

2022

**CREATE** SNAP-ED  
BETTER HEALTH™

## Utah's 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



**2,373 Adults** received nutrition education



**7,899 Youth** received nutrition education

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



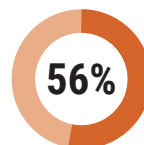
ate more vegetables.



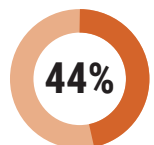
used MyPlate recommendations to make food choices more often.



were more physically active.



used the nutrition facts label more often.



chose foods with less added sugar more often.

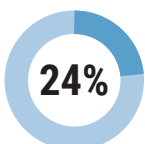
*"I ate more fruits and whole grains. My iron improved after taking this class. Before, I was anemic."*

- Utah SNAP-Ed Participant

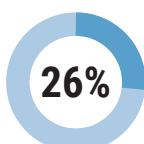
*"Before I started your classes, I was having health issues, mainly with my heart. When I started learning with you, I decided to change some things about my eating habits. To my surprise, when the doctor last checked me, I no longer had the heart problem."*

- Utah SNAP-Ed Participant

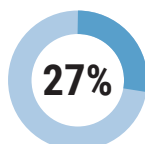
#### After participating in a Captain Create MyPlate series, youth reported:



ate more vegetables.



chose healthy snacks more often.



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

*"The signage is well received. The healthier items at checkout move quickly! People are grabbing nuts, jerky, whole grain crackers over candy and cookies."*

- Utah SNAP-Ed Ambassador

**>251,641**

Utahns reached through PSE work

**>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



## PARTNERSHIPS

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



**245**

partnering organizations

Follow Utah SNAP-Ed Works for impact updates

## Extension

**UtahStateUniversity.**



For more information, visit

**[extension.usu.edu/CreateBetterHealth](https://extension.usu.edu/CreateBetterHealth)**

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