

Utah Food and Nutrition Security State Profile

Overview

According to the [U.S. Department of Agriculture's Economic Research Service \(USDA ERS\)](#), an average of 10% of households in Utah (UT) reported food insecurity between 2018-2020. The prevalence of obesity among adults living in Utah was 28.6% in 2020 as reported by the [Behavioral Risk Factor Surveillance System \(BRFSS\)](#).

Demographic Overview

[2019 U.S. Census](#) data reports approximately 3.2 million people reside in Utah. They identify as White (90.6%), Black (1.5%), American Indian and Alaska Native (1.6%), Asian (2.7%) and Native Hawaiian and Other Pacific Islander (1.1%) only. According to the 2019 Census report, 14.4% identify as Hispanic or Latino. 8.9% of Utah residents experienced poverty in 2019.

Building Resilient Inclusive Communities (BRIC) - UT BRIC Communities

The following counties will be prioritized by the UT BRIC project: San Juan, Salt Lake City, and Weber Counties.

Food Banks, Pantries and Feeding Programs

[Utah Food Bank](#) - serves all 29 counties in the state

- Utah Food Bank has a network of [203 agencies](#) that support their efforts across the state. This includes two partner agencies in San Juan, 33 in Salt Lake City, and eight in Weber County.
- Programs such as Emergency Food Assistance (TEFAP), Mobile School Pantry, Kids Cafe, [Mobile Pantry](#) and home delivery of senior food box programs all support their mission of fighting hunger statewide.
- The [Outside the Box Cookbook](#) is an example of how Utah Food Bank is engaging and increasing participation in the commodities food box program.

Select Food and Nutrition Security Programs

Healthy Food Incentive Programs

- [Double Up Food Bucks](#) led by [Utah Department of Health](#).
- [Gus Schumacher Nutrition Incentive Program \(GusNIP\)](#)
 - *Current Funding:* Utah Double Up Food Bucks led by Utah Department of Health.

Community Nutrition Education Programs

- Expanded Food and Nutrition Education Program (EFNEP)
 - [Utah State University Extension](#)
 - Utah State University Extension runs the [Create Better Health](#) as an additional resource. The program includes the [Thumbs Up for Healthy Choices in Food Pantries Toolkit](#).

- Supplemental Nutrition Assistance Program Education (SNAP-ED)
 - The Utah Department of Workforce Services is the state agency responsible for the UT state SNAP-Ed program called FoodSense and Create Better Health. SNAP-Ed implementing agencies include:
 - [Utah State University Cooperative Extension](#)
 - For more information, [click here](#).

COVID Response

- Pandemic EBT (P-EBT) Program resources are available at the [Department of Workforce Services](#).

Food (Policy) Coalitions and Councils

- [Local Food Advisory Council](#)
- [Salt Lake City Local Foods: Food Policy Council](#) and [Food Equity Advisors](#)
- [Task Force on Food Security](#)

Other Collaborators to Consider

- [Crossroads Urban Center](#) is a nonprofit, grassroots organization that assists Utahns with low incomes, those with disabilities, and people of color to meet basic survival needs and to address essential issues affecting quality of life.
- [Get Healthy Utah](#) is a non-profit organization working to improve healthy eating and active living in Utah.
- [Navajo Department of Health](#) supports the health and well-being of Navajo people.
- [Utahns Against Hunger](#) is a statewide anti-hunger nonprofit organization working on public policy and advocacy for federal nutrition programs.
- [Utah Navajo Health System](#) is a not-for-profit Community Health Center that provides medical, dental, and behavioral healthcare in neighborhoods throughout the northern portion of the Navajo Nation and southeastern Utah.
- [Utah State University - Hunger Solutions Institute](#) is an integrated academic, extension, and community organization dedicated to generating educational and societal solutions to hunger.

Data Sources and Resources

- [Salt Lake City 2013 Community Food Assessment](#)
- [UT Profile of Hunger, Poverty and Federal Nutrition Programs](#) - Food Research and Action Center

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