



# Utah SNAP-Ed Works

## Success Stories

"I went to the grocery store last week and I saw one of my participants doing her shopping. She stopped and said hello to me and showed me her shopping list and an advertisement from a different grocery store. She told me that she was putting in practice what she had learned in my classes. She never used a shopping list before. She used to spend too much money when she did her shopping. She is more organized now and buys the things she has on the list. She told me that she uses coupons and sales from the paper. She is happy to put into practice all the things I have taught her."

**Anny Galvin, Nutrition Education Assistant**  
Cache County

"While teaching a class at the Department of Workforce Services, a lady popped in and started telling the class about her experience with Food \$ense. She said that after taking the same class as I was teaching that day, last December, she decided that she was going to implement the things that I had taught her in the class. She didn't know what her budget was so she started tracking how much she spent each month on food. She was surprised at the amount that she spent because she had been spending a ton of money each month on food. She also started meal planning and making grocery lists to take to the store. She testified that Food \$ense really does work! She said that now that she is meal planning she spends less money, eats better, and doesn't waste so much time going to the grocery store multiple times a week. The things we teach really do work!"

**Kailey Roberts, Nutrition Education Assistant**  
Beaver County

"I visited the Homeless Youth Resource Center to help organize their kitchen pantry and add more recipes to their recipe book. I met with the HYRC Volunteer Coordinator. She told me that our recipe book has been so helpful. In the past, the volunteers wouldn't show up to prepare a meal for the clients and the staff would scramble and throw together a last minute not-so-healthy meal for the teens, sometimes just serving cereal. The recipe book has been so helpful in providing alternative recipes that are healthy and are using a variety of the donated foods. I was very excited to hear this feedback from our contact that our PSE efforts were making a difference, and that our recipe book is promoting healthier meals based on MyPlate guidelines. Our PSE efforts have had a significant impact on the meal system at the HYRC and what the teen clients are being served."

**Ally Cowdell, Nutrition Education Assistant**  
Salt Lake County

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This material was funded by USDA's Supplemental Nutrition Assistance Program. USDA is an equal opportunity provider and employer. Utah State University is an affirmative action/ equal opportunity institution.

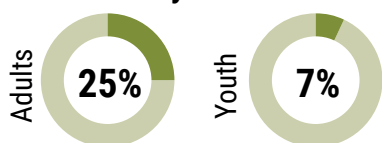
**EXTENSION**   
**UtahStateUniversity.**

**FOOD** **\$ENSE** SNAP-ED

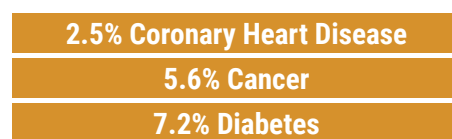
## UTAH CHALLENGE

American diets fall short of recommendations for good health and contribute to excess rates of preventable chronic disease. Obesity rates are high and other serious problems like type 2 diabetes, heart disease, and hypertension are climbing in low-income groups. Utah is no exception. Food \$ense, Utah's Supplemental Nutrition Assistance Program—Education (SNAP-Ed), continues to fight food insecurity and decrease obesity and other chronic diseases among low-income individuals. Food \$ense classes teach basic cooking skills, how to prepare nutritious meals using more fruits and vegetables, and the importance of physical activity. Through a combination of direct education, marketing, and policy, systems, and environmental support, this program is improving food security and sparing Utah low-income families' health problems. Food \$ense teaches people and supports the systems necessary to achieve a healthier lifestyle and improve self-reliance.

### Utah Obesity Rates



### Utah Chronic Disease Rates



### National Cost

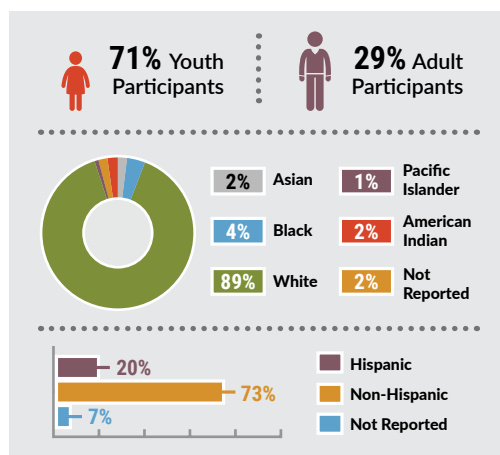
**\$147-216 billion**  
spent nationally on obesity  
and chronic diseases a year.

## UTAH SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

### Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



### TOP EDUCATION FOCUSES

#### Adults - Creates Curriculum

- Dietary Guidelines for Americans
- Physical activity recommendations
- Stretching food dollars
- Food safety
- Cooking skills to make healthy meals with foods already on hand

#### Youth - Create MyPlate

- Fruits and vegetables
- Whole grains
- Low-fat dairy
- Lean protein
- Physical activity

### Settings



Group  
Classes



Schools



Pantries



Gardens



Farmers  
Market



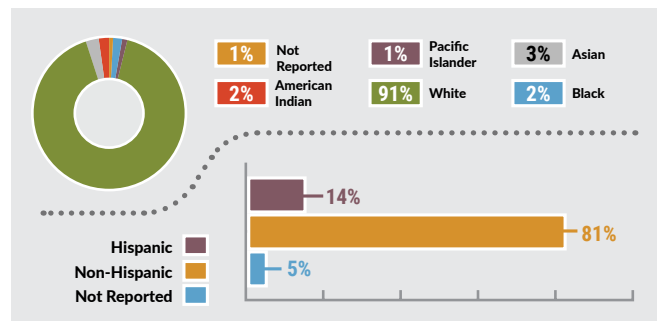
Corner  
Store

### Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

### PSE REACH DEMOGRAPHICS

Schools • Farmer's Markets • Pantries • Corner Stores



### TOP PSE STRATEGIES

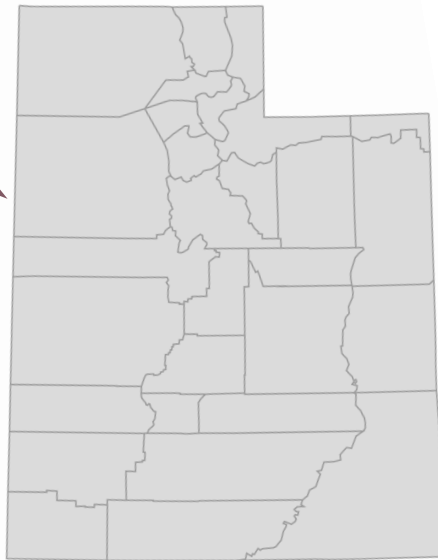
- Improved appeal, layout or display of foods to encourage healthy and discourage unhealthy selections.
- Increased shelf space, amount or variety of healthy options.
- Change in food donation specifications toward healthier food.
- Use of standardized, healthy recipes.

## UTAH SNAP-ED RESULTS

### Success Stories

A class participant reported that applying the MyPlate and Creates principles helped her lower her A1C levels, get off insulin, and need only to use metformin. She used Creates recipes and increased her physical activity, and used food management principles to help her choose healthy food on a budget.

In the past year of attending Food \$ense classes and applying principles he learned in the classes, one participant was able to lose over 50 lbs. He reported to have increased stamina and that his wife is now adopting the healthier lifestyle, too.



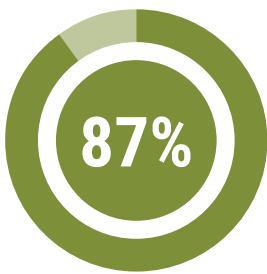
### Highlights

- Teach life skills to help families manage their food dollars and be more fiscally responsible with their resources.
- Encourage families to make healthy choices on their own.
- Work with refugees, immigrants (Latino programming), and intergenerational poverty families.
- Partner with USU researchers to conduct statewide needs assessments to find the best methods to meet those needs.

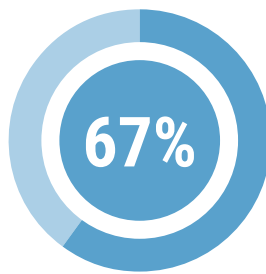
All counties in Utah receive SNAP-Ed programming

## UTAH IMPACT DATA

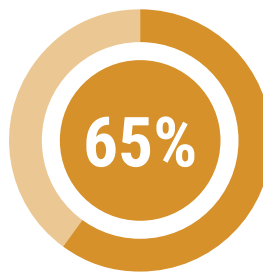
*\*Percentages shown reflect the data collected from a 6-month follow up survey of the Food Sense Program.*



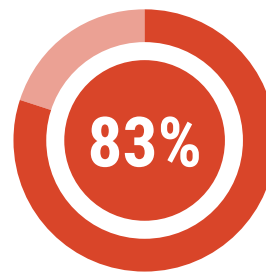
of Food Pantry participants strongly agree/agree that making healthy choices at the food pantry is important.



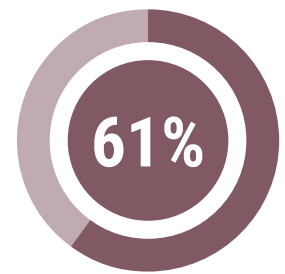
of Food Pantry participants strongly agree/agree they eat healthier since Thumbs Up was introduced.



of parents report an increased intake of fruit and vegetables.



of adults have enough food to last through the month after participating in classes.\*



of participants reported usually or always being physically active for 30 minutes a day, 5 days a week.\*

### TOP PARTNERSHIPS

- Department of Workforce Services
- Extension offices
- Food pantries
- Schools
- Utah State University, NDFS Extension

### TOP COALITIONS

- SNAC - State Nutrition Action Coalition
- UPIC - Utah Produce Incentive Collaborative
- UBET - Utah Breakfast Expansion Team
- Hunger Solutions Institute

National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.



# SNAC Highlights

Throughout the United States, State Nutrition Action Coalitions, or SNAC groups are becoming more popular as a way to provide a wide range of quality nutrition programming to state residents. SNAC groups allow agencies with similar nutrition and wellness missions to leverage resources and knowledge, while reducing duplicative efforts, ultimately increasing the reach and impact of all the agencies involved. Utah's SNAC group was initially formed in 2005, but has continued to evolve and grow with the changing demographics and needs of Utah's population.

## Utah's SNAC group now includes members from the following organizations:

- Department of Workforce Services (DWS)
  - Utah Food \$ense (SNAP-Ed)
  - Utahns Against Hunger
  - Utah Department of Health – Healthy Living through Environment, Policy & Improved Clinical Care
  - Utah Expanded Food & Nutrition Education Program (EFNEP)
  - Utah State University Extension
  - Women, Infants & Children Program (WIC)
  - International Rescue Committee (IRC)
  - Get Healthy Utah
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- **Double Up Food Bucks Partnership/Farmers Market Outreach**
    - During the 2017 farmers market season, Utahns Against Hunger managed the Double Up Food Bucks program.
    - The program has seen tremendous growth since its inception in 2015 in Utah.
    - Program support is provided by several organizations involved in SNAC through the provision of:
      - Marketing and advertising of markets that provide DUFB to SNAP recipients to increase their spending power for fresh fruits and vegetables.
      - Direct nutrition education raising awareness of markets, DUFB, and how to use fresh produce to make delicious meals provided to SNAP recipients.
      - Nutrition education booths at farmers markets providing consumers with ideas and tips about how to use available produce.
      - Support in the evaluation of the DUFB program.

