

2024-2025

CalFresh Healthy Living in Los Angeles County



Nutrition and Physical Activity Outcomes from Adult Education Interventions

In 2024-2025, the Los Angeles County Department of Public Health's Nutrition and Physical Activity Program partnered with 15 agencies to implement and evaluate series-based CalFresh Healthy Living (CFHL) nutrition 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, food resource management, and physical activity behaviors on a survey. This brief report describes the adult participants and summarizes changes in their behaviors.



Intervention Description

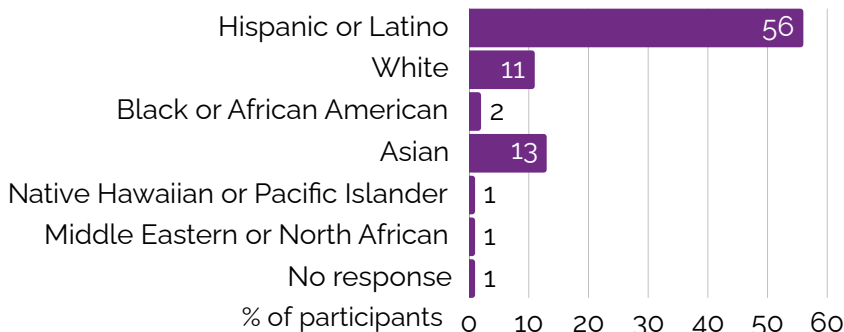
Nutrition education was implemented in various settings including early care and education facilities, schools, healthcare clinics and hospitals, food distribution sites, parks, and community organizations.

The most frequently delivered curricula to adults 18+ include: Food Smarts for Adults, Nutrition 5 Class Series, Around the Table, MyPlate for My Family Education Toolkit, and Eat Smart, Live Strong: Nutrition Education for Older Adults.

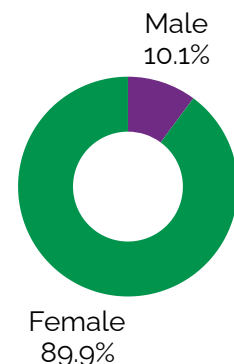


Participant Demographics

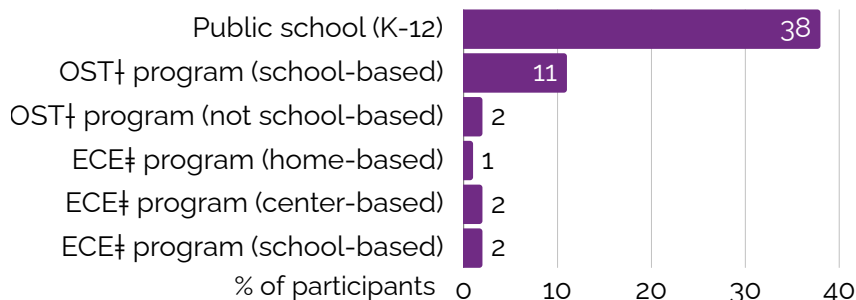
Race & Ethnicity (n=261)



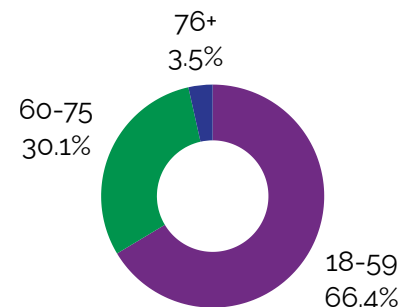
Gender (n=257)



Has child enrolled in... (n=258)



Age (n=259)



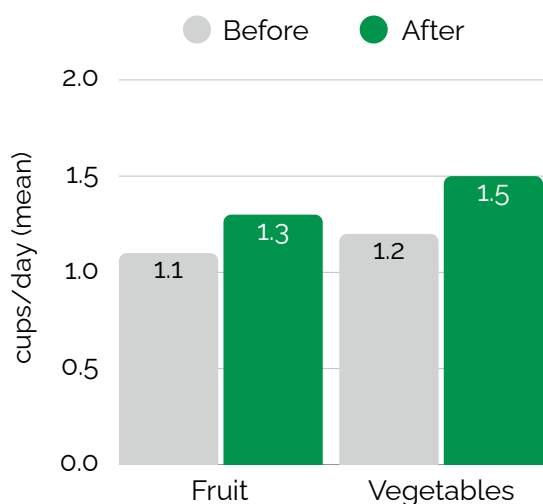
† Out-of-school time

‡ Early care and education



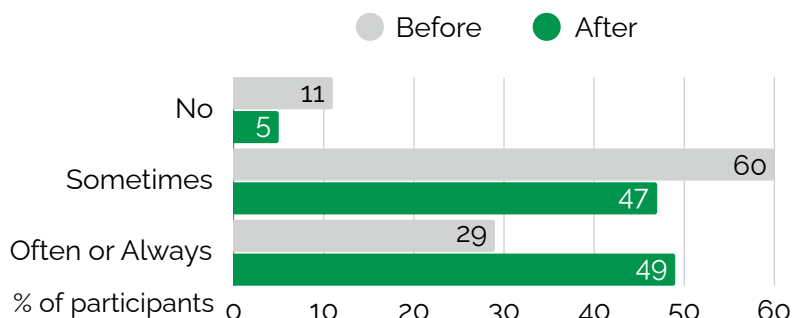
Fruit & Vegetable Outcomes

Dietary intake each day (n=261)



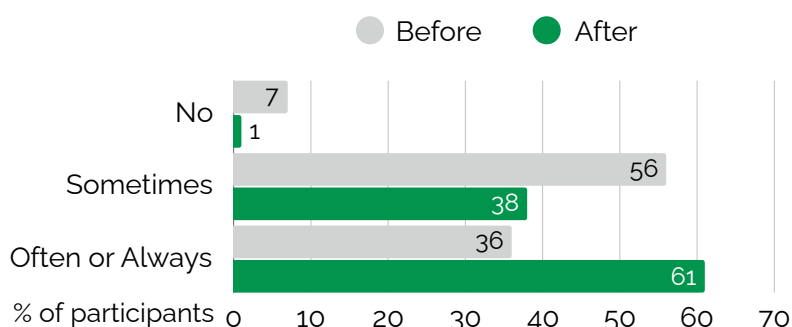
Fruit intake increased by **0.2 cups/day** and vegetable intake increased by **0.3 cups/day**.[†]

Eats more than one kind of fruit each day (n=255)



Eating more than one kind of fruit each day often or always **increased by 69%***

Eats more than one kind of vegetable each day (n=257)

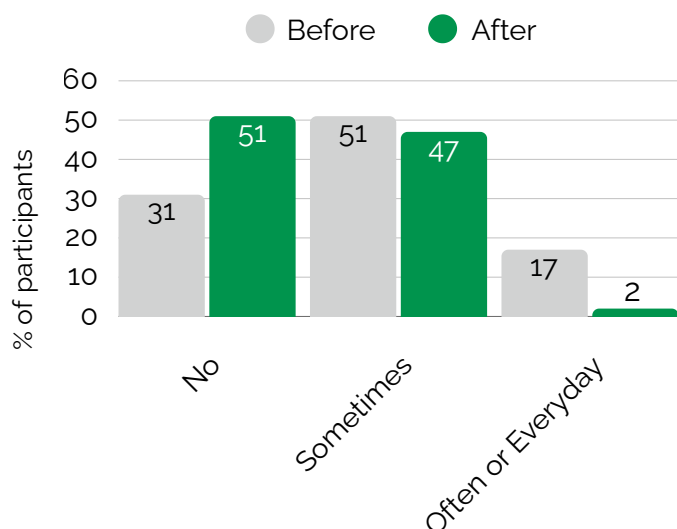


Eating more than one kind of vegetable each day often or always **increased by 69%***



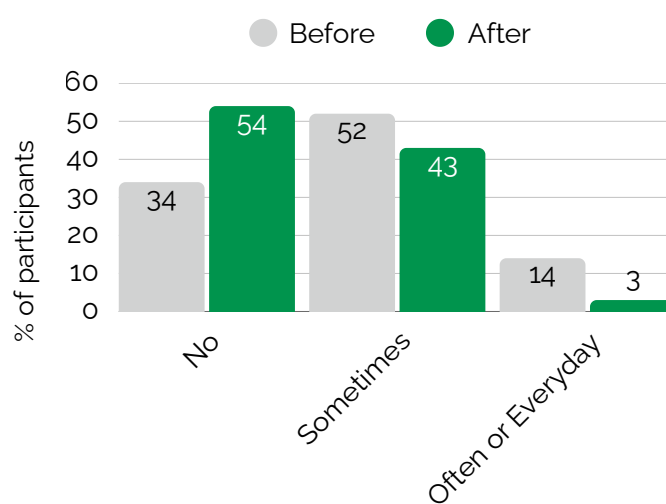
Sugary Drink Outcomes

Drinks fruit drinks, sports drinks, or punch (n=261)



Drinking fruit drinks, sports drinks, or punch often or everyday **decreased by 88%***

Drinks regular soda (n=260)



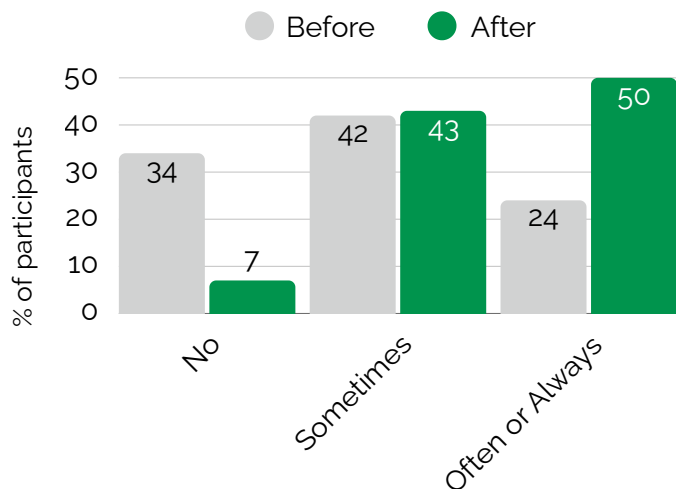
Drinking soda often or everyday **decreased by 79%***



Food Resource Management Outcomes

Reads nutrition labels when shopping for food

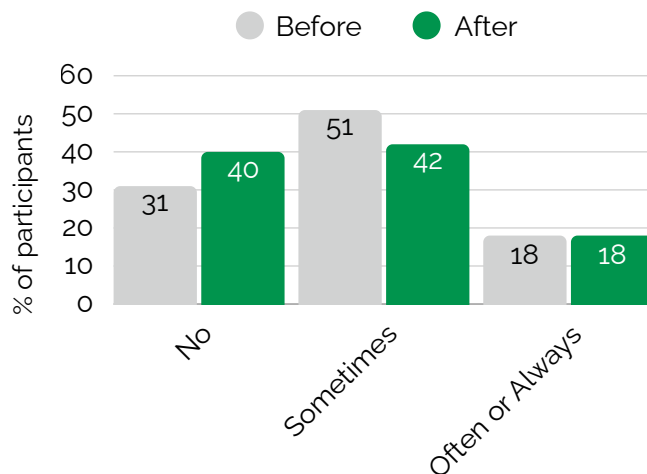
(n=256)



Reading nutrition labels often or always **increased by 108%.***

Runs out of food before the end of the month

(n=260)



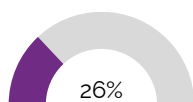
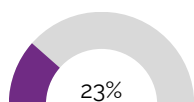
Running out of food sometimes **decreased by 18%.***



Physical Activity Outcomes

Before

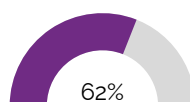
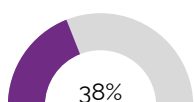
After



Meets recommendation for moderate-intensity physical activity (n=257)

Before

After

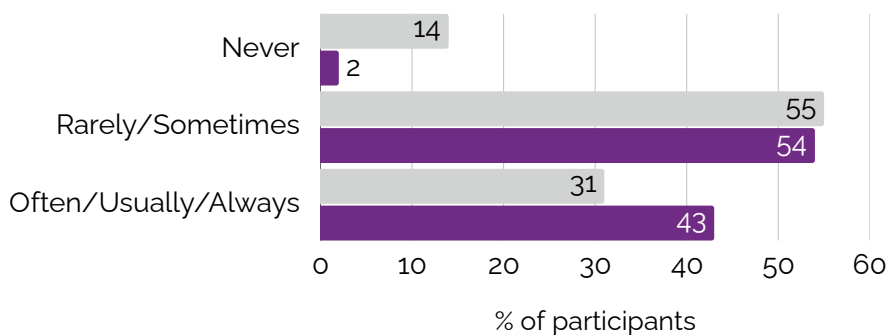


Meets recommendation for muscle-strengthening activity (n=256)

Achieving ≥ 150 min of activity/week **increased by 13%*** and ≥ 2 days of muscle strengthening activity/week **increased by 63%.***

Makes small intentional changes to be more active (n=258)

● Before ● After



Making small changes to be more active often, usually, or always **increased by 39%.***

*Indicates percent change: $[(\text{new value} - \text{old value}) / \text{old value}] \times 100$

†For presentation purposes, data was rounded which may cause discrepancies in change estimates