

Utah State Profile

Building Resilient Inclusive Communities

Overview

Building Resilient Inclusive Communities (BRIC) is a program of the [National Association of Chronic Disease Directors](#) (NACDD) [Center for Advancing Healthy Communities](#). NACDD and its more than 7,000 Members seek to improve the health of the public by strengthening leadership and expertise for chronic disease prevention and control in states, territories, and at the national level. Established in 1988, in partnership with the U.S. Centers for Disease Control and Prevention (CDC), NACDD is the only membership association of its kind serving and representing every state and U.S. territory's chronic disease division.

In collaboration with the CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) and the Division of Population Health (DPH), and a team of nationally recognized experts, NACDD is providing funding to 20 states (including 15 DNPAO SPAN-funded states and five DNPAO Ambassador states) to implement BRIC at both a state and local level. As part of the program, states are engaging more than 60 communities to address food and nutrition security, safe physical activity access, and social connectedness through policy, systems, and environmental (PSE) change strategies. Social determinants of health, health equity, and social justice principles are integrated into the planning and implementation of all three strategy areas, in addition to accounting for the impact of the COVID-19 pandemic on groups at highest risk.

The initial project period was Jan. 1, 2021 – Dec. 31, 2021; an additional year of funding was awarded in 2021 and again in 2022, expanding the project period to Dec. 31, 2023. These profiles represent the state- and community-level activities planned by each BRIC state.

Learn more about the [BRIC program](#) or e-mail BRICinfo@chronicdisease.org.

State-Level Activities

Overarching

- Partner with local health departments and other partners to support the development of the next three-year cycle of the Utah Health Improvement Plan (UHIP). The current UHIP period is 2017-2020.

Food and Nutrition Security

- Actively participate in the Food Security Workgroup organized by the Multicultural Advisory Committee of the State of Utah's Covid-19 Response; chair the Food Choice Subcommittee to address equitable food choice and access.
- Partner with University of Utah Coordinated Master's dietetics program students to develop a food pantry client survey and a plan to administer statewide.

Safe Physical Activity Access

- Participate in monthly Wasatch Front Regional Council Active Transportation meetings and Active Transportation Committee meetings to encourage equitable access to physical activity statewide.
- Support Utah Department of Transportation's Move Utah program and the Move Utah Summit.
- Develop a Healthy Places indicator tool to help communities identify key factors that could improve health equity and transportation.
- Host Utah Walkability Action Institute facilitated by NACDD.

Social Connectedness

- Partner with the Utah's Healthy Aging Program and Department of Human Service Aging and Adult Services to inform future development of the Healthy Aging plan.

Community-Level Activities

Salt Lake County (Urban)

Food and Nutrition Security *(Reaching an estimated 468 residents)*

- Increase participation in the Utah Produce Rx program in four to five Salt Lake County clinics; food vouchers provided by Utah Department of Health and Human Services.
- Improve healthy foods distributed through at least two Salt Lake County food pantries based on community needs assessment.
- In collaboration with the University of Utah, launch website (www.feedUT.org) designed to centralize food pantry information across the county and state that is easy to read and find.
- Participate in the Utah Food Security Workgroup's Food Choice Subcommittee to address equity in food choice and access. The workgroup is organized by the Multicultural Advisory Committee of the State of Utah's COVID-19 Response to Food Security.

Safe Physical Activity Access *(Reaching an estimated 700 residents)*

- Actively participate in existing councils/groups – Wasatch Front Regional Council Active Transportation, Salt Lake County Bicycle Advisory Committee, and Kearns/Magna Active Transportation Planning Meetings – to encourage equitable access to physical activity.
- Expand Stay Safe, Stay Active streets to two specific sections of streets in areas affected disproportionately by COVID-19.
- Conduct a walkability audit in the areas that could use Stay Safe, Stay Active streets to assess needs of the area.
- Complete tactical urbanism project to physically improve walkability and bikeability conditions in the city of Midvale, a community affected disproportionately by COVID-19.
- Participate in Walkability Action Institute to improve walking infrastructure in areas affected disproportionately by COVID-19.

Social Connectedness

- Develop partnerships with Salt Lake Aging and Adult Services and other partners on social isolation needs and existing activities in the county.
- Co-develop and update Salt Lake Aging and Adult Services caretaker curriculum (Caretaker Talking Points) and related train-the-trainer in collaboration with members of three refugee communities to ensure cultural relevance in addressing social isolation among caretakers.
- Develop Memorandums of Understanding/Agreement that documents and supports a systems approach and interconnectedness between organizations to address social isolation.

San Juan County (Rural)

Food and Nutrition Security (*Reaching an estimated 522 residents*)

- Support Blanding & Bluff Food Pantry facility needs with freezer and refrigeration to store fresh vegetables, fruits, and other foods.
- Coordinate with Utah Food Bank, Utah Farmers Feeding Utah, Navajo Strong, and Blanding and Bluff Food Pantry to implement drive-through events to distribute vegetables and fruits.
- Assess nutritional and cultural value of donated foods to Bluff City Food Pantry.
- Co-develop list of Navajo culturally relevant foods and nutrition needs with Navajo Services and Navajo Nation Special Diabetes Program at Bluff City Food Pantry.

Social Connectedness (*Reaching an estimated 22 residents*)

- Develop and implement an assessment in senior centers to identify the needs of older adults regarding social connection, mental health, and other interests.
- Create pleasant and safe outdoor dining space for Red Mesa Senior Center seniors to share a nutritious meal on a regular basis.
- Co-develop social connectedness strategies with elders of Navajo community that create opportunity and space to connect; strategies include a monthly Navajo cultural teaching topic for the Navajo radio hour that will help prompt conversation when seniors gather and a Navajo skirt-making program to connect elders.

Weber Morgan District (Urban/Rural)

Social Connectedness (*Reaching an estimated 709 residents*)

- Create a local coalition of community agencies and partners to support social isolation among older adults in Weber Morgan District.
- Engage and train older adults as volunteers to support opportunities for physical activity and social connection programs for older adults. Current senior-led programs include Tai-Chi and others, depending on interest.
- Develop a protocol to systematically recruit, train, and retain older adults as volunteers and connect them with volunteer opportunities.

- Secure partnership agreements between coalition partners to pilot an intergenerational mentoring program.
- Weber Human Services and Weber County Library System will develop an inter-agency agreement to support the expansion and sustainability of intergenerational mentoring programs and other social connection programs, such as Tai Chi, within library systems.

Health Equity

- Salt Lake County partnered with their county Adult and Aging Services, community health workers, and others to gain buy-in and guidance from members of various ethnicities within the Salt Lake refugee community to adopt the Caregiver Talking Points curriculum and program. This required several iterations and some major changes to the curriculum to achieve the most helpful and relevant resource.



BUILDING
resilient inclusive
COMMUNITIES

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