

# CalFresh Healthy Living in California Schools

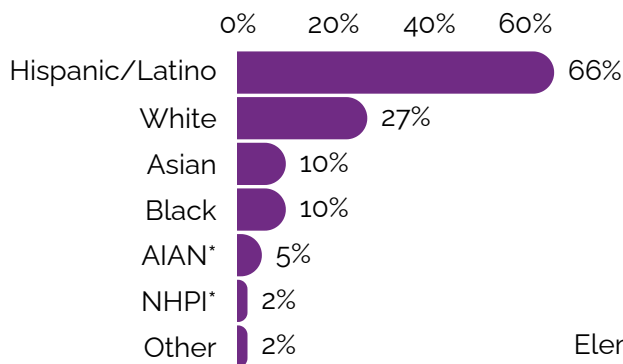
## Nutrition & Physical Activity Outcomes

In 2023-24, 92 school and school-based after school sites partnered with the local health department in their county to implement and evaluate *CalFresh Healthy Living (CFHL)* programming. *CFHL* aims to improve students' health and wellbeing through interventions that promote healthy eating and physical activity.

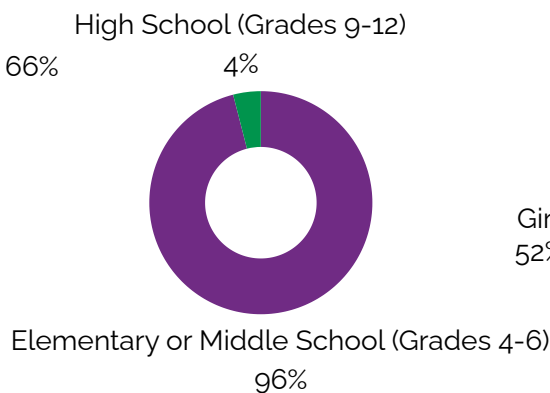
To measure program outcomes, students reported their dietary intake and physical activity behaviors on a self-administered survey before and after the programming. This brief report describes the sample of students who participated in the evaluation and summarizes changes in their nutrition and physical activity behaviors.

### Student Demographics

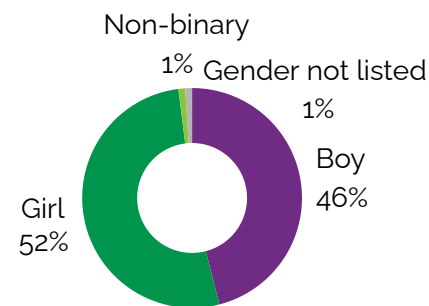
#### Race/Ethnicity (n=3,880)



#### Grade (n=3,880)



#### Gender (n=3,701)



\*NHPI=Native Hawaiian or Pacific Islander  
AIAN=American Indian or Alaska Native

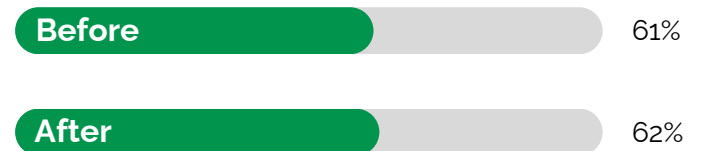
### School Meal Outcomes

#### Ate school breakfast yesterday (n=3,312)



Students who ate school breakfast increased by 6%

#### Ate school lunch yesterday (n=3,261)



Students who ate school lunch increased by 2%

## Nutrition Outcomes

### Ate fruit yesterday (n=3,805)



Whole fruit intake increased by 0.5 times/day

### Ate vegetables yesterday (n=3,701)



Vegetable intake stayed the same

### Drank 100% juice yesterday (n=3,795)



Juice intake stayed the same

### Drank water yesterday (n=3,846)



Water intake stayed the same

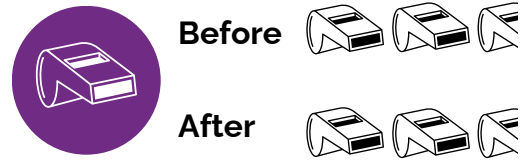
### Drank sugary drinks yesterday (n=3,762)



Sugary drink intake decreased by 0.5 times/day

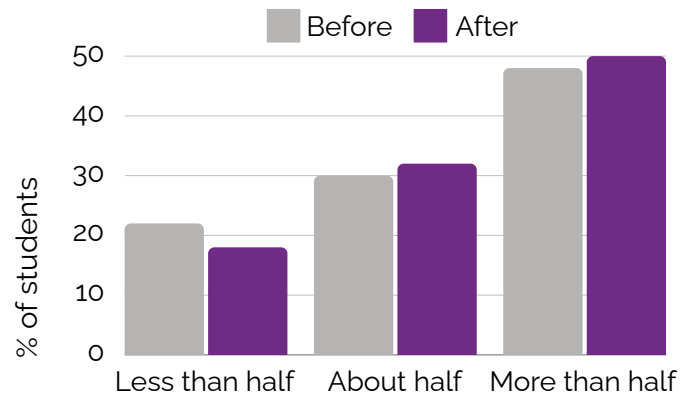
## Physical Activity Outcomes

### Days of PE last week (n=3,880)



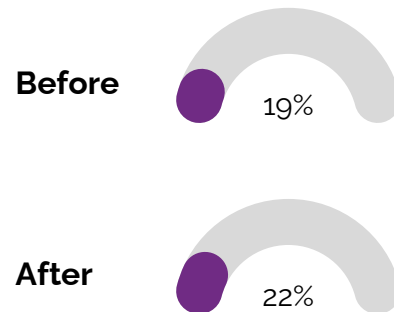
Student PE time stayed the same

### Time physically active in PE last week (n=3,116)



Spending more than half of PE active increased by 4%

### Met recommendation for physical activity last week (n=3,880)



Achieving 60 min of activity daily increased by 16%