

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of
the Securities Exchange Act of 1934

Date of Report (Date of Earliest Event Reported):
May 18, 2011

USANA HEALTH SCIENCES, INC.

(Exact name of registrant as specified in its charter)

Utah

(State or other jurisdiction of incorporation)

0-21116
(Commission File No.)

87-0500306
(IRS Employer Identification
Number)

3838 West Parkway Boulevard
Salt Lake City, Utah 84120
(Address of principal executive offices, Zip Code)

Registrant's telephone number, including area code: (801) 954-7100

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
 - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
 - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
 - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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Item 8.01 Other Events.

On May 18, 2011, USANA Health Sciences, Inc. issued a press release announcing that it plans to expand its operations into Thailand, which will be the Company's 16th market worldwide. The Company announced that it expects to begin operations in Thailand during the fourth quarter of 2011. A copy of the press release is furnished herewith as Exhibit 99 to this Current Report on Form 8-K and is incorporated herein by reference. The Company will also post the press release, along with this Form 8-K, on its corporate website, www.usanahealthsciences.com.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit 99 Press release issued by USANA Health Sciences, Inc. dated May 18, 2011(furnished herewith).

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

USANA HEALTH SCIENCES, INC.

By: /s/ G. Douglas Hekking

G. Douglas Hekking, Chief Financial Officer

Date: May 18, 2011

USANA Health Sciences Announces Plans to Expand Operations to Thailand

SALT LAKE CITY--(BUSINESS WIRE)--May 18, 2011--USANA Health Sciences, Inc. (NYSE: USNA) today announced plans to expand into Thailand in the fourth quarter of 2011. This will be USANA's 16th market in which independent distributors sell USANA's high quality, science-based products.

According to the World Federation of Direct Selling Associations (WFDSA), Thailand is the world's 13th-largest country in terms of retail U.S. dollars generated from direct selling and Asia's 5th-largest market for direct selling, with estimated sales of more than \$1.5 billion. USANA's entry into Thailand will serve as an important next step in the company's plan for international growth.

Dave Wentz, USANA's Chief Executive Officer, said: "We're very excited about our choice to enter the Thailand market, given that Thailand is one of the top markets in the world for businesses like USANA. We currently have leaders and customers, with existing ties to this country, who are confident that USANA will succeed in this growing market. Perhaps most importantly, we are confident that we will be able to expand into Thailand and still maintain focus on our primary expansion objective, which is growing USANA through BabyCare in China."

About USANA

USANA develops and manufactures high quality nutritional, personal care, and weight management products that are sold directly to Associates and Preferred Customers throughout the United States, Canada, China, Australia, New Zealand, Hong Kong, Japan, Taiwan, South Korea, Singapore, Mexico, Malaysia, the Philippines, the Netherlands, and the United Kingdom. More information on USANA can be found at <http://www.usanahealthsciences.com>.

Safe Harbor

This press release contains forward-looking statements within the meaning of Section 27A of the Securities Act and Section 21E of the Securities Exchange Act. Our actual results could differ materially from those projected in these forward-looking statements, which involve a number of risks and uncertainties, including global economic conditions generally, reliance upon our network of independent Associates, the governmental regulation of our products, manufacturing and marketing risks, adverse publicity risks, and risks associated with our international expansion. The contents of this release should be considered in conjunction with the risk factors, warnings, and cautionary statements that are contained in our most recent filings with the Securities and Exchange Commission.

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