



Federal Fiscal Year 2023

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 2023, CalFresh Healthy Living reached more than **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.



10,353

Direct Education interventions conducted across the state.



2,313

sites administered Direct Education.



271,809

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.



5,930

nutrition and physical activity PSE changes across **1,397** sites.



76%

of sites had a sustainability plan.



1,901,920

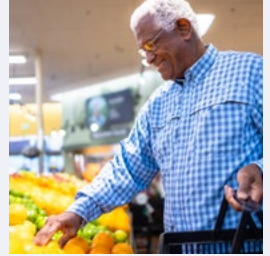
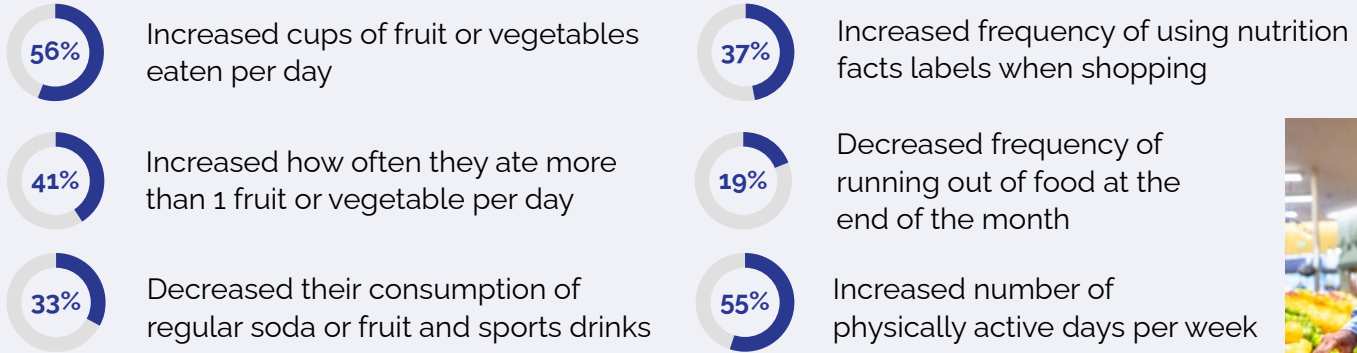
Californians reached (estimated).



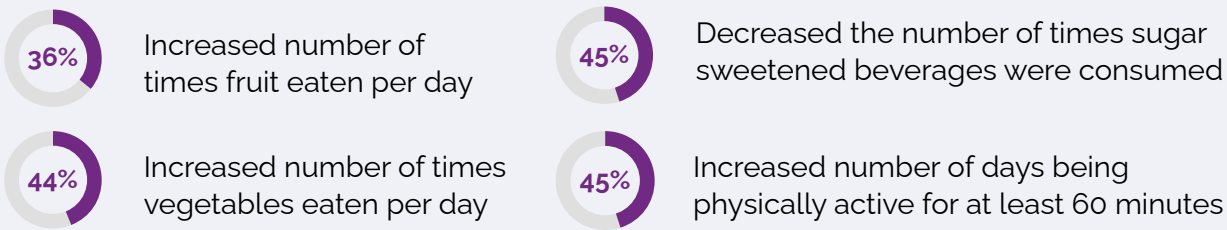
For more information, see the Administration page on CalFresh Healthy Living's website at www.calfresh.dss.ca.gov/healthyliving/administration or email CalFreshHealthyLiving@dss.ca.gov.

Direct Education Impacts

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



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



PSE Impacts

Top Three Nutrition PSE Changes

Nutrition PSE Changes	Number of Changes
1. Established, reinvigorated, or maintained edible gardens	358
2. Initiated or expanded use of edible gardens for nutrition education	347
3. Increased opportunities for parents, students, or community members to work in the garden	281

Top Four Settings in Which PSE Work Took Place:

Types of Settings	Number of Settings
Schools (K-12, elementary, middle, and high)	455 settings
Early care and education facilities	257 settings
Food assistance sites, food banks, and food pantries	178 settings
Before and after-school programs	178 settings

Top Three Physical Activity PSE Changes

Physical Activity PSE Changes	Number of Changes
1. Increased or improved opportunities for structured physical activity	301
2. Improved quality of structured physical activity	245
3. Increased professional development opportunities on physical activity	187