



2023

CREATE SNAP-ED
BETTER HEALTH™

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

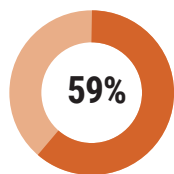


3,230 Adults received nutrition education

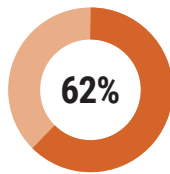


8,793 Youth received nutrition education

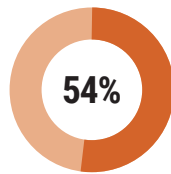
Six months after participating in a SNAP-Ed class series, adult participants reported they:



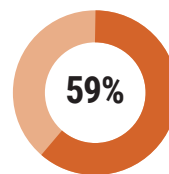
eat vegetables more often



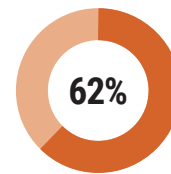
eat fruit more often



participate in physical activity more often



use the Nutrition Facts label more often



use MyPlate recommendations to make food choices more often

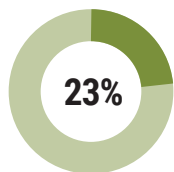
"I am making an effort to make a menu and use seasonal food. It makes sense to me now. I was in the store, and I could see that food in season in the supermarket produce section was cheaper, and if I planned my menu to match it, I would get the best price."

- Create Better Health adult participant

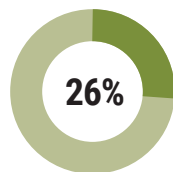
"I am going to make [the SNAP-Ed recipe] for dinner tonight. I love that it has most of the food groups and it is packed full of vegetables and that [my son] loves to eat it."

- Parent of a youth participant

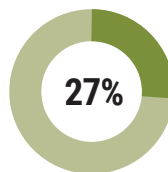
After participating in a Captain Create Better Health class series, youth reported they:



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

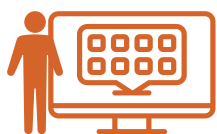
Multi-sector partnerships allowed
Create Better Health (SNAP-Ed) to
expand program reach and impacts



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

UtahStateUniversity.



For more information, visit

CreateBetterHealthUtah.org

@createbetterhealthutah



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