Utah Women Stats
Research Snapshot

UTAH WOMEN & LEADERSHIP Project

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The Status of Asian Women in Utah: A 2026 Update

In 2021, the Kem C. Gardner Policy Institute released a landmark report on race, ethnicity, and sex that highlighted Utah's growing diversity.[1] As Utah's population becomes increasingly diverse, it is important to understand the status and experiences of women and girls across the state's racial and ethnic communities. Because the Utah Women & Leadership Project (UWLP) is committed to strengthening the impact of *all* Utah girls and women, understanding the status and experiences of women and girls across Utah's diverse racial and ethnic communities is essential.

This research snapshot update is the second in a series of five examining the status of Utah women across US Census race and ethnicity categories: Native Hawaiian and Pacific Islander, Asian, Native American, Hispanic/Latino, and Black women. The series updates the original set published by UWLP in 2022 and brings together available data from a range of sources, including US Census microdata from the American Community Survey (ACS), the Integrated Postsecondary Education Data System (IPEDS), the US Department of Justice, and several Utah and US Department of Health offices.

Setting the Stage

Researchers often publish data on gender and race separately, leaving gaps in our understanding of how these identities intersect. Yet examining race and gender independently does not provide communities, decision makers, and policymakers with the depth of information needed to develop programs and policies that address the diverse needs of Utah women. And although the current political environment—both in Utah and across the nation—often discourages nuanced conversations about identity, extensive scholarly research confirms that it is difficult to effectively support and serve residents without considering their unique experiences, including gender, race, and other intersecting factors.[2]

This snapshot, as did the 2022 version,[3] examines the intersection of race and gender for Utah Asian women, bringing together the available data while also identifying important gaps in what is known. Filling these gaps could help state and local decision makers and community leaders better understand and address the needs of Utah girls and women.

This research uses the US Census definition of "Asian": "a person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam."[4] While standardized Census categories make it possible to compare data across sources, it is important to recognize that the category "Asian" represents people from more than 20 different countries, cultures, and lived experiences.

We sought data across a broad range of areas that affect the well-being of Utah women, including civic engagement, access to child care, domestic violence, utility connectivity, caregiving and unpaid care work, housing, transportation, access to healthy food, and food insecurity. However, important information is often unavailable for a variety of reasons: the data have not been collected; they were not collected with sufficient detail; sample sizes were too small to produce reliable or generalizable estimates; data-sharing limitations exist; or the methods used to collect the data were not sufficiently documented. UWLP researchers ultimately identified and compiled data across five broad categories: general demographics, health, basic needs, education, and income and employment.

Demographics

Available demographic data on Utah Asian women include population size, household size, family household type, and marital status.

Population Size: Utah's Asian population is the state's second-largest single-race population, comprising 2.4% of the state's population. In 2020, 73,190 Utahns were Asian, and by 2024, that number had increased to 82,950.[5] Demographers project continued growth through 2065, when Asian residents are expected to comprise 4.0% of Utah's population.[6] In 2024, 44,483 Asian women lived in Utah, representing 1.3% of Utah's population, compared with 3.1% of the US population.[7]

Household Size: The average household size among Utah households in which the householder identifies as Asian is 3.0 people, slightly larger than the average of 2.8 people among US Asian households.[8] For comparison, the average household size is 2.9 people among all Utah households

and 2.5 people among all US households. The US Census uses the term *householder* to refer to the person, or one of the people, in whose name a home is owned, being purchased, or rented; historically, this person was described as the "head of household."[9]

Household Type:[10] More than half (56.7%) of Utah Asian households consist of married-couple families, compared with 59.0% of all Utah households and 58.4% of US Asian households (see Table 1). Among Utah Asian family households, 81.5% have married-couple householders. Overall, 8.0% of Utah Asian households are family households with a female householder and no spouse present, compared with 8.6% of US Asian households. This is similar to the corresponding share among all Utah households (8.8%) and lower than the share among all US households (12.2%).

Table 1. Household Structure, 2020–2024[11]

	Utah		US	
	Asian[a]	All	Asian[a]	All
Family Households				
Married couple householders	56.7%	59.0%	58.4%	47.0%
Male householder/head, no spouse present	4.9%	4.9%	4.7%	5.1%
Female householder/head, no spouse present	8.0%	8.8%	8.6%	12.2%
Nonfamily Households				
Single-person households	21.6%	20.4%	21.4%	28.7%
Two or more unrelated people	8.8%	7.0%	7.0%	7.1%
Household Size[b]	3.0	2.9	2.8	2.5

[a]Asian households are households whose head identified their race as Asian only in the ACS. [b]Average number of people in the household.

Marital Status:[12] In Utah, 59.9% of Asian women are married, which is substantially higher than the percentage of all US women who are married (46.2%) and slightly higher than the percentage of all Utah women who are married (54.6%). Among Utah Asian women, 26.6% have never been married, compared with 29.2% of all Utah women and 31.7% of all US women. The share of Asian women who are separated is similar to that of all Utah women (1.1% vs. 1.2%), as is the share who are widowed (5.8% vs. 5.3%). In contrast, Asian women in Utah are less likely to be divorced than Utah women overall (6.6% vs. 9.8%). A similar pattern is evident across the nation: 6.6% of US Asian women are divorced, compared with 11.9% of all US women. Asian women show smaller shares in both the "never married" and "divorced" categories. This points to a more stable marital pattern overall. See Table 2 for a summary of marital status findings ranging from 2020–2024.

Table 2. Marital Status of Women, 2020–2024[13]

	Utah Women		US Women	
Demographic	**Asian (%)**	**All (%)**	**Asian (%)**	**All (%)**
Marital Status				
Never married	26.6	29.2	27.6	31.7
Married	59.9	54.6	57.6	46.2
Separated	1.1*	1.2	1.2	1.9
Widowed	5.8	5.3	7.0	8.3
Divorced	6.6	9.8	6.6	11.9

*Use caution in interpreting; sample sizes may be too small for generalizability.

Health

Given the size and diversity of Utah's Asian population, health outcomes and access to care are important components of understanding the experiences of Asian women in the state. While preventive care and health of Asian women in Utah have improved in several categories, it has worsened in several others, including access to care and mental health. The data below detail the health of Asian women in Utah, highlighting similarities and differences, compared with all Utah women across four areas: access to healthcare, physical health, reproductive health, and mental health.

Access to Healthcare: Access to healthcare is an important foundation for maintaining health and preventing and treating illness. Utah Asian women have rates of lacking health insurance similar to those of Utah women overall (7.8% vs. 7.7%).[14] They also report similar rates of forgoing care because of cost (13.0% for both groups); however, a higher percentage of Asian women report having no personal doctor (19.4% vs. 16.3%).[15]

Physical Health: Differences in access to preventive care are reflected in several measures of physical health. Utah Asian women are less likely than Utah women overall to report receiving a Pap smear (45.2% vs. 58.2%).[16] Data on cervical cancer incidence among Asian women were not available because of small sample sizes;[17] yet, among Utah women overall, the cervical cancer incidence rate was 5.8 per 100,000.[18] Other measures show a different pattern. A higher percentage of Asian women receive mammograms than Utah women overall (70.3% vs. 65.1%),[19] while Asian women have lower breast cancer incidence and mortality rates (102.2 vs. 126.3[20] and 4.2 vs. 9.2[21] per 100,000, respectively). Asian women in Utah report similar rates of physical activity, with 81.8% reporting having exercised at least once in the past 30 days compared with 81.7% of Utah women overall.[22] Asian women also have a lower obesity rate (12.3% vs. 30.2%) and a lower prevalence of heart disease (1.5% vs. 3.3%).[23]

Reproductive Health and Well-Being:[24] Reproductive health measures show both similarities and differences between Asian women and Utah women overall. The birth rate among Asian women is 11.9 per 1,000 women, compared

with 13.3 per 1,000 Utah women overall. Relative to all Utah women, Utah Asian women are similarly likely to receive prenatal care in their first trimester (79.6% vs. 77.0%) but have higher rates of gestational diabetes during pregnancy (14.9% vs. 6.5%).

Mental Health: Mental health measures show lower rates of poor mental health and diagnosed depression among Utah Asian women than among Utah women overall. The percentage of Asian women reporting poor mental health is 23.9%, compared with 29.7% of Utah women overall,[25] while 17.8% reported a diagnosis of major depressive disorder, compared with 32.1% of Utah women overall.[26] See Table 3 for a summary of health indictors.

Table 3. Health Indicator Summary

Health Indicator[a]	Utah Women	
	Asian	All
Access to Healthcare		
Uninsured	7.8%	7.7%
Unable to get care due to cost	13.0%	13.0%
No personal doctor	19.4%	16.3%
Physical Health		
Pap smear	45.2%	58.2%
Cervical cancer per 100,000	†	5.8
Breast cancer rates per 100,000 females	102.2	126.3
Breast cancer death per 100,000	4.2	9.2
Obesity	12.3%	30.2%
Heart disease	1.5%[b]	3.3%
Reproductive Health		
Birth rate per 1,000	11.9	13.3
Gestational diabetes	14.9%	6.5%
Mental Health		
Poor mental health (7+ days)	23.9%	29.7%
Depression	17.8%	32.1%

†Sample size too small to report. [a] See citations in the text for the data sources. [b]Use caution in interpreting; sample sizes may be too small for generalizability.

Basic Needs

Basic needs include the fundamental resources and conditions individuals and families need to live safely and participate fully in their communities. In this snapshot, we examine four basic -needs indicators: access to running water, internet access, safety, and freedom from incarceration. Together, these measures provide a limited but important picture of whether Utah women and girls have access to essential resources and live in safe and secure circumstances.

Access to Running Water:[27] Very few Utah households (0.25%) report lacking access to water in the ACS data, representing approximately 140 households. Overall, 0.2% of Utah women and girls—approximately 3,399 individuals—live in households without access to water. Among Asian women and girls in Utah, the share is 0.3%, or approximately 118 individuals. Nationally, 0.3% of women and girls and 0.2% of Asian women and girls lack access to water.

Internet Access:[28] Internet access has become increasingly important for accessing information, services, education, employment opportunities, and other resources. In Utah, Asian women report rates of no internet access at home similar to those of Utah women overall (1.7% vs. 1.8%). Both rates are lower than national rates, where 2.1% of Asian women and 4.4% of all US women have no internet access at home.[29]

Safety:[30] The Utah Office for Victims of Crime reports that, among individuals who applied for crime victim reparations between 2022 and 2024, 65.7% were women and 1.0% were Asian. Data were not available for Asian women.

Freedom from Incarceration:[31] Between 2013 and 2023, Asian women made up an average of 1.2% of Utah's female prison population, compared with their 2.4% share of Utah's total female population.

Education

Women earn the majority of college degrees in the United States. In 2024–2025, women earned 58.5% of bachelor's degrees, 61.2% of master's degrees, and 59.0% of doctoral degrees.[32] Despite these overall patterns, educational attainment and college enrollment vary by race and ethnicity. This section examines educational attainment among Utah Asian women, as well as college enrollment and degree completion. See Table 4 for a summary of educational attainment indictors.

Table 4. Educational Attainment, 2020–2024[33]

Educational Attainment	Utah Women		US Women	
	Asian (%)	All (%)	Asian (%)	All (%)
Less than HS	14.0	6.1	12.8	9.6
HS diploma	19.0	22.5	14.1	24.7
Some college	19.0	35.3	16.8	28.8
Bachelor's	47.9	36.2	56.2	36.8

Among Utah Asian women ages 25 and older, 19.0% reported a high school diploma or equivalent as their highest level of educational attainment. This is lower than the share among Utah women overall (22.5%). Conversely, Utah Asian women are more likely to have earned a bachelor's degree: 47.9% have attained a bachelor's degree, compared with 36.2% of Utah women overall.[34] While the percentage of people without a high school degree has dropped since 2019 and the percentage with some college but no degree has increased, rates of high school and college degree completion have remained roughly the same.

Differences also emerged in college enrollment and degree completion. Among Utah women ages 18–24, 52.0% of

Asian women were enrolled in college, compared with 44.2% of all Utah women.[35] Among students who begin college intending to earn a bachelor's degree, 70.6% of Utah Asian women complete their degree within six years of enrolling (150% of normal time), compared with 59.5% of Utah Asian men and 60.9% of all Utah women.[36]

Income and Employment

This section examines income, the gender and racial wage gaps, occupation, industry, and business ownership among Asian women in Utah.

Income:[37] The median personal income of Utah Asian women is $29,871, higher than the median personal income of Utah women overall ($24,000). Across the nation, Asian women have a median personal income of $28,722, similar to the $28,600 median among US women overall (see Table 5). Household income provides a different measure of economic well-being: the median household income among Utah households with an Asian woman as the householder is $93,000, similar to that of all Utah women. Despite these income levels, Asian women in Utah experience poverty at a slightly higher rate than Utah women overall (9.5% vs. 7.8%). However, Asian women have a lower poverty rate than US women overall (9.4% vs. 11.8%). Yet, poverty rates declined from 14.1% to 9.5%.

Table 5. Income, 2020–2024[38]

	Utah Women		US Women	
	Asian	All	Asian	All
Labor force participation rate	66.5%	62.5%	61.2%	58.9%
Median household income	$93,000	$93,363	$105,989	$76,400
Median income	$29,871	$24,000	$28,722	$28,600
Poverty rate	9.5%	7.8%	9.4%	11.8%
Wage gap	56.9%	66.4%	65.3%	74.4%
Unemployment	4.5%	3.7%	4.5%	5.1%

Wage Gap:[39] Differences in earnings are also evident when comparing Asian women with Asian men and with White men in Utah. Utah Asian women earn approximately $0.81 for every $1.00 earned by Asian men and $0.72 for every $1.00 earned by White Utah men. For comparison, Utah women overall earn $0.66 for every $1.00 earned by White Utah men.[40] Nationally, Asian women earn approximately $0.96 for every $1.00 earned by White men. Notably, individual income increased a bit since 2019, while household income increased more dramatically (from $66,036 to $93,000).

Occupation:[41] Utah Asian women are represented at different rates across occupational categories than Utah women overall (see Table 6). The largest differences are in professional occupations, where Asian women account for 28.3%, compared with 24.6% of Utah women overall, and service and maintenance occupations, where the corresponding shares are 31.7% and 25.0%.

Table 6. Occupational Type, 2020–2024[42]

	Utah Women		US Women	
	Asian (%)	All (%)	Asian (%)	All (%)
Officials and Administrators	13.6	14.0	15.5	14.9
Professionals	28.3	24.6	36.4	26.4
Technicians	5.2	2.8	3.4	3.3
Protective Services	0.4*	0.9	0.5	1.2
Paraprofessionals	3.0	3.1	1.9	2.7
Administrative Support	16.5	28.5	18.1	25.6
Skilled crafts	1.3*	1.0	0.6	0.8
Service and Maintenance	31.7	25.0	23.6	25.1

*Use caution in interpreting; sample sizes may be too small for generalizability.

Industry:[43] Utah Asian women are also employed in different industries at different rates than Utah women overall. Asian women have a substantially higher share of employment in manufacturing (16.9% vs. 6.8%) and lower shares in health and education (24.5% vs. 35.1%). See Table 7 for an industry summary.

Table 7. Industry, 2020–2024[44]

	Utah Women		US Women	
	Asian (%)	All (%)	Asian (%)	All (%)
Trade, Transportation, Util.	14.0	16.1	13.4	15.4
Construction	1.1*	1.9	0.8	1.6
Manufacturing	16.9	6.8	8.3	6.1
Information Services	1.4*	1.4	2.2	1.6
Finance, Insurance, Real Es.	5.1	7.4	7.6	7.4
Professional & Business Serv.	14.6	11.3	14.4	11.4
Health & Education	24.5	35.1	33.7	36.3
Leisure & Hospitality	12.1	9.7	6.8	9.3
Other Services	7.2	5.1	6.8	5.3
Public Admin.	2.9	4.4	3.7	4.8

*Use caution in interpreting; sample sizes may be too small for generalizability.

Business Ownership: The Women's Business Center of Utah reports that, among its majority-women clients (95.0%), only 4.0% are Asian.[45] Nationwide in 2024, Asian women owned 199,776 businesses with employees and 1.2 million non-employer businesses, representing 12.2% of all women-owned employer businesses and 9.3% of women-owned non-employer businesses.[46]

Conclusion

The data in this report provide a snapshot of the existing disparities in several areas specifically related to Utah Asian women. Thus, the report provides a starting point for meaningful, targeted change. Although we were able to find existing data regarding the general demographics, health, well-being, education, and income and employment of Utah Asian women, usable information was not available in many categories we hoped to collect, such as housing, transportation, domestic violence, unpaid labor, caregiver status, childcare accessibility, civic engagement, and food insecurity. In addition, data are not available for diverse Asian subgroups, where experiences and data may vary greatly by ethnicity or regional origin. This demonstrates both a data gap and an opportunity for Utah universities, government agencies, nonprofits, and other entities to collaborate more, gather more data, and report quality data that can help government, education, business, and nonprofit leaders and decision makers measure and understand more precisely the circumstances and needs of Utah's Asian women. More generally, gender, race, and ethnicity, along with other important demographic data, can help Utahns create a more inclusive, accessible, and equitable culture for all.

Using data to drive meaningful change, Utahns can increase equity and equality within the state by utilizing data to recognize the impact of gender and race in our everyday lives. As we work to provide greater access and opportunity to all residents, the state can use the data more effectively to leverage the talents, ideas, and resources Asian women bring to the state, employers, and Utah families. Using data to create policies that support all Utah residents, including Asian women, can strengthen Utah's workplaces, educational institutions, communities, and the state as a whole.

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