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**

2,373 Adults received nutrition education

7,899 Youth received nutrition education

Six months after participating in a SNAP-Ed series, adults reported:

- 50% ate more vegetables.
- 50% used MyPlate recommendations to make food choices more often.
- 50% were more physically active.
- 56% used the nutrition facts label more often.
- 44% chose foods with less added sugar more often.

"I ate more fruits and whole grains. My iron improved after taking this class. Before, I was anemic."
- Utah SNAP-Ed Participant

"Before I started your classes, I was having health issues, mainly with my heart. When I started learning with you, I decided to change some things about my eating habits. To my surprise, when the doctor last checked me, I no longer had the heart problem."
- Utah SNAP-Ed Participant

After participating in a Captain Create MyPlate series, youth reported:

- 24% ate more vegetables.
- 26% chose healthy snacks more often.
- 27% participated in physical activities more often.
PRIORITY POPULATION PROGRAMMING

1,882 Hispanic/Latino direct education participants
32 Somali refugee direct education participants
700 American Indian/Alaskan Native direct education participants
110 garden boxes with the Ute Indian Tribe Painted Horse Diabetes Prevention Program

POLICY, SYSTEMS & ENVIRONMENT

62 sites that improved appeal and access to healthy food
7 policy changes adopted
78 systems changes adopted
81 environmental changes adopted

“Utahns reached through PSE work

>251,641

>17,022 pounds of fresh produce donated to food pantries

SOCIAL MARKETING

Healthy Choices Create Better Health “Your choice. Your move.”

>541,804 people reached by campaign materials

50% of people surveyed could recall (aided) campaign materials

Follow Utah SNAP-Ed Works for impact updates

PARTNERSHIPS

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

245 partnering organizations

Extension Utah State University

For more information, visit extension.usu.edu/CreateBetterHealth

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