducted

Year	Actual
2013	82

Output #3

Output Measure

- Demonstrations and Field Days Conducted

Year	Actual
2013	140

Output #4

Output Measure

- Newsletters Produced

Year	Actual
2013	10

Output #5

Output Measure

- Web Sites Created or Updated

Year	Actual
2013	9

Output #6

Output Measure

- Research Projects Conducted

Year	Actual
2013	95

Output #7

Output Measure

- Videos, Slide Sets, and other AV or Digital Media Educational Products Created

Year	Actual
2013	1

Output #8

Output Measure

- Manuals and Other Printed Instructional Materials Produced

Year	Actual
2013	4

V(G). State Defined Outcomes

V. State Defined Outcomes Table of Content

O. No.	OUTCOME NAME
1	Low-income individuals and families, participating in nutrition and consumer education programs, will gain knowledge of food resource management techniques.
2	Youth, participating in 4H clubs, will acquire leadership and civic skills.
3	Youth, participating in 4H club, community, in-school and afterschool educational programs, will acquire planning, problem solving, teamwork and other life skills.
4	Low-moderate income individuals and families, participating in nutrition and consumer education programs, will adopt recommended food resource management techniques.
5	Children and youth, participating in 4H club, community, in-school and afterschool educational programs, will increase their level of science, agricultural and environmental literacy.
6	Youth educators and child resource specialists, participating in youth development education programs, will gain knowledge of youth development practices.
7	Individuals, including youth, participating in family and consumer well-being programs, will gain knowledge about money management.
8	Low-income families with children, participating in UC CalFresh or EFNEP, will gain knowledge of nutrition.
9	Low-income families, participating in UC CalFresh or EFNEP, will adopt recommended dietary practices.
10	Individuals, participating in UC CalFresh or EFNEP, will adopt safe food handling and preparation techniques.
11	Youth educators and child resource specialists, participating in youth development education programs, will adopt recommended youth development practices.
12	Individuals, including youth, participating in resource management education programs, will adopt recommended money management techniques.
13	Youth, participating in 4-H clubs, will assume leadership roles in organizations or taking part in community affairs.
14	Low-income children and youth, participating in UC CalFresh or EFNEP, will adopt recommended dietary practices.
15	Youth educators and program extenders, participating in the programs, including 4-H and SET, will gain knowledge of best practices to extend science, engineering, and technology education and opportunities.
16	Low-income children and youth, participating in EFNEP programs, gained knowledge of nutrition.
17	Low-income adults, participating in EFNEP or other nutrition education programs, improved one or more nutrition practices.

18	Low-income adults, youth and families, participating in EFNEP and other nutrition education programs, improved in at least one food safety practice.
19	Youth educators and child care resource specialists participating in youth development education programs, gained knowledge of youth development practices.
20	Individuals trained as trainers, participating in food safety education, gained knowledge of food safety practices.
21	Adults, participating in food safety education, gained knowledge of food safety practices.
22	Food service staff, teachers, policy makers, local distributors, and community members, participating in community-based food systems education programs, increased awareness about local foods.
23	Adults and families with children, participating in CalFresh and other obesity prevention programs, indicated increased readiness to adopt healthier dietary practices.
24	Youth, participating in the 4-H Children, Youth, and Families at Risk (CYFAR) project, increased science literacy.
25	Low-income, predominantly Latino, families, participating in the UC CalFresh program, adopted healthy lifestyle practices.
26	Low-income families, participating in Nutrition Family and Consumer Science programs, adopted healthy lifestyle practices and experienced improved food security.
27	Youth, participating in the new 4-H Pathways project, gained understanding and skills needed for higher education and career success.
28	A new innovative and practical research tool was developed to show where youth are thriving and where others need help.
29	Low-income, multi-ethnic seniors, participating in the collaborative "Staying Healthy" program, adopted healthy lifestyle practices.
30	Low-income families, participating in UC CalFresh, adopted food resource management practices to stretch their food budgets, reducing their food insecurity.
31	Youth, participating in 4-H, and their communities benefitted from stronger relationships and networks.
32	Youth, participating the 4-H2O Water Wizards program, adopted water conservation practices.

Outcome #1

1. Outcome Measures

Low-income individuals and families, participating in nutrition and consumer education programs, will gain knowledge of food resource management techniques.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	960

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
801	Individual and Family Resource Management

Outcome #2

1. Outcome Measures

Youth, participating in 4H clubs, will acquire leadership and civic skills.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1588

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #3

1. Outcome Measures

Youth, participating in 4H club, community, in-school and afterschool educational programs, will acquire planning, problem solving, teamwork and other life skills.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1452

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #4

1. Outcome Measures

Low-moderate income individuals and families, participating in nutrition and consumer education programs, will adopt recommended food resource management techniques.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	10482

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
801	Individual and Family Resource Management

Outcome #5

1. Outcome Measures

Children and youth, participating in 4H club, community, in-school and afterschool educational programs, will increase their level of science, agricultural and environmental literacy.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	420

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #6

1. Outcome Measures

Youth educators and child resource specialists, participating in youth development education programs, will gain knowledge of youth development practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	92

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #7

1. Outcome Measures

Individuals, including youth, participating in family and consumer well-being programs, will gain knowledge about money management.

Not Reporting on this Outcome Measure

Outcome #8

1. Outcome Measures

Low-income families with children, participating in UC CalFresh or EFNEP, will gain knowledge of nutrition.

Not Reporting on this Outcome Measure

Outcome #9

1. Outcome Measures

Low-income families, participating in UC CalFresh or EFNEP, will adopt recommended dietary practices.

Not Reporting on this Outcome Measure

Outcome #10

1. Outcome Measures

Individuals, participating in UC CalFresh or EFNEP, will adopt safe food handling and preparation techniques.

Not Reporting on this Outcome Measure

Outcome #11

1. Outcome Measures

Youth educators and child resource specialists, participating in youth development education programs, will adopt recommended youth development practices.

Not Reporting on this Outcome Measure

Outcome #12

1. Outcome Measures

Individuals, including youth, participating in resource management education programs, will adopt recommended money management techniques.

Not Reporting on this Outcome Measure

Outcome #13

1. Outcome Measures

Youth, participating in 4-H clubs, will assume leadership roles in organizations or taking part in community affairs.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

{No Data Entered}

What has been done

{No Data Entered}

Results
{No Data Entered}

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #14

1. Outcome Measures

Low-income children and youth, participating in UC CalFresh or EFNEP, will adopt recommended dietary practices.

Not Reporting on this Outcome Measure

Outcome #15

1. Outcome Measures

Youth educators and program extenders, participating in the programs, including 4-H and SET, will gain knowledge of best practices to extend science, engineering, and technology education and opportunities.

Not Reporting on this Outcome Measure

Outcome #16

1. Outcome Measures

Low-income children and youth, participating in EFNEP programs, gained knowledge of nutrition.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	795

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #17

1. Outcome Measures

Low-income adults, participating in EFNEP or other nutrition education programs, improved one or more nutrition practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	9046

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #18

1. Outcome Measures

Low-income adults, youth and families, participating in EFNEP and other nutrition education programs, improved in at least one food safety practice.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	7789

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #19

1. Outcome Measures

Youth educators and child care resource specialists participating in youth development education programs, gained knowledge of youth development practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	92

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #20

1. Outcome Measures

Individuals trained as trainers, participating in food safety education, gained knowledge of food safety practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	248

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #21

1. Outcome Measures

Adults, participating in food safety education, gained knowledge of food safety practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1458

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #22

1. Outcome Measures

Food service staff, teachers, policy makers, local distributors, and community members, participating in community-based food systems education programs, increased awareness about local foods.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	1160

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
608	Community Resource Planning and Development
703	Nutrition Education and Behavior

Outcome #23

1. Outcome Measures

Adults and families with children, participating in CalFresh and other obesity prevention programs, indicated increased readiness to adopt healthier dietary practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	10828

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #24

1. Outcome Measures

Youth, participating in the 4-H Children, Youth, and Families at Risk (CYFAR) project, increased science literacy.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A significant proportion of California youth are at substantial risk for poor health, substance abuse and academic underachievement due to family, community, social, political and economic conditions. One approach to reducing their risk is by enhancing youth scientific literacy.

What has been done

The 4-H Children, Youth, and Families at Risk (CYFAR) project engages youth in science education to build the knowledge, skills, attitudes and positive behavior necessary for fulfilling lives. In Borrego Springs, high school teens engage 5th grade youth in afterschool gardening. In Winters, UC Davis undergraduate students act as mentors and facilitators of science education for K-8th grade youth. In Sacramento, 4-H teens work with elementary youth to hone their science skills through gardening and Youth Experiences in Science curricula. 180 youth in grades K-6 participated once or twice per week. They were informally mentored by 22 teens who delivered curriculum activities. We recruited and trained the teens in inquiry-based science education, experiential education and specifically on on gardening and the environment.

Results

Program evaluation showed that participating youth had positive attitudes towards science, an understanding and appreciation for the environment, and positive relationships in the program. The evaluations showed 79% enjoy nature and 61% believe they can make a difference in the world. The youth also gained skills by using scientific tools for gardening. Evaluation is ongoing to assess youth and teen outcomes resulting from program participation.

In addition, their communities also benefit from partnerships with local organizations and individuals developed to continue the activities. In Sacramento, parents of youth participants plan to charter a 4-H community club to meet after school to continue 4-H activities after CYFAR funding ends. In San Diego, two family resource centers were established in partnership with local service organizations. In Yolo County, parents and other adults were recruited to lead youth activities such as soccer. In addition, movement has begun to re-form the County Youth Coalition, which could provide ongoing programs in underserved areas of the county.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #25

1. Outcome Measures

Low-income, predominantly Latino, families, participating in the UC CalFresh program, adopted healthy lifestyle practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Twenty percent of children are obese or overweight before their fifth birthdays, which impacts their health, learning and self-esteem. Therefore, the early life influence of parents, caregivers and other family members in teaching and modeling good eating and physical activity habits should not be ignored. First 5 San Joaquin recognized the importance of parents and family in creating the foundation for healthy lifestyle habits and approached the UC CalFresh Nutrition Education Program in San Joaquin County. UC CalFresh is a key partner in providing families with in-home nutrition and exercise programs that focus on improving family eating and physical activity behaviors.

What has been done

UC CalFresh Family Nutrition Educators in San Joaquin County trained 15 First 5 Parent Health Educators to deliver the Happy, Healthy Me (HHM); Go, Glow, Grow (GGG); or Eating Smart, Being Active (ESBA) lessons. The lessons were presented to 1,255 parents with children aged birth to five in their homes. Eighty-three percent of the participants were Latino/Hispanic with the majority indicating their primary language was Spanish. The project design was based on the "parent as teacher" model. Educators worked with parents and their children in their homes to teach the lessons and activities from the UC CalFresh curricula. For families where the child was too young to participate and understand curricula activities, adult ESBA lessons were delivered to the parents. An evaluation was conducted by both the UC CalFresh Nutrition Education Program and Harder+Company Community Research for First 5 San Joaquin.

Results

Two hundred sixty parents completed the ESBA eight-lesson series. As evidenced by pre/post food behavior checklist results, parents who completed the series improved their food resource management practices, nutrition practices, food safety practices, frequency of reading labels, and ate a greater variety of vegetables and fruits following the lessons. Specifically, parents demonstrated improvement in their food resource management behaviors by increasing their frequency in planning meals that includes using a grocery list (61 percent), and comparing prices (54 percent). Nearly all parents (99 percent) "agreed" or "strongly agreed" that they felt more confident in their knowledge of how to live a healthy lifestyle and, importantly, how to help their child lead a healthy lifestyle. Since receiving services from a health educator, most parents (67 percent) indicated their child's physical activity level increased "a lot."

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior

Outcome #26

1. Outcome Measures

Low-income families, participating in Nutrition Family and Consumer Science programs, adopted healthy lifestyle practices and experienced improved food security.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Over 156,000 of Alameda County residents live at or below poverty level and are at risk for food insecurity and chronic diseases associated with poor nutrition and lifestyle choices. UCCE's in-home nutrition education started in 1999 in three Oakland Housing Authority projects. Stairways were dark, the facilities unkempt, there was little apparent interest in learning about nutrition and healthy lifestyles. Many residents did not know their neighbors and did not open the door to outreach staff with nutrition information. Local human services agencies had conducted research and demonstration projects, but rarely were there long enough to gain the confidence and respect of the community and see change. UCCE's assessments found that those in greatest need failed to participate in group classes. These families needed more personalized education to gain nutrition and survival skills.

What has been done

UCCE in Alameda County offers ongoing in-home nutrition education targeting three low-income housing units and surrounding underserved areas. It promotes nutrition and life skills, nurturing healthy attitudes and practices that can be passed to future generations. Educators stress prevention of obesity - a risk factor associated with high blood pressure, diabetes, heart and kidney disease and more. The goal is to increase the residents' life skills, fruit and vegetable intake, food safety, active lifestyles, and supplemental food program participation. UCCE was a member of the Oakland Housing Authority's Project Hope revitalization advisory committee and was the first to help a low-income housing project start gardens combining flowers with edible

plants. A recycling company provided green clippings and a farmer provided straw for the soil; health department funds paid for rototilling; nurseries as far away as Sonoma donated plants, seeds, fruit trees and shrubbery. Two specialists from UC Berkeley taught 40 parents and children to plant and care for at least 26 plots. The in-home education triggered the interest of local agencies and led to a 15-member HUD-funded collaborative serving families displaced by demolition of the complex with the gardens.

Results

UCCE submitted grant applications and received over \$1 million funding from the Haas Junior Fund foundation, Highland Hospital, Alameda County Health Department, California Nutrition Network, and over \$400,000 in-kind support from the Alameda County Social Services Agency. With this fund support continuous nutrition education was offered over a 14-year period to families in three Oakland housing projects. UCCE's outreach promoting a better quality of life changed how many view the value of healthy lifestyles. More than 4,500 residents graduated with six hours of education. More than 2,000 Food Behavior Checklist Evaluations conducted one year later show positive changes in the following areas: money management - 79 percent; nutrition - 89 percent; food safety - 37 percent. Forty-eight percent of participants increased fruit and 41 percent increased vegetable variety, 52 percent reduced fat and 51 percent reduced salt, 15 percent reduced soda, and 33 percent increased activity. In addition, non-traditional sites in the area, such as liquor stores and gas stations, now offer fresh fruits.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
704	Nutrition and Hunger in the Population
724	Healthy Lifestyle
801	Individual and Family Resource Management

Outcome #27

1. Outcome Measures

Youth, participating in the new 4-H Pathways project, gained understanding and skills needed for higher education and career success.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
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2013

0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Research shows that high school graduates who select majors that are congruent with their interests, are able to match educational plans with requirements of desired careers, attend an institution that is a good match and develop realistic goals are more likely to be successful in achieving their educational and career aspirations. As such, young people need opportunities to explore and develop their educational and career interests as well as goal management skills.

What has been done

UC Cooperative Extension educators developed and implemented 4-H Pathways to Your Future: Destination UC, an education and career exploration project designed for youth in grades 7-12. The project included curriculum, guest speakers and experts from the community, as well as UC campus tours. Forty-nine youth from 4-H community clubs in Merced, Monterey and Shasta counties participated in the Pathways project.

Results

As a result of participating in the project, young people reported significant increases in their ability to connect academic and career aspirations to their interests, skills or talents; understanding of different pathways to higher education; identification of their pathway to higher education; understanding of how to prepare for UC; plans to attend UC; exploration of different careers; and the ability to set and manage goals. The Pathways project has the potential to serve as a UC educational outreach program for 4-H and other similar youth-serving programs. The findings are promising and indicate that the Pathways project addresses those areas of educational and career preparation that improve postsecondary success.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #28

1. Outcome Measures

A new innovative and practical research tool was developed to show where youth are thriving and where others need help.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Knowledge Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

A key step in fostering healthy families and communities is presenting accurate, compelling and actionable community-scale data about the condition of youth. California wants and needs for its youth to thrive - not merely to survive or face fewer problems. But how do we know whether our young people are doing well?

What has been done

To answer this question, the UC Davis Center for Regional Change and UC Cooperative Extension joined together to generate <http://pyom.ucdavis.edu> Putting Youth on the Map (PYOM), an interactive website that presents two georeferenced youth indices, plus 46 additional data layers that offer over 17,000 potential data combinations. The Youth Well-being Index (YWI) provides measures of teenagers' physical and emotional health, educational outcomes, social relationships and community contexts for areas bound by California school districts. The Youth Vulnerability Index (YVI) identifies places where young people might be especially vulnerable to a lack of support for their well-being (e.g. experience conditions associated with inadequate support: school drop-out/push-out, foster care referral, teen pregnancy, and very low household incomes). Over 130 youth, family or community development professionals participated in two introductory webinars. An introduction webinar is posted at PYOM under the tutorial tab.

Results

The data on these interactive maps allow users to identify areas where youth are becoming vulnerable to making unhealthy transitions to adulthood at relatively high rates, identify areas with relatively strong composite pictures of adolescent well-being, and provide baseline data for tracking change in the conditions of youth.

Users of PYOM can gather information to support grant proposal development; inform public and private investment; facilitate cross sector collaboration; and inform youth organizing, youth service, public policy and community advocacy at local, regional and statewide scales. In the first six weeks since the site's launch, more than 150 new users visited. Non-profit leaders used the site to access data for proposal writing, and youth advocates used the site as part of a leadership training for young people.

Pending additional funding, the project team intends to develop a capacity-building strategy to help potential users apply the maps and data to enhance their efforts with and on behalf of youth. PYOM has demonstrated the power of ANR's campus-county continuum to create innovative and practical research tools.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

Outcome #29

1. Outcome Measures

Low-income, multi-ethnic seniors, participating in the collaborative "Staying Healthy" program, adopted healthy lifestyle practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The number of seniors over 65 in California is increasing at a rate greater than overall population. Baby Boomers began to come of age in 2011, accelerating the rate at which California's population is turning gray. Chronic diseases are systemic -- 80 percent of seniors in the U.S. have at least one and 50 percent have two (CDC). Among Californians over 65, 54 percent suffer from hypertension, 24 percent heart disease, 17 percent with cancer, 15 percent diabetes and 10 percent asthma (CDA). A UC ANR study found that 40 percent of low-income elders from 22 senior sites (n=377) were living with multiple chronic conditions - many with more than four. Educational programs to promote healthy nutrition/lifestyles could contribute to a better quality of life of California's vulnerable elders.

What has been done

The rise in chronic nutrition- and lifestyle- related conditions associated with longer lives present challenges and opportunities for UCCE educators. UC ANR acknowledged the significance of emerging senior concerns in a 2010 special issue of California Agriculture journal, "The Golden State Goes Gray: What Aging Will Mean for California." As part of its long-term Quality of Life Initiative, UCCE Alameda County partnered with the Alameda County Social Services Agency to conduct a "Staying Healthy" program for multi-ethnic elders living in low-income senior housing. Interactive nutrition education was conducted at six sites in north, west and south county. Farmers markets provided fresh produce at each class site. Baseline and exit food behavior data evaluated showed positive change in healthy food choices, food safety and physical activity. Focus groups assessed positive behavior changes seniors had made to stay healthy.

Results

Of the 267 senior participants, 247 graduated with 6 to 7 hours of education. More than 200 seniors wrote their personal Staying Healthy stories to share with other elders. Pre/post food

behavior evaluations found positive changes over baseline for seniors: being more active 98 percent, drinking more water 97 percent, handling food safer 80 percent; and increasing vegetable and fruit intake 70 percent. Exit focus groups found seniors wanted more nutrition/wellness education and mini farmers markets on site. Social Services funding for the project was \$87,777. The president of Alameda County Board of Supervisor's, a long-time supporter of programs for elders, was the graduation speaker at one site. Housing agencies managing low-income senior housing in three counties have requested similar nutrition and wellness education programs.

4. Associated Knowledge Areas

KA Code	Knowledge Area
703	Nutrition Education and Behavior
724	Healthy Lifestyle

Outcome #30

1. Outcome Measures

Low-income families, participating in UC CalFresh, adopted food resource management practices to stretch their food budgets, reducing their food insecurity.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

During the past four years an estimated 3.8 million California adults could not afford to put sufficient food on the table. California is one of the states hit hardest by the economic downturn. Unemployment rates more than doubled and the poverty rate rose faster than the national level (2007- 2009). Participation in CalFresh (formerly Food Stamps) increased 6.8 percent from 2011 to 2012, significantly higher than the national increase of 2.9 percent. Add to this rising food costs and the results translate to significant increases in food insecurity, which is defined as not having enough food to ensure a balanced diet. Food insecure households are at greater risk for physical and mental health problems, such as depression, obesity, diabetes and hypertension. Although many of these families receive supplemental food assistance monies, they lack the skills to put

their food budgets to maximum use.

What has been done

Educating low-income families in food selection and resource management skills can decrease the risk of food insecurity. UC CalFresh Nutrition Education Program has made this a priority. The curriculum, called "Plan, Shop, Save and Cook," provides participants the concrete food resource management skills needed to improve their food security status while making more healthful choices. The first workshop educates adults on the benefits of preparing a balanced meal plan. During the second workshop, participants explore a variety of nutrition facts labels and learn how to make the best choices while shopping. The third workshop teaches how to determine the least expensive food, while purchasing items with a shopping list. Unit pricing, bulk purchases, generic brands, convenience items, alternative protein sources and preventing spoilage and waste are covered. During the final workshop participants prepare and taste low-cost nutritious foods. They practice all of the skills they have learned by creating a one-week meal plan.

Results

This approach to food resource management has been beneficial to many Californians. Pre-post surveys of 1,373 participants statewide documented increased use of smart-shopping behaviors: 46 percent improved in meal planning; 43 percent, in using a shopping list; and 36 percent, in comparing prices. Health behaviors also improved as a result of the classes: 40 percent thought more frequently about healthy food choices; 54 percent used a food label more often; and 38 percent prepared more varied meals. Most notable however is that 33 percent of participants reported they run out of food by the end of the month less often.

4. Associated Knowledge Areas

KA Code	Knowledge Area
704	Nutrition and Hunger in the Population

Outcome #31

1. Outcome Measures

Youth, participating in 4-H, and their communities benefitted from stronger relationships and networks.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Condition Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

The benefits of 4-H participation are well documented for youth, however little is known about the impact of 4-H participation on community social capital. Social capital can be defined as the connections among individuals and the social networks and the norms of reciprocity and trustworthiness that arise from them. 4-H programs foster youth-adult partnerships that encourage active participation by youth and adults, often over many years. There is interest in studying how these unique partnerships contribute to the well-being of youth and of the greater community in which the 4-H development program is based.

What has been done

A multistate, integrated collaboration used surveys and follow-up interviews with randomly selected youth participants. Research was conducted to: 1) determine 4-H experiences that contribute to the development of youth's social capital; 2) identify and analyze how the level of the 4-H program's community involvement impacts the level of social capital among youth and adult volunteers; 3) identify and analyze how the 4-H program's community involvement impacts the development of social capital within the community; 4) identify and analyze how the public visibility of the role 4-H youth play in communities affect the opportunities afforded them by adults to participate in other community activities; 5) identify and analyze how diversity among adult volunteers and 4-H youth impacts the level of social capital within the community; and 6) identify and analyze how the level of the 4-H program's community involvement impacts the level of the various capital within the community.

Results

California 4-H club youth living in suburban, urban and rural counties have gained more social capital. Youth who participate in 4 or more community service projects per year have a higher level of social capital than youth who participate less. The results of this work demonstrate the importance of 4 H to the overall health of the community. Community development specialists and others interested in facilitating successful community change efforts can use the results of this research in their work as well. Finally, the results of this study will offer a unique opportunity for cross-program and cross-state collaboration on strategies that grow healthy families and young people and that build prosperous sustainable communities.

4. Associated Knowledge Areas

KA Code	Knowledge Area
803	Sociological and Technological Change Affecting Individuals, Families, and Communities
806	Youth Development

Outcome #32

1. Outcome Measures

Youth, participating the 4-H20 Water Wizards program, adopted water conservation practices.

2. Associated Institution Types

- 1862 Extension
- 1862 Research

3a. Outcome Type:

Change in Action Outcome Measure

3b. Quantitative Outcome

Year	Actual
2013	0

3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

Many children today particularly those from urban, economically disadvantaged communities do not have opportunities to experience and understand nature. These children are the stewards of our future and the ecological health of the planet. They need the chance to discover the workings and wonder of nature, and to develop science and reasoning skills necessary to critical thinking and problem solving. Opportunities for youth to explore and enjoy natural places are an investment in our children and our Earth.

What has been done

UC ANR provides environmental education and outdoor experiences to youth living in economically disadvantaged neighborhoods. As part of the National 4-H2O effort, a UCCE advisor and specialist worked together to develop the 4-H2O Water Quality Awareness in Urban Environments curriculum, which is being implemented in San Mateo, Los Angeles, and Sacramento counties. Through the 12-week 4-H2O Water Wizards project, 4th-6th grade children in after school programs explore water and the environment to help youth learn about water quality, water conservation and watershed issues, and create and implement a plan to impact a water issue in their community.

Results

Several hundred 4th, 5th, and 6th grade students participating in the Sacramento County program reported using less water since participating in 4-H Water Wizards. This is particularly important this year given California is experience a drought.

4. Associated Knowledge Areas

KA Code	Knowledge Area
806	Youth Development

V(H). Planned Program (External Factors)

External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations
- Competing Public priorities
- Populations changes (immigration, new cultural groupings, etc.)

Brief Explanation

{No Data Entered}

V(I). Planned Program (Evaluation Studies)

Evaluation Results

UC ANR's notable, qualitative impact statements, as well as the quantitative outcomes recorded from the evaluation studies, are reported under the State Defined Outcomes section.

Key Items of Evaluation

The Report Overview's federal Planned Program summary of accomplishments highlights UC ANR's most significant work during FY 2013, especially the research developments. In addition, the State Defined Outcomes section captures UC ANR's clientele behavior change outcomes, which demonstrate important program successes resulting from the research and extension network.