



2023

CREATE
BETTER HEALTH.TM
SNAP-ED

Utah SNAP-Ed Program IMPACT REPORT

Utah State University Extension Create Better Health program (Utah SNAP-Ed) aims to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles. Create Better Health uses a comprehensive approach to reduce obesity and chronic diseases among vulnerable populations in urban and rural locations.

DIRECT EDUCATION

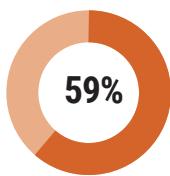


3,230 Adults received nutrition education

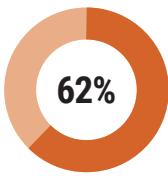


8,793 Youth received nutrition education

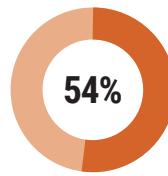
Six months after participating in a SNAP-Ed class series, adult participants reported they:



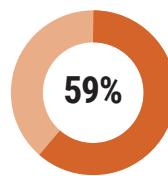
eat vegetables
more often



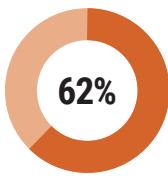
eat fruit more
often



participate in
physical activity
more often



use the Nutrition Facts
label more often



use MyPlate
recommendations
to make food
choices more often

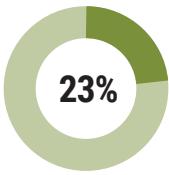
"I am making an effort to make a menu and use seasonal food. It makes sense to me now. I was in the store, and I could see that food in season in the supermarket produce section was cheaper, and if I planned my menu to match it, I would get the best price."

- Create Better Health adult participant

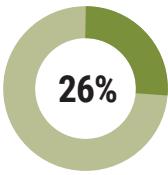
"I am going to make [the SNAP-Ed recipe] for dinner tonight. I love that it has most of the food groups and it is packed full of vegetables and that [my son] loves to eat it."

- Parent of a youth participant

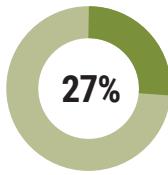
After participating in a Captain Create Better Health class series, youth reported they:



eat vegetables
more often



eat fruit more
often



choose healthy
snacks more often



POLICY, SYSTEMS & ENVIRONMENT (PSE)

6
Create Healthy Store sites

50
Create Healthy Pantry sites

11
Create Healthy Schools sites

16
PSE Garden sites

115,570
Utahns reached with PSE changes

"I benefited from [Create Healthy Gardens] both mentally and physically. I am eating healthy food. I harvested a lot of vegetables. My sleep and my blood sugar improved."
- Create Healthy Gardens participant



SOCIAL MARKETING

1,311,283 media impressions

 54,773 SNAP-Ed eligible Utahns reached through e-newsletters

 3,960 likes and 863 shares on Facebook

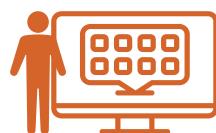
PARTNERSHIPS

Multi-sector partnerships allowed Create Better Health (SNAP-Ed) to expand program reach and impacts



212 partnering organizations

OTHER ACHIEVEMENTS



1,703

students enrolled in the National Nutrition Certification Program



Utah Best of State for Nutrition Education



Follow Utah SNAP-Ed Works for impact updates

Extension
Utah State University



For more information, visit
CreateBetterHealthUtah.org

@createbetterhealthutah

