

BPR Post Event Content Summary

10/24/2024

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Lack of nutritious food can have compounding negative effects and cause lifelong challenges. Unfortunately, nearly one in six Utahns lack sufficient access to healthy food options.

The event took place on Thursday, October 24, with the title of **Nourishing Utah: Interventions to Address Food Insecurity**, a conversation about two programs addressing hunger in Utah.

The event, featuring [Dr. Mateja R. Savoie-Roskos](#), is part of the [Blue Plate Research](#) presentation series and was held at [Gallivan Center](#) in downtown Salt Lake City.

Dr. Savoie-Roskos brings more than a decade of research experience on food insecurity and will share insights into successful programs and interventions that have effectively reduced hunger and improved access to nutritious foods such as fruits and vegetables. During her research career, Dr. Savoie-Roskos has collaborated closely with public health officials to understand the challenges of creating and maintaining public health programs.

The event included a live presentation, a Q&A session, and a complimentary lunch catered by Gourmandise. Those interested in future events should RSVP at blueplateresearch.usu.edu.

Blue Plate Research is sponsored by Regence BlueCross BlueShield of Utah and hosted by the Utah State University Office of Research.