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 Sense SNAP-Ed works for Utah

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.

This material was funded by USDA’s Supplemental Nutrition Assistance Program. USDA is an equal opportunity provider and employer. Utah State University is an affirmative action/equal opportunity institution.