

Educational Activities

May 30, 2024

Local health departments (LHDs) implement CFHL educational activities to help give individuals 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 FFY23, LHDs reported **4,466 DE activities** that reached **164,462 individuals**. Most activities (91%) have returned to **in-person delivery** after a few years of increased virtual delivery related to COVID-19.

Youth Education

Direct education reached **124,832 youth ages 0-17** (76% of total DE reach)*. School-aged children (ages 5-17) were the most commonly engaged audience, comprising 61% of all DE participants.

Settings where children were commonly reached include:



K-12 schools
(70% of children)

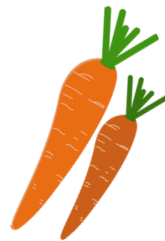


Early childhood programs
(17% of children)



Before/after - school programs
(9% of children)

Youth DE activities were most often delivered in a **single session** (62%). 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 (14%)

CATCH for Early Care and Education (13%)

Harvest of the Month Curriculum (12%)

Adult Education

Direct education reached **18,688 adults ages 18+** (11% of DE reach)*. Among adult participants, 30% were older adults ages 60 and over. Adults received education in a variety of settings. The most common were:



Congregate meal sites
(14% of adults)



K-12 schools
(13% of adults)



Parks and open spaces
(9% of adults)

Adult DE activities were most often delivered in a **single session** (71%). The remaining activities were delivered as a series of 2 or more lessons. The most common curricula used for DE with adults were:



Food Smarts for Adults (22%)

Nutrition 5-Class Series (18%)

Eat Healthy, Be Active Community Workshop (17%)

*Percentages do not total to 100% because age is unknown for 13% of DE participants.

INDIRECT EDUCATION

During FFY23, LHDs reached **2,501,659 participants** through **3,837 IE activities** at **1,672 sites** via **8,051 delivery channels**.

Key **settings** where IE was delivered were:

- Schools
- Places people play, like parks and community centers
- Stores
- Food assistance and distribution sites



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
- Water
- Limiting added sugars
- Healthy eating patterns using MyPlate
- Food preparation, cooking, and safety



PROGRAM SUCCESSES

Participant and educator quotes demonstrate program success and progress that participants have made towards making healthy choices.

"I've learned to make more nutritious foods and found out that it actually tastes good."

- Adult Participant, Central Avenue Farmers Market, Los Angeles, Los Angeles County

"I love to cook!"

- Student Participant, After School Cooking Classes, Placerville, El Dorado County



"Your group taught us a lot about nutrition and healthy alternatives to foods. An example is when you told us about corn tortillas, whole wheat bread, and low sodium canned food. Another thing we learned from you is how to save money from groceries. What I remember about it is to buy produce as it is and not processed or pre-cut because it can be cheaper."

- Student Participant, Youth Grocery Store Tour, Paso Robles, San Luis Obispo County



"I learned to be more mindful throughout the day. I learned more about what nutrients are found in different foods. I really enjoyed the open/honest conversations we had about food and home and being mothers."

- Adult Participant, Trauma Informed Nutrition Classes, Burney, Shasta County



"I just wanted to say thank you for all that you did to make the day so awesome. This event brought the community together and provided a fun and exciting way to have hands on experiences in learning about nutrition. It is my pleasure to partner with you ladies."

-Master Teacher at Waterford CDC, Farm to School Festival, Waterford, Stanislaus County

