

Community resources for obesity prevention

- **Live Well Center**

389 S. 900 E. Salt Lake City, UT 84081

Provides community resources for good nutrition, physical activity, better sleep, and managing stress.

- **Wasatch Front Farmer's Market**

6351 S. 900 E. Murray, UT 84021

Open Sunday's 9am-2pm (seasonal)

Provides fresh fruits and vegetables for nutrition promotion.

- **Park Silly Sunday Market**

Main Street & 5th Street Park City, UT

Sunday 10-5pm (seasonal)

Family centered activities and farmers market for nutritional promotion.

- **9th West Farmers Market/People's Market**

1060 S. 900 W. Salt Lake City, UT 84110

Sunday 9am-2pm (seasonal)

Family activities coupled with fresh fruits and vegetables

- Salt Lake County Health Department
2001 S. State Street, Suite S2-600, Salt Lake City, UT
84190
Health screenings and well visits for low income families.
- Health Promotion Bureau
South Redwood Public Health Center
7971 S. 1825 W. West Jordan, UT 84088
Several effective community programs offering education for promotion of health, prevention, and activity. Programs are available through schools, worksites, and healthcare settings. Their mission is to foster a culture of health in Utah. An excellent resource for schools.
- EPICC Program
Choosehealth.utah.gov
A state program centered around improving clinical care with the focus on prevention, nutrition promotion, and increasing activity. This is a good program to refer parents to when choosing childcare for their children This program assigns star ratings to daycares which consistently offer physical activity and excellent nutrition in their locations.

- **Be Wise**
1-800-717-1811
Free cardiovascular risk screening and health coaching to low-income, underinsured, or uninsured women 40-64 with education to improve diet, increase physical activity, improve lifestyle habits. Screenings include BMI, Blood pressure, cholesterol, glucose, and A1C.
- **Gene Fullmer Recreation Center**
8015 W. 2200 W. West Jordan, UT 84088
Offers several classes and programs centered around all ages to increase activity in the community.
- **Kearns Recreation Center**
kopfc.com
Several classes and programs centered around increasing activity and fitness in the community. Activities centered around all ages and demographics.
- **Harmons**
Harmonsgrocery.com
Several classes offered for nutrient education and training for how to read a label and make good food choices. Most classes are free to the public. See website for schedule.

- Utah State Resources
www.obesityaction.org
Through the obesity action coalition- website gives information on several state sponsored programs to refer families to for nutrition, insurance, and education for obesity prevention and nutrition education.
- Utah Nutrition and Physical Activity Plan 2010-2020
Choosehealth.utah.gov
Information on the state plan for tackling the obesity epidemic including background and trends for how the disease is progressing and how the general population is being affected and what the state government plans to do about it.
- Utah Department of Health
Health.utah.gov
Multilingual Library for resources about nutrition and obesity that can be handed out to the community for education and prevention of obesity.
- Utah State nutrition, physical activity, and obesity profile
www.cdc.gov
Offers explanation on what populations are experiencing the highest rate of obesity and some of the social economic factors which impact the treatment and prevention ability throughout the community.

- Gardner Village
1100 West 7800 South, West Jordan, UT 84088
Saturday 9-1 Farmers market (seasonal)
Family centered activities, fresh made local canned food,
fresh fruits and vegetables.
- Get Healthy Utah
Gethealthyutah.org
Comprehensive guidelines for schools based on age groups
to make recommendations for activity and nutrition
education and promotion throughout the schools in the
community.