Single Mothers in 2021 in Utah (12.7% of all Utah families)
CHALLENGES FACED BY SINGLE MOTHERS

- Economic Disadvantages
- Mental Health Concerns
- Work Instability
- Decreased Time to Devote to Their Children
- Their Own Wellbeing
- Education Barriers

1 in 4 Utah households with a single mother (25.3%) are living below the poverty level.

Poor mental health has been associated with an increased risk of poverty for single mothers (23.4%), compared to married mothers (4.7%).

The median income among Utah single mothers has largely stayed the same for the last decade, from $33,100 in 2010 to $37,900 in 2020.

WHAT CAN WE DO?

Government/Community Support

Through legislation, strengthen enforcement tools that ensure single mothers receive child support and alimony.

Employment

Promote programs focused on improving employment stability for single mothers.

Childcare

Promote childcare reform that caps childcare expenses for single-mother families, and encourage employers to offer childcare reimbursement programs.

Education

Encourage girls and women to graduate from college and pursue careers in higher-paying industries.

Mental Health

Increase access to affordable mental healthcare.

UTAH WOMEN & LEADERSHIP Project

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