

# Utah

State Health Department Website: [health.utah.gov](https://health.utah.gov)

Overall Rank:

7

## Summary

### Strengths:

- Low premature death rate
- Low prevalence of multiple chronic conditions
- Low prevalence of cigarette smoking

### Challenges:

- High racial disparity in premature death rates
- High prevalence of frequent mental distress
- Low prevalence of having a dedicated health care provider

### Highlights:

#### NON-MEDICAL DRUG USE

**▲79%**

from 11.2% to 20.1% of adults between 2021 and 2022.

#### FREQUENT MENTAL DISTRESS

**▲40%**

from 12.2% to 17.1% of adults between 2018 and 2021.

#### HPV VACCINATION

**▲36%**

from 45.0% to 61.4% of adolescents ages 13-17 between 2020 and 2021.

Measures		Rating	State Rank	State Value	U.S. Value
<b>SOCIAL &amp; ECONOMIC FACTORS*</b>		<b>+++++</b>	<b>3</b>	<b>0.544</b>	
<b>Community and Family Safety</b>	Occupational Fatalities (deaths per 100,000 workers)	++++	20	4.1	3.9
	Public Health Funding (dollars per person)	++	36	\$102	\$116
	Violent Crime (offenses per 100,000 population)	++++	12	261	399
<b>Economic Resources</b>	Economic Hardship Index (index from 1-100)	++++	13	39	—
	Food Insecurity (% of households)	++	35	11.2%	10.4%
	Income Inequality (80/20 ratio)	+++++	1	3.84	4.96
<b>Education</b>	Fourth Grade Reading Proficiency (% of public school students)	+++++	7	36.8%	32.1%
	High School Graduation (% of students)	++++	18	87.4%	85.8%
	High School Graduation Racial Disparity (percentage point difference)**	+++	26	14.7	15.1
<b>Social Support and Engagement</b>	Adverse Childhood Experiences (% ages 0-17)	+++++	5	11.9%	14.0%
	High-speed Internet (% of households)	+++++	1	95.2%	92.4%
	Residential Segregation — Black/White (index from 0-100)	+	41	71	—
	Volunteerism (% ages 16+)	+++++	1	51.2%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++	26	60.6%	60.1%
<b>PHYSICAL ENVIRONMENT*</b>		<b>++++</b>	<b>16</b>	<b>0.153</b>	
<b>Air and Water Quality</b>	Air Pollution (micrograms of fine particles per cubic meter)	++	33	8.2	7.8
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	++	36	6,249,565	—
	Water Fluoridation (% of population served)	+	42	52.2%	73.0%
<b>Housing and Transit</b>	Drive Alone to Work (% of workers ages 16+)	++++	14	66.3%	67.8%
	Housing With Lead Risk (% of housing stock)	++++	12	11.0%	16.9%
	Severe Housing Problems (% of occupied housing units)	++++	15	13.4%	17.0%
<b>CLINICAL CARE*</b>		<b>+++</b>	<b>23</b>	<b>0.174</b>	
<b>Access to Care</b>	Avoided Care Due to Cost (% ages 18+)	++	34	10.5%	8.8%
	Providers (per 100,000 population)				
	Dental Care	+++	27	56.7	60.6
	Mental Health	++++	14	382.5	305.0
	Primary Care	+	49	208.8	265.3
<b>Preventive Clinical Services</b>	Uninsured (% of population)	++	32	9.0%	8.6%
	Colorectal Cancer Screening (% ages 50-75)	+++	23	74.3%	74.3%
	Dental Visit (% ages 18+)	+++++	5	73.0%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 24 months)	+++++	10	75.8%	70.5%
<b>Quality of Care</b>	Flu Vaccination (% ages 18+)	+++	24	46.5%	46.5%
	HPV Vaccination (% ages 13-17)	++	33	61.4%	61.7%
	Dedicated Health Care Provider (% ages 18+)	+	41	80.0%	84.1%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	+++++	3	1,523	2,770
<b>BEHAVIORS*</b>		<b>+++++</b>	<b>3</b>	<b>1.000</b>	
<b>Nutrition and Physical Activity</b>	Exercise (% ages 18+)	++++	12	24.9%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	+++	23	7.4%	7.4%
<b>Sexual Health</b>	Physical Inactivity (% ages 18+)	+++++	2	17.3%	23.7%
	Chlamydia (new cases per 100,000 population)	+++++	5	326.5	481.3
	High-risk HIV Behaviors (% ages 18+)	++++	11	5.1%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	11	10.8	15.4
<b>Sleep Health</b>	Insufficient Sleep (% ages 18+)	++++	16	30.9%	32.3%
<b>Smoking and Tobacco Use</b>	E-cigarette Use (% ages 18+)*	++	31	7.2%	6.7%
	Smoking (% ages 18+)	+++++	1	7.2%	14.4%
<b>HEALTH OUTCOMES*</b>		<b>++++</b>	<b>14</b>	<b>0.330</b>	
<b>Behavioral Health</b>	Drug Deaths (deaths per 100,000 population)*	++++	17	20.5	27.9
	Excessive Drinking (% ages 18+)	+++++	1	12.5%	17.3%
	Frequent Mental Distress (% ages 18+)	+	41	17.1%	14.7%
	Non-medical Drug Use (% ages 18+)	+	46	20.1%	15.5%
<b>Mortality</b>	Premature Death (years lost before age 75 per 100,000 population)	+++++	6	6,765	8,659
	Premature Death Racial Disparity (ratio)**	++	39	2.2	1.6
<b>Physical Health</b>	Frequent Physical Distress (% ages 18+)	+++	21	10.6%	10.9%
	Low Birthweight (% of live births)	++++	11	7.0%	8.2%
	Low Birthweight Racial Disparity (ratio)**	++++	11	1.8	2.0
	Multiple Chronic Conditions (% ages 18+)	+++++	3	7.1%	9.6%
	Obesity (% ages 18+)	++++	13	30.9%	33.9%
<b>OVERALL*</b>		<b>+++++</b>	<b>7</b>	<b>0.487</b>	

\* Value is a sum of weighted, ranking measure z-scores (the number of standard deviations a state value was above or below the U.S. value).

Higher summation scores are better. Scores are not calculated for the District of Columbia.

\*\* Disparity measures compare the group with the highest or lowest rate and the white rate.

\*\*\* Non-ranking measure.

— Data not available, missing or suppressed.

For measure descriptions, source details and methodologies, visit [AmericasHealthRankings.org](https://AmericasHealthRankings.org).

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50