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News Release

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Local Public Health Projects

SOUTHWEST UTAH – Following the COVID-19 pandemic, the Southwest Utah Public Health Department has expanded their efforts to make lasting change in our communities, thanks in part to a five-year State Physical Activity and Nutrition (SPAN) grant from the CDC.

“Many children and adults don’t get enough exercise or fruits and vegetables in their diets”, says Kristi Sharp, Health Promotion Program Manager for the Department. “We’re working with community partners in several ways to encourage healthy behavior.”

Kristi and her team of health educators have helped develop programs for local towns and cities that include:

- More transportation routes for residents to safely get to and from work, school, and recreation by walking, biking, or rolling.
- TOP Star (Teaching Obesity Prevention) endorsement for day care facilities.
- Worksite wellness initiatives for employers.
- Accommodations for breastfeeding mothers in public and workplace settings.
- Coalitions that unite organizations to enhance physical and mental health while preventing injuries and substance abuse.
- Assistance in applying for the Healthy Utah Community Award, which has been awarded to the cities of Kanab, Springdale, Washington, and St. George.

Any residents, schools, businesses, or organizations that would like more information on these public health projects can contact Kristi Sharp at ksharp@swuhealth.gov or 435-986-2564.

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The mission of the Southwest Utah Public Health Department is to protect the community’s health through the promotion of wellness and the prevention of disease. Visit our website at www.swuhealth.gov