

Educational Activities

Local health departments (LHDs) implement CFHL educational activities to help individuals develop the knowledge and skills to make healthy choices.

Direct education (DE) is an evidence-based, behavior-focused nutrition education & physical activity intervention with participant interaction.

Indirect education (IE) involves distribution of information without participant interaction.

DIRECT EDUCATION

During FFY25, LHDs reported **3,784 DE activities** that reached **134,302 individuals** at **1,025 delivery sites**.

Youth Education

Direct education reached **114,540 youth ages 0-17 years** (85% of total DE reach)*. School-aged children (ages 5-17 years) were the most commonly engaged audience, comprising 78% of all DE participants.

Settings where children were commonly reached include:



K-12 schools
(82% of children)

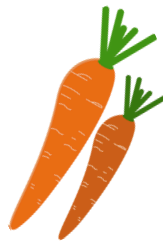


Early childhood programs
(7% of children)



Before/after - school programs
(7% of children)

Just over half (51%) of youth DE activities were delivered as a series of 2 or more lessons. The remaining activities were delivered in single sessions. The most common curricula used for DE with children were:



Serving up MyPlate: A Yummy Curriculum (28%)

CATCH Kids Club Manual and Activity Box (13%)

CATCH Activity Box (7%)

Nutrition Pathfinders/Let's Eat Healthy (6%)

Adult Education

Direct education reached **14,084 adults ages 18 years and over** (10% of DE reach)*. Among adult participants, 24% were older adults age 60 years and over. Adults received education in a variety of settings. The most common were:



Health clinics & hospitals
(21% of adults)



K-12 schools
(18% of adults)



Parks and open spaces
(9% of adults)

Adult DE activities were most often delivered in a **single session** (69%). The remaining activities were delivered as a series of 2 or more lessons. The most common curricula used for DE with adults were:



Nutrition 5-Class Series (33%)

Food Smarts for Adults (28%)

Eat Healthy, Be Active Community Workshop (5%)

Activity + Eating for Adults (5%)

*Percentages do not total to 100% because age is unknown for 4% of DE participants.

INDIRECT EDUCATION

During FFY25, LHDs reached **2,022,470 participants** through **4,030 IE activities** at **1,537 sites** via **7,118 delivery channels**.

Key **settings** where IE was delivered were:

- Food banks and pantries
- Places people play, like parks and community centers
- K-12 schools
- Health care



The most commonly used **channels** for delivering IE were:

- Hard copy materials
- Community events and fairs
- Electronic materials
- Social media



The most common **topics** addressed by IE were:

- Fruits and vegetables
- Limiting added sugars
- Water
- Food preparation, cooking, and safety
- Healthy eating patterns using MyPlate



ACCOMPLISHMENTS

Participant and educator quotes* demonstrate program success and progress that participants have made towards making healthy choices.

"I liked that we got work as a team to not only cook recipes but figure out how to make a change at our school."

- 'Teen Battle Chef' participant, Long Beach



"Now, I make infused waters for my family and me. I feel so much better, and my blood sugar levels are finally under control."

- Adult participant of nutrition class, Placer County



"There is no doubt that the 'Create Better Health' curriculum empowers families to make meaningful changes. It fosters a supportive, healthy environment and gives individuals tools to take charge of their well-being. Thank you for helping us build healthier communities!"

- Family resource center staff, Napa County



"My daughter and I had a birthday party for my granddaughter with healthier foods thanks to your nutrition classes!"

- Adult participant of cooking class, LA County



"I learned a lot about how our diets affect everyday life. Whenever I have a headache or my stomach hurts, I didn't think much of it. But now, I realize that it's often because I didn't eat a proper meal. I applied what I learned during our workshops to the feelings I experience in real life!"

- Student peer health educator, Sacramento County



"We love these lessons. Can you please come every week?"

- Child participant of nutrition class, Alpine County



**Quotes may be edited slightly for brevity and clarity*