

# Utah Quality of Life

SECTION 14 OF THE B&E PROFILE

13



Photo of Salt Lake City

# Quality of Life

## COST OF LIVING

A major component to any city’s quality of life is its cost of living. Affordable living and stable employment are important aspects to everyone’s quality of life.

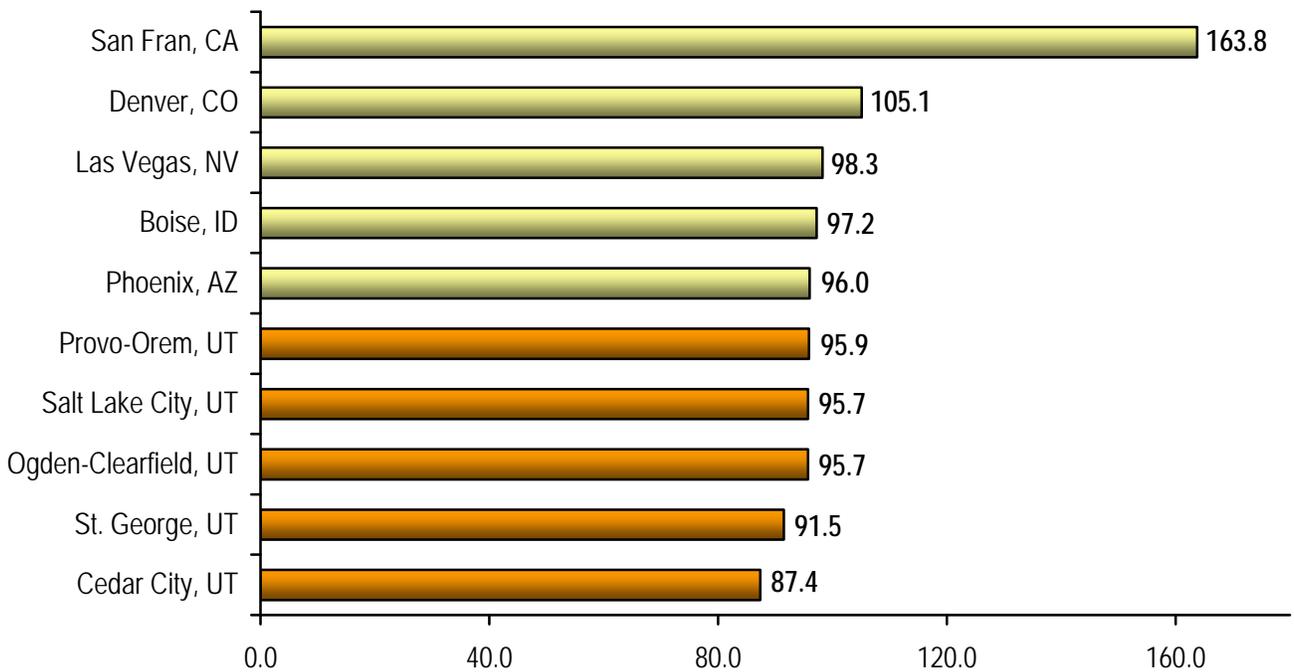
ACCRA cost of living data provides insight into the affordability of metro areas throughout the U.S. Housing relates directly to the cost of purchasing a new home, an existing home, or renting an apartment. The utility index score represents a broad assortment of goods ranging from food items to health products to sporting goods. The utility index reflects the costs associated with natural gas, electricity and phone service. Transportation is a function of public transit costs and gasoline prices. These figures are comparable to the national index score, set at 100. One may also compare indices from one city to another to better determine which city is more affordable in light of their respective index scores or view quarterly changes in an index score to monitor changes in the cost of living for a specific city or area.<sup>1</sup> The table and graph below provide Utah and surrounding metro area data.

Cost of Living Data (Third Quarter 2012)

Major Utah Cities	Composite Index	Housing	Grocery Items	Utilities	Transportation	Health Care	Misc. Goods
Cedar City, UT	87.4	68.5	96.6	88.8	99.1	93.2	95.2
Ogden-Clearfield, UT	95.7	82.1	96.2	93.2	111.9	88.4	104.0
Provo-Orem, UT	95.9	82.7	98.9	88.3	110.5	99.2	104.4
St. George, UT	91.5	81.3	98.2	88.5	96.9	94.5	96.7
Salt Lake City, UT	95.7	89.8	96.2	83.4	107.8	98.6	100.4

Source: ACCRA Cost of Living Index (Third Quarter 2012 data)

Cost of Living Metro Area Comparison



Source: ACCRA Cost of Living Index

<sup>1</sup> Source: ACCRA Cost of Living Index

## SKIING AND SNOWBOARDING

Home to the “Greatest Snow on Earth,” Utah is known around the world for its pristine mountains and ideal skiing and snowboarding conditions. With 13 world-class resorts, 11 within a one-hour drive time from the Salt Lake City International Airport, there is something for everyone, regardless of skill level or budget.

Resort	Average Annual Snowfall	Top Elevation	# of Runs	Adult All-Day Pass	Miles from Major Airport*
Alta	500	10,550	116	\$66	33 SLC
Beaver Mountain	400	8,800	30	\$40	112 SLC
Brian Head	400	11,307	50	\$45	195 LV
Brighton	500	10,500	66+	\$58	35 SLC
Canyons	355	9,990	157	\$89	32 SLC
Deer Valley	300	9,570	99	\$83	39 SLC
Park City	350	10,000	104	\$84	37 SLC
Powder Mountain	500	8,900	113	\$58	55 SLC
Snowbasin	400	9,300	104	\$58	40 SLC
Snowbird	500	11,000	89	\$62	31 SLC
Solitude	500	10,035	64	\$61	33 SLC
Sundance	320	8,250	41	\$47	55 SLC
Wolf Mountain	350	6,400	19	\$26 - \$32	50 SLC

\*SLC = Salt Lake City International Airport; LV = McCarran International Airport, Las Vegas, Nevada

## HIKING, CAMPING AND MOUNTAIN BIKING

Often overshadowed by world-class skiing, Utah’s hiking, camping, and mountain biking amenities are unmatched. Being home to five national parks, seven national monuments, two national recreation areas, and six national forests, Utah has hundreds of thousands of acres of terrain for any and all outdoor activities.<sup>2</sup>

### National Forests

- Ashley National Forest
- Fishlake National Forest
- Uinta National Forest
- Dixie National Forest
- Manti-La Sal National Forest
- Wasatch-Cache National Forest

### National Monuments

- Cedar Breaks National Monument
- Grand Staircase-Escalante National Monument
- Natural Bridges National Monument
- Timpanogos Cave National Monument
- Dinosaur National Monument
- Hovenweep National Monument
- Rainbow Bridge National Monument

### National Parks

**Arches National Park** – This national park holds the world’s largest concentration of natural stone arches. This is a wonderful destination for hiking, mountain biking, and river rafting.

**Bryce National Park** – This eastern slope of the Paunsaguant Plateau is home to many unique geologic formations. Many visit this national park to enjoy a wide array of recreational activities.

<sup>2</sup> Source: Utah Travel & Adventure

*Canyons National Park* – This is Utah’s largest national park. It is known for its red rock structures. People visit this national park mostly for hiking, riding off-road vehicles, mountain biking, and river rafting.

*Capitol Reef National Park* – The sandstone formations and cliffs of this national park invite visitors to enjoy hiking and riding off-road vehicles.

*Zion National Park* – This is Utah’s oldest national park and most heavily used and visited national park. It is ideal for hiking, rock climbing, and river rafting.

#### National Recreation Areas

- Flaming Gorge National Recreation Area
- Glen Canyon / Lake Powell National Recreation Area

## FISHING AND HUNTING

### Fishing

Utah is well known for excellent trout fishing in high mountain lakes and streams. Few people know the state offers a wide variety of other exciting fishing opportunities, including trophy lake trout that weigh in at over 40 pounds, ferocious tiger muskie, striped bass so plentiful they have removed the limit, and hard-fighting “wipers,” a unique hybrid fish that is a cross between white bass and striped bass. Utah also has quality waters for walleye, largemouth, smallmouth, white bass, perch, crappie, channel catfish, and several other species. With numerous reservoirs, lakes, rivers, streams, and ponds in both Northern and Southern parts of the state, Utah offers many great fishing opportunities. Fishing is open year-round on most waters.<sup>3</sup>

### Hunting

Species commonly hunted in Utah are mule deer, elk, antelope, pheasant, duck, geese, sage grouse, forest grouse, chucker partridge, mourning dove, and wild turkey. Hunting is allowed in most public areas of the state, except in national parks, monuments, and state parks. Applications for all special big game permits requiring a drawing are taken January 1<sup>st</sup> through the 31<sup>st</sup>. The application period to hunt bear, mountain lion, and bobcat is mid-October to mid-November. Licenses are available from all Utah Wildlife Resources offices, from most sporting goods stores in the state, and online. In Northern Utah, the Wasatch-Cache National Forest offers one of the most rewarding hunting areas in the state for deer, elk, and moose. There is a drawing every February for once-in-a-lifetime permits for buffalo, desert bighorn sheep, moose, and Rocky Mountain goats. The nation’s only free-roaming, hunt-able buffalo herd resides in the Henry Mountains in Southern Utah. Ducks may be hunted at the Utah Wildlife Resources Desert Lake Waterfowl Management Area and antelope are hunted north of Cisco.<sup>4</sup>

## GOLF

With over 100 courses and 1,700 individual holes, Utah’s golf scene is unmatched in terms of its variety of locations and affordable prices. Utah’s distinct climate allows golfers to enjoy the sport year-round, whether it’s playing in the mountains of Park City during the heat of the summer or enjoying the mild condition of St. George in the dead of winter. Utah offers a good mix of public and private courses, making it possible to play the game in a variety of settings to match any skill level and budget. Utah courses are best known for three characteristics: scenery, condition and variety. The state boasts championship golf on courses designed by the pros. Traditionally recognized as a winter recreation retreat, summer sports in Utah are growing in popularity thanks to the golf courses and increased awareness of the state’s magnificent and diverse landscape. From beautiful mountains to panoramic red rock formations to meandering streams, Utah has it all as backdrops for challenging golf.<sup>5</sup>

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<sup>3</sup> Source: Utah Travel & Adventure

<sup>4</sup> Source: Utah Travel & Adventure

<sup>5</sup> Source: Utah Travel & Adventure

## OTHER RECREATIONAL ENTERTAINMENT

The state of Utah is unique. It has more variety of landscapes, geology, and recreational opportunities than one would imagine. In addition to the activities listed above, Utah offers the possibility to participate in a wide range of other recreational activities. Most of Utah lies on a plateau higher than 4,000 feet above sea level. The geology of this region takes on an amazing variety of shapes and colors. Elevations rise and fall dramatically in the shape of mountains, buttes and plateaus, the highest reaching over 13,000 feet. Within this varied landscape, Utah offers something for everyone whether they are a rugged, solitude-seeking explorer or a family looking for a relaxing getaway. In Utah, there is an abundance of terrain to support nearly all recreational activities.<sup>6</sup>

## SPORTS TEAMS<sup>7</sup>

### Professional Sports Teams

- **Ogden Raptors** – Minor League Baseball, A Affiliate of the Los Angeles Dodgers
- **Orem Owlz** – Minor League Baseball, A Affiliate of the Los Angeles Angels
- **Real Salt Lake** – Professional Soccer, Major League Soccer
- **Salt Lake Bees** – Minor League Baseball, AAA Affiliate of the Anaheim Angels
- **Utah Blaze** – Arena Football, Arena Football League
- **Utah Grizzlies** – Professional Hockey, East Coast Hockey League
- **Utah Jazz** – Professional Basketball, National Basketball Association
- **Utah Flash** – Professional Basketball, NBA Developmental League
- **Salt Lake Sparta** – Professional Soccer, Women’s Premier Soccer League
- **Utah Starzz** – Professional Soccer, Women’s Premier Soccer League
- **F.C St. George** – Professional Soccer, Women’s Premier Soccer League
- **Utah Warriors** – Professional Rugby, Rugby Super League

### Collegiate Sports Teams

The state of Utah has six NCAA Division One sports programs, each having successful teams in many different sports. Intense rivalries exist between many of the schools and they have never been more competitive.

- Brigham Young University Cougars (Provo, Utah)
- University of Utah Utes (Salt Lake City, Utah)
- Utah State University Aggies (Logan, Utah)
- Weber State University Wildcats (Ogden, Utah)
- Southern Utah University Thunderbirds (Cedar City, Utah)
- Utah Valley University Wolverines (Orem, Utah)

## DINING AND NIGHTLIFE

Utah is home to some of the finest restaurants and nightclubs in the Western U.S., with 13 award-winning microbreweries and restaurants ranging from fine French cuisine to open air mountain cafés. Park City, famous for its high-end skiing and Hollywood connections, is home to more world-class restaurants than anywhere else in the state. Salt Lake City’s restaurant fare rivals any surrounding metro area. For a listing of local favorites by cuisine please click on the following link: <http://www.cityweekly.net/utah/flex-105-best-of.html>

Here are some recent, noteworthy rankings for food and drink establishments in Utah:

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<sup>6</sup> Source: Utah Travel & Adventure

<sup>7</sup> Source: Utah Sports Commission

- The Metropolitan → “Top 100 Best Restaurants” by International Restaurant and Hospitality Rating Bureau
- Ichiban Sushi → “Top 100 Best Sushi Restaurants” by Gourmet Magazine
- Market Street Grill & Oyster Bar → “Top 100 Independent Restaurants” by Restaurants & Institutions
- Mariposa → “Best Restaurant” and rated #1 by Mountain Living Magazine and Zagat
- Bambara → “Bodes well for Utah’s dining” by Food Arts Magazine
- The Red Door → “Trendy bar with cosmopolitan accent . . . where t-shirt and jeans meets suit and tie” by Fodor’s Review
- The Bayou → “More than 200 microbrews, Cajun food, live jazz and a high-energy atmosphere” by Fodor’s Review
- Wasatch Brewery → National recognition and awards from N.A. Brewers Assoc., Great American Beer Fest, World Beer Cup
- Castle Creek Winery → Utah’s first and largest winery; award recipient at New York and California competitions

## RELIGION

All major world religions are represented in Utah as well as many non-denominational houses of worship. In the Salt Lake Valley, active congregations of over 30 different denominations meet weekly.

### First Explorers

Catholic priests and explorers were the first Europeans in the state, preceded by generations of Native American tribes, and then by Mexicans and Spaniards. Some Native American tribes still reside within the state boundaries to this day.

### Founding of the State – The Church of Jesus Christ of Latter-day Saints

Beginning in 1847, large numbers of predominantly white settlers moved into the area that is now Utah. This group was composed of pioneers who were members of the Church of Jesus Christ of Latter-day Saints, also called Mormons. From about 1860, people of other religious affiliations began entering the area. The percentage of non-Mormons settling in Utah increased in the 20th century. After Mormons, Roman Catholics are the second largest religious group in Utah, followed by Methodists, Lutherans and Presbyterians. There is also a number of Greek Orthodox, Buddhist, Muslim and Jewish congregations in the state.

### Continued Growth and Diversity

Born out of the 2002 Winter Olympics, Utah’s Interfaith Week and Salt Lake’s Interfaith Roundtable are groups of faith leaders who come together to promote love, harmony and understanding among people of all faiths, traditions, cultures and belief systems. Similarly, Ogden’s Interfaith Works is an association of religious, social action and community organizations within the Greater Ogden area that meets regularly to share ideas and support social action within the community.