

# NUTRITION & WELLNESS SERVICES



## WHAT WE DO

The Nutrition and Wellness Services (NWS) team is comprised of Registered Dietitian Nutritionists (RDNs) and Health Educators who deliver the most current and accurate nutrition and health information to county residents. We focus on preventing nutrition and activity-related chronic diseases through education and the creation of supportive food and active community environments.

## WHY WE DO IT

Healthy eating and physical activity are the building blocks for healthy bodies and should be accessible to everyone. Eating more fruits and vegetables, choosing water and healthy drinks, and being more active reduces the risk of obesity-related diseases and improves overall wellness.

### OVERWEIGHT/OBESITY RATES IN ADULTS (18 YEARS OR OLDER) \*

**70%**

IN THE COUNTY

**62%**

IN THE STATE

### FOOD INSECURITY RATES IN CHILDREN (LESS THAN 18 YEARS) ^

**17.9%**

IN THE COUNTY

**16.9%**

IN THE STATE

## HOW WE DO IT

- We conduct nutrition and physical activity education in schools and community settings to empower residents to make healthy choices.
- We work together with community partners to make healthy choices easier where people eat, live, learn, and shop through policy, systems, and environmental change.
- We listen to the voices of our community. We educate and empower residents in their neighborhoods and cities.

## WHO WE SERVE

With the assistance of subcontractors and trained extenders such as teachers, we serve a large portion of residents who are low-income or CalFresh food-eligible across the county.



*“ We envision a county where healthy choices are a way of life. ”*



## LIVE: Healthcare Clinics and Hospitals

Partner with healthcare delivery systems and providers such as healthcare clinics, hospitals, dental clinics, and dental offices across the county to implement food insecurity screening, referrals to local food assistance programs, and complementary interventions to improve access to food for food insecure CalFresh food-eligible residents.



## LEARN: Nutrition and Physical Activity Education

Partner with qualifying Early Child Education (ECE) sites, Schools (K-12), and Before and After-school Program sites to reach children and their families to establish healthy food choices and physical activity habits. This is accomplished through nutrition and physical activity education, healthy beverage promotion, enhancing physical activity opportunities, establishing or revitalizing site gardens, and creating healthy education environments. Policy, systems and environmental changes are used to support children and families to make healthy choices as a way of life.



## EAT: Nutrition Education

Partner with Summer Meal and Congregate Meal sites to provide evidence-based nutrition education, physical activity education, and healthy beverage promotion that reinforces healthy behaviors.



## SHOP: Food Security

To address food security, NWS works with farmer's markets and provides support and guidance to food pantries and food distributions sites through the Nutrition Pantry Program (NPP). Nutrition and Wellness Services provides a variety of resources, including nutrition education, healthy beverage promotion, and taste tests utilizing approved recipes.

# PROGRAM SUPPORT

## Department of Aging & Adult Services - Public Guardian

Registered Dietitian Nutritionists (RDN) provide technical expertise, evaluation, and guidance for nutrition standards, meal service, food service sanitation and safety, food service worker training, participant nutrition screening, and physical activity education to older adults enrolled in the **Elderly Nutrition Program**. Physical activity education includes evidence-based programming taught by health educators to help seniors maintain or improve physical, psychological, and social well-being for independent living.

## Clinic Operations

Public Health Center patients are referred to clinic RDNs by Clinic Operations providers to offer **one-on-one nutrition counseling/medical nutrition therapy services** for nutrition-related chronic diseases such as obesity, diabetes, and heart disease. Patients are encouraged to follow a healthy eating and daily activity lifestyle plan.

## Detention Facilities

RDN participates in annual Title 15 inspections of the adult and juvenile County detention facilities along with a Registered Environmental Health Specialist and a Registered Nurse. As part of the inspection team, the RDN is responsible for **analyzing menus and reviewing medical diets** to ensure compliance with nutrition regulations.

# PARTNERSHIPS

## County Nutrition Action Partnership (CNAP)

A collaborative of federally funded and non-funded partner organizations that work together to **address access to healthy food, especially at school sites, promote physical activity, target obesity prevention, and address food insecurity** among CalFresh food-eligible residents of San Bernardino County.

