

Partnering to Improve Health Outcomes for Families through Home Visitation



Presenters

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Session Overview

- 1. Provide a close look at the Home Visitation Initiative & Health Education curricula**
- 2. Highlight the key elements of the First 5 San Joaquin and UCCE partnership**
- 3. Provide hands on experiences with the Health Education curricula**
- 4. Provide an honest look at program challenges and lessons learned**





About the Partners

About First 5 San Joaquin

Invested **\$8.1 million** in the community in 2015-2016

Preschool	\$3,201,572
Home Visitation	\$1,954,117
Community Resource Centers	\$167,048
Breastfeeding	\$85,953
Race to the Top	\$1,161,898
Kindergarten Bridge	\$117,057
Help Me Grow/5 Cs	\$170,130

About UCCE

- UC Agriculture & Natural Resources (UC ANR)
- Strategic Vision 2025: Healthy...Food Systems, Environments, Communities, and Californians
- “Cooperative” Extension: UC, USDA, and local Counties
- Youth, Families & Communities Programs
- Programs: 4-H, MG, MFP, and NFCS (EFNEP, UC CalFresh)
- Numbers served annually by 57 counties:
340,000 youth and 25,000 adults



About UC CalFresh

- **SNAP-Ed Funding**

- USDA (FNS) → CDSS → UC Davis → UC ANR → UCCE

- **UC CalFresh Nutrition Education Program**

- CalFresh eligible youth and adults (<185% FPL)

- Early Care & Education

- Preschools, Head Starts, Home Visitation, Child Care

- Children 0-5, Parents, Childcare Providers, Teachers

- Policy, Systems & Environmental Change

- **3,587** under age of 5 and **1,566** parents in FFY16 in SJC

Group Breakout Activity:



QUESTION:

When collaborating with other agencies/organizations, what are the potential benefits? The challenges?

The Partnership Strengths

- **Curriculum & training support**
- **Funding leveraged – curriculum, nutrition education reinforcements (collateral), training, staffing support, facilities**
- **Expertise provided**
- **Linkages to community resources**

The Need

52% percent of children ages 0-18 live below 200% of Federal Poverty

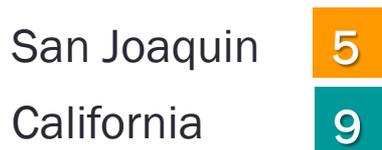
Percent of children age 2-11 consuming **2 or more** sugar sweetened beverages on previous day:



Percent of the population experiencing **food insecurity**:



Recreation and fitness centers **per 100,000**:





About the Programs

Partnering over the Years

2010-2015

Child Wellness Program

2012-2015

Collaborative for Healthy Change

2015-2016

**Early Awareness of Nutrition and
Physical Activity**

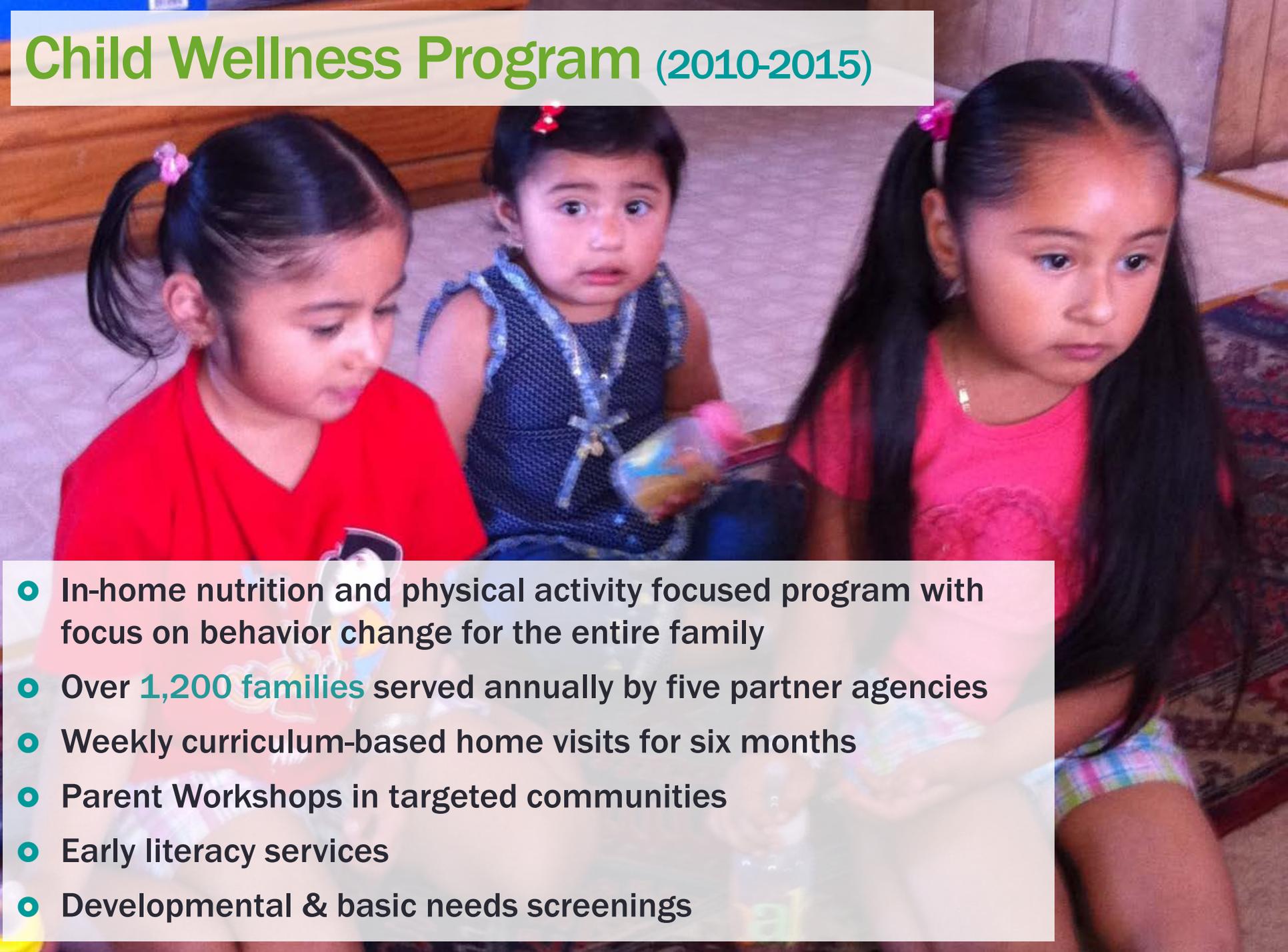
2015-2017

CaWORKs Health Education Pilot Program

2015-2018

Home Visitation Initiative

Child Wellness Program (2010-2015)

- 
- In-home nutrition and physical activity focused program with focus on behavior change for the entire family
 - Over **1,200 families** served annually by five partner agencies
 - Weekly curriculum-based home visits for six months
 - Parent Workshops in targeted communities
 - Early literacy services
 - Developmental & basic needs screenings

Evaluation Highlights

Child Wellness Program (2010-2015)

- After participating in a nutrition/physical activity program, nearly three quarters of parents indicated their child had good or excellent eating habits, such as eating a wide variety of foods such as low fat, low sugar foods, and fruits and vegetables.
- 73 percent of parents reported their child played for at least 30 minutes every day after participating in the home visiting program, an increase from 52 percent before participation.

Collaborative for Healthy Change (2012-2015)

- 
- Over **2,000 children** and **300 providers** (teachers and child care providers) served (per year)
 - Provide training/organizational capacity building
 - Curriculum-based Parent Workshops and Family Playgroups in targeted communities
 - Developmental & basic needs screenings
 - Systems-change focus

Collaborative for Healthy Change (2012-2015)

- **YEAR 1:** focused on provision of nutrition/physical activity education related direct services
- **YEAR 2 & 3:** expanded focus to emphasize the development of systems change efforts

Activity Highlights:

- Health education sessions for post-natal mothers
- Child care providers and preschool teachers trained in health education curriculum for classroom curriculum enhancement
- Food vendors at Stockton Hmong New Year event trained to provide healthy food options
- Parent Wellness Team meetings held to build parent capacity to advocacy for health changes in their schools

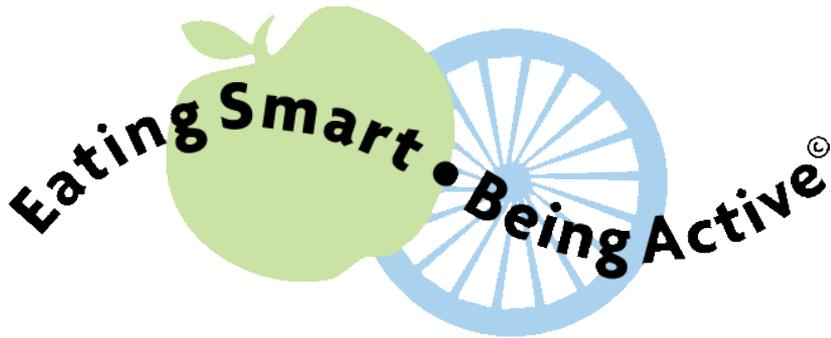
Home Visitation Initiative (2015-2018)

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- Over **800 families** served during first year (half with HE services)
 - Weekly curriculum-based home visits for six or **12 months**
 - Health, financial literacy and early literacy focused curricula
 - Parent Workshops in targeted communities
 - Developmental & basic needs screenings

Challenges

- **Length of Services:** some families expressed desired for more time in the program
- **Evaluation Requirements:** additional reporting requirements needed to meet the needs of all partners
- **Outreach:** Reaching specific cultural groups (i.e. SE Asian, African American) typically underrepresented, including fathers
- **Flexibility:** Maintaining program fidelity while meeting wide-ranging family needs – frequency of visits, duration of visits, etc.

About the Curricula



Eating Smart Being Active is an evidence based, nutrition education and obesity prevention curriculum.

- Get Moving!
- Plan, Shop, Save
- Half Your Plate Fruits & Vegetables
- Make Half Your Grains Whole
- Build Strong Bones
- Go Lean with Protein
- Make a Change
- CELEBRATE! Eat Smart & Be Active

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**LESSON
DEMONSTRATION!**

“Make a Change”

About the Curricula



Making Every Dollar Count curriculum helps families learn how to gain control of their finances and the tools needed to do so.

- ◉ Setting Goals
- ◉ Making Choices
- ◉ Stretch Your Dollars...
- ◉ Saving Money on Food
- ◉ Food Advertising

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**LESSON
DEMONSTRATION!**

“Food Advertising”

About the Curricula

Let's Read Together is an early literacy program that helps parents of infants, toddlers, and preschoolers prepare their children for successful lifelong learning.

- 17 lessons
- Featured Book
- Hands on/Interactive
- Modeling and Practice
- Reading Strategies for Parents
- Family Activity Book





About the Raising A Reader:

- A book exchange program that engages parents/ caregivers in a routine of book sharing with their children beginning at birth
- Over **1,800** families participated in RAR across programs – over **800** were served with home visiting services

Talk, Read, Sing, Draw, Play Campaign

- Campaign implemented in partnership with the University of the Pacific
- All programs distribute TRSDP print and collateral material
- TRSDP messages are incorporated into home visits and parent workshops

Get ready to LEARN!

Reading aloud builds language and vocabulary—starting even before a child can talk!

Talk about the pictures. Ask questions: What do you think will happen next?

Be prepared to read the same book over and over—and over.

TALK

Talking helps children build the vocabulary they need to become strong readers.

Talk about anything—what you see or what you're doing.

Use the language you know best

READ

Scribbling is how children develop the skills and coordination they need to write letters and words.

Offer your child plenty of paper and chunky crayons.

DRAW

When children play, they practice language and critical thinking skills.

Tell stories and talk about what you're playing.

PLAY

Singing prepares children for reading by helping them to hear the individual sounds in words, and notice rhyme and rhythm.

Make up songs for bath time, meal time, bed time or anytime!

SING

SAN JOAQUIN
READS
Early Literacy Every Day

BEYOND OUR GATES
UNIVERSITY OF THE PACIFIC
STOCKTON • SACRAMENTO • SAN FRANCISCO

Professional Development & Program Support

- **Trainings (new & refresher)**
 - Initial 2-day training (nutrition background, curricula, forms, available resources) and refresher trainings
- **Learning Exchanges**
 - Quarterly meetings (resources, networking, training)
- **1:1 support**



**LEARNING EXCHANGE:
Food Demonstrations Training**

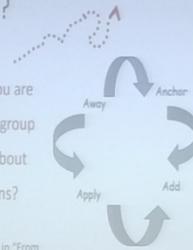


LEARNING EXCHANGE:
Talk, Read, Sing, Draw, Play Training

EXIT

And Away ???

What is one new teaching practice you are going to try in your group workshops? How about your home visitations?



Dialogue Model of Learning in "From Telling to Teaching" by Joye A. Norris, EdD

Note: Open Question

LEARNING EXCHANGE: Effective Parent Workshops



**FAMILY
SUCCESS
STORY**

Questions?

