



# Mission

Northern Valley Catholic Social Service (NVCSS) inspires hope and transforms lives in communities of California's Northern Sacramento Valley through the following low cost or free services to individuals and families:

- Mental Health
- Housing
- Vocational
- Support Services



**Serving**  
 Siskiyou, Shasta,  
 Tehama, Glenn,  
 Trinity & Butte  
 Counties



**Northern Valley**  
 Catholic Social Service  
 INSPIRING HOPE & TRANSFORMING LIVES



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# NVCSS

# Northern Valley Catholic Social Services

## CalFresh Healthy Living



# Nutrition Education

NVCCSS's CalFresh Healthy Living (CFHL) program betters 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
- Preparing healthy foods at home

## Direct Education Reach



ages ranged from 10-14 with a mean of 11 years



46% were White

16% were Native American/Alaska Native

5% were Asian

3% were African American

14% were other

16% preferred not to answer

5% preferred not to answer



46% were female

49% were male

5% preferred not to answer



# Nutrition Education Evaluation Results

## Physical Activity



**71%** s were physically active for at least 60 minutes 3 days a week



**43%** spent <2 hours per day watching TV or playing video games on a typical school day

## Other Healthy Eating



**36%** ate orange vegetables one or more times yesterday



**71%** ate fruit of any kind one or more times yesterday



**60%** did not eat French fries or chips yesterday

## Beverages



**73%** drank water 3 times yesterday



**79%** did not drink any sweetened coffee or tea drinks yesterday



**26%** who said they drank milk drank 1%, soy or no fat most of the time

# 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, NVCCSS participates in the following obesity prevention strategies that reach 1,064 low-income individuals:

- Wellness policies
- Nutrition Standards
- Community Gardens
- Access to Physical Activity
- Implementation of Coordinated Approach to Childhood Health (CATCH)

NVCCSS recruited 48 partners to assist in the implementation of these strategies.

