

# FOOD SENSE SNAP-ED WORKS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

Every \$1  
spent on quality nutrition  
education saves as much  
as \$10 in long-term  
healthcare costs

## THE CHALLENGE



**1 in 7 Utahns**  
experience food  
insecurity



**3 in 5 Utah adults**  
are obese or  
overweight



**1 in 6 Utah youth**  
are obese or  
overweight



**1 in 5 Utah adults**  
meet physical activity  
recommendations



**1 in 5 Utah youth**  
meet physical activity  
recommendations



Obesity costs an estimated **\$953 MILLION** annually in Utah.

## THE SOLUTION



Create experiences that  
help Utah children develop  
healthy habits.



Teach Utah families how to  
safely prepare healthy meals  
on a limited budget.



Advocate healthy lifestyles  
by influencing policies,  
systems and environments.



Partner with multiple  
organizations to expand  
program's reach and impact.

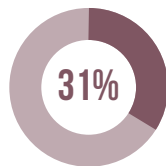
## THE RESULTS

**Food \$ense SNAP-Ed  
works for Utah**

**34,314** children &  
**16,147** adults received  
direct education

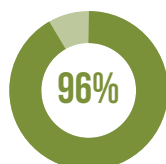
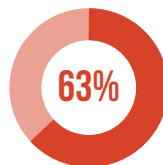
**1,275,470** people  
received indirect  
education

**50** organization  
partnerships



**31% increase** among  
participants who have  
enough money for food for  
the entire month.

**63% increase** of  
participants who increased  
physical activity.



**96% increase** of  
intergenerational poverty  
families who usually/  
always follow USDA food  
safety guidelines.



**7 in 10 youth** increased  
their requests to parents for  
fruits and vegetables.



**17 Emergency Food Sites**  
adopted the Thumbs Up for  
Healthy Choices Project.



**4 in 5 participants** reported  
having enough food to last  
the whole month 6 months  
after attending classes.