



Food Security Fact Sheet: Cache County

Food insecurity in Cache County

Household: 10%

Children (<18 years)¹: 10.4%

Overall food insecurity

HH food insecurity in State of Utah: 9%

HH food insecurity in United States: 12%

Demographics (U.S. Census, 2022 Estimates)	United States	State of Utah	Cache County
Persons under 5 years	5.6%	6.9%	7.4%
Persons under 18 years	21.7%	27.6%	28.9%
Persons 65 years and over	17.3%	12.0%	10.1%
White alone	75.5%	90.0%	92.7%
Black or African American alone	13.6%	1.6%	1.1%
American Indian and Alaska Native	1.3%	1.5%	1.0%
Asian alone	6.3%	2.8%	2.3%
Native Hawaiian and Other Pacific Islander alone	0.3%	1.2%	0.6%
Two or More Races	3.0%	2.9%	2.2%
Hispanic or Latino	19.1%	15.1%	11.3%
White alone, not Hispanic or Latino	58.9%	76.7%	82.9%

Factors that Influence Food Security	United States	State of Utah	Cache County
Social and Economic Factors			
Education			
High school completed	89%	93%	94%
Some college completed	67%	72%	75%
Unemployment	5.4%	2.7%	2.0%
Median household income	\$69,700	\$79,400	\$69,700
Living wage	\$45.00	\$45.69	\$42.76
Average meal cost ¹	\$3.59	\$3.38	\$3.54
Households with severe housing problems	17%	13%	15%
Overall uninsured (<65 years old)	10%	10%	10%
Uninsured adults (19-64 years old)	12%	11%	12%
Key Indicators for Children, <18 years old			
Children in poverty	17%	9%	9%
Children in single-parent households	25%	14%	15%
Child care cost burden	27%	22%	22%
Uninsured children	5%	7%	6%
Health Behavior Factors			
Food Environment Index	7.0	7.9	7.8
Physical inactivity	22%	16%	17%
Limited access to healthy foods	6%	6%	9%
Access to exercise opportunities	84%	84%	81%



Factors that Influence Food Security	United States	State of Utah	Cache County
Adults that do not meet the recommendation for aerobic physical activity ²	-	44.8% (2019 data)	38.9% (2019 data)
Adults eating less than 2 servings of fruits each day ²	-	67.8%	54.7%
Adults eating less than 3 servings of vegetables each day ²	-	87.4%	90.0%
Adults unable to get needed care due to health care costs ²	-	10.3%	7.4%
Utilization of Federal Nutrition Programs			
Children eligible for free or reduced-price lunch	53%	30%	35%
Population eligible for SNAP benefits (below 130% poverty) ¹	49%	28%	55%
Health Outcomes in Adults (18-65)			
Poor or fair health	12%	11%	13%
Diabetes prevalence ²	-	8.4%	7.3%
Prediabetes ²	-	11.1% (2020 data)	9.5% (2020 data)
High Cholesterol ²	-	25.4%	25.5%
High Blood pressure ²	-	27.6%	27.4%
BMI (kg/m ²)			
Overweight or obese (>25 kg/m ²) ²	-	65.5%	66.5%
Obese (30+ kg/m ²) ²	-	31.8%	30.1%

Data sources: County Health Rankings (2021), unless indicated as below:

¹ Feeding America, 2021

² BRFSS, 2021

Definitions of indicators listed can be found by scanning this QR code:



*Use caution in interpreting; the estimate has a coefficient of variation > 30%

References

How Healthy is your County? | *County Health Rankings*. (n.d.). County Health Rankings & Roadmaps. Retrieved July 28, 2023, from <https://www.countyhealthrankings.org/county-health-rankings-roadmaps>

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