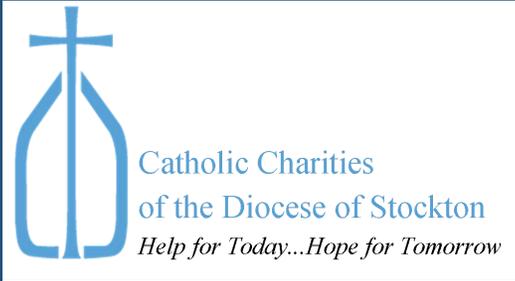


Mission

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



209-593-6124



Ana Guzman
aguzman@ccstockton.org



www.ccstockton.org

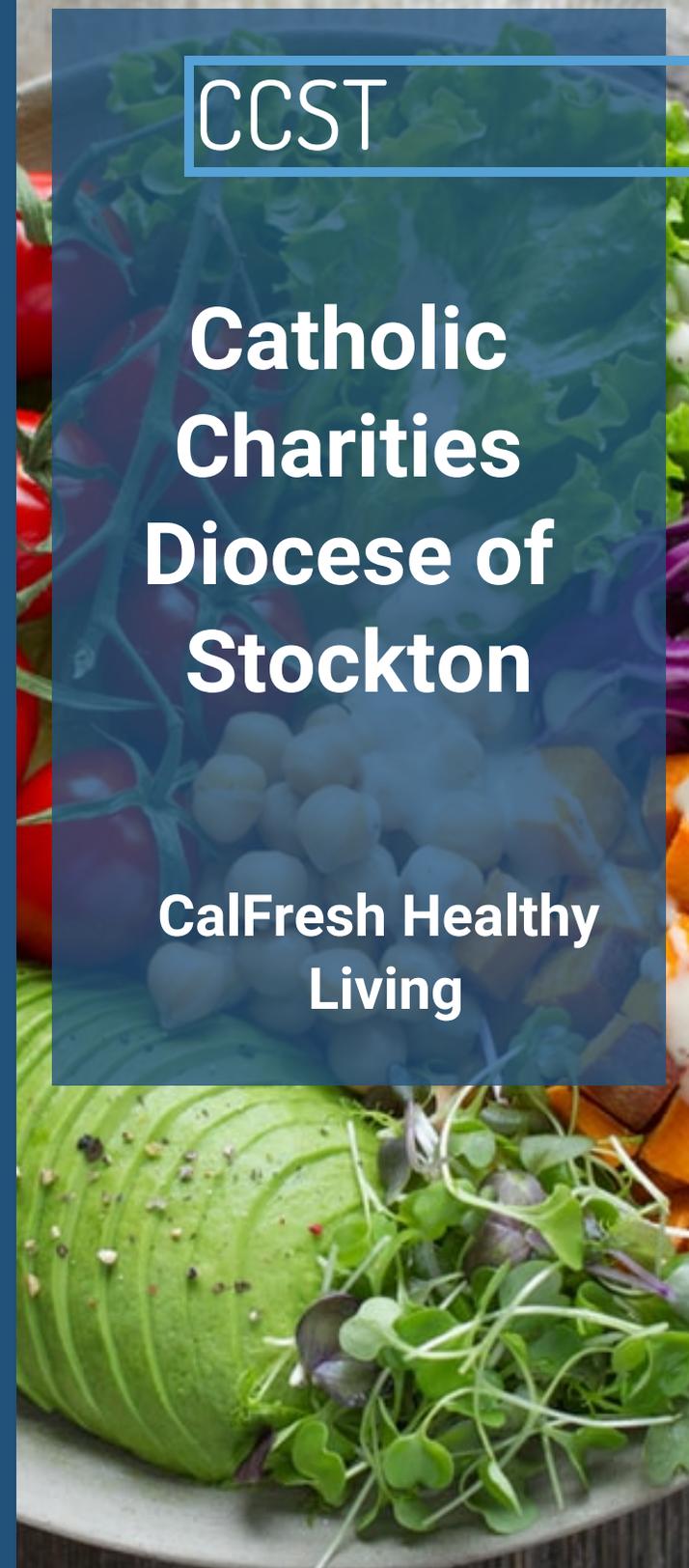


1106 North El Dorado
Stockton, CA 95202

CCST

**Catholic
Charities
Diocese of
Stockton**

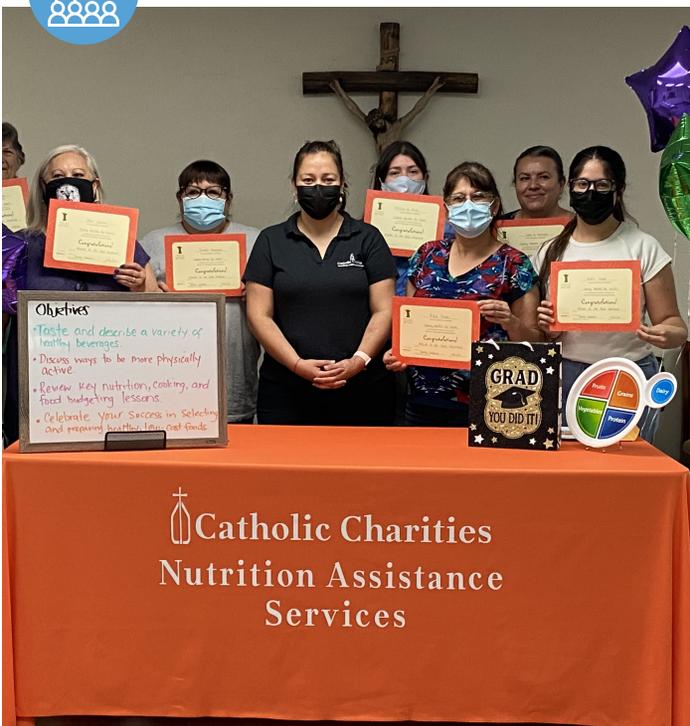
**CalFresh Healthy
Living**



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



Catholic Charities
Nutrition Assistance
Services



Nutrition Education Evaluation Results

Physical Activity



78% exercise >30 min at least 3 days a week



58% practice muscle strengthening >2 days each week

Vegetables



61% ate >2 vegetables at main meal every day or often



61% consumed >1.5 cups of vegetables each day

Fruit



61% consumed > 1.5 cups of fruit per day



63% eat more than 1 kind of fruit always or often

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.

