California Local Health Department

FFY 2023 CalFresh Healthy Living At a Glance

May 30, 2024

CalFresh Healthy Living (CFHL) promotes healthy lifestyles through nutrition and physical activity interventions delivered in low-income communities across California. This program is administered by four state implementing agencies, the largest of which is California Department of Public Health (CDPH). The primary focus of CDPH-CFHL is creating conditions that enable SNAP-eligible populations to make healthy choices via policy, systems, and environmental (PSE) change efforts. PSE efforts are enhanced by educational activities (direct and indirect) and supported by partnerships and multi-sector coalitions.

CALIFORNIA’S STATUS: A SNAPSHOT

Among California’s 39 million residents, over 10 million (26%) live in low-income households that are eligible for CalFresh Healthy Living programming⁽¹⁾. Among California’s low-income residents⁽²⁾:

- 63% Report being food secure
- 13% Have access to a nearby supermarket
- 69% Can always find fresh fruits and vegetables
- 40% Report that fruits and vegetables are always affordable

Data sources: (1) 2022 American Community Survey 5-Year Estimates, (2) California Community Obesity Profiles

LOCAL HEALTH DEPARTMENTS’ CALFRESH HEALTHY LIVING EFFORTS

During FFY23, CDPH funded 60 of California’s 61 local health departments (LHDs) to plan and deliver CFHL programming in their communities.

All 60 of these LHDs reported implementing one or more of PSE, direct education (DE), or indirect education (IE) intervention types in their jurisdictions. The majority of LHDs (n=47, 78%) reported implementing comprehensive programming that included all three intervention types (PSE, DE, and IE). Among those 47 LHDs, 40 reported engaging in both partnerships and multi-sector coalitions.

LHDs Reporting Interventions/Activities

- PSE: 47 LHDs (78%)
- Direct Education: 59 LHDs (98%)
- Indirect Education: 59 LHDs (98%)
- Partnerships: 46 LHDs (77%)
- Coalitions: 47 LHDs (78%)

LHDs’ FFY 2023 CFHL interventions reached 3.1 million individuals, representing 31% of eligible participants and 8% of California’s total population. LHD teams and partners reached:

- 1,308,898 individuals with PSE Interventions
- 164,462 participants of Direct Education Programs
- 2,501,659 individuals with Indirect Education Activities* 
- 3,143,542 individuals overall

*Includes 1,670,182 individuals reached only by Indirect Education Activities

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