



CC Orange County: CC Orange continued to partner with the Doris Cantlay Food Distribution Center to maintain healthy food and beverage standards and provide ongoing training and technical assistance to staff and volunteers to support the policy. In May 2018, the Cantlay Center moved to a facility ten times larger than its previous warehouse. Increased donations of healthy food from frequent donors and a partnership with a trucking company increased their ability to collect and distribute more donated food while decreasing their transportation costs. Since the move, the Center's reach has increased exponentially from approximately 8,000 individuals served each month in FFY 18 to an average of 13,593 persons served monthly in FFY 19, reaching an annual total of 126,500 people.



CC Orange: In FFY 2019, CC Orange conducted 30-minute physical activity classes at five community sites in Orange County that reached nearly 400 adults and seniors. The agency developed a series of physical activity lessons with the support of a certified trainer. The sessions include strength training, a cardio class, and low impact aerobics designed for seniors.



Catholic Charities of Orange County

Orange County



Agency Mission

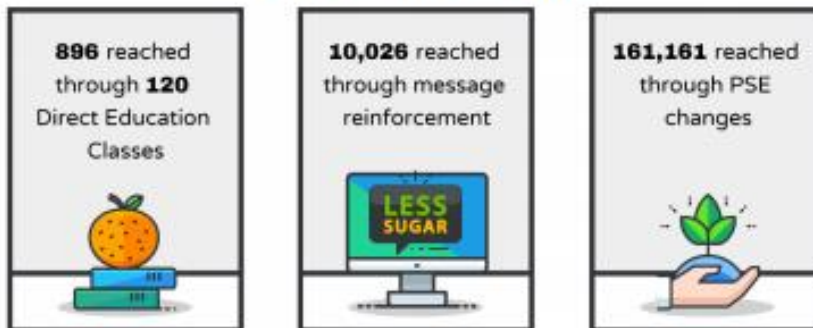
Catholic Charities of Orange County (CCOC) serves people in need, strengthens families and communities, and supports parish ministries. The agency provides quality services, advocates for justice and respect, and expands knowledge through the administration of the following programs:

- Nutrition assistance
- Housing
- Disability services
- Counseling
- Immigration Services

Program Highlights

- Delivered interactive education to more than 850 participants
- Successfully implemented nutrition policy and environmental improvements in a well-utilized food pantry that serves over 126,000 individuals annually
- Offered free physical activity programming to low-income adults
- Conducted Healthy Food and Beverage training at parishes to improve nutritional quality of meals served

Agency Reach FFY 2019



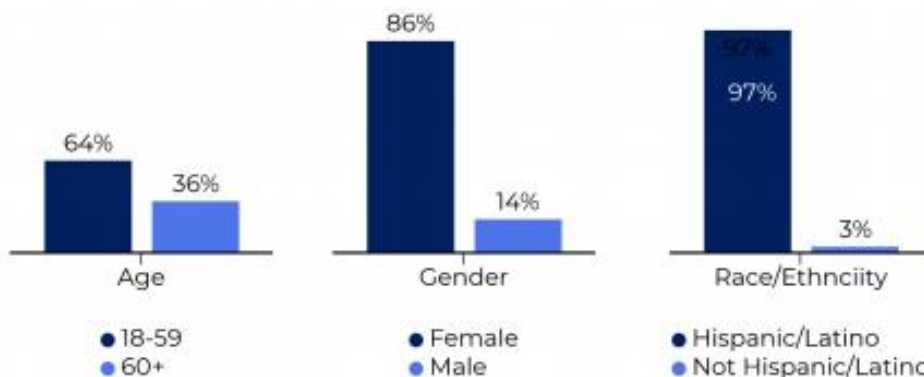


Catholic Charities of Orange County Nutrition Education



In FFY 2019, CCOC used The Dairy Council of California's *Activity + Eating* and *Champions for Change Eat Well, Move More, Feel Great!* Curricula. The nutrition educators conducted one-hour, single-session nutrition education classes in English and Spanish, focusing on healthy nutrition, healthy beverages, and physical activity. CCOC's nutrition education program incorporated various best practices. Each session focused on one to three key nutritional objectives. The content was delivered by engaging educators and included interactive participatory activities focused on skill-building and behavior change. Educators used various visual enhancements including PowerPoint presentations in English and Spanish, and tangible examples (nutrition labels, food products, portion sizes, etc.). Session materials and handouts were available in multiple languages. Water and healthy snacks were also provided. Many classes were scheduled before a free physical activity opportunity led by the agency. Take-home recipes and cookbooks, informational handouts, and fresh produce were often provided as incentives at the end of each session.

Demographic Characteristics of 1,101 Individuals Evaluated



Catholic Charities of Orange County Evaluation Results

A total of 1,101 Intent to Change (ITC) cards were collected in FFY19 by CCOC, across 11 nutrition education topics. The results are shown in the following three tables. Table 13 describes participant responses related to seven healthy eating behaviors. In the Current Behavior Questions column below, the capital "N" shows the number of people who completed the ITC card and the percent who indicated that they were not practicing the healthy behavior. In the Intended Behavior Questions column, the lowercase "n" is the number of people who indicated they are not practicing the healthy behavior and the percent of those respondents who intend to practice the healthy behavior "more often."



As shown in Table 13, the proportion of respondents not practicing desirable behaviors ranged from 15% for eating more than one kind of fruit to 37% not eating from the five foods groups. However, when asked if they intended to do the desirable behavior, from 77% to 100% percent indicated that they would do the desirable behavior more often.

Table 13. Intent to Change for Behavior Related to Increasing the Consumption of Healthy Foods and Beverages

During the past week, did you eat or drink...	N	% <u>Not practicing</u> the desirable behavior	Within the next week, how often will you eat or drink ...	n	% not practicing desirable behavior who intend to do healthy behavior "More Often"
Foods from all 5 food groups?	137	37%	Foods from all 5 food groups?	50	98%
Fruit at least 2 times per day?	102	16%	Fruit at least 2 times per day?	15	94%
More than 1 kind of vegetables?	112	15%	More than 1 kind of fruit?	17	100%

During the past week, did you eat or drink...	N	% <u>Not practicing</u> the desirable behavior	Within the next week, how often will you eat or drink ...	n	% not practicing desirable behavior who intend to do healthy behavior "More Often"
Whole grain products every day?	60	32%	Whole grain products every day?	18	95%
Lower-fat milk products at least 2 times per day?	103	25%	Lower-fat milk products at least 2 times per day?	20	77%
Breakfast that included at least 3 food groups?	55	31%	Breakfast that included at least 3 food groups?	15	88%
Choose smaller amounts of food or beverages at least 1 time?	58	26%	Choose smaller amounts of food or beverages at least 1 time?	15	100%

As shown in table 14, 76% of respondents reported drinking sugar-sweetened beverages every day in the past week. However, 100% of respondents who drank sweetened beverages daily in the past week reported that they would drink less often in the next week. Similarly, between two-thirds and one-half of respondents ate fried food or fast food, respectively, in the past week, and nearly 100% said they would eat those foods less often in the next week.

Table 14. Intent to Change for behaviors related to reducing the consumption of less healthy foods and beverages

During the past week, did you eat or drink...	N	% practicing the <u>undesirable</u> behavior	Within the next week, how often will you drink ...	n	% reporting intent to undesirable behavior "Less Often"
A sweetened beverage every day?	62	76%	A sweetened beverage?	47	100%
Fried food 2 or more times	169	68%	Fried food 2 or more times	111	97%
Fast food?	153	52%	Fast food?	75	95%

As shown in Table 15, 40% of respondents did not use nutrition facts labels when food shopping and 88% indicated that they would use the facts label within the next week.

Table 15. Intent to Change for behaviors related to nutrition label reading

The last time you shopped, did you...	N	% <u>Not practicing</u> the desirable behavior	Within the next week, how often will you ...	n	% reporting intent to use food labels
Use the "Nutrition Facts" on the food label to choose foods?	83	40%	Use the "Nutrition Facts" on the food label to choose foods?	33	88%



Nutrition Standards

In FFY19, CCOC continued to support nutrition standards for faith-based organizations and to educate them on the benefits of a healthy food and beverage policy for parish meetings and events. In addition, they provided indirect and direct education at 11 local community centers and church food distribution sites. At food distribution sites where CalFresh Outreach was conducted, CCOC worked to implement new changes by providing a display with nutrition education material, healthy recipes, flyers, and a healthy eating poster that reached over 7,000 individuals.



To support healthy policy development and implementation, CCOC created a training in 2017 that continued into 2019. These trainings were offered to parishes to educate their Kitchen Ministry volunteers and food pantry staff and volunteers. Session topics included: nutrition education, food safety, creating a balanced meal, shopping on a budget, portions/servings, nutrition label reading, and healthy beverages.

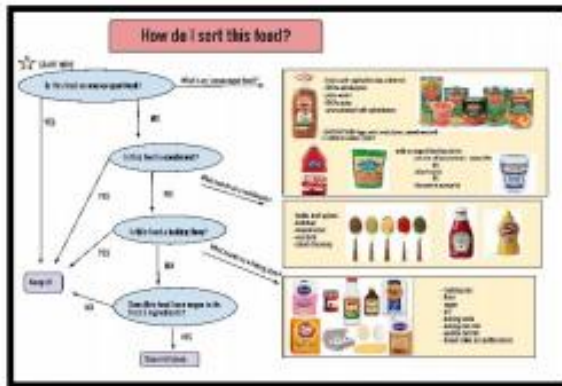
In FFY19, CCOC continued to work with the Doris Cantlay Center in Santa Ana, to support and maintain their healthy food and beverage policy for donated and purchased food, which was adopted in January of 2017. The Cantlay Center provides CalFresh outreach and

emergency food assistance and other necessities to individuals and families in need. In May 2018, the Cantlay Center moved to a new 10,000 square foot facility, ten times larger than their previous warehouse, thereby increasing access to fresh fruits and vegetables and healthy food options for Orange County residents in need. Since the move, the reach has increased exponentially, from approximately 8,000 individuals served each month in FFY 2018 to an average of 13,593 persons served monthly in 2019. Increased donations of healthy food from frequent donors, such as the Community Action Partnership of Orange County and a partnership with the Love Community that has trucks and drivers, increased their ability to collect and distribute more donated food while decreasing their transportation costs. The Cantlay Center also receives support from local grocers and the Second Harvest Food Bank of Orange County. From 2018 to 2019, there was a 25% increase in the number of unduplicated individuals receiving emergency food, with 126,500 reached in 2019.



Families can access the food pantry twice monthly, while homeless individuals can receive a day-bag each week containing a portable (small) package of food. More food bags were distributed to homeless individuals in FFY19 than in recent years. The healthy

foods distributed include fresh fruits and vegetables, low-fat and fat-free proteins and dairy, 100% whole grains, low-sodium and low-sugar canned goods, and healthy beverages. A "Donated Food Flow Chart" helps pantry volunteers sort allowable and unacceptable food. Foods that do not meet the encouraged food criteria do not pass the sorting process and will not be included for distribution.



In support of the policy, direct education is also offered, and clients are provided with take-home nutrition education materials in their healthy food bag, as well as healthy recipes. CCOC also provides the Cantlay Center staff and volunteer's ongoing training and technical assistance in support of the policy.

Improve Access and Availability of Physical Activity (PA) Opportunities

CCOC continued to maintain its PA PSE at five community sites in Orange County in 2019. These classes further support the PA promotion messages included in on-site direct education classes. PA sessions utilize one of three modules developed by CCOC in 2018 with the assistance of a physical activity professional. The sessions include a cardio class, a strength training class, and one class providing low-impact exercises designed for seniors. Sessions include warm-up and cool-down stretching exercises as well as cardio routines developed from the Physical Activity Guidelines for Americans. Participants are given a water break while the instructor educates them about the importance of regular physical activity and hydration. Participants are also provided nutrition education handouts, healthy recipes, and raffle tickets to win additional cookbooks and other nutrition

education reinforcement items. This PA PSE has been very successful. At a recent site visit, there were 18 Spanish speaking seniors that participated in the PA activity, which followed the direct education session. The education and PA activity was culturally-relevant and age-appropriate. The conveniently offered community-driven sessions help reinforce messaging, and opportunities for clients to be more physically active. Indeed, the popular PA sessions attract repeat participants who share their enthusiasm for what they're learning with the CCOC educators. Some are incorporating the aerobics and strength training lessons into their everyday activities.

