

CalFresh Healthy Living Adult Education in California

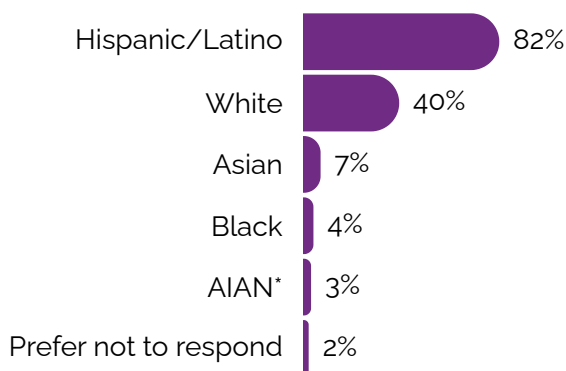
Nutrition & Physical Activity Outcomes

In FFY 2024, California local health departments evaluated series-based CalFresh Healthy Living (CFHL) education delivered to adults. CFHL aims to improve the health and wellbeing of Californians through interventions that promote healthy eating and physical activity.

To measure program outcomes, before and after the education, participants self-reported their dietary and physical activity behaviors on a survey. This brief report describes the adult participants and summarizes changes in their behaviors.

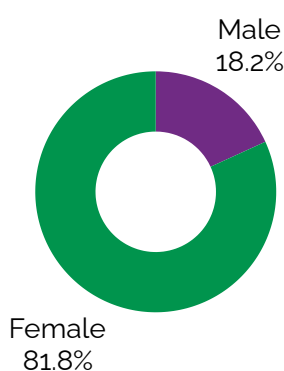
Participant Demographics

Race/Ethnicity (n=724)

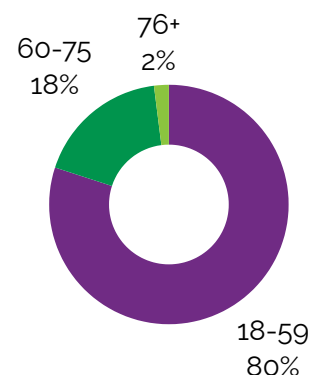


*AIAN = American Indian or Alaska Native

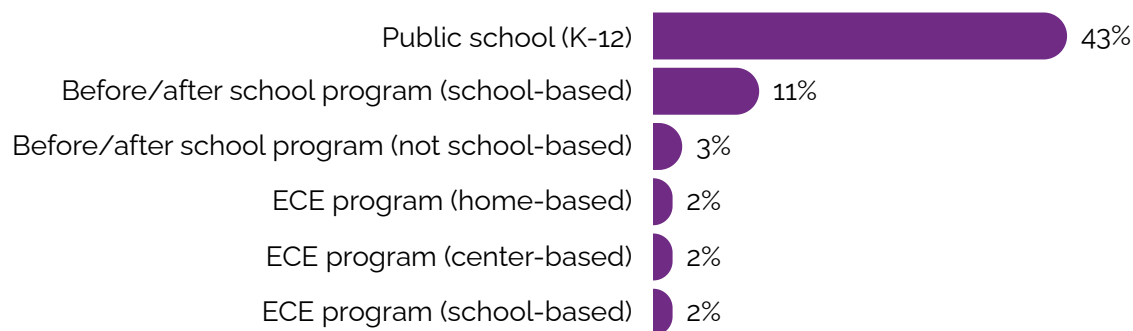
Gender (n=704)



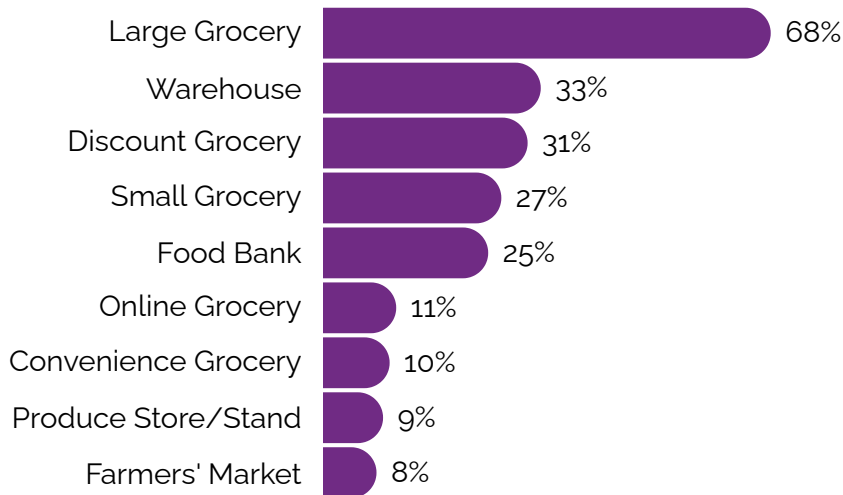
Age (n=724)



Has child in school, before/after school, and/or early care and education (n=717)



Where households shopped for food in the last month (n=717)

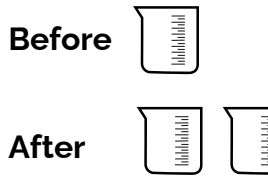


Ideal places for CFHL interventions

Large grocery stores, warehouses, discount grocery stores, and K-12 schools (including before/after school programs) may be ideal places for CFHL interventions.

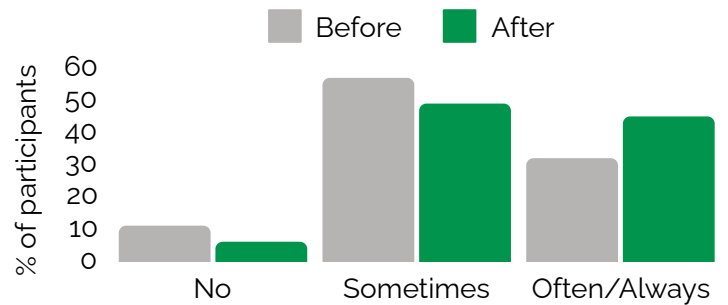
Nutrition Outcomes

Daily fruit consumption (n=713)



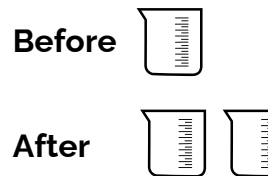
Whole fruit intake increased by 0.5 cups/day

Eats more than one kind of fruit each day (n=708)



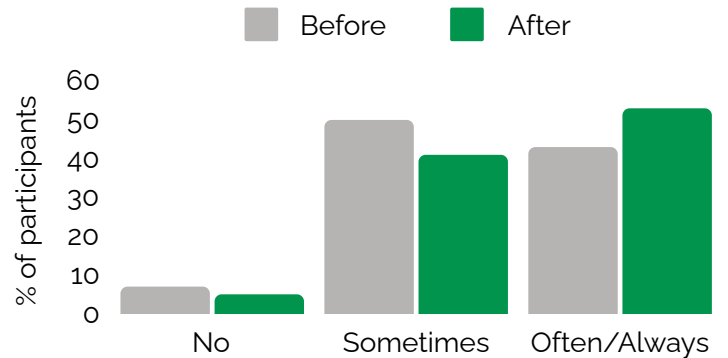
Eating more than one kind of fruit each day always or often increased by 41%

Daily vegetable consumption (n=714)



Vegetable intake increased by 0.5 cups/day

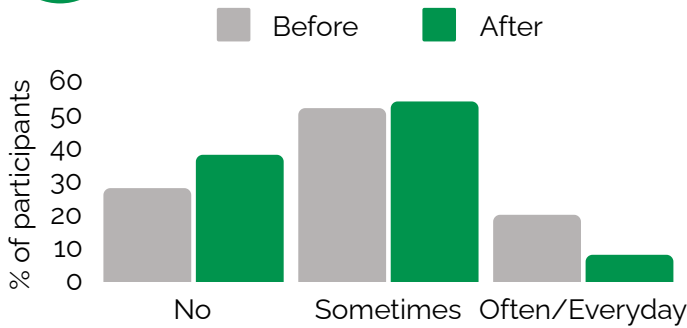
Eats more than one kind of veg each day (n=710)



Eating more than one kind of vegetable each day always or often increased by 23%



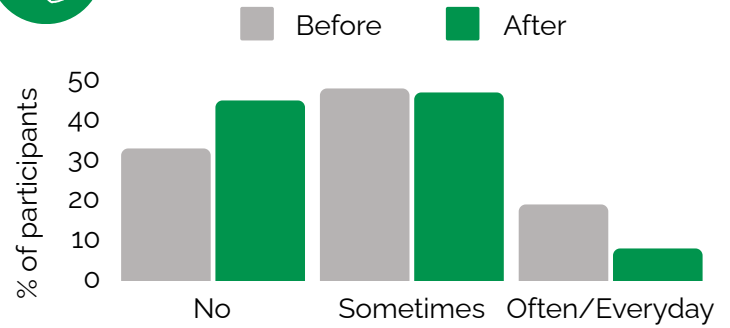
Drinks fruit drinks, sports drinks, or punch (n=708)



Drinking sugary drinks often or everyday decreased by 60%



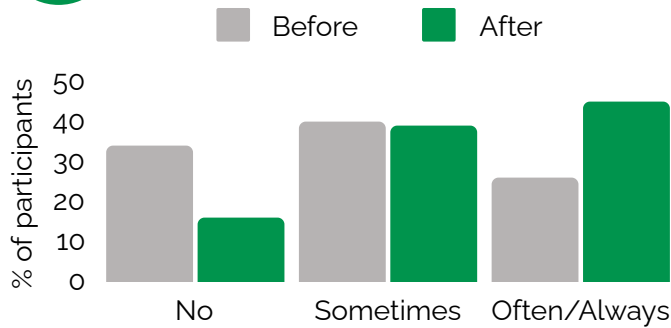
Drinks regular soda (n=715)



Drinking soda often or everyday decreased by 58%



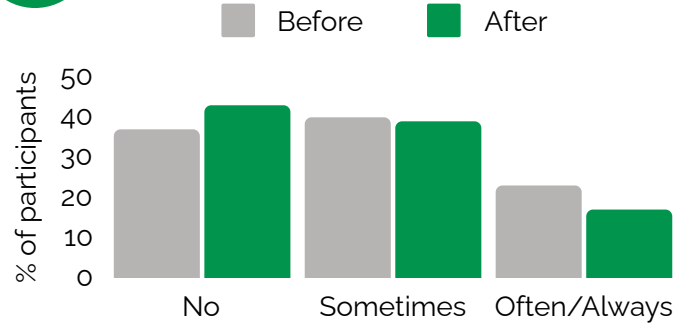
Reads nutrition facts label when shopping for food (n=711)



Reading nutrition labels often or always increased by 73%



Runs out of food before the end of the month (n=715)



Running out of food often or always decreased by 26%

Physical Activity Outcomes

Meets recommendation for moderate-intensity physical activity (n=724)



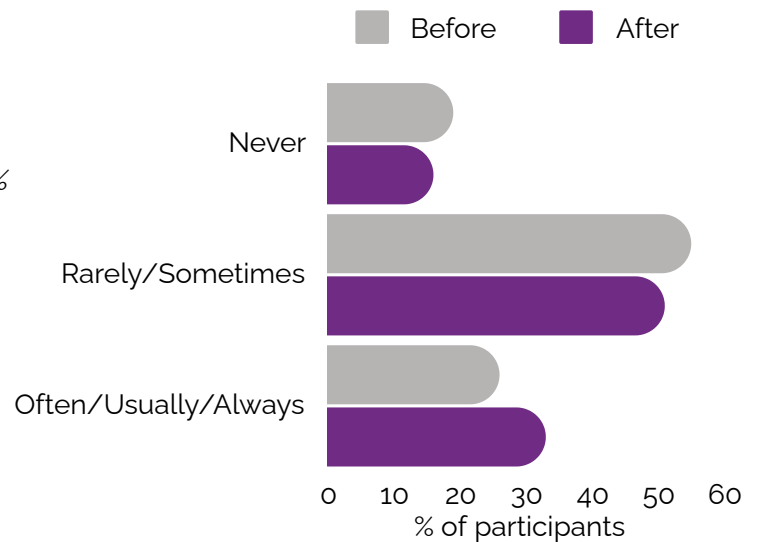
Achieving ≥ 150 min of activity/week increased by 14%

Meets recommendation for muscle-strengthening activity (n=724)



Achieving ≥ 2 days of muscle strengthening activity/week increased by 47%

Makes small intentional changes to be more active (n=664)



Making small changes to be more active often, usually, or always increased by 27%