

# A Snapshot of CalFresh Healthy Living in Hypothetical County

## About Hypothetical County CalFresh Healthy Living

CalFresh Healthy Living (CFHL) promotes healthy lifestyles through nutrition and physical activity interventions delivered in low-income communities. This brief report provides an overview of the CFHL program activities implemented by Hypothetical County during Federal Fiscal Year (FFY) 2023 to inform decision-making, program development, and future initiatives to support the health and well-being of communities in Hypothetical County.

Among Hypothetical County's 404,084 residents, **12% live in low-income households** that are eligible for CalFresh Healthy Living programming. These residents are more likely than higher-income residents to experience barriers to good health. Among low-income residents of Hypothetical County:



- 58% report that fresh fruits and vegetables are always affordable
- 65% can always find fresh fruits and vegetables
- 92% report being food secure

During FFY23, Hypothetical County's CFHL interventions reached **5,589 individuals** through a combination of Policy, Systems, and Environmental (PSE) change efforts, Direct Education (DE), and Indirect Education (IE) activities.

## CFHL Transforms Communities through Policy, Systems, & Environmental (PSE) Changes

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 FFY23, Hypothetical County planned and implemented PSE activities at **6 sites** in low-income communities across California. **3 (50%)** of these sites reported **10 PSE changes adopted**, reaching **470 individuals**. The most common PSE approaches were food quality and active transport.

## CFHL Education Gives Individuals the Knowledge and Skills to Make Healthy Choices

CFHL provides education through classes that actively engage participants (direct education) as well as distribution of health education materials (indirect education). In FFY23, Hypothetical County delivered **19 DE activities in 9 sites, reaching 347 individuals**.

### Youth Direct Education

Direct education reached **246 youth ages 0-17** years (71% of DE reach). Youth education classes covered a variety of nutrition topics. Settings where children were commonly reached include:



K-12 Schools:  
64% of children



Community/Recreation  
Centers: 19% of children



Youth Organizations:  
17% of children

Youth DE activities were most often delivered in a **single sessions** (95%). The remaining activities were delivered as series of 2 or more lessons. The most common curricula used for DE with children were:



- Food Smarts for Kids (k-12) (63%)
- Dig In! (15%)
- Around the Table (12%)

**Adult Direct Education**

Direct education reached **100 adults aged 18 years and over** (29% of DE reach). Adult education classes covered a variety of nutrition topics. Settings where adults were commonly reached include:



Individual homes or public housing sites: 60% of adults



Family resource centers 20% of adults



K-12 schools 20% of adults

Adult DE activities were most often delivered in a **single session** (97%). The remaining activities were delivered as series of 2 or more lessons. The most common curricula used for DE with adults were:



- Cooking Matters (National) (55%)
- Food Smarts for Adults (26%)
- Around the Table 15%

**Indirect Education**

Hypothetical County reached **15,626 individuals** with health education messaging through **27 indirect education activities** delivered at 16 **sites** via 133 **information channels**.

*The most commonly used channels for delivering IE:*

*Key settings for IE:*

- Hard copy materials
- Community events/fairs
- Electronic materials

- Schools
- Learning sites (other)
- Mass-media

**CFHL Partnerships Support System-wide Change Efforts**

Hypothetical County's CFHL program engages in partnerships to leverage resources and enhance sustainability. Partnerships occur formally or informally between LHDs and other entities involved in CFHL programming during a given year. These collaborations are especially important for supporting PSE change efforts.

During FFY23, Hypothetical County engaged with **9 partners**. These partners reflect the settings where CFHL are implemented and organizations that support these efforts. **Common partners** include:



Food banks and pantries



Schools



Agricultural organizations

As mutually beneficial partnerships, Hypothetical County provided assistance to their partners as well as receiving assistance in return. Assistance commonly included:

**Assistance Provided**

- Planning (40%)
- Consulting (30%)
- Materials (30%)

**Assistance Received**

- Planning (47%)
- Development (30%)
- Human Resources (23%)

## CFHL Efforts are Making a Difference in Hypothetical County

During FFY23, Hypothetical County's CFHL program made a number of accomplishments, including:

### Expanded Reach

Two new farmers' markets that accept SNAP/EBT and MarketMatch were introduced in low-income, low-access (LILA) census tracts.

### Improved community capacity to sustain PSE change

School wellness committees were formed with representation from administrators, teachers, staff, parents, and students, and met 4 times to review the current district wellness policy and create school-level implementation and monitoring plans.

## LHD's CFHL programming is making a difference for participants!

Among **youth** participating in school-based interventions, improvements were found in:



49% more days per week youth had 60+ min physical activity



42% increase in how often youth ate vegetables



Among **adults** participating in series-based direct education, improvements were found in:



25% increase in cups of fruit eaten daily



20% increase in cups of vegetables eaten daily



Highlights from Hypothetical County's FFY23 CFHL programming are evident in feedback we receive from our partners and participants:

"The partnership between our teams continues to be fruitful! Together we can make lasting impact!"  
-Partner, Example Organization

"I've learned to make more nutritious foods and found out that it actually tastes good."  
-Adult Participant, Example Activity, Hypothetical City, Hypothetical County

"I am thankful for being part of this program. Because of this program, my health has improved. I used to live a sedentary life. Since I have learned about the health benefits of staying active, I walk 45 minutes at least 3 times a week. Thank you for your guidance in this journey."

-Adult Participant, Example Activity, Hypothetical City, Hypothetical County