

Creating a Healthier California

CalFresh Healthy Living, California's Supplemental Nutrition Assistance Program Education, supports Californians who live in households with incomes at or below 200% of the federal poverty level in achieving healthy behaviors through nutrition and physical activity education, community changes, and social marketing campaigns. In Federal Fiscal Year 2024, CalFresh Healthy Living reached **1.8 million** adults, adolescents, and children through Direct Education and policy systems and environmental change activities.



CalFresh Healthy Living By the Numbers

Direct Education

CalFresh Healthy Living Direct Education interventions are interactive classes that engage eligible participants in learning about nutrition and physical activity.



10,720

Direct Education interventions conducted across the state



2,370

sites administered Direct Education



262,326

Direct Education participants

Policy, System, & Environmental Changes

Policy, System, and Environmental (PSE) changes improve health in communities where at least 50% of households are eligible for CalFresh Healthy Living by increasing access to healthy food, promoting healthy dietary choices, and expanding opportunities for physical activity.



6,351

nutrition and physical activity PSE changes across **1,225** sites



1,574,748

Californians reached (estimated)



73%

of sites had a sustainability plan



Direct Education Impacts

CalFresh Healthy Living Federal Fiscal Year 2024

Surveyed **adults** participating in Direct Education classes reported the following:



Increased daily fruit or vegetable consumption



Increased number of physically active days per week



Increased how often they ate more than one fruit or vegetable per day



Increased frequency of using nutrition facts labels when shopping



Decreased consumption of regular soda or fruit and sports drinks



Decreased frequency of running out of food at the end of the month

Surveyed **children** participating in Direct Education classes reported the following:



Increased daily fruit consumption



Increased daily vegetable consumption



Decreased consumption of sugar sweetened beverages



Increased number of days being physically active for at least 60 minutes

PSE Impacts



Most Frequent PSE Setting Types

Schools (K-12, elementary, middle, and high school)

404

Early care and education facilities

263

Food assistance sites, food banks, and food pantries

184

Before and after-school programs

155

Top PSE Changes



Initiation, improvement, expansion, reinvigoration, or maintenance of edible gardens

430

Initiated or expanded use of edible gardens for nutrition education

428

Increased opportunities for parents, students, or community members to work in the garden

356



Increased or improved opportunities for structured physical activity

316

Improved quality of structured physical activity

276

Established or improved physical activity facilities, equipment, structures, or outdoor space

141