Research Agenda
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**Time Use and Well-Being**
- Physical (in)activity, meals, and BMI
- Historical shifts in time spent preparing meals

**Policy and Program Evaluation**
- Neighborhood Food Environment and BMI
- Impact of food stamp/SNAP use on adult health
- Evaluation of Wasatch Community Gardens City Roots Program

**Cost-Benefit Analyses**
- Cost Effectiveness of the Utah Women and Girls Physical Activity and Nutrition Intervention
Exciting Findings

• Community gardeners have lower risks of being obese than their non-gardening neighbors and siblings.
• Residential proximity to fast food restaurants is associated with higher BMI.
• Residential proximity to full-service grocery stores is associated with lower BMI.
Future Directions

• The impact of food stamps /SNAP on adult health
• Undertaking evaluations that have local impact (e.g., WCG project)

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