

# 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 185% of the federal poverty level in achieving healthy behaviors through nutrition and physical activity education, community changes, and social marketing. In Federal Fiscal Year 2022, CalFresh Healthy Living reached over **2 million** adults, adolescents, and children.

## CalFresh Healthy Living by the Numbers

### Direct Education

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



**7,761**

Direct Education interventions conducted across the state



**1,857**

sites administered Direct Education



**201,088**

Direct Education participants

### Policy, System, and Environmental Changes

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



**5,333**

nutrition and physical activity PSE changes across **1,357 sites**



**1,867,130**

Californians reached (estimated)



**54%**

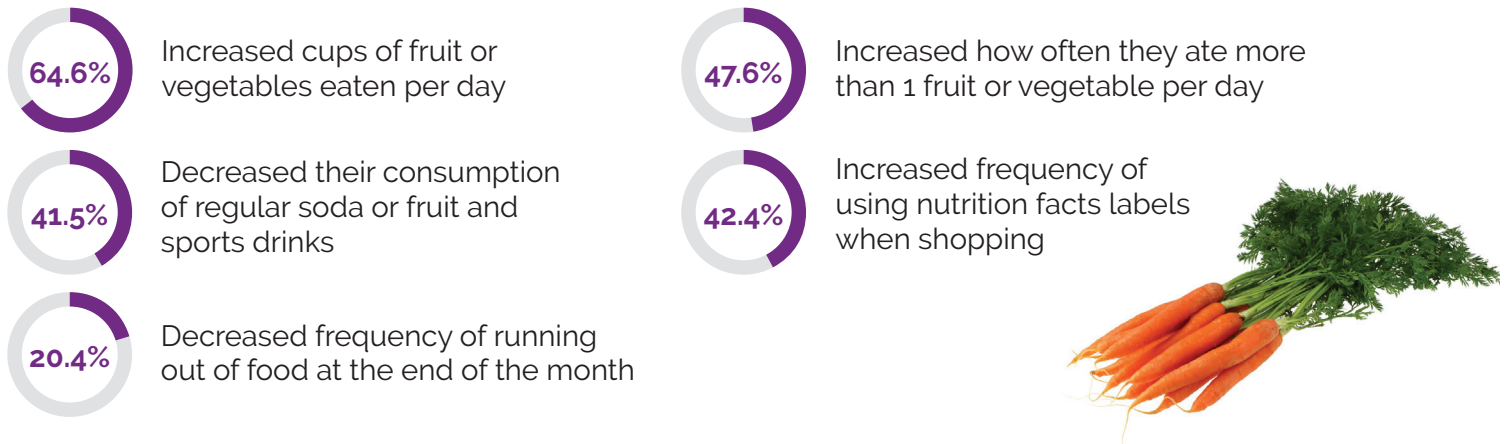
of sites had a sustainability plan

For more information, see the FFY 2022 CalFresh Healthy Living Annual Report at [www.calfresh.dss.ca.gov/healthyliving/administration](http://www.calfresh.dss.ca.gov/healthyliving/administration) or email [CalFreshHealthyLiving@dss.ca.gov](mailto:CalFreshHealthyLiving@dss.ca.gov).

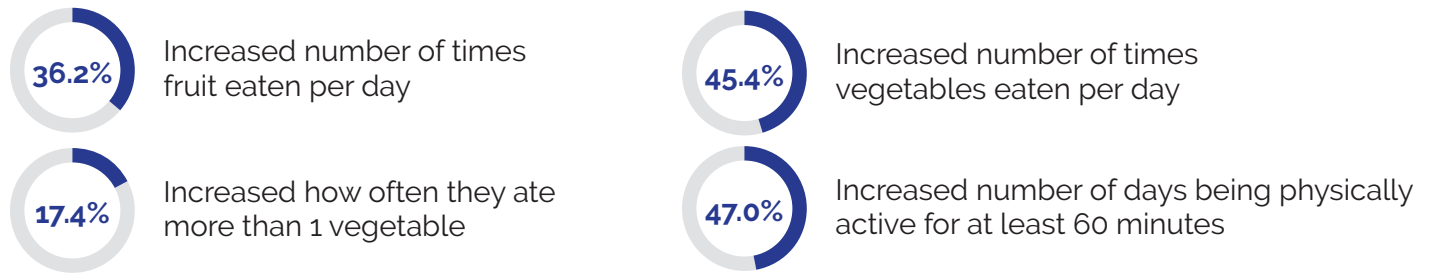
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.

## Direct Education Impacts

Among surveyed **adults** participating in Direct Education classes:

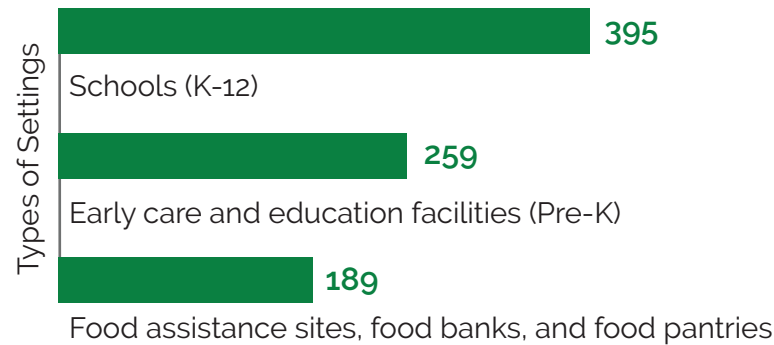


Among surveyed **children** (grades 4 to 8) participating in Direct Education classes:



## PSE Impacts

Top three settings in which PSE work took place:



### Top Three Nutrition PSE Changes

Nutrition PSE Changes	Number of Changes
1. Initiated or expanded use of edible (food) gardens for nutrition education	331
2. Established, reinvigorated, or maintained edible gardens	281
3. Increased opportunities for parents, students, or community members to work in the garden	239

### Top Three Physical Activity PSE Changes

Physical Activity PSE Changes	Number of Changes
1. Increased or improved opportunities for structured physical activity	227
2. Improved quality of structured physical activity	198
3. Improved or expanded physical activity facilities, equipment, structures, or outdoor space	141