

Catholic Charities Diocese of Stockton

CalFresh Healthy Living Program

Overview

Catholic Charities Diocese of Stockton (CCST) advocates for justice and assists those in need. CCST provides social services and advocacy through a variety of programs for older adults, families, and youth, including:

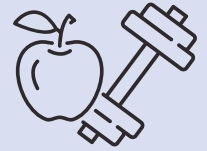
- Advance Care Planning
- Disaster Prevention and Recovery
- Environmental Services
- Family Wellness Services
- Nutrition Assistance Services
- Senior Services
- Veteran Services



870 reached through **56** Direct Education classes



39,308 reached through message reinforcement



72,716 reached through PSE changes



"Since I started the class, my family has been eating more fruits and vegetables, and I am able to cook our favorite meals adding healthier ingredients and they don't notice a difference."

-Nutrition education participant

Nutrition Education

CCST's SNAP-Ed program promotes healthy eating and active living through education that can result in behavior changes for healthier lifestyles, including:



Increased number of homemade meals "from scratch"



Increased weekly exercise



Decreased consumption of sugary sports drinks



**Stanislaus
&
San Joaquin
Counties**

Approx population of Stanislaus & San Joaquin Counties: 1.3 million*

Approx SNAP eligible population:
173,506*

*California Department of Social Services, 2021

Evaluation Results of Nutrition Education

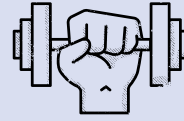
*statistically significant



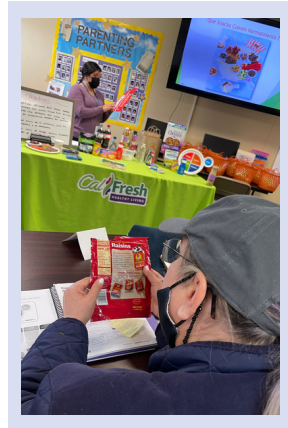
75%* eat more than 1 kind of vegetable each day



80%* drink 4 or more cups of water every day



80%* exercise 2+ days per week for muscle strengthening



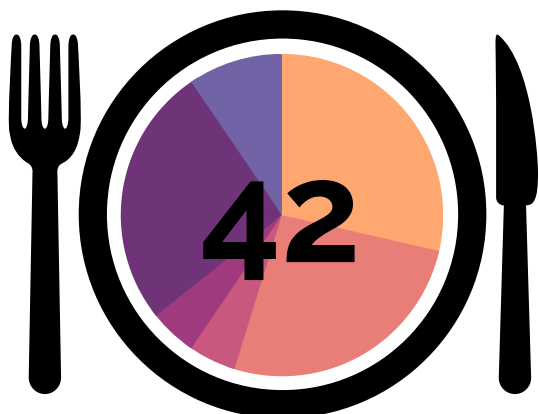
Policy, System, & Environmental Changes

CCST has focused on:

- Increasing access to physical health opportunities by creating walking clubs and senior exercise classes
- Increasing access to healthy food by utilizing more freezer and pantry space for food distribution
- Providing opportunities for youth and seniors to engage in gardening activities and access fresh fruits and vegetables



Partnerships



These **42 community partnerships** and leveraged resources ensures that the investment of SNAP-Ed funding has the largest impact possible. This multisector strategy is integral to **addressing the needs of nearly 112,000 individuals** in Stanislaus and San Joaquin Counties.

CCST partners with:

- Food banks/food pantries (12)
- Faith-based groups (11)
- Schools (preschool - high school) (4)
- Early care and education facilities (2)
- Human Services Organizations (2)
- Other (11)