



## Food Security Fact Sheet: Utah County

### Food insecurity in Utah County

Household: 9%  
Children (<18 years)<sup>1</sup>: 8.1%

### 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	Utah County
Persons under 5 years	5.6%	6.9%	8.4%
Persons under 18 years	21.7%	27.6%	31.3%
Persons 65 years and over	17.3%	12.0%	8.0%
White alone	75.5%	90.0%	92.0%
Black or African American alone	13.6%	1.6%	0.9%
American Indian and Alaska Native	1.3%	1.5%	0.9%
Asian alone	6.3%	2.8%	2.0%
Native Hawaiian and Other Pacific Islander alone	0.3%	1.2%	1.0%
Two or More Races	3.0%	2.9%	3.2%
Hispanic or Latino	19.1%	15.1%	13.1%
White alone, not Hispanic or Latino	58.9%	76.7%	80.2%

Factors that Influence Food Security	United States	State of Utah	Utah County
<b>Social and Economic Factors</b>			
Education			
High school completed	89%	93%	95%
Some college completed	67%	72%	80%
Unemployment	5.4%	2.7%	2.3%
Median household income	\$69,700	\$79,400	\$86,600
Living wage	\$45.00	\$45.69	\$46.03
Average meal cost <sup>1</sup>	\$3.59	\$3.38	\$3.61
Households with severe housing problems	17%	13%	15%
Overall uninsured (<65 years old)	10%	10%	8%
Uninsured adults (19-64 years old)	12%	11%	10%
<b>Key Indicators for Children, &lt;18 years old</b>			
Children in poverty	17%	9%	6%
Children in single-parent households	25%	14%	10%
Child care cost burden	27%	22%	21%
Uninsured children	5%	7%	6%
<b>Health Behavior Factors</b>			
Food Environment Index	7.0	7.9	8.1
Physical inactivity	22%	16%	15%
Limited access to healthy foods	6%	6%	8%
Access to exercise opportunities	84%	84%	80%



Factors that Influence Food Security	United States	State of Utah	Utah County
Adults that do not meet the recommendation for aerobic physical activity <sup>2</sup>	-	44.8% (2019 data)	43.6% (2019 data)
Adults eating less than 2 servings of fruits each day <sup>2</sup>	-	67.8%	70.8%
Adults eating less than 3 servings of vegetables each day <sup>2</sup>	-	87.4%	84.8%
Adults unable to get needed care due to health care costs <sup>2</sup>	-	10.3%	7.5%
<b>Utilization of Federal Nutrition Programs</b>			
Children eligible for free or reduced-price lunch	53%	30%	21%
Population eligible for SNAP benefits (below 130% poverty) <sup>1</sup>	49%	28%	41%
<b>Health Outcomes in Adults (18-65)</b>			
Poor or fair health	12%	11%	11%
Diabetes prevalence <sup>2</sup>	-	8.4%	9.4%
Prediabetes <sup>2</sup>	-	11.1% (2020 data)	10.0% (2020 data)
High Cholesterol <sup>2</sup>	-	25.4%	25.6%
High Blood pressure <sup>2</sup>	-	27.6%	25.1%
BMI (kg/m <sup>2</sup> )			
Overweight or obese (>25 kg/m <sup>2</sup> ) <sup>2</sup>	-	65.5%	65.7%
Obese (30+ kg/m <sup>2</sup> ) <sup>2</sup>	-	31.8%	29.9%

**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>

*U.S. Hunger Relief Organization | Feeding America*. (n.d.). Retrieved July 28, 2023, from [https://www.feedingamerica.org/?\\_ga=2.15211958.1644707301.1690562338-76892207.1684449402&\\_gl=1\\*1pyufw6\\*\\_ga\\*NzY4OTIyMDcuMTY4NDQ0OTQwMg..\\*\\_ga\\_PC5FWFLBLY\\*MTY5MDU2MjM0MS4yNi4xLjE2OTA1NjI0MzkuMC4wLjA](https://www.feedingamerica.org/?_ga=2.15211958.1644707301.1690562338-76892207.1684449402&_gl=1*1pyufw6*_ga*NzY4OTIyMDcuMTY4NDQ0OTQwMg..*_ga_PC5FWFLBLY*MTY5MDU2MjM0MS4yNi4xLjE2OTA1NjI0MzkuMC4wLjA)