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. CCST program areas include:

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

Mission

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CCST
CalFresh Healthy Living

Serving Stanislaus and San Joaquin Counties
### Nutrition Education

CCST’s CalFresh Healthy Living (CFHL) program better the lives of others through nutrition and physical education. CFHL efforts promote:

- Increasing consumption of fruits, vegetables, and whole grains
- Decreasing consumption of sugar-sweetened beverages
- Increasing the consumption of water
- Increasing physical activity
- Improving food resource management

### Nutrition Education Evaluation Results

#### Physical Activity

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>78%</td>
<td>Exercise &gt;30 min at least 3 days a week</td>
</tr>
<tr>
<td>58%</td>
<td>Practice muscle strengthening &gt;2 days each week</td>
</tr>
</tbody>
</table>

#### Vegetables

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>61%</td>
<td>Ate &gt;2 vegetables at main meal every day or often</td>
</tr>
<tr>
<td>61%</td>
<td>Consumed &gt;1.5 cups of vegetables each day</td>
</tr>
</tbody>
</table>

#### Fruit

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>61%</td>
<td>Consumed &gt;1.5 cups of fruit per day</td>
</tr>
<tr>
<td>63%</td>
<td>Eat more than 1 kind of fruit always or often</td>
</tr>
</tbody>
</table>

### Policy, System & Environmental Changes

Comprehensive work includes policy, systems, and environmental strategies to make it easier for community members to practice healthy eating and active living. Through partnerships and collaboration, CCST participates in the following obesity prevention strategies that reach 1,200 low-income individuals:

- Wellness policies
- Nutrition Standards
- Community Gardens
- Access to Physical Activity

CCST recruited 41 partners to assist in the implementation of these strategies.