**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

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

<table>
<thead>
<tr>
<th>% participants reporting usually/always</th>
<th>Pre Test</th>
<th>Post Test</th>
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<tbody>
<tr>
<td>Stretching food dollars to last the month</td>
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<tr>
<td>Being physically active for at least 30 minutes, 5 days a week</td>
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<tr>
<td>Choose foods based on MyPlate recommendations</td>
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<tr>
<td>Consume at least 2-3 cups of vegetables daily</td>
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“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!”

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

Youth usually/always engage in at least 60 minutes of physical activity on most days.

75%

Youth usually/always request fruits and vegetables.

61%

Youth usually/always wash their hands prior to preparing and eating food.

74%
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.

2,288,250 people reached through the Create An Active Winter campaign.

742,622 monthly newsletter reach

Utahns reached with PSE work

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.

“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.”

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

175 Organizations

15 Farmers markets had a SNAP-Ed booth

For more information, visit CreateBetterHealthUtah.org

@createbetterhealthutah

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider and employer. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU’s non-discrimination notice, see equity.usu.edu/non-discrimination.