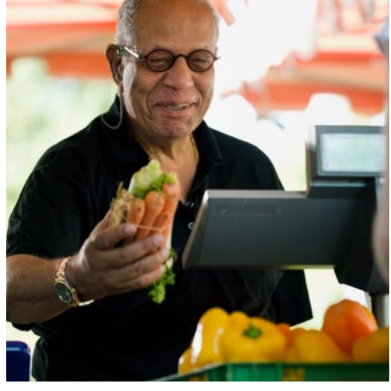
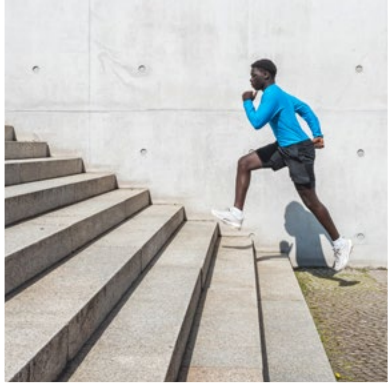




California SNAP-Ed Impact Report

Federal Fiscal Year 2023



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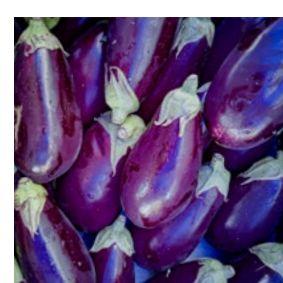
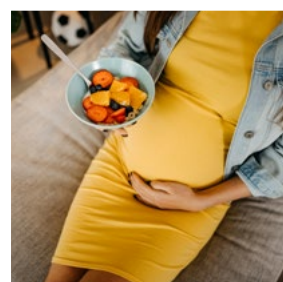
Executive Summary

CalFresh Healthy Living, California's Supplemental Nutrition Assistance Program – Education, supports eligible Californians in achieving healthy behaviors through nutrition and physical activity education, community changes, and social marketing. The California Department of Social Services provides administrative oversight of CalFresh Health Living and its four State Implementing Agencies: CalFresh Healthy Living, University of California; California Department of Aging; California Department of Public Health; and Catholic Charities of California, Inc. These State Implementing Agencies work through a network of Local Implementing Agencies and community partnerships to reach diverse CalFresh Healthy Living-eligible populations.

STATEWIDE RESULTS

In Federal Fiscal Year (FFY) 2023, CalFresh Healthy Living promoted healthy eating and active living across the lifespan for more than 2 million eligible Californians through in-person and virtual programming in 57 of California's 58 counties. CalFresh Healthy Living collaborated with local partners on Policy, Systems, and Environmental change interventions, reaching an estimated 1.9 million Californians across 1,397 sites. A total of 271,809 Californians participated in nutrition and physical activity classes across 2,313 sites. Surveyed participants reported significant improvements in healthy eating, food resource management, and physical

activity behaviors. FFY 2023 marked the end of a three-year cycle of overall goals and objectives. Three of the five statewide objectives related to healthy eating were met; one of the four related to physical activity was met, however, over the measurement period, substantial progress was made on all objectives. New goals and objectives were developed for FFY 2024-2026.



Program Overview

WHO WE ARE

CalFresh Healthy Living, California's Supplemental Nutrition Assistance Program–Education (SNAP-Ed) program, works toward a California where everyone is healthy, active, and nourished. CalFresh Healthy Living serves Californians with low resources by promoting and supporting healthy living through good nutrition and increased physical activity. The program reaches eligible Californians through individual, organizational, and community-focused evidence-based interventions.



The California Department of Social Services (CDSS) provides administrative oversight of the CalFresh Healthy Living program and collaborates with four State Implementing Agencies (SIAs): CalFresh Healthy Living, University of California; California Department of Aging; California Department of Public Health; and Catholic Charities of California, Inc. The SIAs contract with 110 Local Implementing Agencies (LIAs)

to deliver evidence-based Direct Education classes in combination with Policy, Systems, and Environmental (PSE) change interventions. CalFresh Healthy Living also collaborates with contractual partners on innovative pilot projects and social marketing services.

SIAs and LIAs use existing partnerships to deliver program services through Local Health Departments, University of California Cooperative Extension offices, local Catholic Charities Organizations, Area Agencies on Aging, and other organizations to reach eligible Californians where they work, learn, live, shop, eat, and play. Figure 1.1 shows the CalFresh Healthy Living program structure.

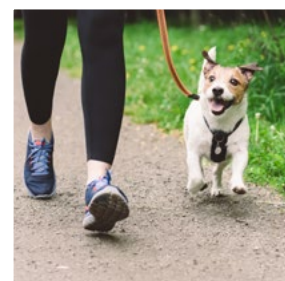
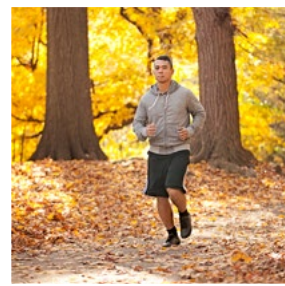
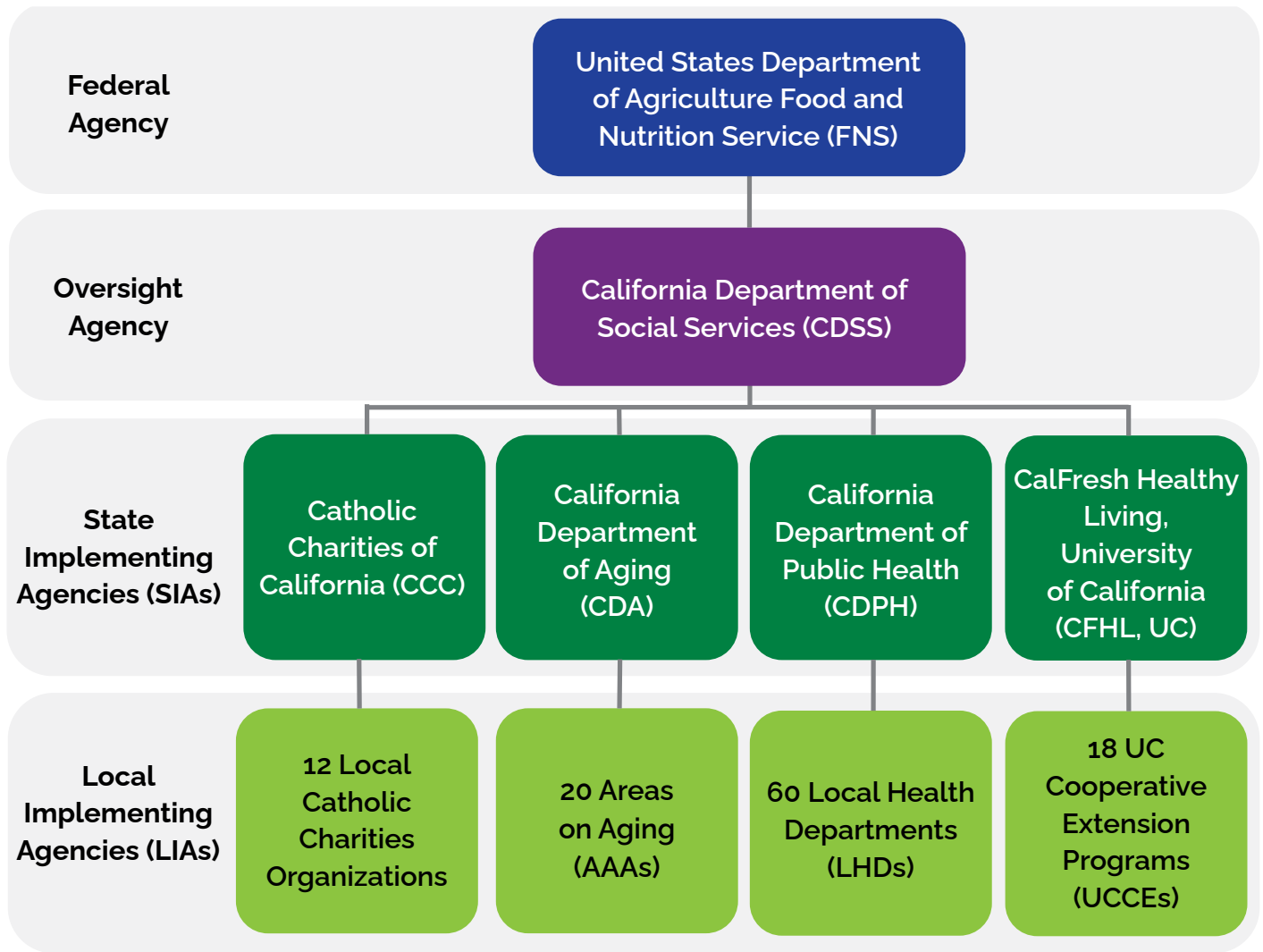


Figure 1.1 California's CalFresh Healthy Living FFY 2023 Program Structure



CALIFORNIA DEPARTMENT OF SOCIAL SERVICES

State Implementing Agencies and their Local Implementing Agencies:

Catholic Charities of California, Inc. (CCC)

- 12 Local Catholic Charities Organizations

California Department of Aging (CDA)

- 20 Area Agencies on Aging (AAAs)

California Department of Public Health (CDPH)

- 60 Local Health Departments (LHDs)

CalFresh Healthy Living, University of California (CFHL, UC)

- 18 UC Cooperative Extension programs (UCCEs)

CALFRESH HEALTHY LIVING PRINCIPLES AND PRIORITIES

CalFresh Healthy Living established organizational Principles and Priorities in FFY 2022. The following principles are the fundamental truths that serve as the foundation for CalFresh Healthy Living:

1. All people have the right to the resources necessary for optimal health.
2. Longstanding racial and social inequities are persistent due to intentional systems designed to benefit some at the detriment of others.
3. People and their communities are interdependent: our communities should be places that promote health and well-being for all.
4. Lived experience is powerful and important: each person should have the opportunity to contribute to the ideas and actions that shape their communities.

CalFresh Healthy Living has identified the following priorities as the most important work given current conditions and climate:

1. Address racial and health equity through the promotion and maintenance of an equitable program practice that is inclusive of those with lived experience in design, implementation, and evaluation.
2. Collaborate and work with partners across the Socio-Ecological Model to implement multi-level and multi-component evidence-based programs to maximize reach, effectiveness, and impact.
3. Focus on Nutrition Security by working through education and community efforts towards a state where all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life that promotes well-being and prevents disease.
4. Focus on Active Living opportunities across the spectrum of physical activity education and promotion, policies, and environmental change for an active and healthy life.



GOALS AND OBJECTIVES

CalFresh Healthy Living set two major goals to be achieved by the end of the FFY 2023 funding cycle; improving healthful dietary choices and promoting physical activity among low-income Californians.

These objectives were analyzed either at the site-level for PSEs or the curriculum-level for behavior outcomes. For PSE-related outcomes (Goal 1, Objective 1, Goal 2, Objective 1), the percentage of sites meeting the goals were calculated

for each year. For the Direct Education-related outcomes (Goal 1, Objectives 2 and 4, Goal 2, Objective 2), only adult data were used since the measures were not uniform between the adult and child surveys. The number of curricula showing a significant improvement for at least one of the behavioral outcomes in the objective was divided by the number of curricula that included lessons related to the outcomes to determine the percentage of programs meeting the objective.

Tables 1.1 and 1.2 show the descriptions of each objective under those goals and the associated results for FFYs 2021-2023 (due to the COVID-19 pandemic, no data were collected in FFY 2020). Population data for Goal 1, Objective 3 and Goal 2, Objective 3 were expected to be derived from the California Family Health Study, however, the data were not available for analysis at the time of reporting.

Table 1.1. Results of Goal 1 Objectives 2021-2023

Goal 1: Empower low-income Californians toward healthful dietary choices and promote the growth of California agriculture.

Objective Number	Objective Description	FFY 2021 Results	FFY 2022 Results	FFY 2023 Results
Objective 1a	Begin and maintain community changes to support healthy eating in 15% of new and continuing approved sites.	12% of all FFY 2021 approved sites	14% of all FFY 2022 approved sites	15% of all FFY 2023 approved sites

Objective Number	Objective Description	FFY 2021 Results	FFY 2022 Results	FFY 2023 Results
Objective 1b	Implement new changes to support healthy eating at continuing sites; 30% of previously engaged sites will demonstrate at least one additional change to support healthy eating.	29% of previously engaged sites	32% of previously engaged sites	30% of previously engaged sites
Objective 1c	80% of sites that have made changes to support healthy eating will have a sustainability plan.	64% of all sites with nutrition changes	69% of all sites with nutrition changes	67% of all sites with nutrition changes
Objective 2*	Demonstrate significant improvements in one or more of the following healthy eating behaviors for 70% of the program activities evaluated: <ul style="list-style-type: none"> • Eating more than one kind of fruit • Eating more than one kind of vegetable • Drinking fewer sugar-sweetened beverages • Cups of fruit consumed per day • Cups of vegetables consumed per day 	Not reported	56% of nutrition curricula	79% of nutrition curricula
Objective 3	Maintain or improve diet quality at the population level.	Data not available	Data not available	Data not available

Objective Number	Objective Description	FFY 2021 Results	FFY 2022 Results	FFY 2023 Results
Objective 4*	Demonstrate significant improvements in one or more of the following food resource management behaviors among 70% of the program activities evaluated: <ul style="list-style-type: none"> • Reading nutrition facts labels or nutrition ingredients lists • Having food throughout the month 	Not reported	88% of food resource management curricula	67% of food resource management curricula

*Note: Only includes adult Direct Education results.

Table 1.2 Results of Goal 2 Objectives 2021-2023

Goal 2: Promote physically active lifestyles for low-income Californians.

Objective Number	Objective Description	FFY 2021 Results	FFY 2022 Results	FFY 2023 Results
Objective 1a	Begin and maintain community changes to promote physical activity in 15% of new and continuing approved sites.	5% of all FFY 2021 approved sites	8% of all FFY 2022 approved sites	10% of all FFY 2023 approved sites
Objective 1b	Implement new changes to promote physical activity at continuing sites; 30% of previously engaged sites will demonstrate at least one additional change to promote physical activity.	8% of previously engaged sites	11% of previously engaged sites	23% of previously engaged sites

Objective Number	Objective Description	FFY 2021 Results	FFY 2022 Results	FFY 2023 Results
Objective 1c	80% of sites that have made changes to promote physical activity will have a sustainability plan.	56% of all sites with physical activity changes	61% of all sites with physical activity changes	76% of all sites with physical activity changes
Objective 2*	Demonstrate significant improvements in one or more of the following physical activity behaviors for 70% of the program activities evaluated: <ul style="list-style-type: none"> • Increased physical activity and leisure sport • Physical activity to make your muscles stronger. 	Not reported	Not reported	86% of physical activity curricula
Objective 3	Maintain or improve physical activity at the population level.	Data not available	Data not available	Data not available

**Note: Only includes adult Direct Education results.*



Summary of Findings Across FFYs 2021-2023.

There was substantial progress toward the Goals and Objectives across the three-year reporting period. Additionally, over 65% of Direct Education curricula with outcomes showed significant improvements in healthy eating, food resource management, and physical activity behaviors. Three of the five objectives related to healthy eating were met or exceeded by FFY 2023. Objective 1c, 80% of sites that have made changes to support healthy eating will have a sustainability plan, was at 67% of sites with implemented changes having a sustainability plan in process or in place. This was similar to previous years, however, there is room for improvement. For Objective 4, related to food resource management, 67% of curricula focusing on those outcomes showed significant improvements, just shy of the 70% benchmark.

For the objectives related to physical activity (Goal 2), the objective based on Direct Education activities (Objective 2), was the only one of the four objectives that were met in FFY 2023. However, all showed steady improvement from FFY 2021 to FFY 2023. This highlights a need for more focus on physical activity PSE interventions.

WHO WE SERVE

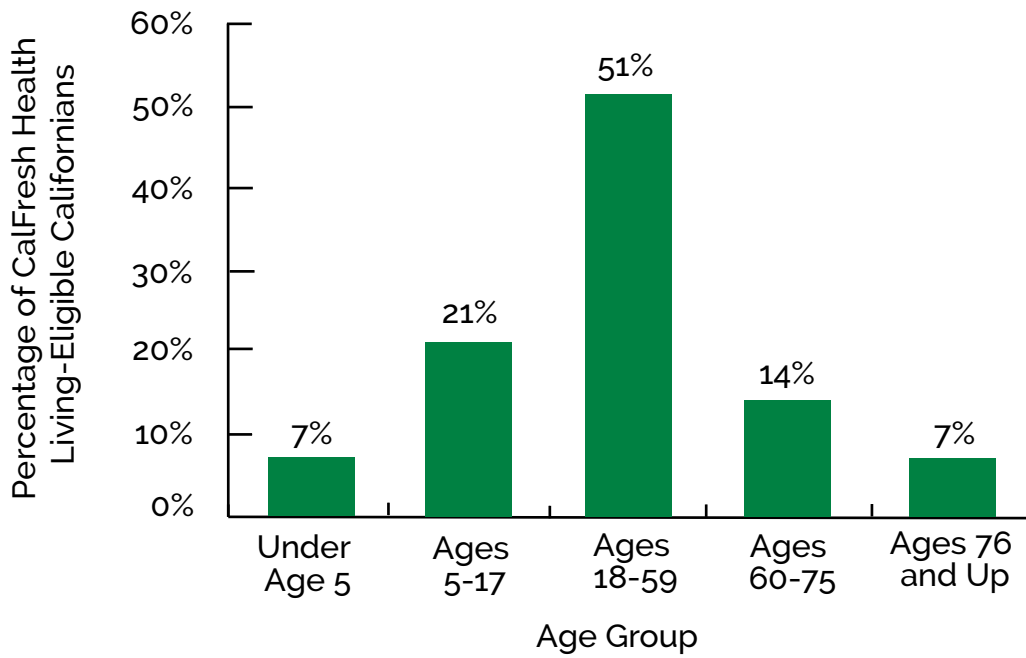
The CalFresh Healthy Living program serves Californians of all ages who live in households with incomes at or below 200% of the Federal Poverty Level (FPL), including those who qualify for CalFresh, known nationally as the Supplemental Nutrition Assistance Program. The income requirement for eligibility was increased in FFY 2023 from 185% FPL to provide more families experiencing nutrition insecurity access to CalFresh Healthy Living services.



About one-third of Californians are eligible. This represents roughly 10.5 million adults, adolescents, and children throughout the state (U.S. Census Bureau, 2022).

According to 2022 data from the U.S. Census Bureau's American Community Survey (U.S. Census Bureau, 2022), the largest proportion of individuals eligible for CalFresh Healthy Living is adults aged 18-59 (51%), followed by children aged 5-17 (21%), and adults aged 60-75 (14%), as shown in Figure 1.2.

Figure 1.2 Age Distribution of the CalFresh Healthy Living – Eligible Population. (2022).



According to 2022 U.S. Census data, just over half of Californians eligible for CalFresh Healthy Living are Hispanic or Latino (54%). Half of eligible Californians are White (50%), 13% are Asian, 9% are Black or African American, 4% are American Indian or Alaska Native, and 1% are Native Hawaiian or other Pacific Islander (Figure 1.3). Nearly half of eligible Californians (46%) selected “some other race,” of which 98% identified as Hispanic or Latino.

Figure 1.3 Race and Ethnicity of the Cal-Fresh Healthy Living – Eligible Population (2022).

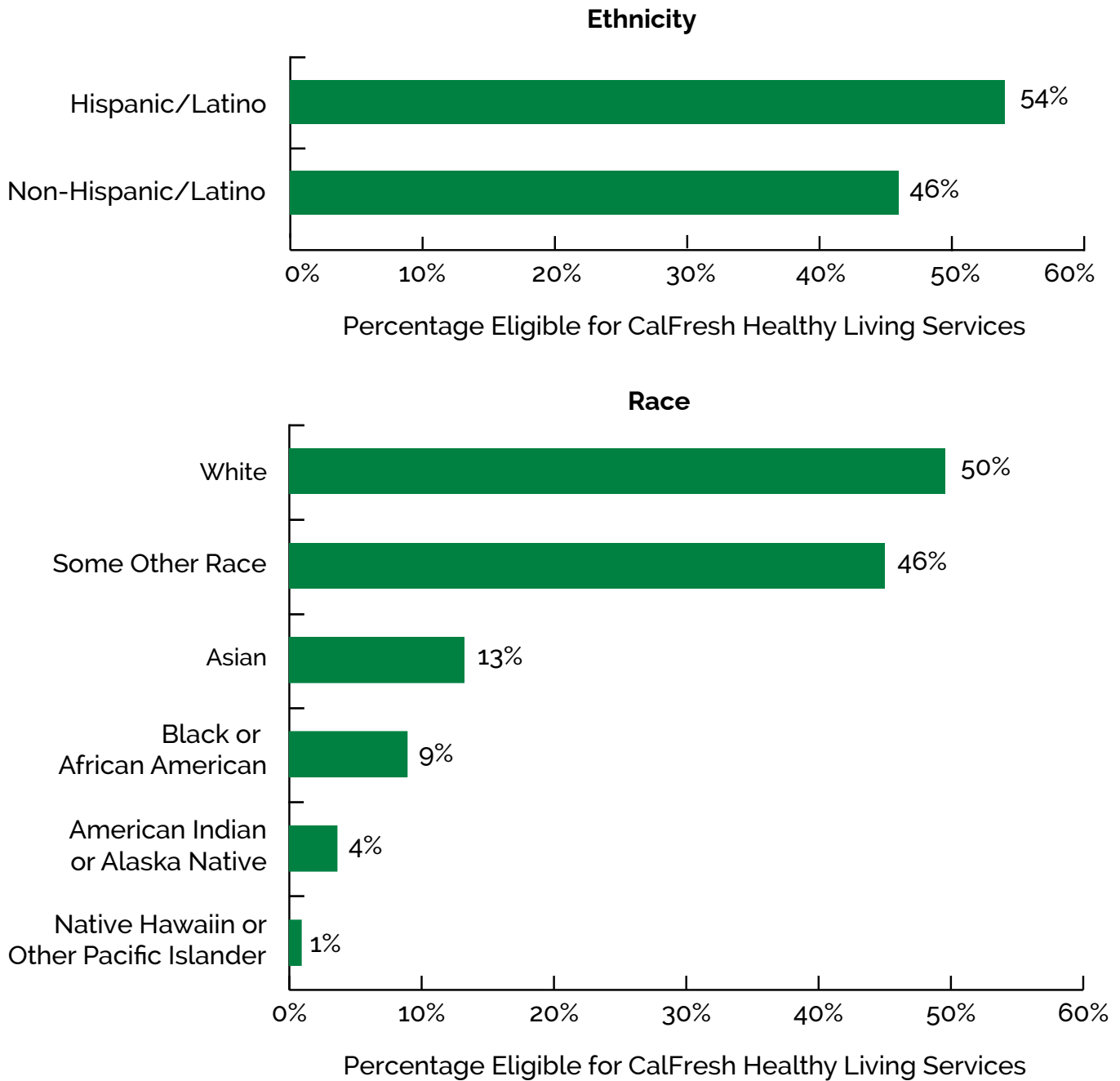


Figure 1.3 Note: Respondents could select more than one race; therefore, numbers do not add to 100%. Data from the American Community Survey (United States Census Bureau, 2022).

WHAT WE DO

Policy, System, and Environmental Changes and Direct Education

CalFresh Healthy Living implementing agencies implement Policy, System, and Environmental changes (PSEs) as well as Direct Education interventions to improve access and availability of nutrition and physical activity supports for Californians eligible for CalFresh Healthy Living.



CalFresh Healthy Living implements community-based PSEs through organizational partnerships. PSEs contribute to the health of communities by increasing both access to, and the appeal of, healthy foods, as well as opportunities for physical activity. PSEs are implemented in a variety of sites, such as schools (K-12, elementary, middle and high), early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs), food assistance sites, food banks, and food pantries, before and after-school programs, and small (<= 3 registers) and large

(4+ registers) food stores and retailers. FFY 2023 evaluation results of California's PSE programming are in the California [SNAP-Shot: Policy, Systems, and Environmental Change](#) of this report.

CalFresh Healthy Living delivers behavior-focused nutrition education and physical activity interventions, known as Direct Education, that allow for active engagement in-person or through interactive media. Direct Education uses evidence-based curricula consistent with the *Dietary Guidelines for Americans* (U.S. Department of Health and Human Services and U.S. Department of Agriculture, 2020) and *Physical Activity Guidelines for Americans* (2018 Physical Activity Guidelines Advisory Committee, 2018) and, like PSEs, are delivered at a variety of sites. FFY 2023 evaluation results of California's Direct Education programming are in the [California SNAP-Shot: Direct Education](#) section of this report.

FFY 2023 Accomplishments in Food and Nutrition Service Priority Areas

The United States Department of Agriculture (USDA) Food and Nutrition Service has created priority areas to improve program access and connect with historically-underserved populations. USDA is committed to advancing racial equity and reducing barriers to SNAP and SNAP-Ed participation. These priority areas include colleges students, veterans, immigrant households, and racial equity. In addition, USDA encourages collaboration between states and Tribal Nations. CalFresh Healthy Living had several accomplishments across these areas in FFY 2023, as highlighted below.

College Students

The CalFresh Healthy Living on College Campuses project provides direct and indirect nutrition education, campus events promoting healthy lifestyles, and advancing campus PSE changes. Four California State University (CSU) campuses joined the project in FFY 2023 for a total of 13 campuses. During FFY 2023, 186 classes were conducted reaching 2,289 students. Classes used the SNAP-Ed approved Orange County Nutrition curriculum or the new FoodSmarts for Colleges curriculum developed by Leah's Pantry in collaboration with CSU Chico and participating campuses. Classes and events are advertised using campus email, Facebook, TikTok, school radio, and newspaper platforms. Unique partnerships and collaborations have resulted in campus PSE changes such as meal plan donations, food recovery, local restaurant donations, and CalFresh info made available at orientation to students who may be eligible.



Racial Equity

In FFY 2023, CalFresh Healthy Living finalized and shared the findings and recommendations from the Health Equity Needs Assessment, conducted by the Public Health Institute Center for Wellness and Nutrition. Two webinars were scheduled to discuss findings and next steps with SIAs and LIAs. CalFresh Healthy Living also engaged Leah's Pantry to lead a statewide collaborative effort in co-designing an Equity Strategic Framework. This initiative is grounded

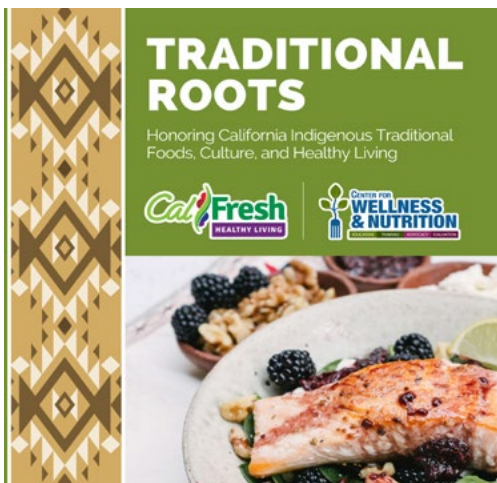
in the resources and relationships within CalFresh Healthy Living, aiming to support collective progress in attitudes, structures, and decisions needed to enhance the equitable organization and delivery of the CalFresh Healthy Living program, ensuring health equity for all Californians. The period from September 2023 to January 2024 involved comprehensive data collection and analysis to evaluate ongoing CalFresh

Healthy Living health equity initiatives, identify strengths and needs to support equity, and outline the next steps in framework development. CalFresh Healthy Living staff were invited to assist with the co-design of the Equity Strategic Framework by participating in the advisory council, the design collaborative, focus groups, one-on-one discussions, and document reviews. These groups will continue engaging in the collective design of the Equity Strategic Framework throughout FFY 2024.

Tribes and Tribal Organizations

Several CalFresh Healthy Living organizations have developed relationships with Tribal organizations over the years. In FFY 2023, the California Department of Aging began working with Planning Service Area (PSA) 2 (Siskiyou, Modoc, Shasta, Trinity, Lassen) and PSA 3 (Tehama, Plumas, Butte, Glenn, Colusa) to create a new methodology to approve Tribal sites as SNAP-Ed eligible. Tribal communities often gather in locations that are not SNAP-Ed eligible through current criteria, although Tribal members are often eligible for CalFresh benefits, so there is a need for an additional methodology to specifically meet the needs of the Tribal population.

The CalFresh Healthy Living Tribal Expansion Project was established in 2021 and is guided by a Tribal Ambassador Committee. The committee and the Public Health Institute Center for Wellness and Nutrition co-developed a cookbook for FFY 2023 that highlights healthy and culturally appropriate recipes using traditional ingredients. The CalFresh Healthy Living Tribal Expansion Project also partnered with two new organizations this year, the Toiyabe Indian Health Project and Acorns to Oak Trees. Both organizations successfully implemented culturally tailored nutrition education classes, including grocery and farm tours, community outreach, family cooking classes, and events promoting physical activity.



CalFresh Healthy Living, University of California, has partnerships with Tribal organizations in Riverside, Kings, and Imperial counties. In FFY 2023, these partnerships resulted in increased participation in nutrition and garden-enhanced education, planting and harvesting events, participation in a Traditional Foods Event, and development of a Garden Committee at one tribal site. The Garden Committee established three American with Disabilities Act-compliant raised garden beds for planting seasonal root and leafy green vegetables for use in cooking

demonstrations planned by the group. Monthly Community Wellness Committee meetings with a Riverside County tribe resulted in co-authorship of a CalFresh Healthy Living Forum poster and article describing work accomplished in the partnership.

California SNAP-Shot: Direct Education

Direct Education interventions are interactive classes that use evidence-based nutrition and physical activity curricula. State Implementing Agencies (SIAs) and Local Implementing Agencies (LIAs) conducted a total of 10,353 Direct Education interventions across 2,313 sites in the Federal Fiscal Year (FFY) 2023 as part of their CalFresh Healthy Living work.



In FFY 2023, Direct Education interventions took place in 36 different types of settings, with 42% of interventions taking place in schools (K-12, elementary, middle and high), followed by early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs) (17%), individual homes or public houses (8%), and before and after school programs (8%) (Table 2.1).

Figure 2.1 shows that almost all Direct Education interventions were conducted in person (93%), with 5% conducted virtually, and 1% a mix of online and in-person.

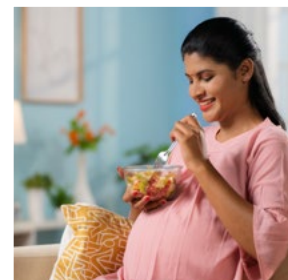
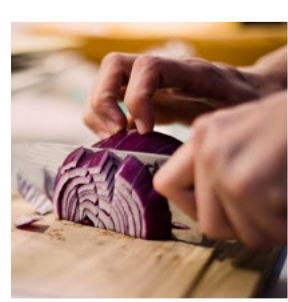


Table 2.1 Number and Percent of Direct Education Interventions by Setting

Most Frequent Direct Education Settings	Number of Interventions	Percent of Interventions
1. Schools (K-12, elementary, middle and high)	4,337	42%
2. Early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs)	1,722	17%
3. Individual homes or public houses	862	8%
4. Before and after school programs	824	8%
5. Food assistance sites, food banks, and food pantries	331	3%
6. Family resource centers	310	3%
7. Congregate meal sites and other senior nutrition centers	302	3%
8. Health care clinics and hospitals	294	3%
9. Adult education, job training, TANF, and veteran service sites	202	2%
10. Community and recreation centers	192	2%

Table 2.1 Note: Only includes the 10 most frequent Direct Education intervention settings.

Figure 2.1 Delivery Method of Direct Education Interventions ($n = 10,353$)

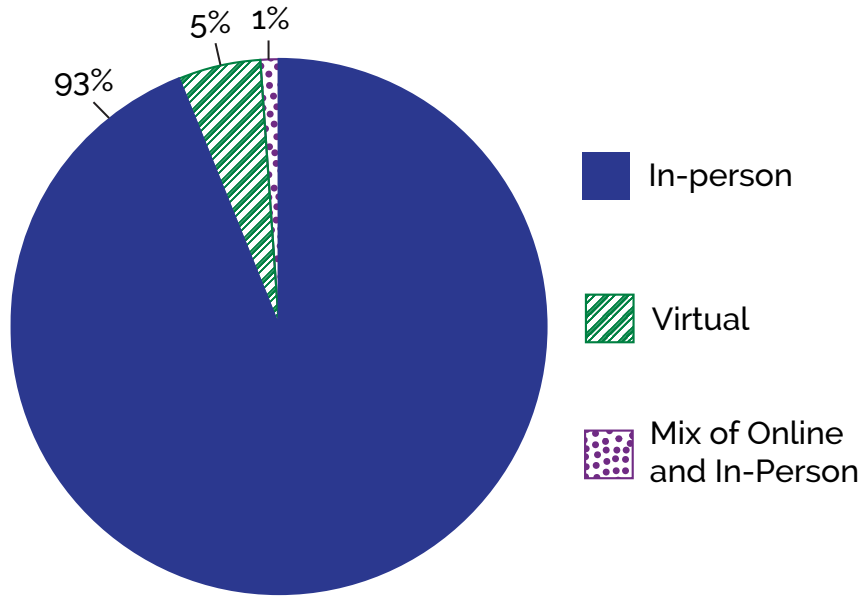
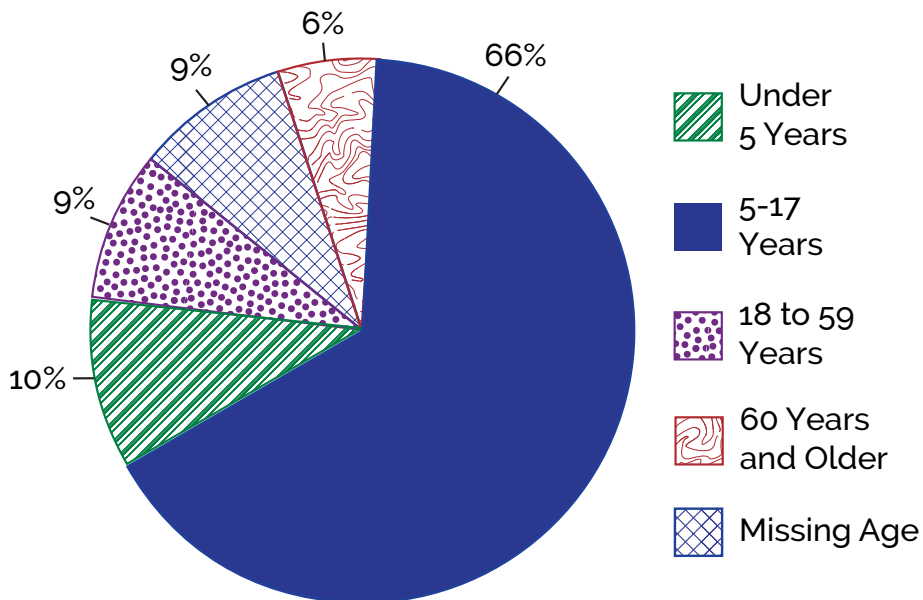


Figure 2.2 shows the reported age ranges of the 271,809 CalFresh Healthy Living Direct Education participants in FFY 2023.

Figure 2.2 Direct Education Participants' Years of Age ($n = 271,809$)



MEASURING HEALTHY BEHAVIORS

In FFY 2023, CalFresh Healthy Living measured Supplemental Nutrition Assistance Program Education (SNAP-Ed) Evaluation Framework (USDA FNS, 2016) indicators MT1, Healthy Eating; MT2, Food Resource Management; and MT3, Physical Activity & Reduced Sedentary Behavior to assess the potential effectiveness of Direct Education interventions involving adults and children. Table 2.2 describes the sub-indicators and shows whether the indicator was measured for adults and children.

Table 2.2 SNAP-Ed Evaluation Framework Indicators Reported for FFY 2023.

SNAP-Ed Indicators	Adults	Children
MT1 – Healthy Eating		
MT1c. Ate more than one kind of fruit	X	X
MT1d. Ate more than one kind of vegetable	X	X
MT1h. Drinking fewer sugar-sweetened beverages	X	X
MT1l. Cups of (or number of times) fruit consumed per day	X	X
MT1m. Cups of (or number of times) vegetables consumed per day	X	X
MT2 – Food Resource Management		
MT2b. Read nutrition facts labels or nutrition ingredients lists	X	
MT2g. Not run out of food before month's end	X	
MT3 – Physical Activity and Reduced Sedentary Behavior		
MT3a. Physical activity and leisure sport	X	
MT3b. Physical activity when you breathed harder than normal (moderate-vigorous physical activity)		X
MT3c. Physical activity to make your muscles stronger	X	

Direct Education Surveys

Pre- and post-program surveys were used in the outcome evaluation of Direct Nutrition Education. The Food Behavior Checklist (FBC) was used to collect data from adults and the Eating and Activity Tool for Students (EATS) was used to collect data from children. While SIAs may have established different criteria for their evaluations, for the state-wide evaluation, only nutrition education interventions with at least four sessions delivered over 4 or more weeks were included. The pre-program survey is usually conducted at the first nutrition education session of a series and the post-program survey at the last session. Pre- and post-program responses to the survey questions were matched using unique participant Identification numbers. The matched data were analyzed for changes in self-reported healthy behavior indicators of the SNAP-Ed Evaluation Framework.

Indicators were analyzed for changes between pre- and post-program measurements using methods for paired data, including Wilcoxon signed rank test for ordinal, non-parametric data, paired t-test for continuous measurements, and McNemar's test for agreement for categorical variables with only two categories. A significance level of 0.05 was considered statistically significant. Notes under each figure indicate the statistical test used and the significant level recorded. Outcomes were only examined if the curricula covered the topics associated with the SNAP-Ed indicator. Sample sizes for each outcome are indicated under the figures.

Adult Direct Education Results



Adult Direct Education participants reported statistically significant changes in all indicators covered by the curricula used in the Direct Education lessons. While the magnitude of changes was mostly small, participants showed improvement in adopting health-enhancing behaviors and household food insecurity state-wide.

Consumption of fruit, vegetables, and sugar-sweetened beverages were measured for adults along with physical activity and food resource management outcomes. Not all curricula covered all topic areas. Data were only included in the analysis for participants of curricula that included the outcome topic, as shown in the crosswalk in Table 2.3.

Table 2.3. Topic Areas Covered by FFY 2023 Adult Direct Education Curricula.

Curriculum Title	Fruit	Vegetables	Sugar-Sweetened Beverages	Using Nutrition Facts Label	Run Out of Food Before End of Month	Physical Activity
Sample Size by Topic	2,889	2,889	2,695	2,226	2,367	3,443
Around the Table	X	X				
Around the Table: Nourishing Families	X	X				
Bingocize®						X
Cooking for Health Academy	X	X				
Cooking Matters (national)	X	X	X	X	X	X
Create Better Health	X	X	X	X	X	X
Eat Healthy, Be Active Community Workshops	X	X	X	X	X	X
Eat Smart, Live Strong	X	X			X	X
Eating Smart, Being Active	X	X	X	X	X	X

Curriculum Title	Fruit	Vegetables	Sugar-Sweetened Beverages	Using Nutrition Facts Label	Run Out of Food Before End of Month	Physical Activity
Everybody Loves Line Dancing	X	X	X			X
Food Smarts for Adults	X	X	X	X	X	X
Healthy Eating and Active Living (HEAL) Toolkit for Community Educators	X	X	X			X
Matter of Balance (MOB)						X
MyPlate for My Family Education Toolkit	X	X	X	X	X	X
Nutrition 5 Class Series	X	X	X	X	X	
Plan, Shop, Save and Cook	X	X		X	X	
Staying Healthy Through Education and Prevention						X
Tai Chi for Arthritis						X

Curriculum Title	Fruit	Vegetables	Sugar-Sweetened Beverages	Using Nutrition Facts Label	Run Out of Food Before End of Month	Physical Activity
Tai Chi: Moving for Better Balance (a.k.a. Tai Ji Quan)						X
UCCE Connects to You!	X	X	X	X	X	X
Walk with Ease						X
Young at Heart						X



MT1c. Ate more than one kind of fruit.

A significant increase was found in how often adults reported consuming more than one kind of fruit each day ($p < 0.001$) (Figure 2.3).

Figure 2.3 "Do you eat more than one kind of fruit each day?"

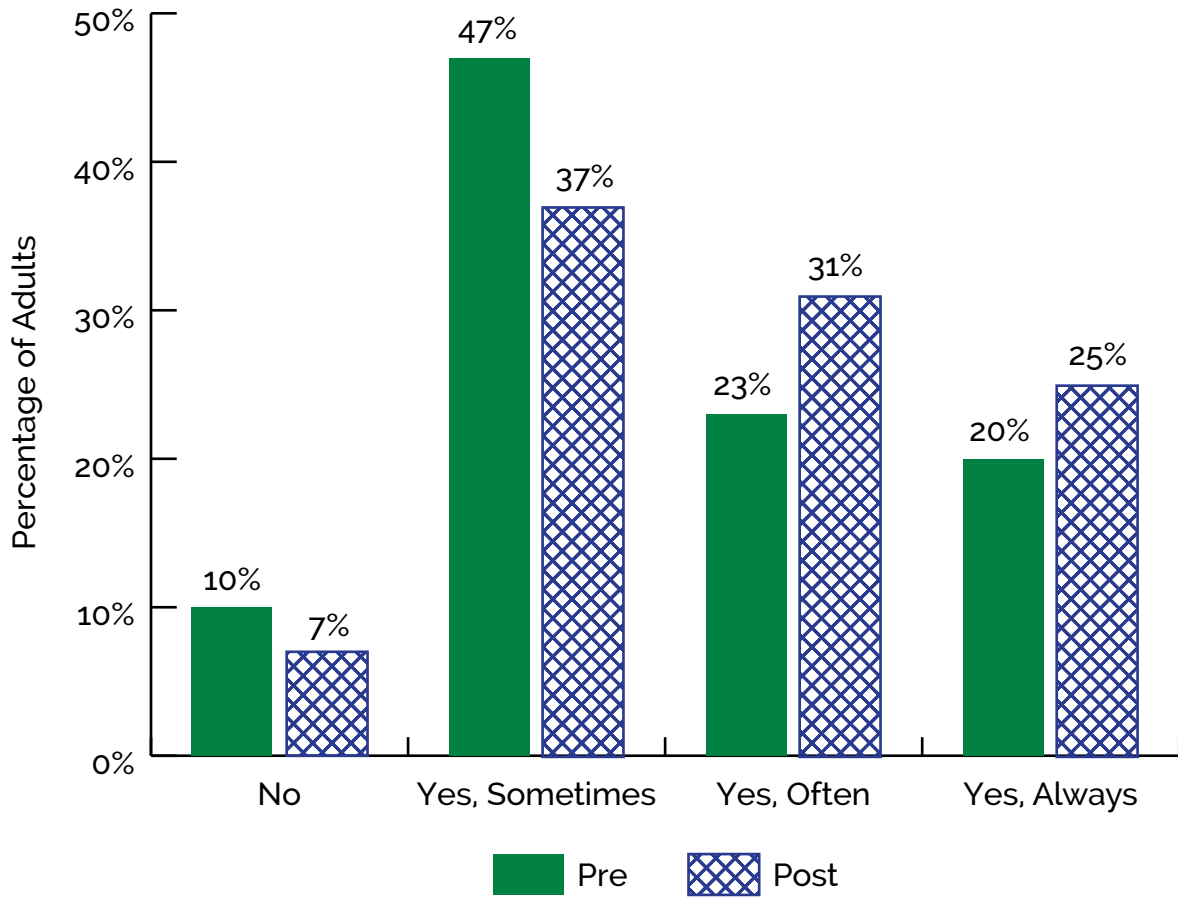


Figure 2.3 Note: Wilcoxon signed-rank test ($n = 2,818$, $z = -13.2$, $p < 0.001$, $r = 0.25$).

MT1L. Cups of fruit consumed per day.

As depicted in Figure 2.4, participants reported a significantly increased intake of $\frac{1}{4}$ cup of fruit per day, from an average of 1.26 cups to 1.52 cups. ($p < 0.001$). The percentage of adults who reported consuming two or more cups of fruit increased from 26% in the pre-test to 40% in the post-test.

Figure 2.4 "Fruit: How much do you eat each day?"

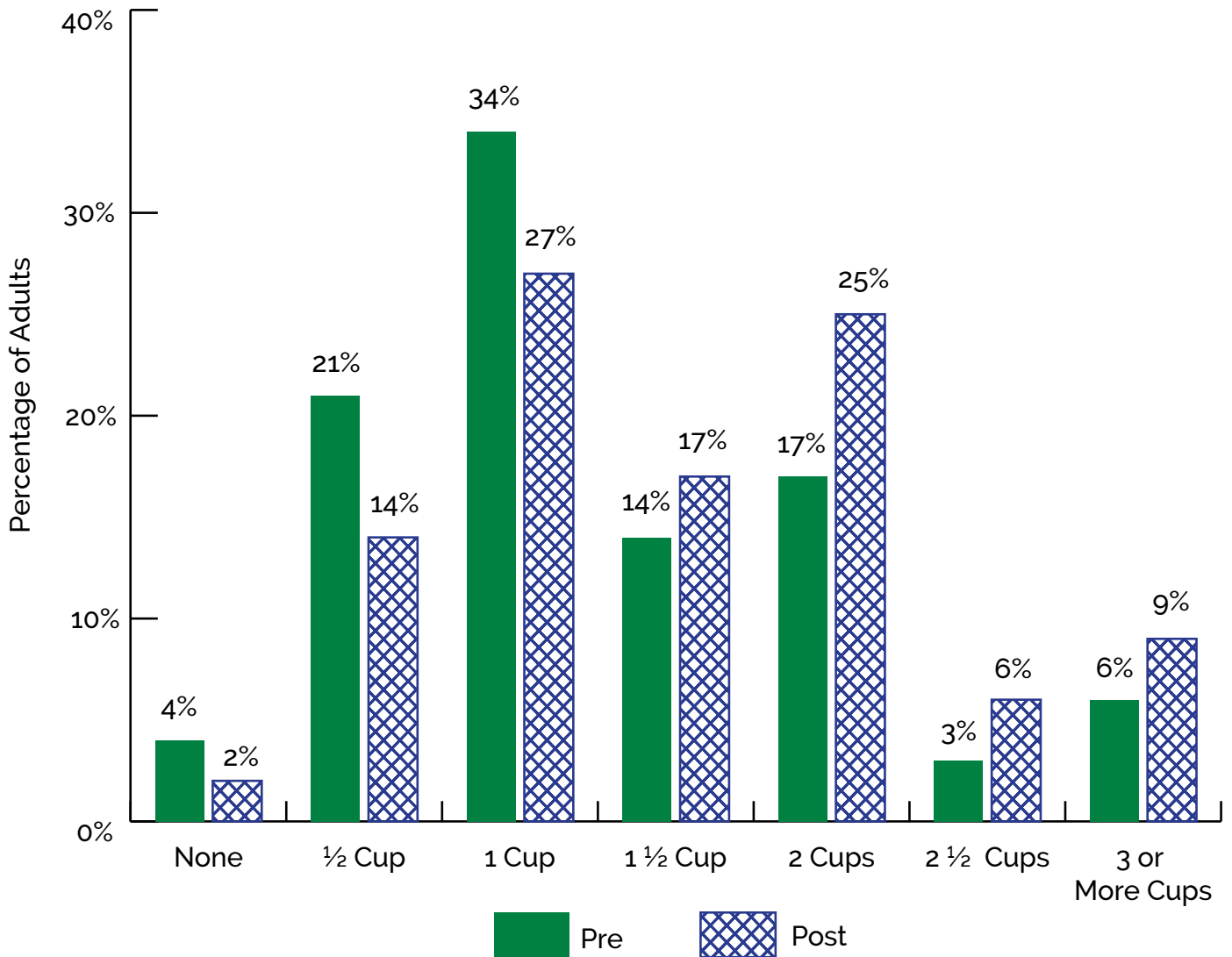


Figure 2.4 Note: Paired-samples *t*-test, $n = 2,811$, pre-test ($M = 1.26$, $SD = 0.74$) post-test ($M = 1.52$, $SD = 0.76$; $t(2,810) = 20.16$, $p < 0.001$, $d = 0.38$).

MT1d. Ate more than one kind of vegetable.

A significant increase was found in how often adults reported consuming more than one kind of vegetable each day. Participants reporting that they often or always eat more than one kind of vegetable increased from 50% to 63% from pre- to post-survey. (Figure 2.5).

Figure 2.5 "Do you eat more than one kind of vegetable each day?"

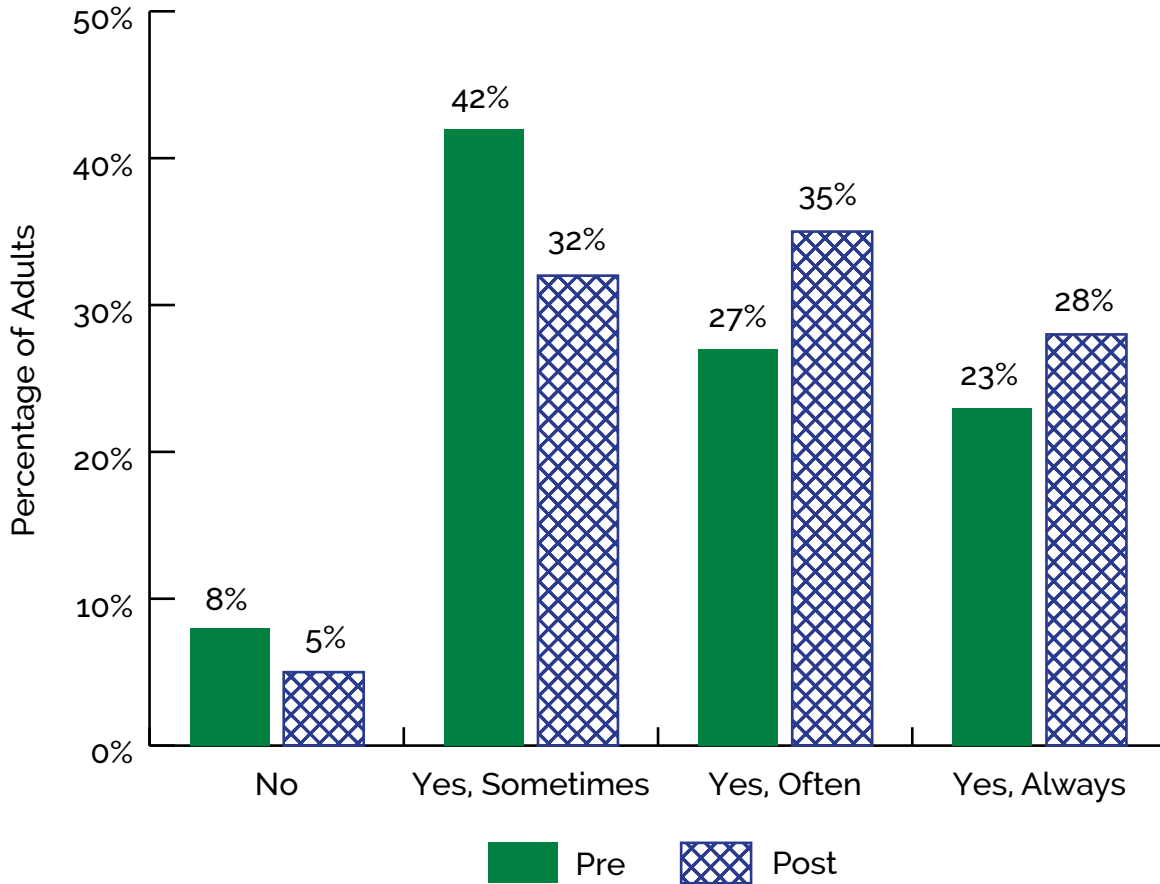


Figure 2.5 Note: Wilcoxon signed-rank test ($n = 2,821$, $z = -13.6$, $p < 0.001$, $r = 0.26$).

MT1m. Cups of vegetables consumed per day.

As shown in Figure 2.6, participants reported a significant increase of ¼ cup of vegetables consumed each day after CalFresh Healthy Living nutrition education, from an average of 1.39 cups to 1.65 cups ($p < 0.001$). The percentage of participants consuming two or more cups per day increased from 26% to 40% from pre- to post-survey.

Figure 2.6 "Vegetables: How much do you eat each day?"

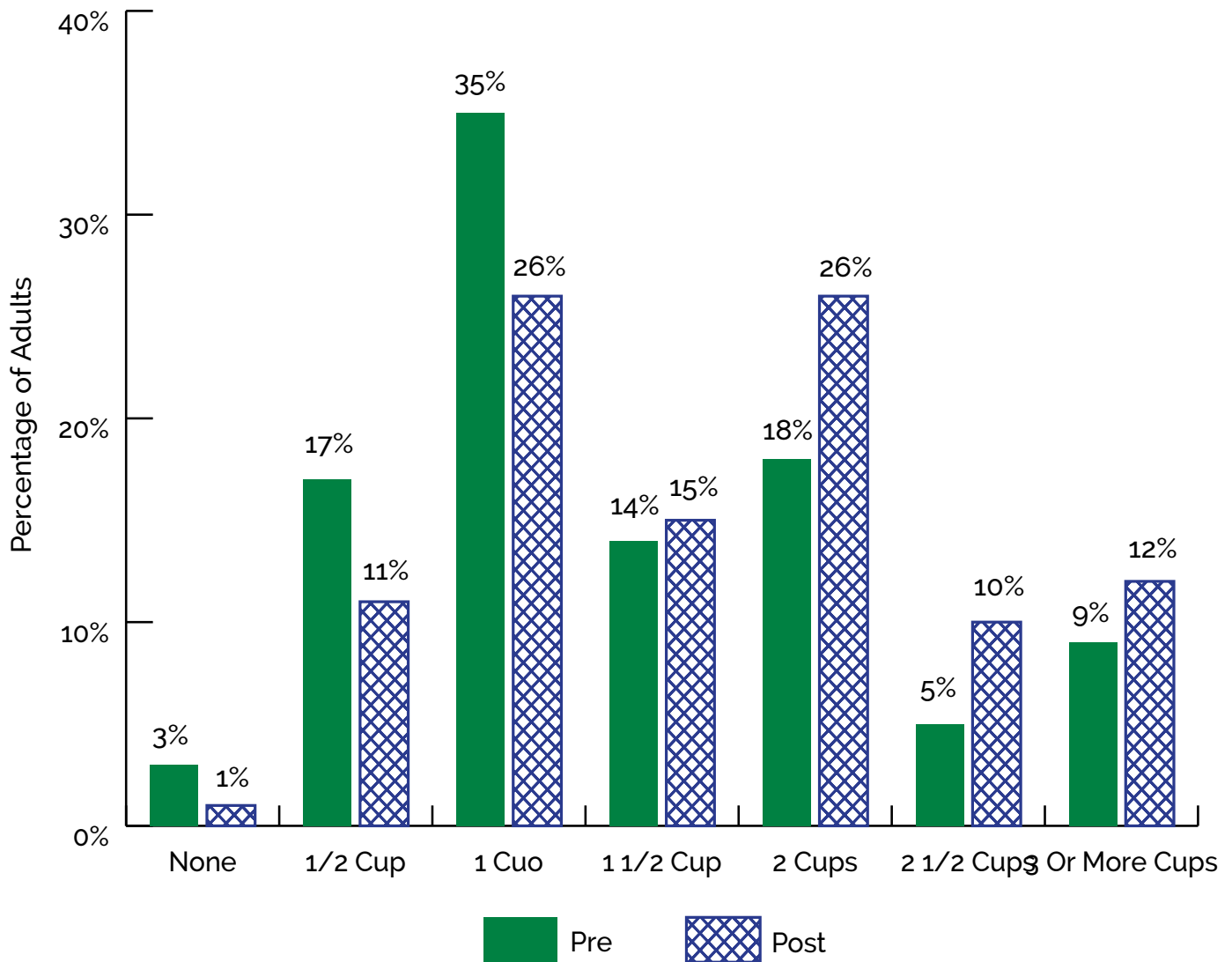


Figure 2.6 Note: Paired-samples t -test, $n = 2,819$, pre-test ($M = 1.39$, $SD = 0.77$) post-test ($M = 1.65$, $SD = 0.78$; $t(2,818) = 19.72$, $p < 0.001$, $d = 0.37$).

MT1h. Drinking fewer sugar-sweetened beverages (SSBs).

To assess consumption of sugar-sweetened beverages (SSBs), participants were asked how often they drank fruit drinks, sports drinks, or punch and how often they drank regular soda. There was a significant decrease in the frequency of consuming SSBs from the pre- to post-survey (Figures 2.7 and 2.8). The percentage of participants not drinking SSBs increased 8-10 percentage points after participating in the CalFresh Healthy Living nutrition education.

Figure 2.7 "Do you drink fruit drinks, sports drinks, or punch?"

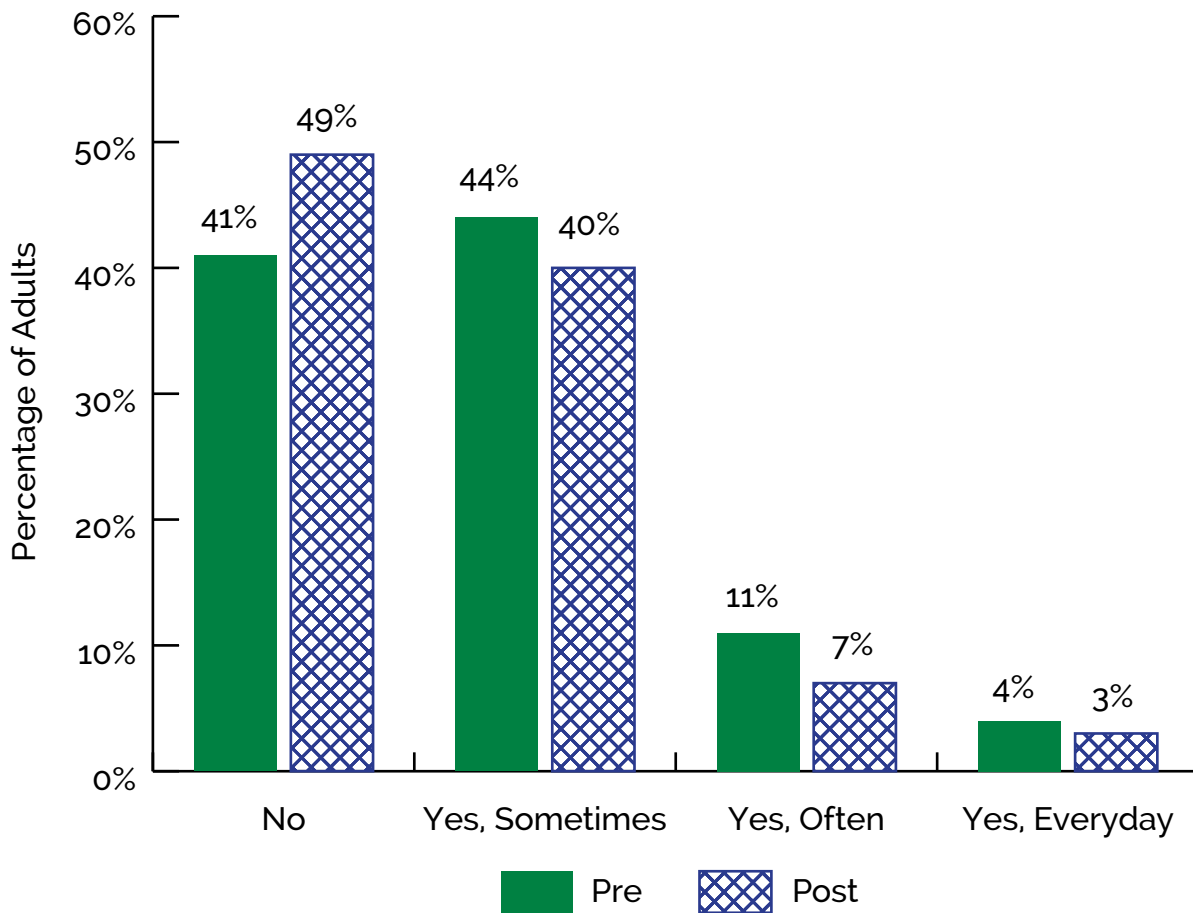


Figure 2.7 Note: Wilcoxon signed-rank test ($n = 2,639$, $z = -8.98$, $p < 0.001$, $r = 0.17$).

Figure 2.8 "Do you drink regular soda?"

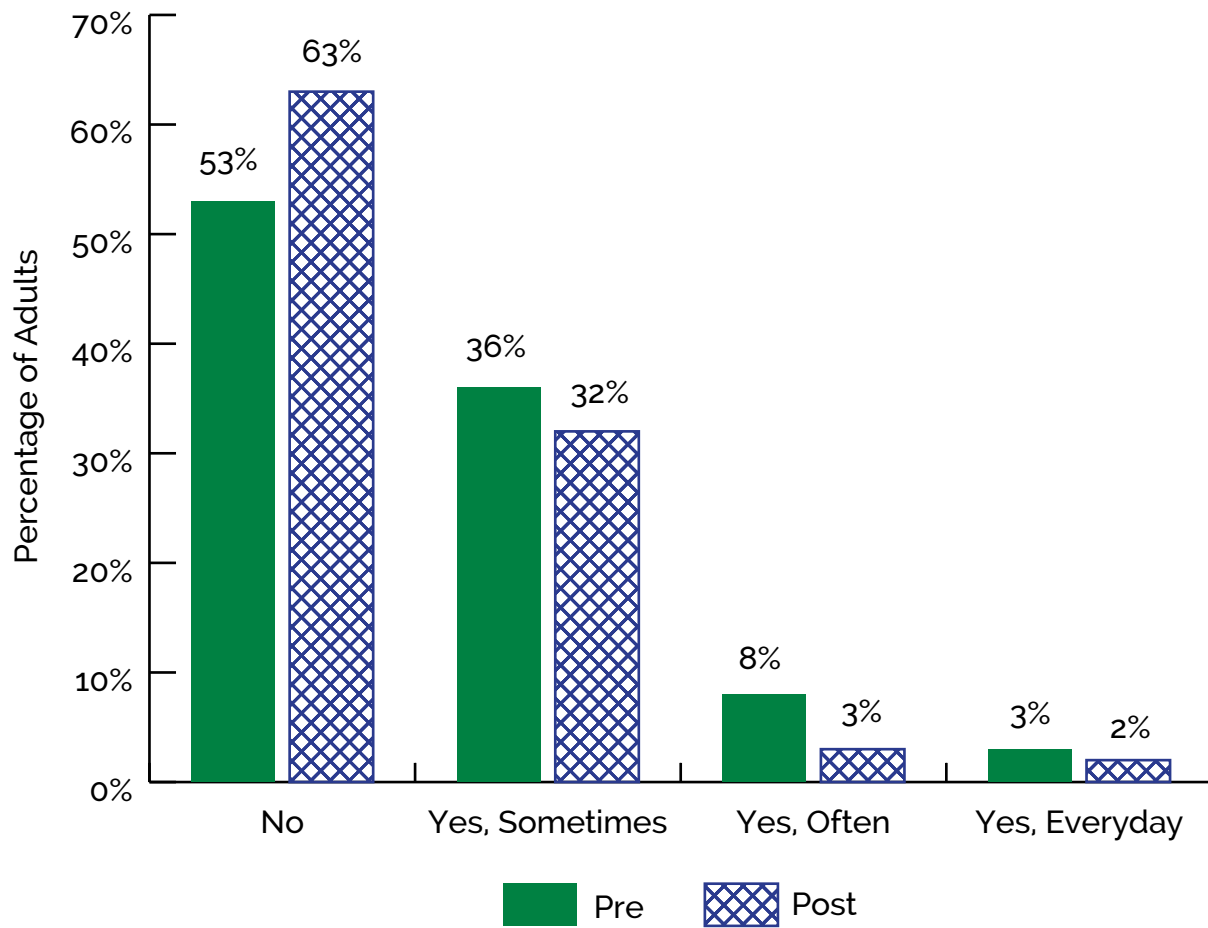


Figure 2.8 Note: Wilcoxon signed-rank test ($n = 2,644$, $z = -12.71$, $p < 0.001$, $r = 0.25$).



MT2b. Read nutrition facts labels or nutrition ingredient lists.

There was a significant increase in how often adults reported that they read the nutrition fact labels when shopping for food, with an 18% increase in participants using labels often or always pre- to post-survey (Figure 2.9).

Figure 2.9 "Do you use this label [nutrition facts or ingredients] when food shopping?"

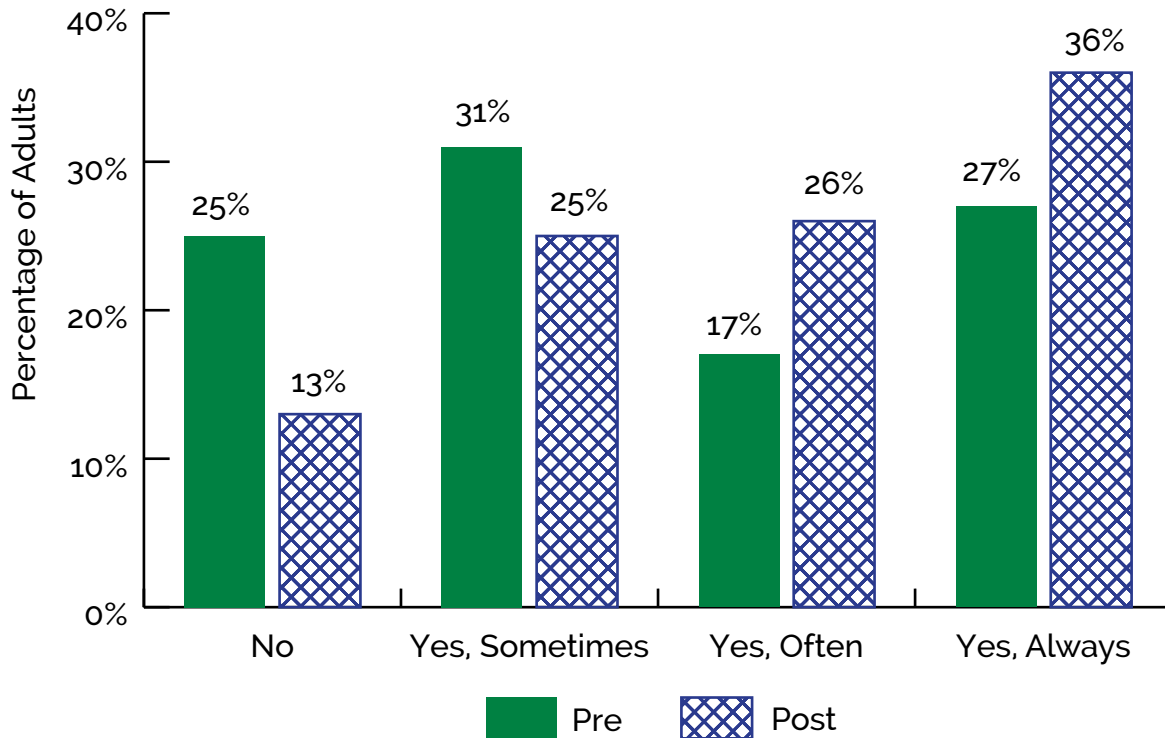


Figure 2.9 Note: Wilcoxon signed-rank test ($n = 2,196$, $z = -17.15$, $p < 0.001$, $r = 0.37$).



MT2g. Not running out of food before month's end.

Food security was assessed by asking whether participants ran out of food before the end of the month. A significant decrease was shown in how often adults reported that they ran out of food before the end of the month. There was a 6% increase in the percentage of adults reporting that they do not run out of food before the end of the month pre- to post-survey. (Figure 2.10).

Figure 2.10 "Do you run out of food before the end of the month?"

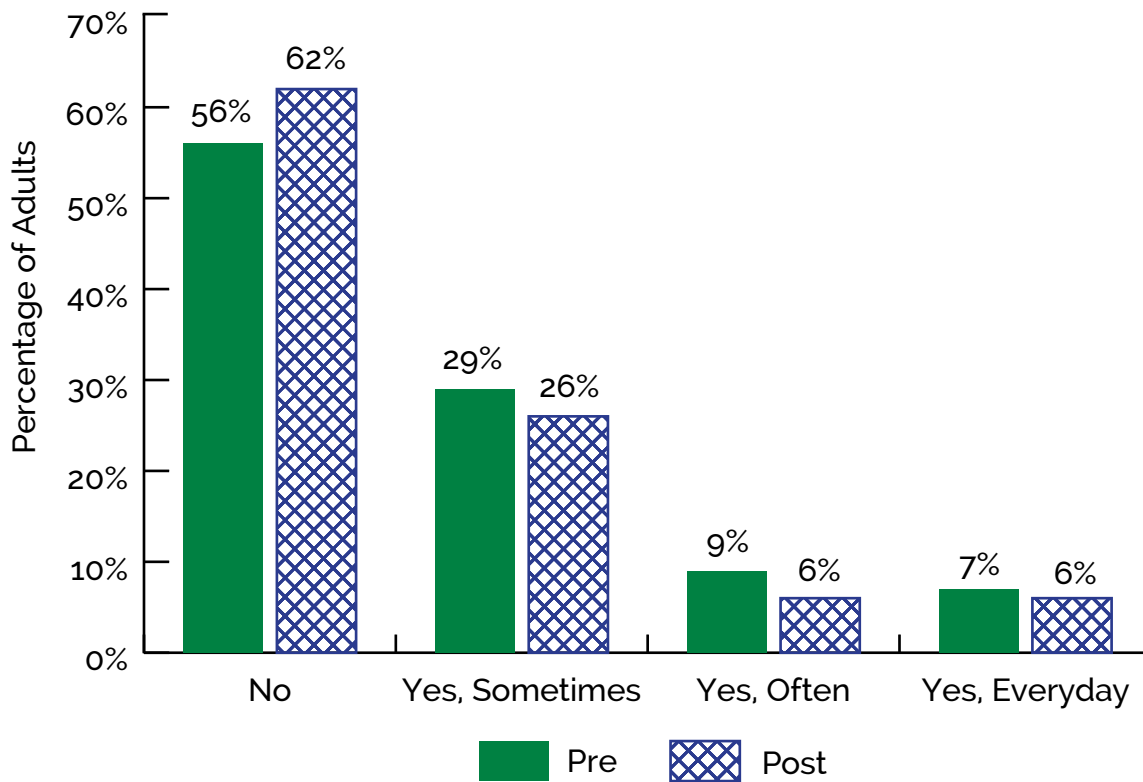


Figure 2.10 Note: Wilcoxon signed-rank test ($n = 2,339$, $z = -6.26$, $p < 0.001$, $r = 0.13$).

MT3a. Physical activity and reduced sedentary behavior

There was a significant increase in the number of respondents who reported an increase in the number of days in the week they engaged in physical activity lasting at least 30 minutes. The average number of days participants engaged in physical activity increased from 3.37 to 3.83 days (Figure 2.11). The number of days participants engaged in physical activity to build and strengthen their muscles increased significantly with the average number of days increasing from 1.87 days pre-program to 2.40 days post-program. (Figure 2.12). Participants were asked how often they made small changes on purpose to be more physically active. The frequency at which participants made small changes to be more physically active increased significantly from pre- to post-survey. (Figure 2.13)

Figure 2.11 "In the past week, how many days did you exercise for at least 30 minutes?"

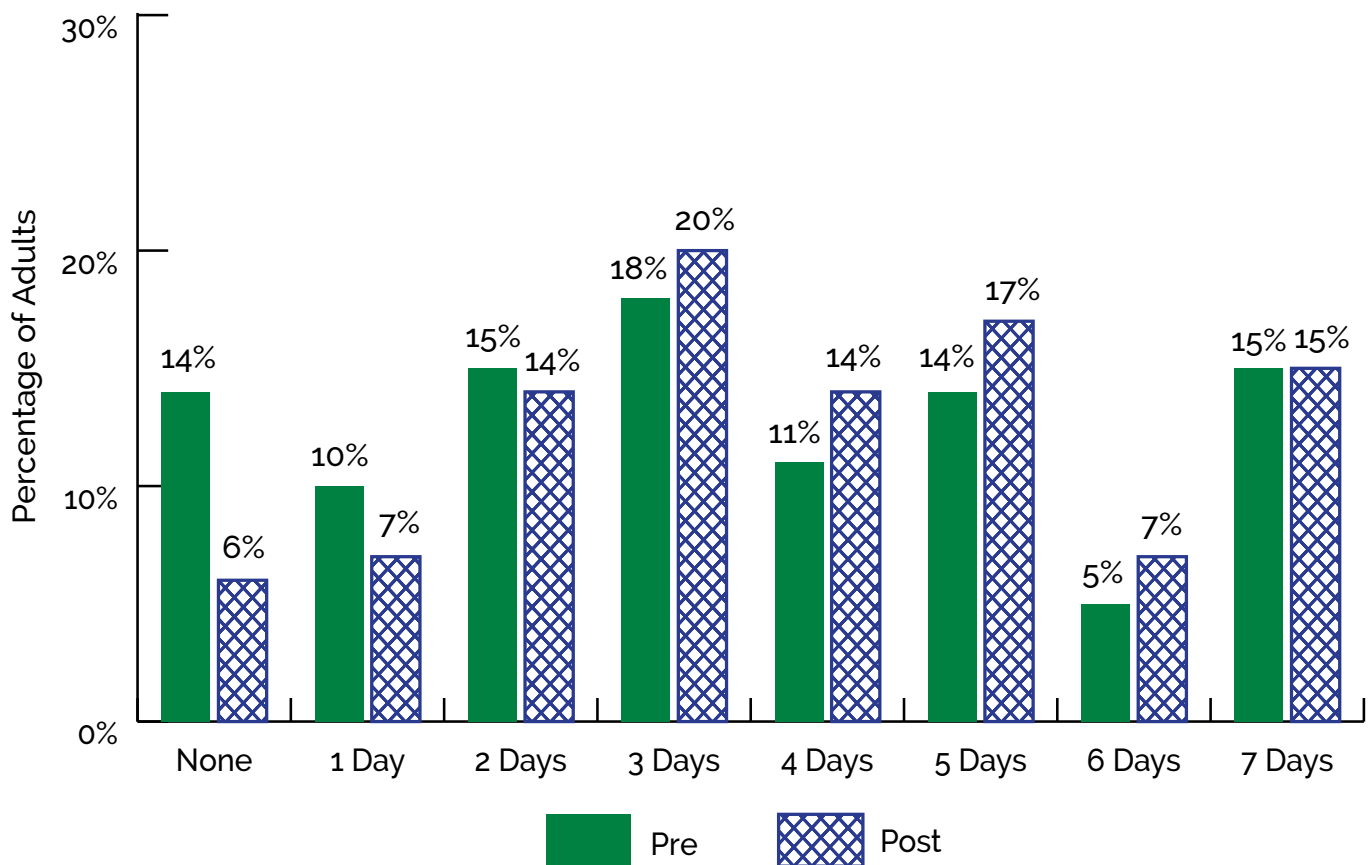


Figure 2.11 Note: Paired-samples *t*-test $n = 2,645$, pre-test ($M = 3.37$, $SD = 2.25$) post-test ($M = 3.83$, $SD = 2.01$; $t(2,645) = -13.17$, $p < 0.001$, $d = 0.26$).

Figure 2.12 "In the past week, how many days did you do workouts to build and strengthen your muscles?"

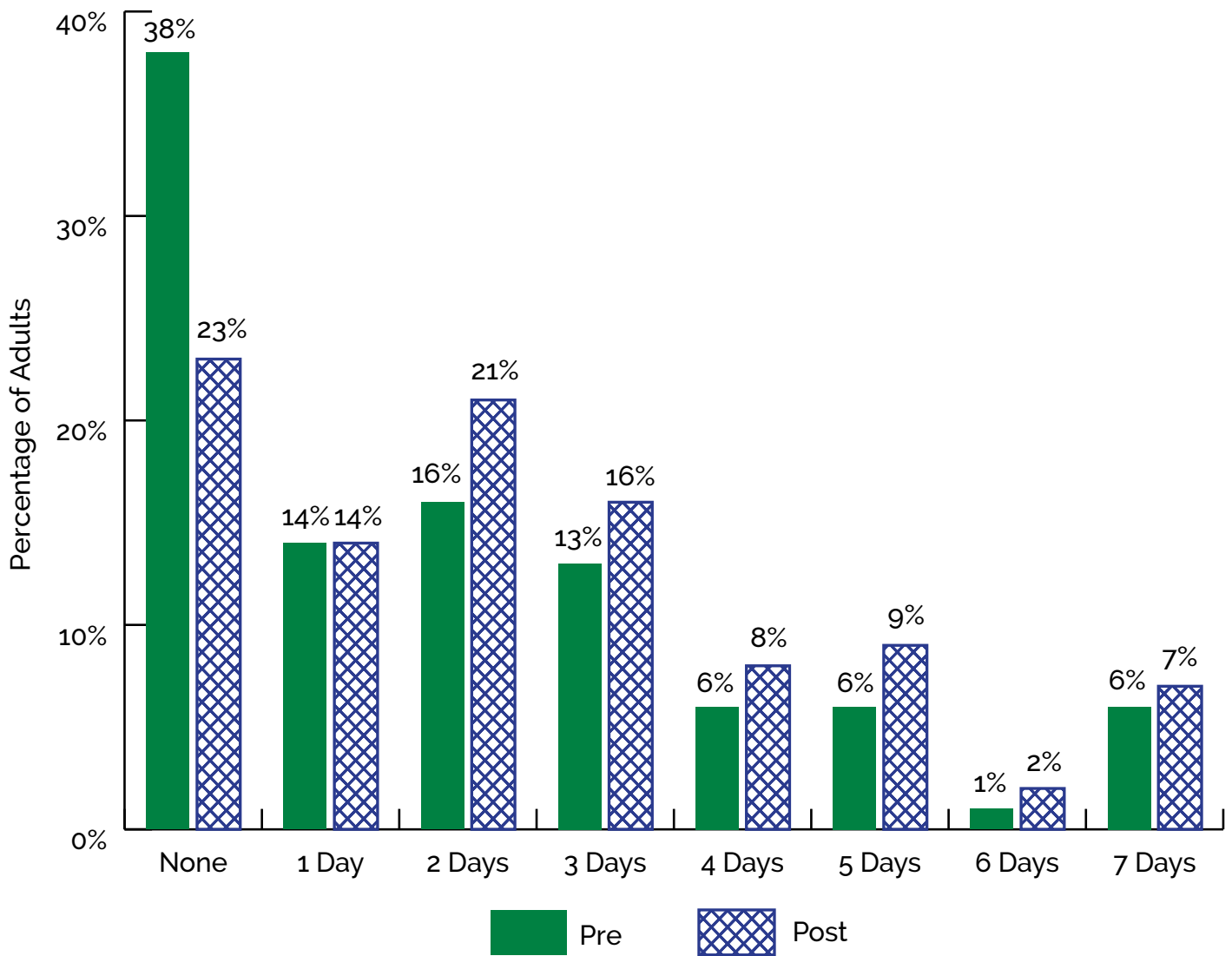


Figure 2.12 Note: Paired-sample *t*-test, $n = 2,632$, pre-test ($M = 1.87$, $SD = 2.05$) post-test ($M = 2.40$, $SD = 2.04$; $t(2,631) = -14.8$, $p < 0.001$, $d = 0.29$).

Figure 2.13 "How often do you make small changes on purpose to be more active?"

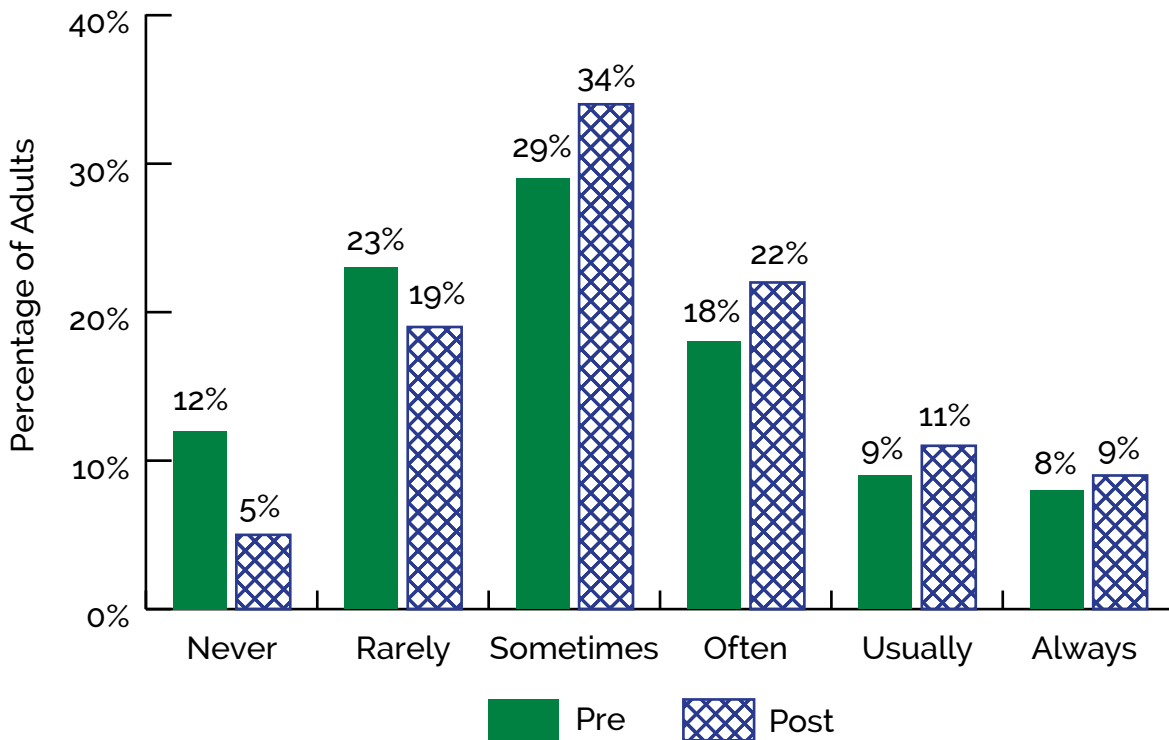


Figure 2.13 Note: Wilcoxon signed-rank test ($n = 2,562$, $z = -11.84$, $p < 0.001$, $r = 0.23$).

Child Direct Education Results

Consumption of fruit, vegetables, and sugar-sweetened beverages were measured for children along with physical activity. Data were only included for children in grades 4 through 12 and analyses were only conducted for curricula that included the outcome topic as shown in the crosswalk in Table 2.4. For many school-based interventions, assessments occur at the beginning and end of the school year. Throughout the year, students are exposed to Direct Education efforts along with Policy, Systems, and Environmental change (PSE) activities and potentially other non-SNAP-Ed nutrition or physical activity programs, therefore it is important to note that results may be the result of multiple interventions.

Direct Education participants reported significant improvement in healthy eating and physical activity behaviors. Behaviors such as the consumption of fruits and vegetables increased while sugar-sweetened beverage consumption among participants decreased.

Table 2.4. Topic Areas Covered by FFY 2023 Child Direct Education Curricula.

Curriculum Title	Fruit	Vegetables	Sugar-Sweetened Beverages	Physical Activity
Sample Size by Topic	3,838	3,838	1,114	3,361
4-H Cooking 101 (4-6)	X	X		
Around the Table: Nourishing Families	X	X		
CATCH (3-5) - Activity Box	X	X		X
CATCH (K -5) - Nutrition Curricula	X	X		X
CATCH (K-5) - Kids Club Manual and Activity Box				X
Cooking For Health Academy	X	X		
Cooking Up Healthy Choices (4-6)	X	X		X
Dig In! (5-6)	X	X		
Discovering Healthy Choices (4-6)	X	X		X
EatFit (6-8)	X	X	X	X
Food Smarts for Kids	X	X	X	X
Harvest of the Month (HOTM) Curriculum (4-6) (rev. 2018)	X	X		X
High School Lesson Plans and Presentations (Drexel)	X	X	X	X
Learn! Grow! Eat! Go! (2-5)	X	X		X

Curriculum Title	Fruit	Vegetables	Sugar-Sweetened Beverages	Physical Activity
Nutrition Pathfinders (4-6)	X	X		X
Power Play! Community Youth Organization Idea and Resource Kit (CYO Kit)	X	X		X
Power Play! School Idea and Resource Kit (SIRK) (Campaign Resources) (4-5)	X	X		X
Serving Up MyPlate: A Yummy Curriculum (1-6)	X	X	X	X
TWIGS: Teams With Inter-Generational Support (K-8)	X	X		
YPAR Stepping Stone Curriculum			X	
Common Threads: Small Bytes Program (grades pre-K - 8)	X	X		
Up4It! - Level 1 (4-5)	X	X	X	X
Up4It! - Level 2 (5-6)	X	X	X	X



MT1L. Cups of fruit consumed per day.

To measure fruit consumption, children were asked how many times they ate fruit the previous day as a proxy for cups per day. As depicted in Figure 2.14, fruit consumption was fairly similar pre- and post-survey, however, there was a significant increase in the number of times children reported consuming fruit each day, on average from a mean of 1.73 times to 1.82 times ($p = 0.001$).

Figure 2.14 "Yesterday, did you eat any fruit?"

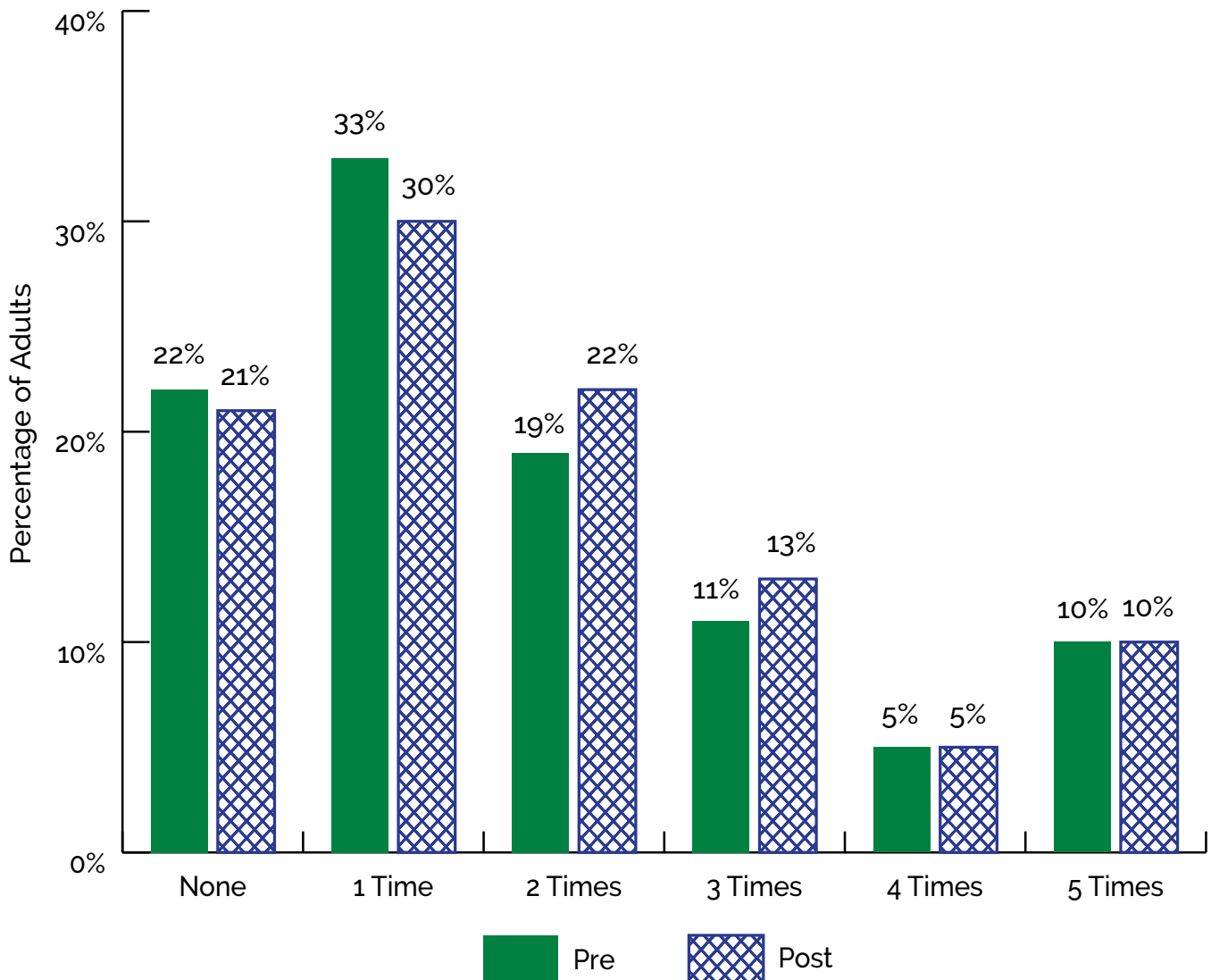


Figure 2.14 Note: Paired-samples t -test, $n = 3,789$, pre-test ($M = 1.73$, $SD = 1.53$) post-test ($M = 1.82$, $SD = 1.53$; $t(3,788) = -3.28$, $p = 0.001$, $d = 0.05$).

MT1m. Cups of vegetables consumed per day.

The number of times children ate vegetables was estimated using the combined responses from five different questions assessing the number of times different types of vegetables (i.e., starchy vegetables, orange vegetables, salads and green vegetables, other vegetables, and beans) were consumed the previous day. This was an indirect measure of the number of cups of vegetables consumed by children. There was a significant increase in the number of times vegetables were consumed the previous day. The average daily vegetable consumption increased from 2.93 times in the pre-survey to 3.29 times in the post-survey ($p < 0.001$).

Figure 2.15 Number of Times Eating Vegetables Per Day, Combined Variable.

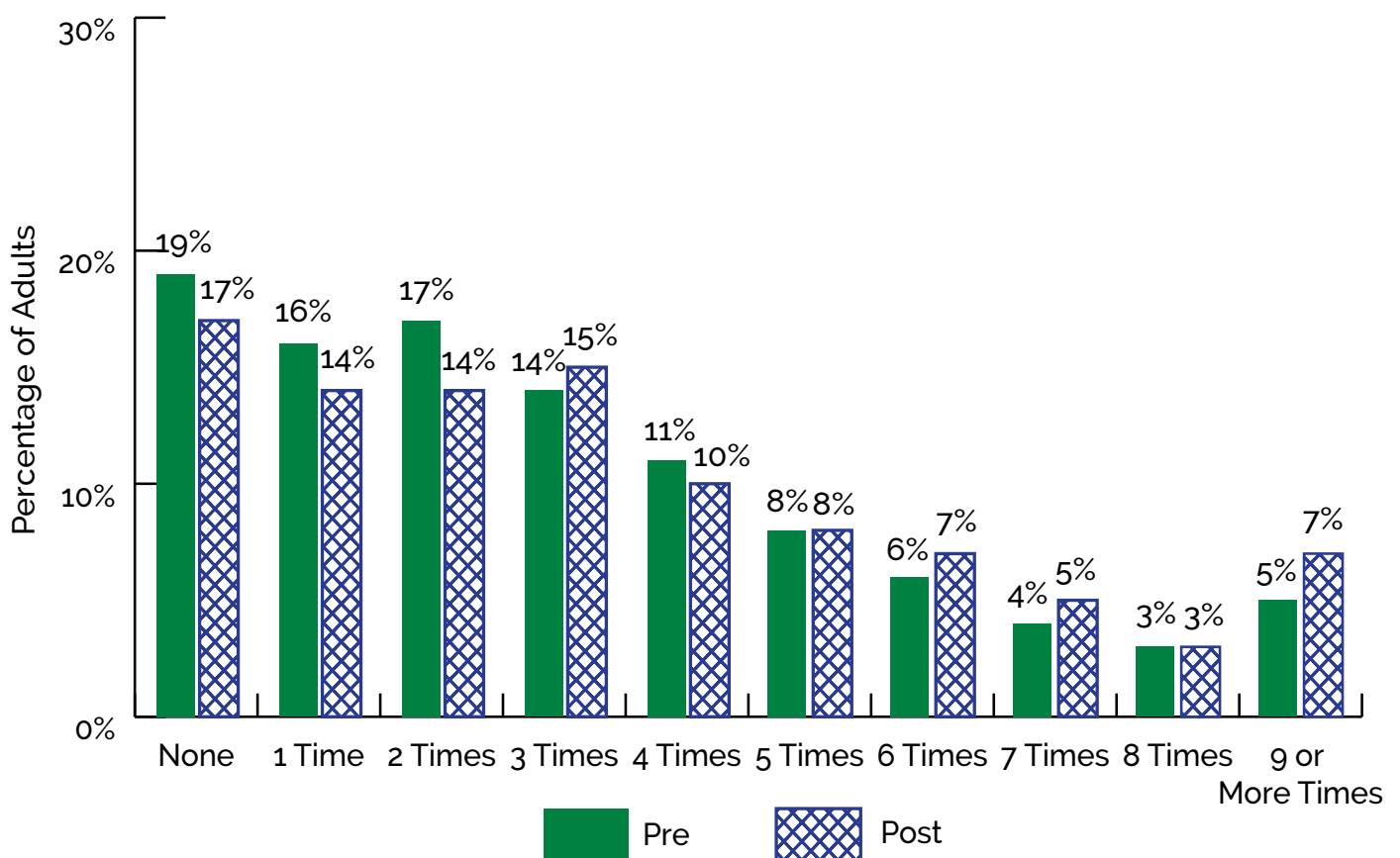


Figure 2.15 Note: Vegetable consumption was the sum of how often children ate any of the following: starchy vegetables, orange vegetables, salads and green vegetables, other vegetables, and beans. Paired-samples t -test, $n = 3,816$, pre-test ($M = 2.93$, $SD = 2.52$) post-test ($M = 3.29$, $SD = 2.68$; $t(3,815) = 8.04$, $p < 0.001$, $d = 0.13$).

MT1d. Ate more than one kind of vegetable.

Consumption of more than one vegetable was based on reporting eating vegetables from at least two categories (i.e., starchy vegetables, orange vegetables, salads and green vegetables, other vegetables, and beans). As shown in Figure 2.16, There was a small but significant increase in the percentage (4%) of children reporting eating more than one kind of vegetable the previous day from pre- to post-survey, ($p < 0.001$).

Figure 2.16 Ate more than one kind of vegetable the previous day.

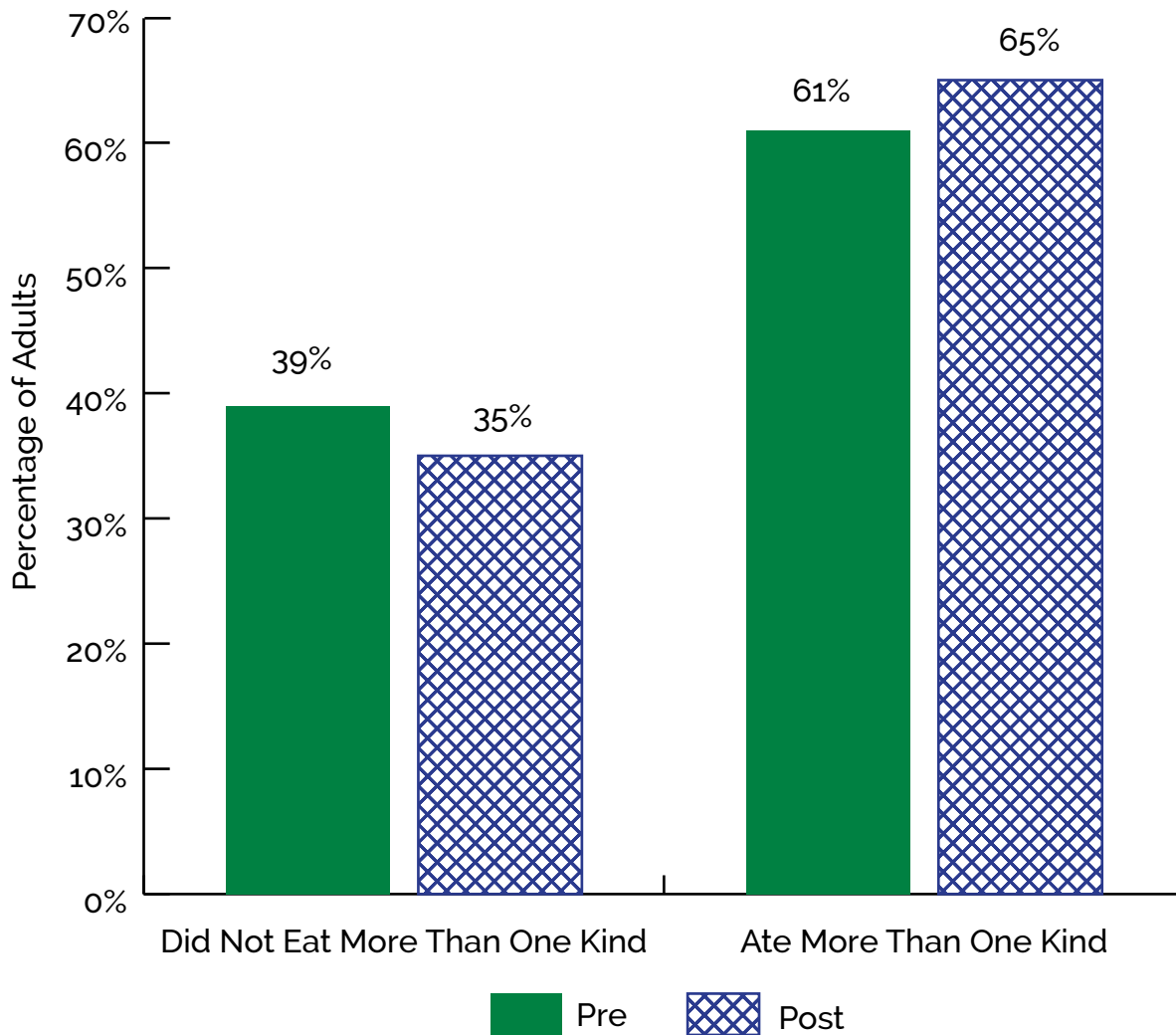


Figure 2.16 Note: Five questions about consumption were used to determine if children ate more than one kind of vegetable: starchy vegetables, orange vegetables, salads and green vegetables, other vegetables, and beans. McNemar's test, ($n = 3,816$, $X^2(1) = 24.19$, $p < 0.001$, $g = 0.13$).

MT1h. Drinking fewer sugar-sweetened beverages.

Six questions measured the consumption of sugar-sweetened beverages the previous day, including fruit drinks, sports drinks, regular soda, energy drinks, sweetened coffee or tea, and flavored milk. The combined number of SSBs was calculated by adding together all of the categories (Figure 2.17). There was a small but significant reduction in the mean daily frequency of total times drinking SSBs from 2.68 to 2.31, ($p < 0.001$). Additionally, the percentage of children meeting guidelines for SSB consumption (1 or fewer per day), decreased significantly, pre- to post-survey, from 37% to 46%, ($p < 0.001$). Water consumption did not change significantly pre – to post-survey, with over 60% of children reporting drinking water three or more times the previous day.

Figure 2.17 Total number of sugar sweetened beverages consumed the previous day.

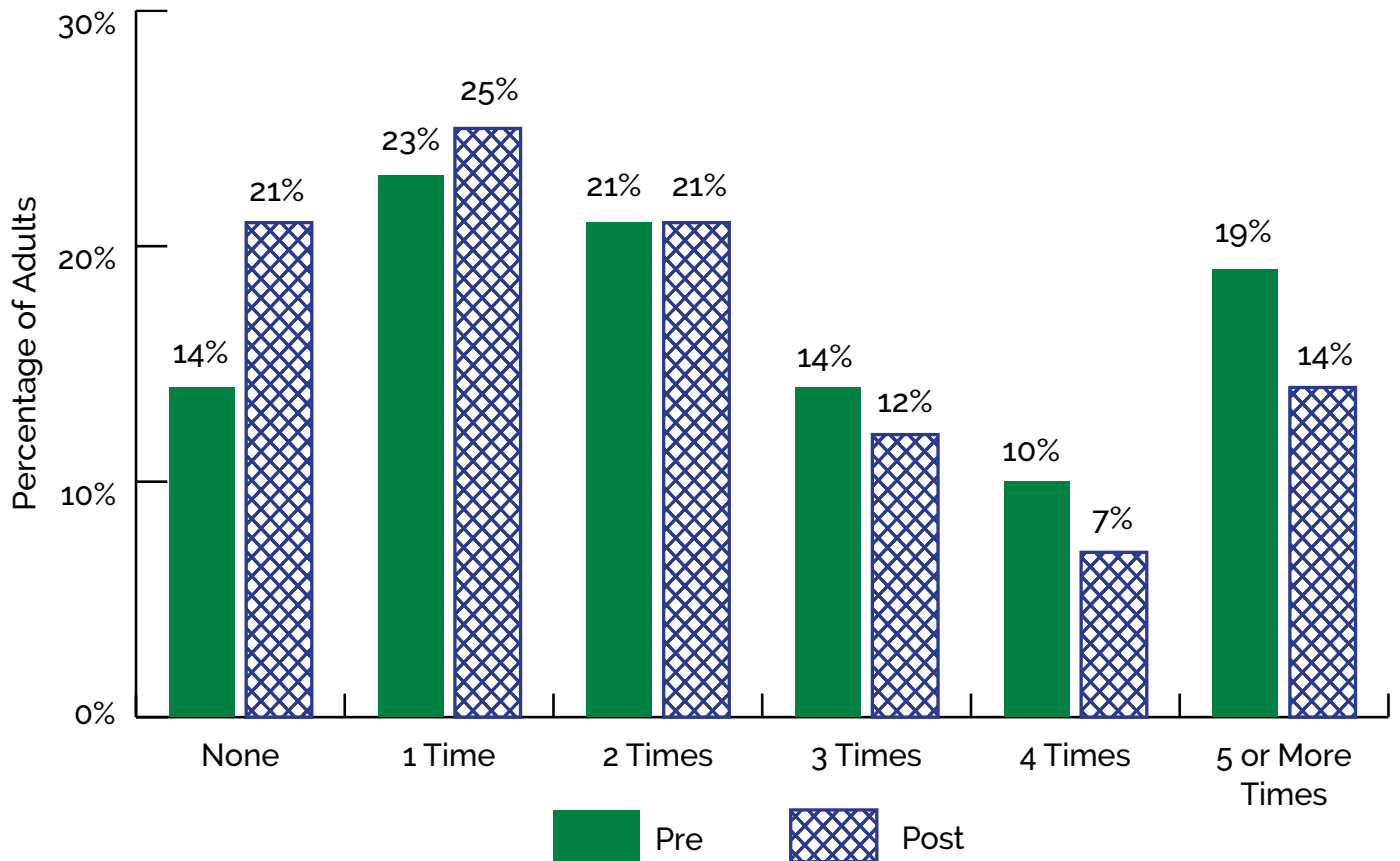


Figure 2.17 Note: Sugar-sweetened beverage was the frequency of the following beverages combined: fruit drinks, sports drinks, regular soda, energy drinks, sweetened coffee or tea, and flavored milk. Paired-samples t -test, $n = 1,110$, pre-test ($M = 2.68$, $SD = 2.38$) post-test ($M = 2.31$ $SD = 2.36$; $t(1,109) = 4.87$, $p < 0.001$, $d = 0.15$).

MT3. Physical activity and Reduced Sedentary Behavior

There was a significant increase in the number of days per week children reported being physically active for at least 60 minutes pre- to post-survey (mean of 3.99 days to 4.46 days, $p < 0.001$). There was an 8% increase in the percentage of children reporting being active for at least five days per week (Figure 2.18).

Figure 2.18 "Last week, on how many days were you physically active for a total of at least 60 minutes (1 hour) per day?"

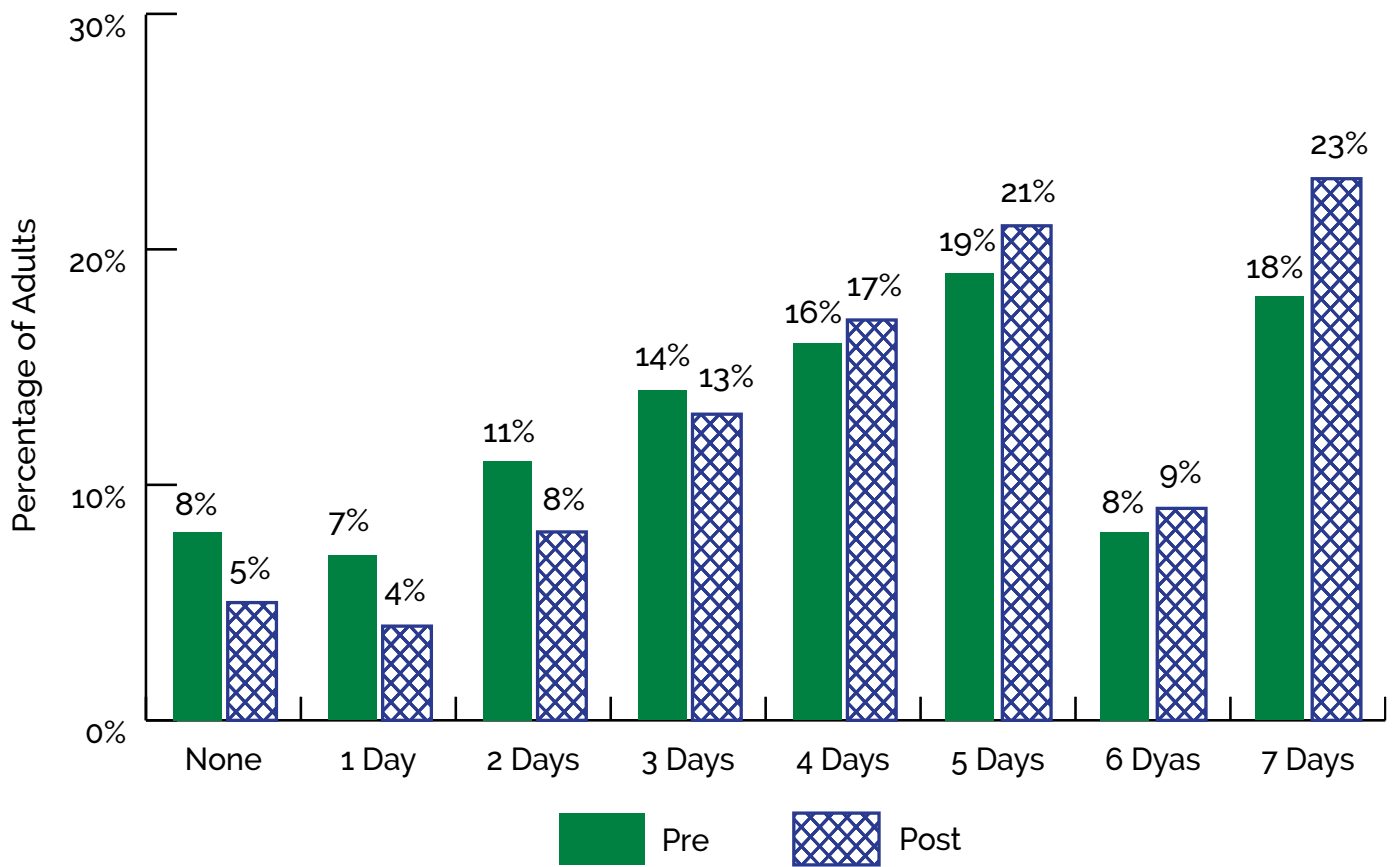


Figure 2.18 Note: Paired-samples t -test, $n = 3,271$, pre-test ($M = 3.99$, $SD = 2.15$) post-test ($M = 4.46$, $SD = 2.01$; $t(3,270) = 10.65$, $p < 0.001$, $d = 0.18$).

SUMMARY OF RESULTS

There were survey data from 3,651 adults and 4,028 children to measure outcomes from the SNAP-Ed Framework Indicators for Direct Education. Overall Direct Education participants showed increased fruit and vegetable consumption and physical activity and decreased sugar-sweetened beverage consumption, with larger changes seen in adult participants. Adults also improved their use of nutrition facts or ingredient labels after participating in CalFresh Healthy Living activities.

All adult and child analyses showed statistically significant change from pre- to post-survey. In FFY 2023, there were more outcome surveys from Direct Education than in previous years, especially among children. Statistical significance is related to sample size, with a better ability to detect small changes with larger sample sizes. To understand the effect of these changes, effect size was calculated for all statistically significant measures to determine the magnitude of change. Effect size is not as dependent on sample size. Larger effect sizes indicate more meaningful changes in the behaviors reported by Direct Education participants. Three measures of effect size were used based on the two types of analyses that were performed: the *d* statistic (parametric tests of continuous data), *r* statistic (non-parametric tests of ordinal data), and *g* statistic (tests of binary data). Each statistic has its range of values indicating whether the effect size is small, medium, or large, as shown in Table 2.5 (Cohen, 1988).

Table 2.5 Effect Size Ranges

Effect Size	Small	Medium	Large
<i>d</i>	0.20	0.50	0.80
<i>r</i>	0.10	0.30	0.50
<i>g</i>	0.05	0.15	0.25

Table 2.6 (adults) and Table 2.7 (children) provide the effect sizes for each statistically significant result, along with an interpretation of each effect size. Those analyses with a significant result but trivial effect sizes are considered to not have resulted in a meaningful change from pre-survey to post-survey.

Table 2.6 Effect Sizes of CalFresh Healthy Living Direct Education Findings for Adults.

Indicator	Description	Effect Size	Interpretation
MT1c	Ate more than one kind of fruit	$r = 0.25$	Small effect
MT1d	Ate more than one kind of vegetable	$r = 0.26$	Small effect
MT1h	Drinking fewer fruit drinks, sports drinks, punch	$r = 0.17$	Small effect
MT1h	Drinking fewer sodas	$r = 0.25$	Small effect
MT1l	Cups of fruit consumed per day	$d = 0.36$	Small effect
MT1m	Cups of vegetables consumed per day	$d = 0.36$	Small effect
MT2b	Read nutrition facts labels or nutrition ingredients lists	$r = 0.37$	Medium effect
MT2g	Not run out of food before month's end	$r = 0.13$	Small effect
MT3a	Physical activity and leisure sport	$d = 0.22$	Small effect
MT3c	Physical activity to make your muscles stronger	$d = 0.29$	Small effect
MT3	Physical activity and reduced sedentary behavior	$r = 0.23$	Small effect

Table 2.7 Effect Sizes of CalFresh Healthy Living Direct Education Findings for Children.

Indicator	Description	Effect Size	Interpretation
Mt1d	Ate more than one kind of vegetable	$g = 0.13$	Small effect
MT1l	Cups of fruit consumed per day	$d = 0.05$	Trivial effect
MT1m	Cups of vegetables consumed per day	$d = 0.13$	Trivial effect
MT1h	Drinking fewer sugar-sweetened beverages	$d = 0.15$	Trivial effect
MT3b	Physical activity when you breathed harder than normal	$d = 0.18$	Trivial effect



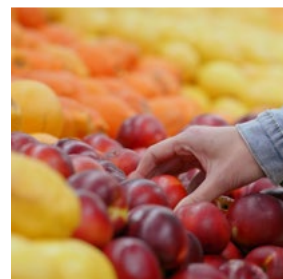
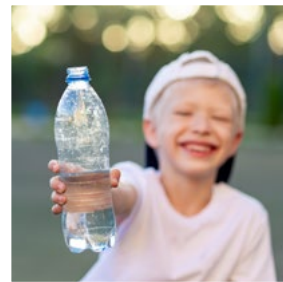
California SNAP-Shot: Policy, Systems, and Environmental Change

CalFresh Healthy Living delivers locally-driven Policy, Systems, and Environmental change (PSE) interventions and strategies through its Local Implementing Agency (LIA) network. PSE interventions improve health in California communities by increasing access to healthy food, promoting healthy dietary choices, and expanding opportunities for physical activity. Below are the definitions that CalFresh Healthy Living uses to define PSEs:

1. **Policy changes** refer to the establishment or improvement of written, health-related rules, regulations, ordinances, and procedures designed to guide behaviors.
2. **Systems changes** are defined as modifications to the ways in which business is done across a network of agencies, organizations, or institutions, rather than through policy.
3. **Environmental changes** are direct modifications to the physical, economic, or social environment.

PSE work begins with an agreement between sites and LIAs. This is followed by planning and preparation for implementation which often includes organizational needs and readiness assessment, beginning and ongoing implementation, maintenance of changes, and follow-up or monitoring. LIAs report their PSE efforts across all stages, from planning to maintenance, but PSE changes are only reported once they are in the implementation phase.

In Federal Fiscal Year (FFY) 2023, there were 5,930 PSE changes in 1,397 sites throughout the state. These interventions were delivered in 57 of California's 58 counties. PSE changes reached an estimated 1.9 million Californians at CalFresh Healthy Living-eligible sites by implementing interventions that expand access and promote healthy eating and a physically active lifestyle. Changes were implemented at the PSE level in a variety of settings, with schools (K-12, elementary, middle and high), early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs), and food assistance sites, food banks, and food pantries being the most common.



As in previous years, this report includes all reported PSE changes whether or not reach was available. This differs from what is reported to the Food and Nutrition Service of the United States Department of Agriculture in the new National Program Evaluation and Reporting System (N-PEARS), where only those PSE changes with reach are included. Of the 5,930 PSE changes reported by California LIAs in FFY 2023, 340 (6%) changes from 101 sites did not include reach values.

PSE CHANGES BY TYPE OF APPROACH

In FFY 2023, LIAs reported 5,930 PSE changes, comprised of 2,842 environmental changes, 2,477 system changes, 610 policy changes, and 1 promotional change (Figure 3.1). These changes included 4,039 nutritional changes, 1,810 physical activity changes, and 81 changes across both nutrition and physical activity. Tables 3.1 and 3.2 show the top five nutrition PSE changes and the top five physical activity PSE changes for FFY 2023.

Figure 3.1 PSE Changes by Type of Approach: Policy, Systems, and Environmental, FFY 2023 ($n = 5,929$)

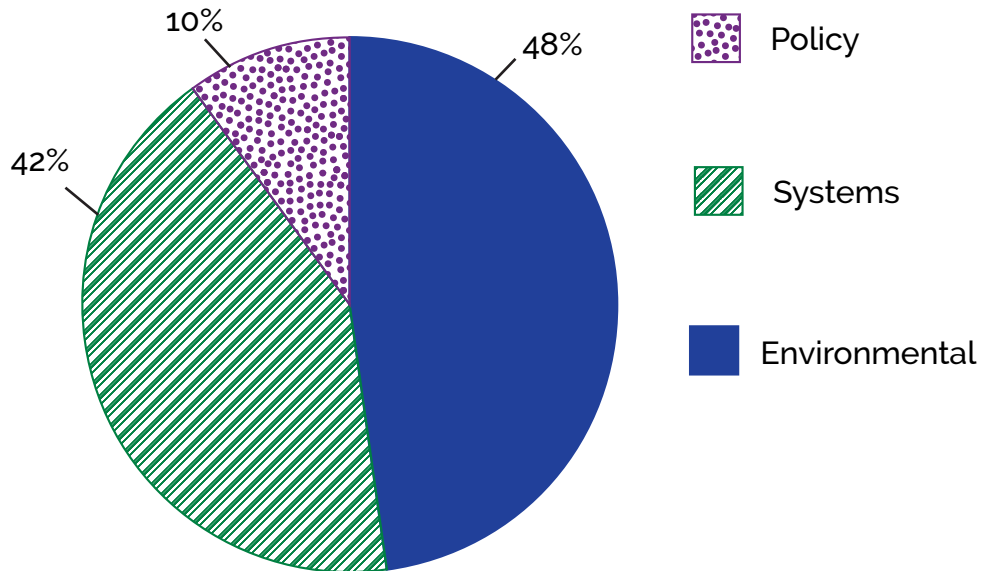


Figure 3.1 Note. Graph does not include the 1 promotional change.

Table 3.1 Top Five Nutrition PSE Changes for FFY 2023

Nutrition PSE Changes	Number of Changes
1. Initiation, improvement, expansion, reinvigoration or maintenance of edible gardens	358
2. Use of the garden for nutrition education	347
3. Opportunities for parents, students, or community members to work in the garden	281
4. Ongoing, point-of-decision prompts to make a healthy eating behavior choice (could include signage, taste tests, and other interactive displays)	196
5. Onsite garden produce for meals/snacks provided onsite	168

Table 3.2 Top Five Physical Activity PSE Changes for FFY 2023

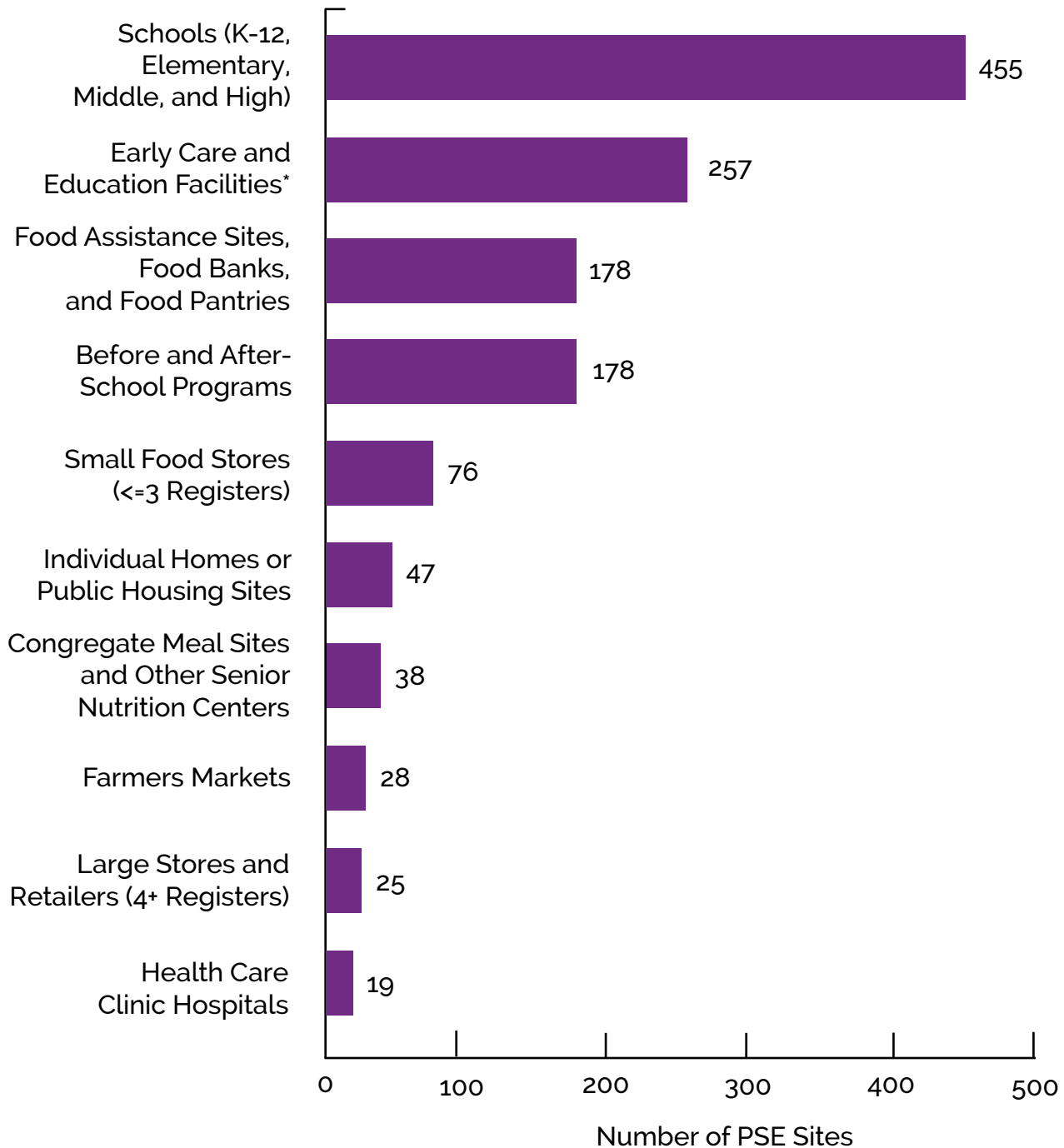
Physical Activity PSE Changes	Number of Changes
1. Opportunities for structured physical activity	301
2. Quality of structured physical activity (non-PE) (e.g. activities that increase time moving, evidence-based interventions, etc.)	245
3. Professional development opportunities on physical activity	187
4. Physical activity facilities, equipment, structures, or outdoor space	157
5. Opportunities for unstructured physical activity time/free play	126

PSE CHANGES BY SETTING

Figure 3.2 displays settings where PSE changes took place in FFY 2023. The most common settings for PSE changes were schools (K-12, elementary, middle and high) (33%), followed by early care and education facilities (includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs)

(18%), then food assistance sites, food banks, and food pantries (13%), before and after-school programs (13%), small food stores (5%) and individual homes or public housing sites (3%).

Figure 3.2 Number of PSE Sites per Setting, FFY 2023 (n = 1,397)



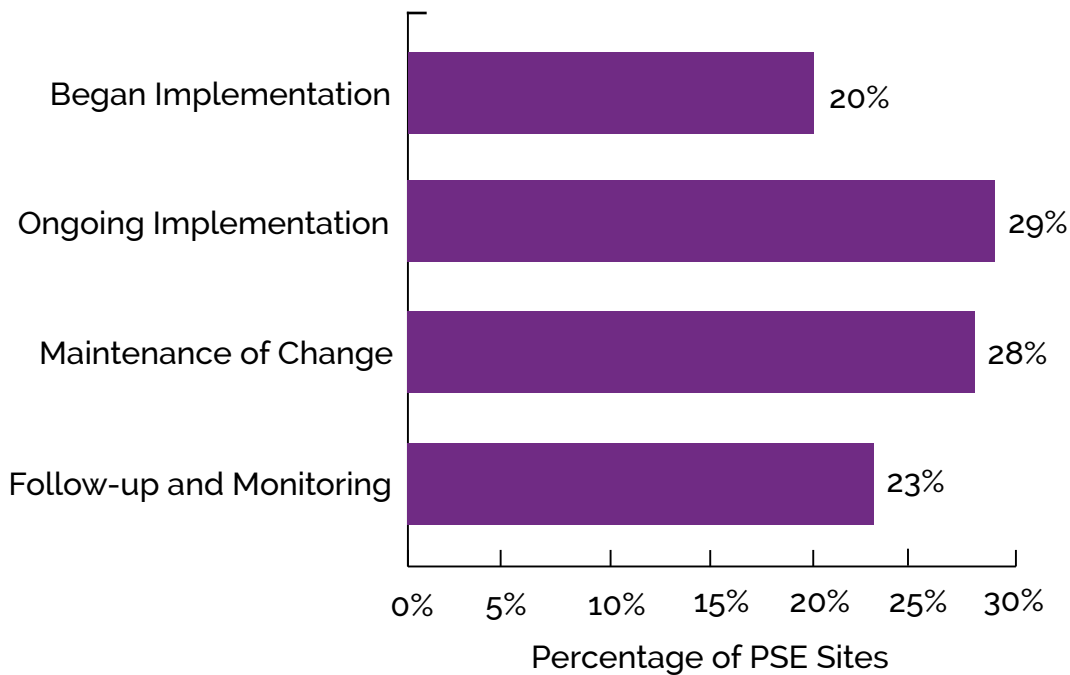
*Includes child care centers and day care homes as well as Head Start, preschool, and pre-kindergarten programs)

Figure 3.2 Note: Only sites where PSE change implementation has started were included.

IMPLEMENTATION STAGE OF FFY 2023 PSE SITES

Of the 1,397 PSE sites, 20% ($n = 275$) were beginning implementation, 29% ($n = 412$) were in the ongoing implementation stage, 28% ($n = 386$) were in the maintenance stage and 23% ($n = 324$) were conducting follow-up and monitoring of PSE changes (Figure 3.3). There were no sites in the planning phase in FFY 2023.

Figure 3.3 Percentage of PSE sites at each level of implementation in FFY 2023 ($n = 1,397$)



LIAs indicated factors that facilitated their PSE work as well as factors that were barriers, as shown in Figures 3.4 and 3.5. Facilitators of PSE work for FFY 2023 were reported for 1,264 PSE sites. The top three facilitators reported were buy-in or motivation of partners, such as administration, staff, teachers, farmers, or retailers (78%), availability of equipment, space, or facility (40%), and convenience of the PSE change to participants (38%). Barriers were reported by 1,215 sites. The top three barriers were time on the part of partners, including staff, teachers, and others (56%), staff turnover (36%), and competition from unhealthy options (22%).

Figure 3.4 Top 3 PSE facilitators in FFY2023 (*n* = 1,264)

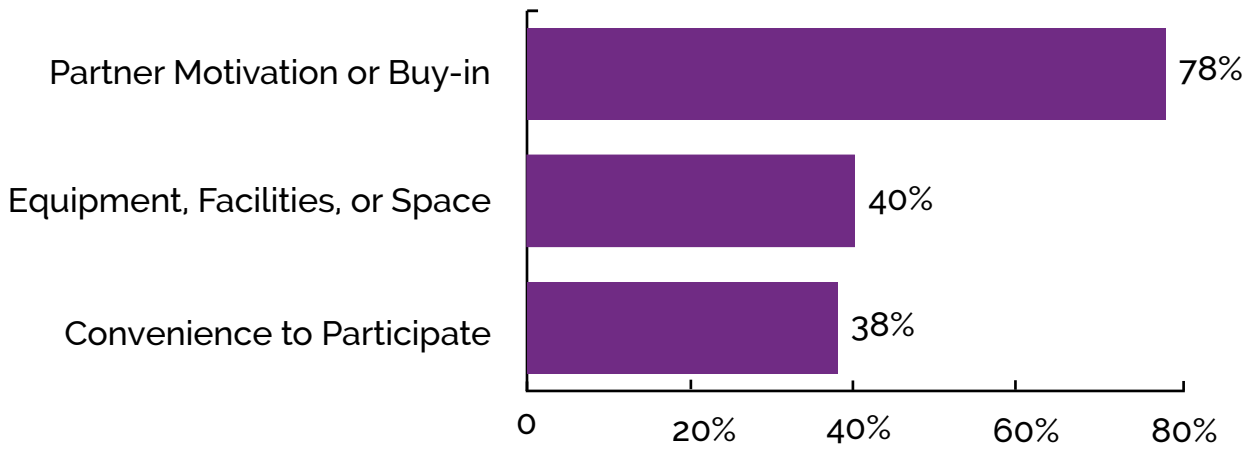


Figure 3.4 Note: Respondents could select more than one facilitator.

Figure 3.5 Top 3 barriers to PSE implementation (*n* = 1,215)

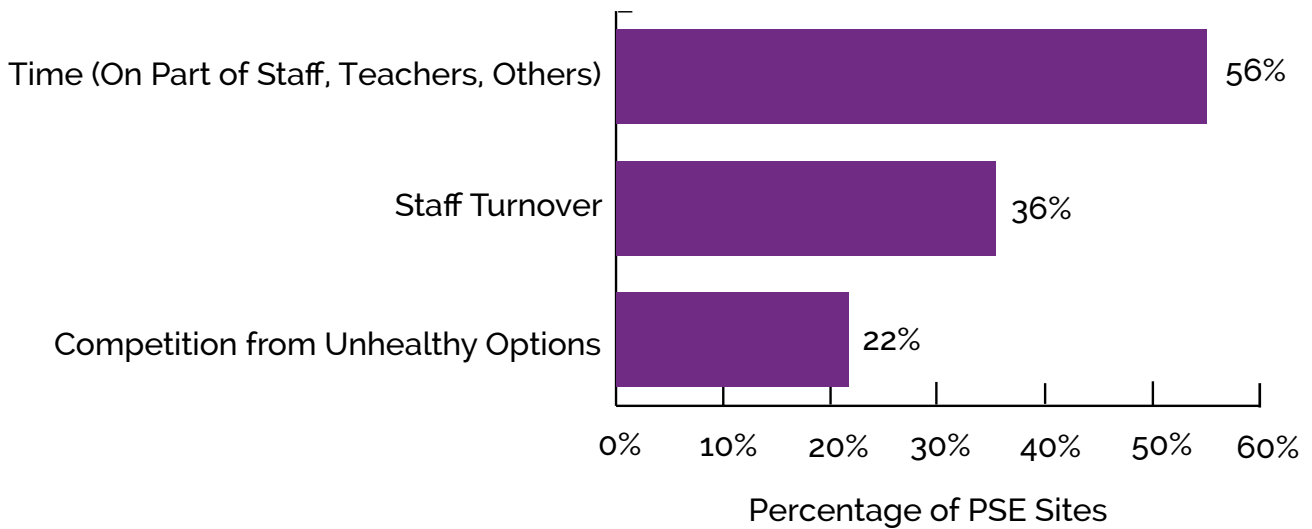


Figure 3.5 Note: Respondents could select more than one barrier.

FUNDING AND SUSTAINABILITY

PSEs are implemented through partnerships between CalFresh Healthy Living implementers, community leaders, community members, businesses, and other individuals and organizations. CalFresh Healthy Living played a lead or major role at 1,041 PSE sites in FFY 2023 by initiating efforts (78%), providing guidance (74%), providing training (66%), providing evaluation (66%), funding implementation (61%), and fostering engagement (32%). Figure 3.6 shows the lead or major roles CalFresh Healthy Living played in the implementation of PSEs in FFY 2023.

Figure 3.6 Role of CalFresh Healthy Living in PSEs, FFY 2023 (*n* = 1,041)

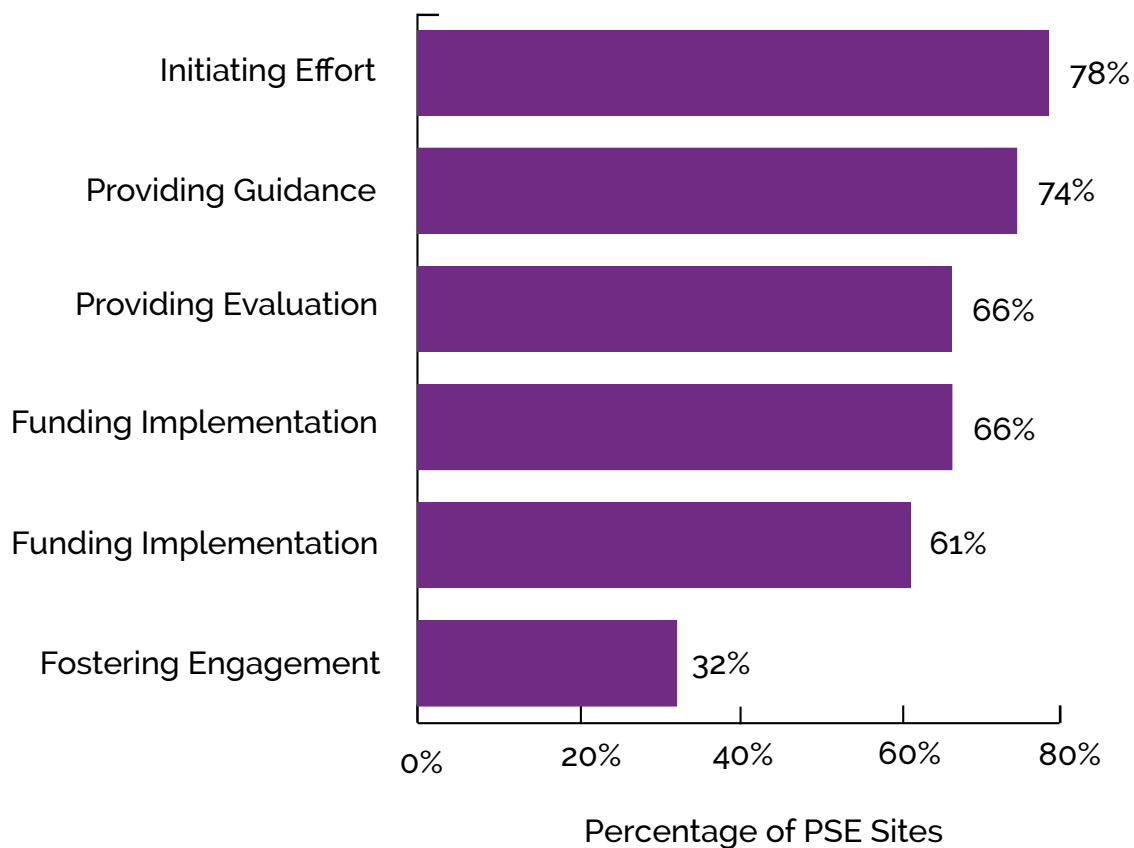
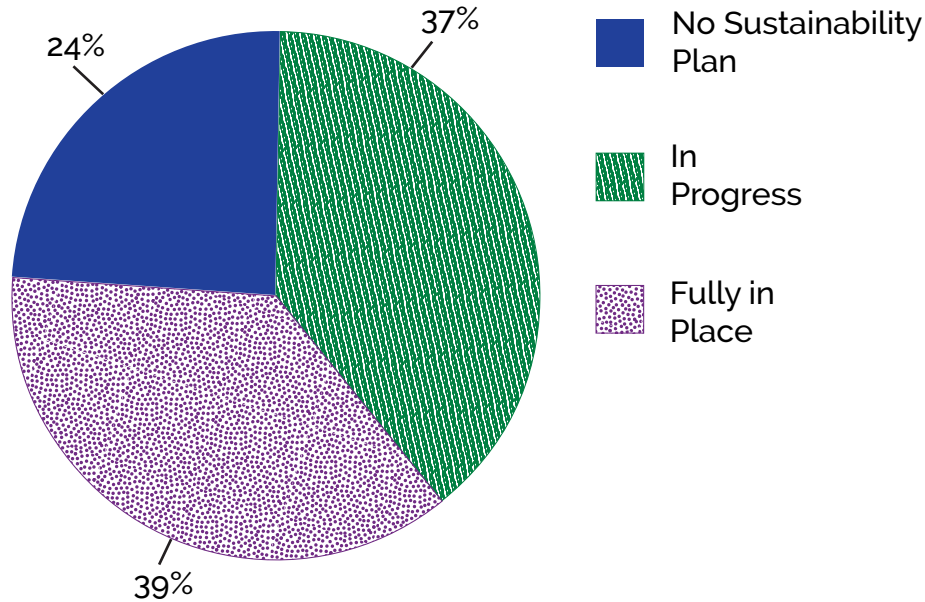


Figure 3.6 Note: Only includes those site that indicated CalFresh Healthy Living played a lead or major role. CalFresh Healthy Living may fulfill more than one role.

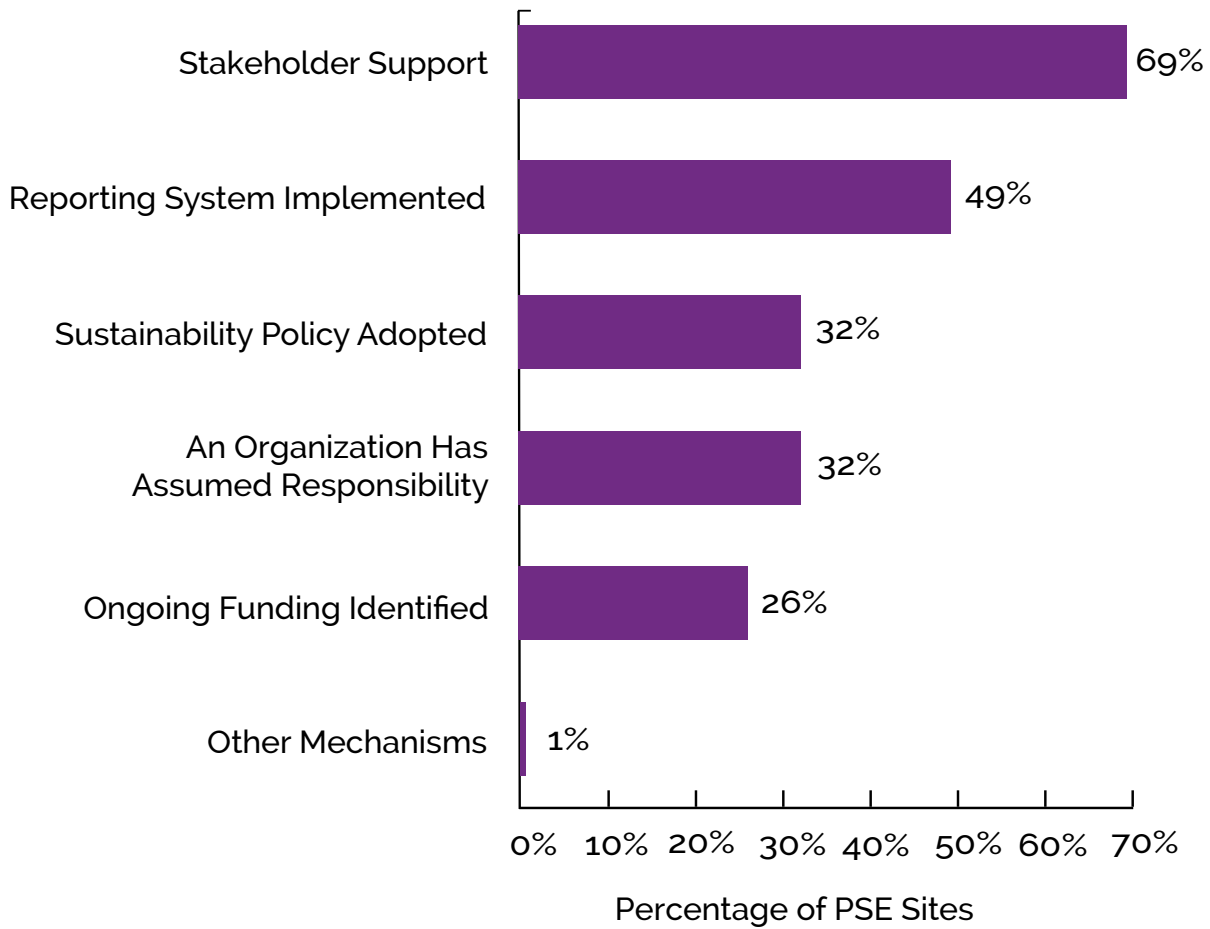
As shown in Figure 3.7, out of the 1,397 sites with PSE changes in FFY 2023, 76% ($n = 1,066$) had a sustainability plan in process ($n = 519$) or fully in place ($n = 547$).

Figure 3.7 Sustainability Plan Progress at PSE Sites in FFY 2023, ($n = 1,397$)



To ensure that PSE changes are sustained over time without the continuous involvement of CalFresh Healthy Living implementers, partner organizations put in place various mechanisms and plans. Sustainability plans take into consideration the resources and support needed to leave a lasting change in communities where PSEs are implemented. Of the PSEs that had a sustainability plan fully in place ($n = 547$), 69% had stakeholders' support, 49% had a reporting system implemented, 32% had adopted policies, 32% of the organizations had assumed responsibility and 26% had identified ongoing funding to support these PSEs (Figure 3.8).

Figure 3.8 Sustainability Mechanism Reported for those PSEs with a Sustainability Plan in Place in FFY 2023 (*n* = 547).



California SNAP-Shot: Success Stories

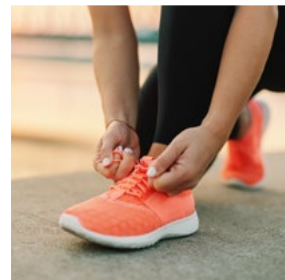
FARM TO TABLE AT SOUTH ALAMEDA COUNTY HOMELESS SHELTERS



CalFresh Healthy Living, University of California Cooperative Extension (UCCE) Alameda has been serving the South County Homeless Project with nutrition education for the past 6 years. In FFY 2023, CalFresh Healthy Living, UCCE Alameda decided to re-launch their adult and senior garden initiative at South County's large garden space, which had been left uncultivated for years. The goal was to work with South County residents on design, clean up, planting, harvesting, and ultimately incorporating food from the garden into the kitchen for residents to enjoy the fruits of their labor. To implement

the project, CalFresh Healthy Living, UCCE Alameda partnered with the Cooperative Extension Master Gardener's (MGs) Community Garden Team for their expertise to support the design, clean up, and planting of the new garden. While CalFresh Healthy Living staff provided ongoing nutrition education, the MGs conducted Gardening Basics training workshops. The project launched in October 2022, beginning with a site assessment, then a garden work day in February, and planting in April. More than 15 varieties of fruits and vegetables were planted, including lettuce, arugula, tomatoes, zucchini, kale, onions, cucumbers, green beans, Swiss chard, kale, basil, cilantro, tarragon, thyme, and parsley. Maintenance, planting, and harvesting is ongoing. The fruits and vegetables are regularly consumed by residents with their meals.

"I love the garden and when the cooks cook the vegetables, they taste amazing. I am thankful for this garden and for having the CalFresh Healthy Living team...thank you." - Resident



EXPANDING AND ENHANCING FRESH PRODUCE IN SCHOOLS: CAFETERIA PROMOTION TASTE TESTS



California has abundant fresh produce that school food service directors are eager to provide for students, however, concerns about student acceptance, the cost of produce, and food waste are barriers. Cafeteria taste tests offer students the opportunity to try new fruits and vegetables, and have been shown to increase student interest, acceptability, and consumption. In FFY 2023, the CalFresh Healthy Living, UCCE Santa Clara Cluster partnered with Santa Clara County Public Health Department, San Mateo County Public Health Department, and non-CalFresh Healthy Living funded health education programs to create multiple district-wide efforts expanding access to school taste tests. They provided

cafeteria promotion taste tests in 10 school districts, reaching an estimated 12,000 students from transitional kindergarten through 8th grade. In addition, CalFresh Healthy Living, UCCE San Mateo/San Francisco Counties partnered with the San Mateo County Public Health Department for tastings and has plans to expand and partner with the UCCE Healthy Living Ambassadors program in San Mateo County next school year. The program also developed a way to bring the information home to families that was fun and engaging for the students by providing stickers to the students that said, "I tried a local ___ at lunch!" The stickers were available in English, Spanish, and Tagalog. The program has been positively received. Students consume fresh produce, food service directors have less food waste, and families are informed of new foods their children tried. This program has been a win-win-win!

A nervous elementary student tried snap peas, and then looked at educators and said, "It's good! I didn't expect to like that."

OCEANSIDE RESIDENTS ADVOCATE FOR SIDEWALK SAFETY AND WALKABILITY IMPROVEMENTS IN SAN DIEGO COUNTY

The [Healthy Cities, Healthy Residents \(HCHR\)](#) program is funded by the County of San Diego's [CalFresh Healthy Living](#) program and was implemented through a contract with Vista Community Clinic (VCC) in the cities of Oceanside, Escondido, and Vista. Beginning in 2021, VCC established the HCHR Oceanside Coalition, known as the Healthy Oceanside Coalition (HOC), to improve the safety and walkability of the Crown Heights community by installing new sidewalks, pedestrian ramps, stop signs, and striping on Brooks Street and Country Club Lane.

In 2021, 17 HOC members conducted a community walk audit to identify issues that were affecting families who reside in the Crown Heights community. As a result of community input received through the HOC audit, a comprehensive package of projects was developed to beautify the neighborhood and improve safety for those walking to destinations throughout the neighborhood. This is important for residents because only 87 percent of households in Crown Heights have access to a car, which is considerably lower than Oceanside's rate of 95 percent, according to the American Community Survey (ACS), making them more reliant on safe walking, biking, and public transportation options. As part of this project, Oceanside's city planners proposed sidewalk improvements along Brooks Street and Country Club Lane that were unanimously approved at the May 4, 2022, City Council meeting with HCHR Oceanside present. As a result of the HCHR, HOC, and community engagement efforts, sidewalk construction on Brooks Street and Country Club Lane was proposed and approved by city council, and was completed in the Fall of 2022. The sidewalk and curb improvements

will support pedestrian safety and encourage active transportation. HOC members, as well as other Oceanside residents, celebrated these neighborhood improvements on October 24, 2022. The celebration included welcoming remarks from Mayor Esther Sanchez and a 15-minute community walk over the bridge so residents could take a closer look at the improvements.



INCREASING ACCESS TO GREEN SPACES AND FRESH PRODUCE THROUGH THE PERRIS GREEN CITY FARM EXPANSION

Community and school gardens in the City of Perris are a vital component for community wellness. During the pandemic, the City of Perris secured \$455,000 in funding from a California Natural Resource Agency Urban Greening grant that assisted with expanding the Perris Green City Farm (PGCF) and connecting it to Foss Field Park. In FFY 2023, the City of Perris collaborated with the CalFresh Healthy Living program to identify community needs with the Healthy Food Pantry Assessment Tool at the St. James Food Pantry. As a result of the assessment, and with support from the CalFresh Healthy Living program, the City of Perris and the food pantry created a workplan focused on offering nutrition education and expanding access to fresh produce.

The City of Perris partnered with other organizations to establish 21 community and local school gardens under its Grow Perris Initiative to support nutrition education and access to fresh produce. The City of Perris, through the PGCF, provided healthy produce to food pantry visitors, who also received recipes from the CalFresh Healthy Living-funded Leah's Pantry program via the EatFresh.org website. Each week, the City of Perris provided recipe cards that matched the produce donated to St. James Food Pantry. The City of Perris bolstered these policy, systems, and environmental (PSE) changes with consistent messaging and dynamic experiences that made it easier for pantry visitors to eat healthy. As a result of the PSE interventions, St. James has transitioned and adopted a system change that identifies and prioritizes healthier food items in their food distribution on a day-to-day basis. The City of Perris has continued the partnership with St. James and begun working with two other local pantries: The Concerned Family and Lighthouse Food Pantry. The agencies are conducting assessments using the Healthy Food Pantry Assessment Tool to support development of work plans that identify next steps based on the assessment results. Today, the expansion of the Perris Green City Farm and Community Park Access Enhancement Project is near completion and includes greater access to spaces for physical activity, expanded garden space, and educational programs.

SPREADING THE WORD OF FOOD ACCESS THROUGH CROSS-SECTOR PARTNERSHIPS IN TRINITY COUNTY

The COVID-19 pandemic highlighted the need for older adults to get connected to food access points in rural Northern California. The Center for Healthy Communities (CHC), California Department of Aging Planning Service Areas (PSA) 2 and 3 CalFresh Healthy Living staff worked with the CalFresh Outreach team to create comprehensive weekly flyers improving the knowledge of food assistance locations in Trinity County. Through multiple partnerships, information about food assistance programs and sites has reached more of the county's priority populations. The project has continued to grow over the last couple of years leading to collaboration between many organizations serving Trinity County.

SEPTEMBER 18TH-24TH

TRINITY COUNTY

Food Assistance

Food Pantry/Senior Meals:

Solid Rock Church Food Pantry
Emergency Food
66 Tule Creek Rd., Hayfork
(707) 599-6269
Contact: Carl for pickup

Golden Age Center Senior Supply Bags
Seniors 55+ (No income guidelines)
Delivery available in Weaverville or
arrange for bag pickup - **Mondays**
Contact Annie: (951) 463-1919

The Church of the Nazarene
Food Pantry
10AM-4PM - **Tuesday-Thursday**
21 Paulsen St., Weaverville
(530) 622-6154

Roderick Senior Center
To-go & home-delivered meals
9:30AM-1:30PM, Lunch 12pm-**Tuesday-Friday**
90 Coral Ave. #6, Hayfork
Contact Jeremy: (530) 628-4592

Trinity Senior Nutrition Program
Home Delivered Meals
11AM-1PM - **Tuesday & Thursday**
The Church of the Nazarene
21 Paulsen St., Weaverville
(530) 622-6145

Monday:

Fresh Start Food Pantry
8AM-10AM
Lewiston Community Center
302 Texas Ave., Lewiston
(530) 770-3222

Trinity Soup Kitchen
Dine-in or To-go lunches by request
11AM-1PM
Solid Rock Church
66 Tule Creek Rd., Hayfork

Wednesday:

Community Food Cupboard
10AM-11AM
735 Main St. Parish Hall, Weaverville
(530) 623-3101

Post Mountain at Four Corners
12PM-1PM
Sattlesnake Rd and Post Mountain Rd.,
Trinity Forest
(530) 729-2993

Friday:

Coffee Creek Community Church
2:30PM-3:30PM
420 Coffee Creek Rd., Coffee Creek
(530) 248-3326

Do you qualify for CalFresh?
Let us help you with your application.

Shasta County Office of Education
530-895-2583

Trinity Health and Human Services
530-623-3356 - PSA 2 & 3

APPLY NOW

Due to increased fuel and food prices, especially in rural areas, along with the ending of the CalFresh emergency allotments, Trinity County Public Health and PSA 2 began collaborating to increase reach, decrease duplication of work, and expand the purpose of the Food Assistance flyers. In addition, Trinity County Human Services and Shasta County Office of Education have coordinated efforts to ensure Trinity County residents, especially older adults, can easily access CalFresh application support. PSA 2 staff collaborate closely with Trinity County Food Bank and food bank staff are very involved in multiple food access sites and food security efforts throughout Trinity County. This partnership led to CHC and Trinity County Food Bank collaboratively creating

quarterly food assistance flyers in the Hmong language to foster greater reach to the Hmong community. This project is successful because of the commitment of 24 organizations ensuring pathways to share information and collectively supporting food access for all Trinity County residents.

ENGAGING ELDERLY IN RURAL AREAS



In an effort to promote health and well-being within the Grindstone Indian Rancheria of Wintun-Wailaki Indians at Elk Creek in Glenn County, Planning Service Area (PSA) 3 CalFresh Healthy Living staff collaborated with Northern Valley Indian Health (NVIH) to provide Direct Education activities focusing on nutrition and physical activity to engage the Grindstone Elders. PSA 3 CalFresh Healthy Living staff initiated the "Eat Healthy, Be Active" curriculum, a four-week series of nutrition education lessons. The lessons

included information on using nutrition facts labels while grocery shopping and how to make healthier substitutions in their favorite recipes and when dining out. The lessons were enriched with live food demonstrations, including nutritious dishes like No Tuna Poke Bowls, Vegetable Lasagna, Potato Broccoli Cheddar Soup, and Hummus Veggie Pita Sandwiches. PSA 3 CalFresh Healthy Living staff also provided the Grindstone Elders the opportunity to engage in physical activity through the Bingocize® program, organized by Northern Valley Indian Health. Over the four-week series, PSA 3 staff cultivated a strong and trusting relationship with the Tribal Elders that extended beyond the classroom. Staff members were invited to participate in local cultural events, such as native beading sessions and the collaborative gathering of elderberries for the production of medicinal elderberry syrup, and there was a request for a second series of nutrition education classes. This collaboration not only promoted healthier lifestyle choices but also fostered a sense of community and trust between the CalFresh Healthy Living staff and the Grindstone Elders, illustrating the power of partnership in promoting health and well-being.

A Grindstone elder expressed her gratitude to Northern Valley Indian Health and PSA 3 staff at the last lesson. She recognized that she had to prioritize her health in order to pass down her native traditions and stories with her family.



MULTI-PARTNER COLLABORATION TO INCREASE ACCESS TO HEALTHY FOOD FOR LOW-INCOME STUDENTS IN SHASTA COUNTY SCHOOLS

A Path to Nature: Make the Outdoors Accessible to All

Sonoma County boasts an impressive network of trails and opportunities to enjoy the outdoors, however, many of these opportunities are inaccessible to the most vulnerable populations due to cost. The CalFresh Healthy Living team at Catholic Charities of the Diocese of Santa Rosa (CCDSR) worked with the Sonoma County Regional Parks Department to review the current program that offers discounted passes to low-income households. Though the program was in place, it was underutilized due to a lack of awareness. To increase access, the CalFresh Healthy Living team at CCDSR provided sponsorship to give free passes to 250 CalFresh-eligible families and provide them with the resources and education to make the most of their time in the parks. They also conducted outreach and went to CCDSR's Family Center to talk to families about the opportunity. Within the first week of the program, 35 families living at the Family Center had received a pass. Prior to this program, the idea of outdoor play for many children was limited and meeting the recommended 60 minutes of daily physical activity was a challenge. With these passes, however, the families now have full access to 54 parks, a night of camping, and free admission to a variety of local outdoor festivals. CCDSR intends to continue to sponsor passes in the coming year for new families and to help residents currently receiving free passes to transition to discounted passes, when feasible. Through the work of the CalFresh Healthy Living education around the importance of physical activity, and as the families experience firsthand the benefits of time outdoors, families are choosing to prioritize their health and time spent in nature.

"My family enjoys going to the beach and parks during the summer. It is nice to have a parking pass as it saves me money that I can use for gas to drive to the beach".

Conclusion

During Federal Fiscal Year (FFY) 2023, CalFresh Healthy Living continued to support Californians eligible for CalFresh Healthy Living. Adults and children participating in Direct Education reported significant improvements in all nutrition and physical activity behaviors. Policy, Systems, and Environmental change interventions, in partnership with communities, continued to improve access to opportunities for healthy eating and active living. In the final year of this round of Statewide Goals and Objectives, significant progress was made and the outcome goal was reached for many of the objectives measured.

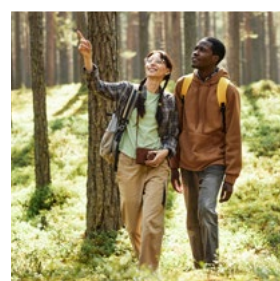
LOOKING AHEAD



In FFY 2023, CDSS and State Implementing Agencies (SIAs) collaborated to finalize the CalFresh Healthy Living State Goals and Objectives (see Appendix A) for the FFY 2024-2026 funding cycle. The Goals and Objectives align with the CalFresh Healthy Principles and Priorities and the SNAP-Ed Strategic Framework. The CalFresh Healthy Theory of Change (see Appendix B) was updated to reflect current

CalFresh Healthy and The United States Department of Agriculture Food and Nutrition Service priorities. These efforts are important to ensure that CalFresh Healthy Living continues to evolve and captures the most relevant and important outcomes related to the program. Additionally, the goals and objectives further integrate health equity, incorporating measurable equity outcomes. CalFresh Healthy Living will continue to build upon its successes with improvements planned in the years ahead to improve nutrition security and opportunities for physical activity among CalFresh Healthy Living-eligible communities.

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.



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