

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



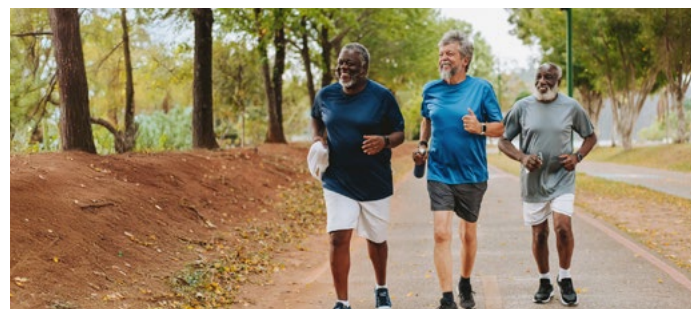
1,574,748

Californians reached (estimated)



73%

of sites had a sustainability plan



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

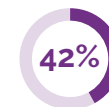


Decreased frequency of running out of food at the end of the month

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		Increased or improved opportunities for structured physical activity	316
	Initiated or expanded use of edible gardens for nutrition education	428		Improved quality of structured physical activity	276
	Increased opportunities for parents, students, or community members to work in the garden	356		Established or improved physical activity facilities, equipment, structures, or outdoor space	141