



**GET
HEALTHY
UTAH**

Making Utah a Healthier Place to Live

We partner with state and local leaders to build thriving communities where **physical activity, healthy eating, and mental wellbeing** are a part of everyday life.

Healthy Utah Communities

Utah Health is Worsening & We Need to Prioritize Healthy Lifestyles

Of all 50 states, Utah is projected to have one of the highest rates of increase in obesity leading up to 2050, especially among adolescents.

Source: The Lancet Journal, Volume 404, Issue 10469

Annual Healthcare Cost: \$18 Billion



- **Diabetes**
- **Heart Disease**
- **Obesity**

80%

of Utah teens
do not engage in
regular physical
activity

1 in 2

Utah children
do not eat a single
serving of vegetables
in a day

Healthy Utah Community Designees

56 Cities and Towns Designated
since 2020



Annabella
Blanding
Centerville
Clinton
Coalville
Draper
Ephraim
Fruit Heights
Grantsville
Harrisville
Heber
Herriman
Holladay
Hooper
Hurricane
Hyde Park
Ivins
Kanab
Kaysville

Layton
Lindon
Logan
Magna
Manti
Mapleton
Marriott-Slaterville
Millcreek
Moab
Monroe
Nephi
North Logan
North Salt Lake
Ogden
Orem
Payson
Park City
Price
Providence

Provo
Sandy
Santaquin
Saratoga Springs
Smithfield
South Jordan
South Salt Lake
Spanish Fork
Springdale
St. George
Tooele
Riverdale
Vernal
Vineyard
Washington City
West Haven
West Point
West Valley
Woods Cross

Over 500 Health Strategies Implemented

*Redesignated Communities

Cities and Towns Value the Program



“What I liked about the designation is it creates a roadmap and it creates accountability... To me, Get Healthy Utah is just an incredibly important initiative.”

-Mayor Dave Young, Orem

Requirements

- 1) Letter of Commitment from Mayor/City Council**
- 2) Community Health Coalition that oversees implementation**
- 3) Health Strategies to improve active living, healthy eating, and mental wellbeing**
- 4) Community Health Plan that assesses community needs and continues progress**