PSE interventions aim to transform communities by increasing access to healthy food and expanding opportunities for physical activity, creating conditions that enable SNAP-eligible populations to make healthy choices. In FFY 2023, LHDs partnered with 835 sites in low-income communities across California to plan, implement, or maintain PSE activities. 768 (92%) of these sites progressed past the planning stage; a total of 3,552 PSE changes adopted and 1,306,990 individuals reached were reported at these sites.

The most common PSE approaches used were related to edible gardens, food quality, and behavioral economics strategies.

**EDIBLE GARDENS**
LHDs implemented 542 garden-related changes at 207 sites. Garden interventions were most commonly implemented at sites in the following settings:

- **K-12 schools** (53% of sites)
- **Early childhood programs** (38% of sites)

Key focus areas for garden interventions included:

- Initiating, improving, expanding, reinvigorating, or maintaining edible gardens
- Using the garden for nutrition education
- Providing opportunities for parents, students, or community members to work in the garden
- Incorporating produce from an onsite garden into meals or snacks provided on site

**FOOD QUALITY**
LHDs implemented 532 PSE changes to improve food quality at 262 sites. Food quality interventions were most commonly implemented at sites in the following settings:

- **K-12 schools** (40% of sites)
- **Food banks & pantries** (20% of sites)
- **Early childhood programs** (19% of sites)
- **Food stores** (16% of sites)

Key focus areas for interventions to improve food quality included:

- Free water (access, taste, quality, etc.)
- Menus or recipes (variety, quality, etc.)
- Salad bar
- Storage for perishable foods
- Healthy beverage options
MARKETING STRATEGIES USING BEHAVIORAL ECONOMICS

LHDs implemented **432 PSE changes** related to behavioral economics at **235 sites**. Behavioral economics interventions were most commonly implemented at sites in the following settings:

- **Food stores** (38% of sites)
- **Food banks & pantries** (23% of sites)
- **K-12 schools** (19% of sites)
- **Early childhood programs** (10% of sites)

Key focus areas for behavioral economics related interventions included:

- Prompting healthy food or activity behaviors with point-of-decision activities or displays
- Encouraging healthy and discouraging unhealthy food & drink choices by improving appeal, layout, or display

PSE INTERVENTIONS AT ORGANIZATIONAL & COMMUNITY LEVELS

LHDs also implement organizational- and community-level PSE interventions. Organizational-level PSEs happen at a “parent” organization that provides direction for multiple sites. Community-level PSEs impact a jurisdiction or geographical area, such as a county, city, census tract, or neighborhood.

**Organizational-level PSE Interventions**

Seventeen LHDs reported a total of **33 organizational-level PSE changes**, mostly occurring at **school districts (58%)**. Organizations focused on PSE efforts related to:

- **52%** Trainings on how to implement PSE work throughout the organization
- **30%** Food-related practices (e.g., food procurement, menu improvements)
- **45%** Organizational wellness policies
- **15%** Physical activity-related projects (e.g., Safe Routes to School, Parks Rx)

**Community-level PSE Interventions**

Nine LHDs reported community-level PSE efforts happening in **14 communities or jurisdictions**. Community-level PSE efforts targeted:

- **2** regional-level projects
- **4** county-wide projects
- **4** city-wide projects
- **4** neighborhood or zip-code level projects

Many community-level PSE efforts worked towards **policy change (50%)**. These efforts related to a wide range of policies, including:

- Access to or safety of parks and open space
- Physical activity policies and supports
- Healthy food and beverage procurement or vending

These materials were created as part of a contract with the California Department of Public Health with funding from the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP). These institutions are equal opportunity providers and employers.