OUR COMMUNITY

Total Population 20,006

- Show Low: 8% Birth to 4, 16% 5 to 17, 12% 18 to 29, 37% 30 to 59, 27% 60 and Older
- Navajo County: 8% Birth to 4, 22% 5 to 17, 15% 18 to 29, 36% 30 to 59, 19% 60 and Older
- Arizona: 7% Birth to 4, 18% 5 to 17, 17% 18 to 29, 38% 30 to 59, 19% 60 and Older

Low-income Population

- Child: 51% Show Low, 47% Navajo County, 38% Arizona
- Overall: 54% Show Low, 54% Navajo County, 36% Arizona

Hunger & Food Insecurity

- Child: 24% Navajo County, 16% Arizona
- Overall: 23% Navajo County, 16% Arizona

Early Childhood Weight

- Show Low: 5% Underweight, 77% Normal Weight, 9% Overweight, 9% Obese
- Arizona: 4% Underweight, 72% Normal Weight, 12% Overweight, 12% Obese

Adult Weight

- Navajo County: 34% Overweight, 35% Obese
- Arizona: 36% Overweight, 28% Obese

Ate vegetables at least 3 times and fruits 2 times daily

- Navajo County: 4.9%
- Arizona: 5.1%

Met aerobic and strength physical activity guidelines

- Navajo County: 21.8%
- Arizona: 21.9%
Stores per 100,000 people:

- **Farmer's Markets**: 15
- **Farmer's Markets that accept food assistance**: 2
- **WIC Retailers**: 15
- **SNAP Grocery Stores**: 25
- **SNAP Convenience Stores**: 50
- **SNAP Retailers**: 115
- **Fast Food Restaurants**: 120

% of population living within walking (half-mile) vs driving (ten-miles) distance of:

- A Farmers Market: 91%
- A Farmers Market that accepts food assistance benefits: 0%
- A WIC Retailer: 83%
- A SNAP Grocery Store: 86%
- A SNAP Convenience Store: 100%
- Any SNAP Retailer: 100%
- A Fast Food Restaurant: 94%

Free or reduced priced lunches served per day:

- **School Year**: 1,911
- **Summer**: 351

Households with no available vehicle:

- **Show Low**: 4%
- **Navajo County**: 9%
- **Arizona**: 7%

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(1) U.S. Census Bureau (2010). 2010 Decennial Census
(2) U.S. Census Bureau (2016). 2015 ACS 5-Year Estimates
(3) Feeding America (2016). Food Insecurity in the United States. map.feedingamerica.org
(10) U.S. Census Bureau (2016). 2015 ACS 5-Year Estimates

Show Low Fact Sheet: Sept 2017

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP through the AZ Health Zone. This institution is an equal opportunity provider.