



2019

CREATE SNAP-ED
BETTER HEALTH

Utah's Snap-Ed Program IMPACT REPORT

"SNAP Education (SNAP-Ed) is the nutrition education and obesity prevention component of SNAP; its goal is to improve the likelihood that persons eligible for SNAP will make nutritious food choices within a limited budget and choose physically active lifestyles..."

-USDA.gov

DIRECT EDUCATION



4,669 Adults reached through direct education



11,637 Youth reached through direct education

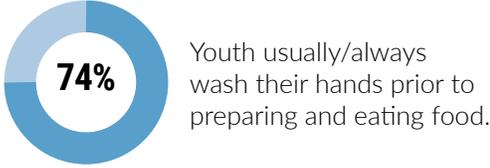
"When I am making dinner for my family at nights I have started thinking about MyPlate and what food groups I am missing. It has been so good for my family."

"I try to be more conscious of choosing to add more veggies to our meals. I've bought more fruits and veggies and actually used them."

"After the lesson, I actually bought and used spinach. And we actually liked it!"

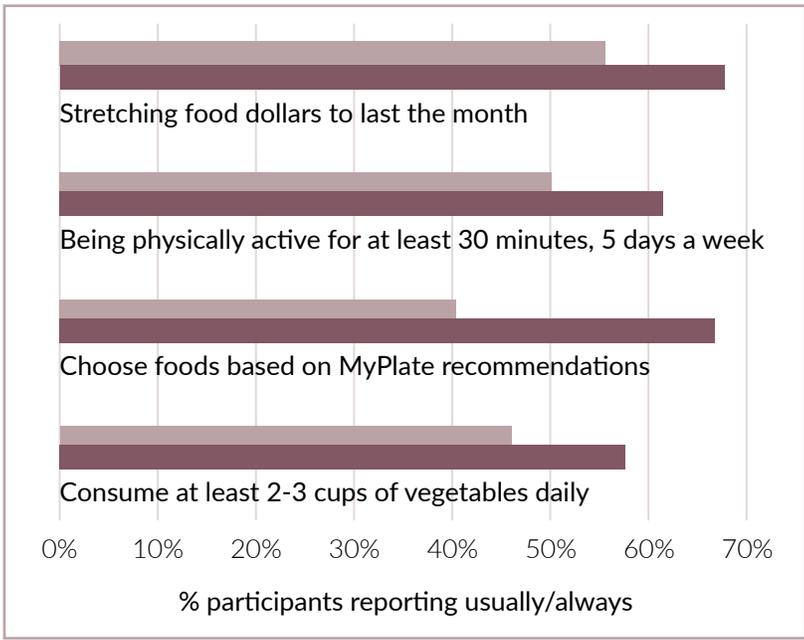
"...there was all of this extra money in my checking account... because my husband has been using those [Create Better Health] handouts and things he's found in our pantry or fridge to make dinner every night."

After their child participated in Create MyPlate classes, parents reported:



Adult Class Participants reported:

Pre Test Post Test



POLICY, SYSTEM & ENVIRONMENT (PSE)



~42,000

Utahns reached with PSE work



Locations improved healthy food access



Policy changes adopted



Systems changes adopted



Environmental changes adopted

SOCIAL MEDIA



2,288,250

Total social media reach



742,622

Monthly newsletter reach

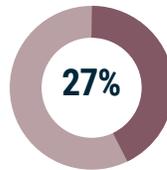
SOCIAL MARKETING



More than

136,527

people reached through the Create An Active Winter campaign.



27%

of people surveyed could recall (aided) the Create an Active Winter campaign with several reporting that the campaign helped remind and motivate them to be active.

"It gave me ways to manage exercise with work life and being a mom."

"Now I exercise with a group of friends in the morning at 6:15 every day and I also made time to go outside with my baby."

PARTNERSHIPS

"[Create Better Health (SNAP-Ed)] is exactly what people need."



175

Organizations



15

Farmers markets had a SNAP-Ed booth

EXTENSION 
UtahStateUniversity.

For more information, visit
CreateBetterHealthUtah.org

@createbetterhealthutah



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