



Where children are born can affect their chances for a strong start in life. Babies need good health, strong families, and positive early learning experiences to foster their healthy brain development and help them realize their full potential.

This fact sheet provides a snapshot of how infants, toddlers, and their families are faring with respect to these three developmental domains. For each domain, selected child or family indicators and policy indicators are highlighted and compared to national averages. Important demographic information is also included. A summary table of all indicators is provided on the last page, for reference.



Demographics

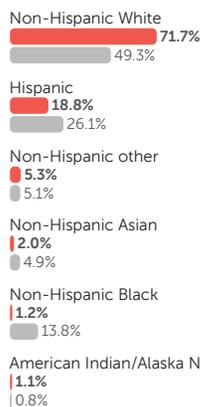
Infants and toddlers in Utah

Overview

Utah is home to 153,019 infants and toddlers, representing 4.9 percent of the state's population. As many as 40 percent live in households with incomes less than twice the federal poverty line (in 2017, about \$50,000 a year for a family of four), placing them at economic disadvantage. America's youngest children are diverse and are raised in a variety of family contexts. A broad array of policies and services are required to ensure that all of them have an equitable start in life.

UTAH NATIONAL AVERAGE

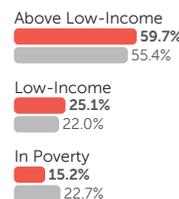
Race/ethnicity of infants and toddlers



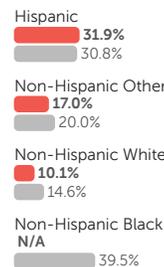
Working moms



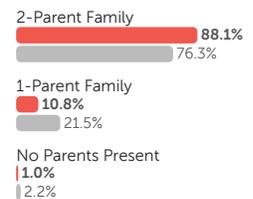
Poverty status of infants and toddlers



Infants and toddlers in poverty, by race



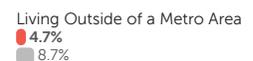
Family structure



Grandparent-headed households



Rural/Non-metro area





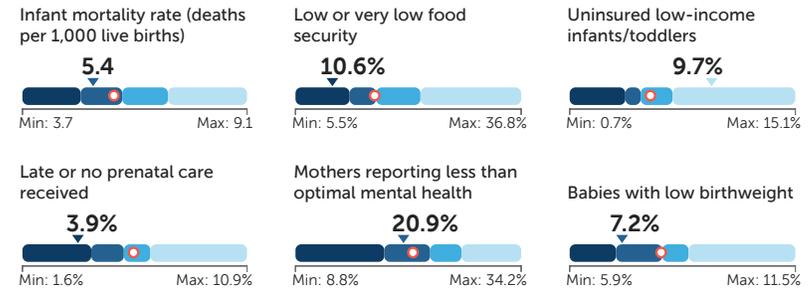
What is Good Health?

Good physical and mental health provide the foundation for babies to develop physically, cognitively, emotionally, and socially. The rate of brain growth is faster in the first 3 years than at any other stage of life, and this growth sets the stage for subsequent development. Access to good nutrition and affordable maternal, pediatric, and family health care are essential to ensure that babies receive the nourishment and care they need for a strong start in life.

Utah falls in the Improving Outcomes (O) tier of states when it comes to the overall health of infants and toddlers. The state's high ranking in the Good Health domain primarily reflects its food security and nutrition indicators, most of which fall in the Working Effectively (W) tier. However, the state is in the Getting Started (G) tier on indicators of health care access and affordability. Utah's Medicaid plan covers early childhood mental health services in home settings, pediatric/family medicine practices, and early care and education programs.

Six Key Indicators of Good Health

KEY ← Range of all state values → ▼ Utah ○ National average
G Getting Started R Reaching Forward O Improving Outcomes W Working Effectively



Good Health Policy in Utah

Medicaid expansion state	No ❌
State Medicaid policy for maternal depression screening in well-child visits	No policy
Medicaid plan covers social-emotional screening for young children	Yes ✅
Medicaid plan covers IECMH services at home	Yes ✅
Medicaid plan covers IECMH services at pediatric/family medicine practices	Yes ✅
Medicaid plan covers IECMH services at ECE programs	Yes ✅



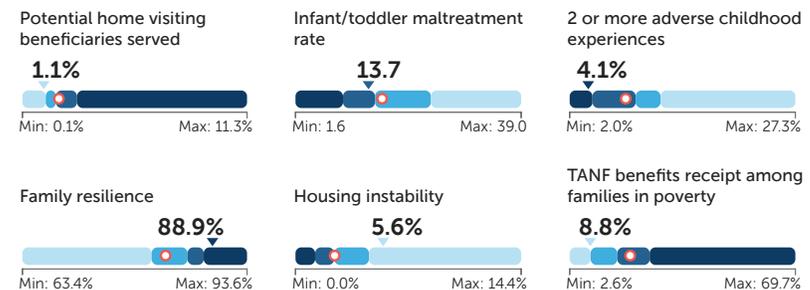
What Defines Strong Families?

Young children develop in the context of their families, where stability and supportive relationships nurture their growth. All families of infants and toddlers benefit from support with parenting, and many—particularly those challenged by economic instability—need access to resources that help them meet their children's daily and developmental needs. Important supports include home visiting services, child welfare systems that are responsive to young children's needs, and family-friendly employer policies that provide paid sick and family leave.

Utah falls in the Reaching Forward (R) tier of states when it comes to indicators of Strong Families. The state's low ranking in this domain is primarily due to the predominance of indicators in the Getting Started (G) tier, including the percentage of young children who have experienced housing instability and the percentage of families in poverty receiving TANF benefits. Utah scores in the Working Effectively (W) tier on a few indicators, such as the prevalence of crowded housing and adverse childhood experiences among infants and toddlers.

Six Key Indicators of Strong Families

KEY ← Range of all state values → ▼ Utah ○ National average
G Getting Started R Reaching Forward O Improving Outcomes W Working Effectively



Strong Families Policy in Utah

Paid sick time that covers care for child	No ❌
Paid family leave	No ❌



Positive Early Learning Experiences

In Utah



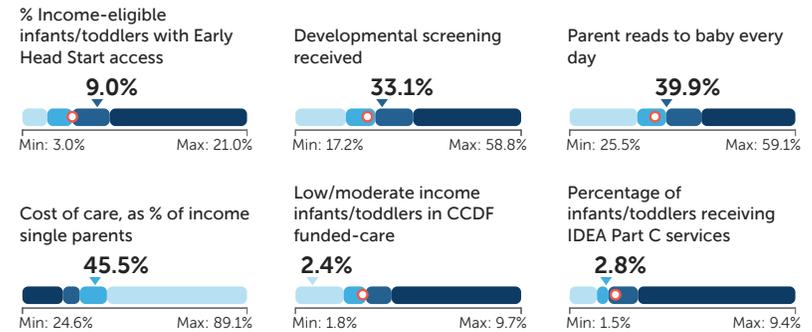
What Defines Positive Early Learning Experiences?

Infants and toddlers learn through play, active exploration of their environment, and, most importantly, through interactions with the significant adults in their lives. The quality of babies' early learning experiences at home and in other care settings has a lasting impact on their preparedness for life-long learning and success. Parents who require child care while they work or attend school need access to affordable, high-quality care options that promote positive development.

Utah scores in the Getting Started (G) tier of states when considering key indicators related to early care and education and early intervention for infants and toddlers. Utah's low ranking in the Positive Early Learning Experiences domain is primarily due to its indicators in the Getting Started (G) and Reaching Forward (R) tiers, including average infant care costs as a percentage of single parents' and married parents' incomes. Utah does not offer child care subsidies for families at or above 200 percent of the federal poverty line. Compared to many other states, Utah has a higher percentage of parents reading to and singing songs to their babies daily, putting the state in the Improving Outcomes (O) tier for these indicators.

Six Key Indicators of Positive Early Learning Experiences

KEY ← Range of all state values → ▼ Utah ○ National average
G Getting Started R Reaching Forward O Improving Outcomes W Working Effectively



Positive Early Learning Experiences Policy in Utah

Families above 200% of FPL eligible for child care subsidy No ❌

All indicators for Utah

G Getting Started R Reaching Forward O Improving Outcomes W Working Effectively

Good Health

G Eligibility limit (% FPL) for pregnant women in Medicaid	144.0	National average: 200.0	G Uninsured low-income infants/toddlers	9.7%	National average: 5.8%
W Low or very low food security	10.6%	National average: 16.5%	W Infants ever breastfed	89.7%	National average: 83.2%
O Infants breastfed at 6 months	62.5%	National average: 57.6%	W Late or no prenatal care received	3.9%	National average: 6.2%
O Mothers reporting less than optimal mental health	20.9%	National average: 22.0%	W Preventive medical care received	97.2%	National average: 90.7%
W Preventive dental care received	36.6%	National average: 30.0%	O Babies with low birthweight	7.2%	National average: 8.2%
O Infant mortality rate (deaths per 1,000 live births)	5.4	National average: 5.9	O Received recommended vaccines	72.2%	National average: 70.7%

Strong Families

G Housing instability	5.6% <i>National average: 2.5%</i>	W Crowded housing	8.9% <i>National average: 15.6%</i>
G TANF benefits receipt among families in poverty	8.8% <i>National average: 20.6%</i>	O Infant/toddler maltreatment rate	13.7 <i>National average: 16.0</i>
G Unsafe neighborhoods	7.0% <i>National average: 6.3%</i>	W Family resilience	88.9% <i>National average: 82.6%</i>
G 1 adverse childhood experience	26.9% <i>National average: 21.9%</i>	W 2 or more adverse childhood experiences	4.1% <i>National average: 8.3%</i>
R Infants/toddlers exiting foster care to permanency	98.6% <i>National average: 98.4%</i>	G Potential home visiting beneficiaries served	1.1% <i>National average: 1.9%</i>

Positive Early Learning Experiences

O Parent reads to baby every day	39.9% <i>National average: 38.2%</i>	O Parent sings to baby every day	60.0% <i>National average: 56.4%</i>
O % Income-eligible infants/toddlers with Early Head Start access	9.0% <i>National average: 7.0%</i>	G Cost of care, as % of income married families	16.0% <i>National average: N/A</i>
R Cost of care, as % of income single parents	45.5% <i>National average: N/A</i>	G Low/moderate income infants/toddlers in CCDF funded-care	2.4% <i>National average: 4.2%</i>
O Developmental screening received	33.1% <i>National average: 30.4%</i>	R Infants/toddlers with developmental delay	1.4% <i>National average: 1.1%</i>
R Percentage of infants/toddlers receiving IDEA Part C services	2.8% <i>National average: 3.1%</i>		