



**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**

# PREVENTION IS KEY

## We Need to Prioritize Healthy Lifestyles



**Healthy communities support a strong economy by reducing long-term costs and helping communities thrive.**

**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 Program



**Get Healthy Utah** brings state and local leaders together to **implement strategies** that support **active, connected, and healthy communities.**

## Requirements

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

**“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**

# Healthy Utah Community Designees

65 Cities and Towns Designated  
since 2020



Annabella  
Blanding  
Bountiful  
Cedar City  
Centerville  
Clinton  
Coalville  
Cottonwood Heights  
Draper  
Ephraim  
Grantsville  
Harrisville  
Heber  
Herriman  
Holladay  
Hooper  
Hurricane  
Hyde Park  
Ivins  
Kanab  
Kaysville  
Koosharem

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

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

Over 600 Health Strategies Implemented

\*Redesignated Communities

# Making an Impact

[www.gethealthyutah.org/healthyutahcommunity](http://www.gethealthyutah.org/healthyutahcommunity)

