



## Food Security Fact Sheet: Salt Lake County

### Food insecurity in Salt Lake County

Household (HH): 10%  
Children (<18 years)<sup>1</sup>: 9.6%

### 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	Salt Lake County
Age			
Persons under 5 years	5.6%	6.9%	6.3%
Persons under 18 years	21.7%	27.6%	25.0%
Persons 65 years and over	17.3%	12.0%	12.1%
Race			
White alone	75.5%	90.0%	86.4%
Black or African American alone	13.6%	1.6%	2.4%
American Indian and Alaska Native	1.3%	1.5%	1.4%
Asian alone	6.3%	2.8%	4.8%
Native Hawaiian and Other Pacific Islander alone	0.3%	1.2%	1.9%
Two or More Races	3.0%	2.9%	3.1%
Hispanic or Latino	19.1%	15.1%	19.7%
White alone, not Hispanic or Latino	58.9%	76.7%	68.9%

Factors that Influence Food Security	United States	State of Utah	Salt Lake County
<b>Social and Economic Factors</b>			
Education			
High school completed	89%	93%	92%
Some college completed	67%	72%	71%
Unemployment	5.4%	2.7%	2.8%
Median household income	\$69,700	\$79,400	\$80,700
Living wage	\$45.00	\$45.69	\$47.24
Average meal cost <sup>1</sup>	\$3.59	\$3.38	\$3.72
Households with severe housing problems	17%	13%	14%
Overall uninsured (<65 years old)	10%	10%	10%
Uninsured adults (19-64 years old)	12%	11%	11%
<b>Key Indicators for Children, &lt;18 years old</b>			
Children in poverty	17%	9%	9%
Children in single-parent households	25%	14%	17%
Child care cost burden	27%	22%	27%
Uninsured children	5%	7%	7%
<b>Health Behavior Factors</b>			
Food Environment Index	7.0	7.9	8.6
Physical inactivity	22%	16%	18%
Limited access to healthy foods	6%	6%	3%
Access to exercise opportunities	84%	84%	92%



Factors that Influence Food Security	United States	State of Utah	Salt Lake County
Adults that do not meet the recommendation for aerobic physical activity <sup>2</sup>	-	44.8% (2019 data)	46.9% (2019 data)
Adults eating less than 2 servings of fruits each day <sup>2</sup>	-	67.8%	69.1%
Adults eating less than 3 servings of vegetables each day <sup>2</sup>	-	87.4%	85.9%
Adults unable to get needed care due to health care costs <sup>2</sup>	-	10.3%	11.7%
<b>Utilization of Federal Nutrition Programs</b>			
Children eligible for free or reduced-price lunch	53%	30%	35%
Population eligible for SNAP benefits (below 130% poverty) <sup>1</sup>	49%	28%	37%
<b>Health Outcomes in Adults (18-65)</b>			
Poor or fair health	12%	11%	11%
Diabetes prevalence <sup>2</sup>	-	8.4%	9.0%
Prediabetes <sup>2</sup>	-	11.1% (2020 data)	12.8% (2020 data)
High Cholesterol <sup>2</sup>	-	25.4%	25.2%
High Blood pressure <sup>2</sup>	-	27.6%	28.2%
BMI (kg/m <sup>2</sup> )			
Overweight or obese (>25 kg/m <sup>2</sup> ) <sup>2</sup>	-	65.5%	64.4%
Obese (30+ kg/m <sup>2</sup> ) <sup>2</sup>	-	31.8%	30.8%

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

<sup>1</sup> Feeding America, 2021

<sup>2</sup> 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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*U.S. Census Bureau QuickFacts: Utah*. (n.d.). Retrieved July 28, 2023, from <https://www.census.gov/quickfacts/fact/table/UT/PST045222>