

Educational Activities

January 22, 2025

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 FFY24, LHDs reported **3,761 DE activities** that reached **127,318 individuals**.

Youth Education

Direct education reached **101,989 youth ages 0-17 years** (80% of total DE reach)*. School-aged children (ages 5-17 years) were the most commonly engaged audience, comprising 68% of all DE participants.

Settings where children were commonly reached include:



K-12 schools
(74% of children)

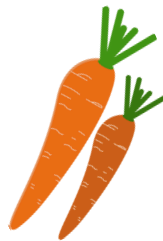


Early childhood programs
(13% of children)



Before/after - school programs
(8% of children)

Half of youth DE activities were delivered in single sessions. The remaining activities were delivered as a series of 2 or more lessons. The most common curricula used for DE with children were:



- Serving up MyPlate: A Yummy Curriculum (24%)
- CATCH Kids Club Manual and Activity Box (8%)
- CATCH Activity Box (7%)
- CATCH for Early Care and Education (7%)

Adult Education

Direct education reached **14,740 adults ages 18 years and over** (12% of DE reach)*. Among adult participants, 23% were older adults age 60 years and over. Adults received education in a variety of settings. The most common were:



K-12 schools
(17% of adults)



Health clinics & hospitals
(15% of adults)



Parks and open spaces
(10% of adults)

Adult DE activities were most often delivered in a **single session** (72%). 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 (29%)
- Food Smarts for Adults (22%)
- Eat Healthy, Be Active Community Workshop (9%)
- Activity + Eating for Adults (5%)

*Percentages do not total to 100% because age is unknown for 8% of DE participants.

INDIRECT EDUCATION

During FFY24, LHDs reached **2,318,587 participants** through **3,801 IE activities** at **1,543 sites** via **6,957 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
- Social media
- Electronic materials



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.

"They had a positive influence on her health because they made her realize broccoli is actually tasty!"

- Parent of class participant, Kern County



"I've rode the smoothie bike before and I can't wait to ride it again!"

- Adult event participant, Del Norte County



"I spoke with teachers about the nutrition classes, and they all said it was great, they were a huge success. The kids enjoyed the meals and the lessons and learned about avoiding sugar. It was amazing. Thank you so much for coming and providing those services for us. The kids, they need these lessons!"

- Site facilitator, Yolo County



"I remember how much sugar was in a soda from when we measured it, a whole cup! I tell my brother not to drink soda anymore."

- Child participant of class, Modoc County



"One of our classroom's favorite CATCH activities is 'Balloon Challenge.' The kids love manipulating the balloon in different ways. They're able to have fun while improving their gross motor function. CATCH activities also encourage children to listen to directions and how to work together."

-Teacher, LA County



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